



**Fire Rescue Support exists to support fire rescue personnel  
before, during and after the call**

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**Love & Respect Video Conference**



Love and Respect. These two words surface in social research and the Bible as the two key ingredients for a successful marriage. In fact, research reveals that during marital conflict a husband most often reacts when feeling disrespected and a wife reacts when feeling unloved.

Men and women can learn how to resolve conflict by dealing with their negative reactions. They can also learn how to motivate each other by meeting each other's needs. Even those who feel hopeless in their relationships can gain understanding on how to handle an indifferent or unresponsive partner.

On Friday evening, March 20 and Saturday morning, March 21, Church @ The Springs is hosting the Love & Respect Video Conference. Spend some time together investing in your marriage.

[Click here](#) for more information.

[Click here](#) to register.

**From Teaching to Learning**



During the month of February, I had the great opportunity to teach crisis intervention to 50 students from six counties. We looked at how to assist individuals in crisis, as well as how to guide groups through a variety of crisis intervention tools.

Now it's my turn. As I write this, I'm in Atlanta for the International Critical Incident Stress Foundation's regional conference. While here, I'll take a class on helping veterans who are now first responders, as well as learn advanced topics for assisting individuals in crisis.



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**The Gift of Life**



This month was particularly challenging for our crews as they encountered the reality of death in some tragic ways. Among them suicide, pediatric cardiac events and motor vehicle crashes.

I tell our crews that they are in a position to have the proper perspective on life because they regularly deal with the reality of death. David prayed something along these lines in Psalm 90:12 when he said,

Teach us to number our days, that we may gain a heart of wisdom.

Remembering that indeed our days are numbered can greatly help us to live fully the days we have. As you think about the way you'll live today, consider this final thought.

It's been said, the tragedy of life is not that it ends so soon, but that we wait so long to begin it.

**The Fire Chaplaincy**

During Volunteer Week at the Florida State Fire College, I'll have the privilege of presenting a class called "The Fire Chaplaincy." Being held on Thursday, April 23, 2015, this class will focus on a variety of aspects of what it means to be a chaplain in the fire service.

The role of the chaplain is "serving those who serve". This workshop will explore the responsibilities of the fire chaplain as they support fire rescue personnel. This course is open to current chaplains, as well as those considering involvement as a chaplain in the future. This would also be the perfect opportunity for a department exploring the chaplaincy to find out what it is all about.

For more information and to get the registration brochure, go to [www.firerescuesupport.com](http://www.firerescuesupport.com).





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### Seminole County Peer Support Team



Recently, I had the great privilege of spending some time with a wonderful group of people in Seminole County. I had been invited to a meeting of EMS/Fire/Rescue Peer Support Team.

This invitation came from Fire Chief Leeanna Mims whom I met this year at Fire-Rescue East. Chief Mims and her team are committed to being there to support the work of ems/fire/rescue crews both on the job and in life. Since I am committed to this as well, I was very interested in the work they are doing.

I look forward to future connections with those committed to serve in Seminole County.

### Coffee Continues at Dunkin'



I have been busy the last several Wednesdays, but put the coffee on, because Wednesdays at Dunkin are back!

I'll be at the Dunkin' Donuts near Baseline & Maricamp on Wednesday mornings at 8:30am. Take some time out of your schedule and join me for a relaxed time of coffee and conversation.

### Fire Rescue Support Leadership



Joe LaCognata is the Founder and President of Fire Rescue Support, Inc. Joe started his involvement with emergency services in 1986 as a volunteer firefighter and EMT.

Since becoming a pastor in 1994, his connection with emergency services has been through the chaplaincy with both police and fire departments. Joe currently serves as Chaplain with [Marion County Fire Rescue](#), [Ocala Fire Rescue](#) and the [Florida State Fire College](#) all located in north central Florida. He has completed Basic Chaplain training through the [International Fellowship of Chaplains](#) and is an Approved Instructor in Individual and Group Crisis Intervention with the [International Critical Incident Stress Foundation](#). Joe is also a member of the [Federation of Fire Chaplains](#).

In addition to his leadership, the following people make up the Fire Rescue Support Board of Directors...

--Michael Ferguson - Operations Pastor,  
Church @ The Springs, Ocala FL

--Richard Hartian – Branch Manager, One  
Mortgage Inc., Palatine, IL

--Patrick Min – CFO, Community Education  
Partners, Nashville, TN



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### Why Your Department Needs a Chaplain

As far back as the 4<sup>th</sup> century, as the story goes<sup>1</sup>, chaplains have been committed to caring for others. And while a variety of institutions and agencies have chaplains, there is no better place for a chaplain to serve than in the fire service.

I have found three simple words that effectively communicate the scope of the work of the fire chaplain. These words are before, during and after.

**Before:** The chaplaincy is all about relationships and before the call is when the chaplain invests in fire rescue personnel. Weddings, training events, community gatherings, and other non-critical times give us the opportunity to get to know crews a little better. It is through the time spent investing in fire rescue personnel before the call that chaplains earn the right to be there when they are in the midst of a difficult situation either professionally or personally.

**During:** During the call is a critical time for fire rescue personnel and chaplains are on the frontline supporting first responders in the field. During the call, chaplains are there providing physical and emotional refreshment to fire crews. Day or night, we provide a listening ear and a cold bottle of water. By being on scene, chaplains are able to provide a calm, peaceful presence in the midst of crisis. The presence of a chaplain during the call brings God just a little bit closer.

**After:** After the call is when chaplains provide ongoing care and assistance to fire rescue personnel. Depending on the severity of the call, first responders may need to process what they have experienced. But even less significant incidents create difficulties and stress over time. And because of the time chaplains invest before and during the call, we have the great privilege of being close to fire rescue personnel after the call.

A class on the fire chaplaincy will be held at the Florida State Fire College on Thursday, April 23. This course is open to current chaplains, as well as those considering involvement as a chaplain in the future. This would also be the perfect opportunity for a department exploring the chaplaincy to find out what it is all about.

If you have questions about the chaplaincy, would like to network your chaplain, or would like to start a chaplain program in your department contact me at [joe@firerescuesupport.com](mailto:joe@firerescuesupport.com) or visit [www.firerescuesupport.com](http://www.firerescuesupport.com).

<sup>1</sup>[http://www.christianchaplains.com/pages.php?pagina=pg\\_chaplain.php](http://www.christianchaplains.com/pages.php?pagina=pg_chaplain.php)



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## Amazon Donates to Charity



For eligible purchases at Amazon Smile, the Amazon Smile Foundation will donate 0.5% of the purchase price to the customer's selected charitable organization. You can make Fire Rescue Support your organization by [clicking here](#). Then every time you order through the Amazon Smile website you'll be helping Fire Rescue Support continue its mission of supporting fire rescue personnel before, during and after the call.

## Thank you!

Thanks for your interest in and partnership with Fire Rescue Support. Because of you, we have the opportunity to support fire rescue personnel before, during and after the call. Visit [www.firerescuesupport.com](http://www.firerescuesupport.com) for more information or to donate. You can also find us on Facebook. And please don't hesitate to contact me if I can be of assistance personally or professionally. You can reach me at 352-425-1643 or [joe@firerescuesupport.com](mailto:joe@firerescuesupport.com).

