

FIRE RESCUE SUPPORT

BEFORE... DURING... AFTER...

HONOR COLUMN

The following firefighters died in the line of duty during the month of February

2/12

Jason Dickey
Lawrenceburg, TN

2/14

Richard Jenks
Pascoag, RI

2/20

Earnest McDuffie
Hinesville, GA

2/25

Christopher Pryor
LaVale, MD

2/28

Casey S. Kuhns
Morrisville, VT

10 firefighters have died in the line of duty this year

Real Change

On February 14, 2018, when students should have been exchanging Valentine greetings with their sweethearts, those in attendance at Marjory Stoneman Douglas High School were running for their lives. The worst school shooting in Florida resulted in the loss of 17 lives. The ugly face of evil had shown itself again.

Since then, there has been much turmoil. As I write, passionate pleas have been offered on a variety of topics related to the tragedy: mental health, gun control, background checks, etc. By the time you read this, some significant decisions will certainly have

been made. It is not my intent to enter the social and political debate. Rather, I want to remind us of another aspect that must be addressed.

It's ironic that this horrible event took place on Valentine's Day. We like to think of the human heart as warm, loving, tender. Unfortunately, that's just not the case. The tragedy in Parkland reminds us of the dark, desperate condition of the human heart. While there indeed is good in the world, things haven't changed much since the days of Noah.

"The Lord saw how great the wickedness of the human race had become on the

earth, and that every inclination of the thoughts of the human heart was only evil all the time." Genesis 6:5

These indeed are difficult days. For the families that have suffered loss, for the community that has been impacted, for our Nation as we seek healing. As we look for answers we must realize this: you can't legislate changes to the human heart.

If you read this and see a political agenda, you're missing the point. While changes to laws will take place as a result of this situation, that's not

(Continued on page 2)

#MSD STRONG

(Continued from page 1)

the change that will bring about the ultimate solution. We have pushed God out of our culture and are sadly reaping the results.

But here's the good news. Even though we've moved away from God, He has not moved away from us. He is near to all who call on Him; near to provide comfort,

near to provide hope, near to provide a way for change.

Some will see turning to God as a simplistic solution. After all, how does prayer, Bible reading, and church attendance put an end to the killings? True, those external activities won't result in the change that is needed. The change that is needed must be an

inside job. And that's the type of change that God specializes in. In fact, the very reason God sent His Son is so we could experience real change.

"This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!" 2 Corinthians 5:17



When Chaplain Joe is not in the field with fire rescue, he is serving at Church @ The Springs. Joe has been associated with The Springs since 2004. If you are in the Ocala area, you are invited to join us for Easter Services.

- Ocala Campus.....Friday, March 30 - 7:00pm
 Saturday, March 31 - 5:00pm
 Sunday, April 1 - 9:00am, 10:30am, 12:00pm
- Southwest Campus.....Sunday, April 1 - 9:00am, 10:30am
- The Villages Campus...Friday, March 30 - 6:00pm
 Sunday, April 1 - 8:30am, 10:00am, 11:30am

CISM Monthly Training

Muscle Relaxation

Each month we'll discuss a topic related to crisis intervention. We hope this will serve as a refresher for those who have been trained, as well as something to create interest for those who have not.

The ICISF model of critical incident stress management is based upon the philosophy that the crisis interventionist can offer direct assistance to the person in crisis. Called "mechanisms of action," these tools help foster the return to adaptive functioning. Some of these tools fall under the category of stress management techniques including mindfulness, controlled breathing, and muscle relaxation.

[Here's a link](#) to a WebMD article that describes the process of muscle relaxation. Put this to practice and see if you are not able to reduce your level of stress.

CISM Training

Assisting Individuals in Crisis AND
Group Crisis Intervention



Ocala
March 13-15

Tavares
May 8-10

Winter Garden
March 27-29

Clearwater
July 10-12

For more information and to register visit
www.firerescuesupport.com

Want to host CISM training at your agency?
Contact Joe at 352-425-1643 or
joe@firerescuesupport.com

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 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 for more information or to donate. You can also find us on Facebook and Instagram. And please don't hesitate to contact me if I can be of assistance personally or professionally. You can reach me at



Connect with Fire Rescue Support





12647 SE 102nd Avenue
Bellevue, FL 34420

352-425-1643

info@firerescuesupport.com

www.firerescuesupport.com



Every day the men and women who serve as fire rescue personnel put their lives on the line for their communities. The work they do is full of unique challenges like dealing with extreme physical conditions and coping first hand with human tragedy. Often these challenges take a toll on their well-being and put incredible strain on their relationships. In addition, the people that fire rescue personnel serve are many times experiencing the worst day of their lives. As they struggle through their personal tragedies, they are faced with the task of rebuilding their lives and going forward.

Imagine an organization committed to one task – supporting fire rescue personnel. From their work in the field to their lives at home, picture an organization working to equip these first responders to be more successful on the job and in life. Envision an organization that extends the support of those serving in fire rescue by offering care and comfort to the people they serve. Finally, picture an organization that would impact emergency services workers all across the country. That organization is Fire Rescue Support – supporting fire rescue personnel before, during and after the call.

