



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

Before the Call

Let's Talk About Stress

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.

For this reason, one of the purposes of Fire Rescue Support is to connect with fire personnel before the call. During these times, we engage in conversations about the nature of stress. I firmly believe that creating a conversation ahead of time will help our crews develop greater resistance to the negative impact of stress.

To this end, I had the opportunity to meet with the newest employees from Marion County Fire Rescue and the Marion County Department of Public Safety Communication. During my one-hour presentation, we talked about the different kinds of stress, the stress that is unique to each individual and, most importantly, how to prepare for the stress that is coming.

In addition to these Marion County agencies, I was invited to share this information at the quarterly meeting of the Levy County Department of Public Safety.

Fire Rescue Cares

Fire Rescue Support is a nonprofit organization that is committed to supporting fire rescue personnel before during and after the call. In the midst of fulfilling this purpose, we often come in contact with victims of tragedy. For them, we offer comfort and spiritual support. In addition, we provide financial assistance to those who suffer the loss of their home due to fire. In fact, over the past two years, Fire Rescue Support has given nearly \$9,000. However, our ability to give this assistance is dependent on the availability of funds. If you are interested in helping keep these funds available, you can go to www.firerescuesupport.com and make a donation via PayPal.



Passing of Jeannine Hill

Jeannine Hill, wife of Marion County Fire Rescue Station 25 volunteer Dan Hill, passed away on Wednesday, July 23, after a brief illness. Please keep Dan, his family, and the Station 25 crew in your prayers.



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During the Call

July: the Month of Fires

During July, I responded to 12 fires (10 with the County and 2 with the City). And when you consider that I don't get to each and every fire, you know our men and women have been busy! During the first half of the month we saw a lot of lightning. In fact, three of the fires were started by lightning strikes. Fire Rescue Support was able to help fire victims by giving away \$1,650 in Walmart gift cards. These cards represent hope to those who have suffered loss.



County Engine 17 at a lightning strike



Big turnout for the fatal fire in Citra



County Engine 2 & Tanker 19 at a fatal fire



You don't see this every day

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Fire in the north end of the County (District 1)



Another fire in County District 1



County Engines 1 & 11 at a residential fire



I'm not usually on scene soon enough to see fire



Major overhaul



This one lasted for hours



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What Really Matters

“I pray that your love will overflow more and more, and that you will keep on growing in knowledge and understanding. For I want you to understand what really matters, so that you may live pure and blameless lives until the day of Christ’s return.” Philippians 1:9-10

From time to time, I slow down just enough to reflect on life. Not only days, but entire years are passing by faster than I realize. Reflection helps me consider where I’ve been and where I am headed. During these times of contemplation, I consider how I spend my time, resources and energy.

In reading the opening verses of Philippians, we come upon Paul’s prayer on our behalf found in the passage above. Paul prays that our love would increase and he prays that we would grow in our knowledge and understanding. But why does he pray these things? What does he hope will happen if his prayer is answered?

He wants us to understand what really matters."

As I read this passage, I was immediately drawn to this phrase. But what does it mean and how should I live this out? I did some research and found this phrase to mean “to differentiate between highest matters and side issues.”

Wow! That really moves this from being Paul’s polite prayer to a matter that demands our attention. I started placing the day-to-day affairs of family life into these two categories: highest matters and side issues.

Who dries the dishes and who puts them away? Side issue.

How do I honor God with this day? Highest matter.

Who is first player on the video game? Side issue.

How do I really show love to my children and spouse? Highest matter.

What would it look like if you categorized the aspects of your day into these two categories? How would you decide which group to put things in?

Fortunately, we are not left to make up what really matters. We don’t have to guess what the highest matters are. We can learn how to spot a side issue and leave it in its place. Jesus helped us to see what really matters.

“Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: Love your neighbor as yourself.” Matthew 22:37-39



Monthly Newsletter
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Nearly 900 Likes!



As I write this newsletter, Fire Rescue Support is closing in on 900 “likes” on Facebook! If you haven’t been to our page yet, click on the link above and become part of the Fire Rescue Support Facebook page. By clicking “Like” you’ll be kept in the loop about our activities throughout the City and County.



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 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.

