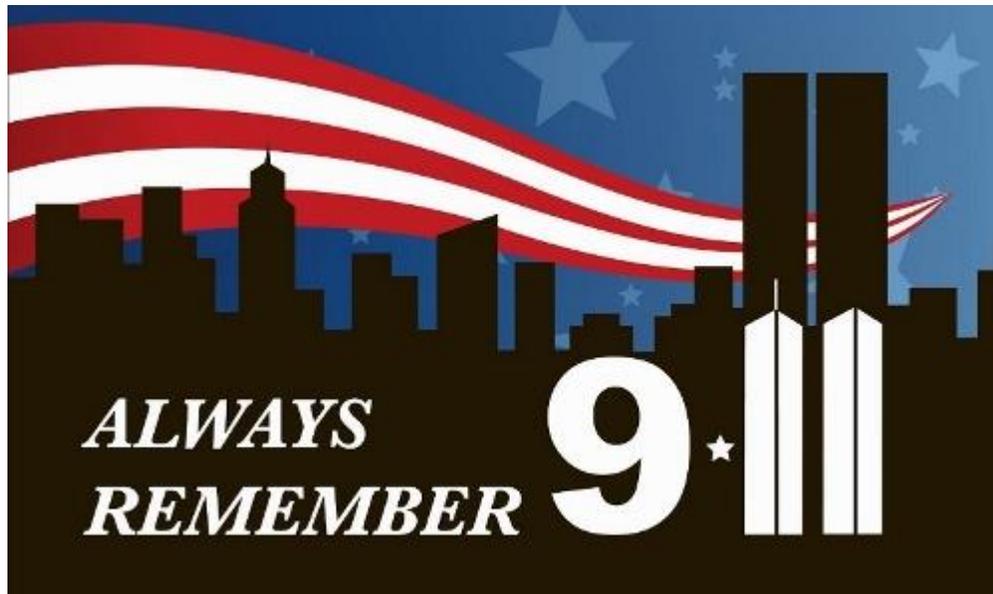


**Fire Rescue Support exists to support fire rescue personnel
before, during and after the call**



15 Years Later

It has been fifteen years since September 11, 2001. A Google search refreshed my memory of the events of that day. Through pictures, stories and video, I relived what took place. The more I looked at, the more I realized how much I had forgotten.

Why? Why didn't I remember more? Why did I have to refresh my memory? Why is what I saw and read only vaguely familiar?

I'm sure there are plenty of psychological theories of why we forget. As a defense mechanism we may bury issues that are painful. As a culture, we may simply be trying to process too much information at a time.

But, unfortunately, I think that forgetting is just part of our nature. We tend to move on in life focusing on what is ahead rather than what is behind. And while for the most part this is a good thing, there are some things that we must not forget.

I believe what Jesus did for us on the cross is one of these things.

That is why we celebrate our faith. We remember the sacrifice made for us allowing us to know freedom and forgiveness. We can only move forward in our relationship with God as we look back and remember.

I believe the events of September 11 are another.



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That is why we celebrate America. We remember the ongoing sacrifices made for us so we can enjoy freedom. We can only move forward as a Nation as we look back and remember.

Now, all these years later, we still see the tremendous toll the events of September 11 took on us as a Nation. Specifically, for me, is the tremendous toll this tragedy took on the fire rescue community. We still feel the loss of 343 of New York City's Finest. While this day and this loss will be forever etched in our minds, those serving in fire rescue deal with similar issues every day. Although not of the magnitude of 9/11, fire rescue personnel face challenges every time they leave the station.

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. It is for this reason that those of us in the world of crisis intervention continue to reach out.

We reach out with a set of crisis intervention skills to help personnel navigate the challenges they face on the job and in life. We reach out with faith to provide a sense of peace and hope in the midst of the storm. We reach out with empathy so no one ever feels that have to walk through their challenges alone.

As I reflect on September 11, I am humbled by the sacrifices made that day by those who acted selflessly to help others. I am also reminded that there are those, both here and abroad, making those sacrifices for us every day.





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Chaplain Receives CISM Certification



The University of Maryland Baltimore County (UMBC) Department of Emergency Health Services in partnership with the UMBC Training Centers has awarded a certification in Critical Incident Stress Management (CISM) to Chaplain Joe LaCognata of Fire Rescue Support, Inc.. This is the world's first university-based certification in the field of CISM and psychological crisis intervention.

The goal of the certification is to foster improved knowledge about crisis intervention and disaster response from the CISM perspective. In doing so, it is hoped that research and practice shall be enhanced.

CISM Training

Over the next couple of months I'll be in the following locations teaching the two core courses in the field of critical incident stress management.

Kissimmee, FL (Osceola County)–September 13-15
Miramar, FL (Broward County) – October 18-20
St. Marys, GA (Camden County) – November 1-3

[Click here](#) for more information and to register.

If none of these locations or dates are convenient and you have a group of at least 15 that is interested in these courses, contact me and I may be able to set up training in your area.

Financial Support

I am often asked how Fire Rescue Support is able to do the work it does. I serve as a volunteer with Marion County Fire Rescue and Ocala Fire Rescue. While both agencies have been very generous in providing resources for my training, I receive no salary from them for the chaplaincy.

The bottom line is that we are a faith-based ministry depending on God's provision. He has used foundations, businesses, churches and individuals to meet our needs.

Perhaps God wants to use you to support fire rescue personnel and the people they serve. Here's how your support can help:

- A gift of \$25 keeps the Dunkin' Donuts card charged for a month ready to buy a cup of coffee for a firefighter that needs to talk.
- A gift of \$100 helps a fire victim get the basic items they need so they can start their road to recovery.
- A gift of \$200 provides the resources needed to stay on the road with fire rescue personnel one more day.

Feel free to contact me to discuss becoming part of our financial support team, or [click here](#) to begin giving today.





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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 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.

