



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

From Chaplain 4 – Tom Golden

The other night at an accident scene. Two vehicles collided right in front of Station 31. Marion County Fire Rescue did a phenomenal job of putting out the truck fire, bracing the vehicle in several places, and splitting the team in half to simultaneously perform extrications on two drivers trapped in their vehicles. Miraculously, both drivers lived.

As the lieutenant and I were standing by one car he made reference to the air bags deploying. Then we talked about the variety of safety options cars have these days. In the same way, God has safety options to keep you from harm. He's leading you to a bright future, but when you collide with disaster while in route, He's got your blind side covered so you can finish this wonderful life on His prosperous terms, not your enemy's cheap shot in the dark.

I was reminded of two familiar scriptures. Jeremiah 29:11 and Philippians 1:6 are good promises to remind you of God's protection and provision for your life.



CISM Training

CISM Monthly Training



Each month we'll discuss a topic relative 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.

Compassion Fatigue

You might not think of it this way, but there is a price we pay because we care about the people around us. And while we show concern for all those we serve, there are times we are impacted more deeply.

Compassion fatigue is the weight we may feel due to situations we respond to every day. While not every call has an emotional impact on us, compassion fatigue can more prevalent when we have a strong connection to trauma survivor. This can be the case when we see someone we know in the eyes of our patient or when we have been in situations very similar to the call we are on.

While the fact that we hurt because we care is a reminder that we are very human, compassion fatigue is something we must pay close attention to. It's a form of stress that we must learn to manage and not allow to pile up on us.

[Click here](#) to see a great video that shows the heart of those who serve in public safety. It's this heart that we must guard every day.



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The culture of the fire service is changing! Gone are the days where fire rescue personnel were expected to just bury their emotions in response to the tragic events they faced. Now we know there are things we can do to help people process and navigate the stress of the job.

“Assisting Individual in Crisis” and “Group Crisis Intervention” are the two core crisis intervention courses taught through the International Critical Incident Stress Foundation (www.icisf.org). We are offering these courses at a variety of locations throughout the state of Florida. [Click here](#) for more information and to register. Contact us if your agency is interested in hosting this training.

Ocala – March 14-16
Davie – April 4-6
Naples – April 18-20
Tarpon Springs – May 9-11
Palm Bay – June 6-8



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Quiet Time

I imagine the pace of your life is a lot like mine. You're busy, running from place to place, never having much time for your self. That is, until quiet is forced on you. Like the time you went to your child's piano recital or when you're sitting in a dentist's chair. Maybe it's when you go to church.

For me, it's when I visit a cemetery. Now, I don't routinely visit cemeteries. They are not a normal stop on my itinerary. But the time spent there is always significant.

Recently, I was at the Florida National Cemetery for a memorial service for a friend's mother. This is the same cemetery where my dad's cremated remains have been laid to rest. As I was there I thought about my dad and the life he lived. More importantly I was thought about what he left behind. That is, what is his legacy? My dad was a school teacher and I know he made a difference because I've heard stories over the years of the impact he made. But my dad was one of 5 billion people in the world when he was alive. His name won't be remembered by many and won't be remembered for long.

So I started thinking about my legacy. What will I leave behind? Sure I would like to believe that I've made a difference in people's lives; people who have come to faith because of a message I've taught or a conversation we've had; people who have been helped through the midst of a crisis; people who I've had the joy of marrying and the privilege of burying. But like my dad, I'm one of the billions of people on this earth and my name won't be remembered by many and it won't be remembered for long.

So what is my legacy?

I'd like to think that the biggest thing my dad did was raise three good kids; kids who would grow up to make a difference in their own individual way. I'd also like to think that the biggest thing that I will do is invest in those that will follow me, especially my children.

What impact will you make on the world? What difference will you make? What legacy will you one day leave behind? In the midst of our busyness, questions like these don't get much of our attention. Take some time to be quiet and truly give these some thought.





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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.

