



FIRE RESCUE SUPPORT

November 2018

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

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

10/4

Russell Hayes
El Dorado Springs, MO

10/11

Brad Clark
Hanover, VA

10/16

Glenn Harman
Klamath Falls, OR

10/17

Joshua Eugin
Saint David, AZ

10/20

Tom Henrich
Earling, IA

10/24

Ken Hood
Mather, CA

75 firefighters have died in the line of duty this year

I've Had Enough!

As you read this article, we are just weeks away from Christmas! Soon, holiday preparations will be in full swing, but not until we observe two uniquely American traditions. First, is Thanksgiving. This is the day we gather with family and friends to express our gratefulness for all that we have. Then, only hours later, we observe Black Friday. This is the day we start getting all the things we couldn't mention the day before.

How quickly we go from being grateful to being selfish.

Thanksgiving is meant to be more than a day of life; it should be a way of life. So what changes in a day? It's a lack of contentment. Beyond being grateful for what we have, we

must become content with what we have. While Thanksgiving is looking around with eyes that are grateful, contentment is looking around with eyes that are satisfied.

Learning to be content can be challenging, especially in our materialistic, market-driven culture. Everywhere you look you are reminded of what you don't have. Bigger, faster, fancier items promise to fill in the gap between what you have and what you want. However, Socrates pointed out the problem with this years ago when he said, "He who is not contented with what he has, would not be contented with what he would like to have."

Chasing things is a race that has no end.

Sadly, you'll never get to the point where you have everything you want. That is, until you learn to say one word.

Enough!

Not "good enough" as in accepting a lower standard, but "that's enough" as a limiter of quantity, size and speed. It's been said, "Contentment is not the fulfillment of what you want, but the realization of how much you already have."

The Apostle Paul wrote about it this way in Philippians 4:11-13.

"I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being

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content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength.”

Contentment is living independent of

circumstances. You cannot base your happiness or level of satisfaction with life on the situations around you. You must live independent of circumstances because circumstances are always changing. It's not that you're not impacted by them; you just don't let

them define you.

Ultimately, contentment is not being self-sufficient, but rather being God-sufficient. We can be satisfied and have a rich, full life no matter what our circumstances because we find our sufficiency in our relationship with God.

Year-end Giving

As this year draws to a close, many use this time to make special donations to charitable organizations. As a non-profit, Fire Rescue Support operates due to the generosity of individuals, churches, and other organizations. Click the button on the left to give a year-end gift to Fire Rescue Support.



**Donate
Today**

In the fire service, as well as the culture as a whole, mental health issues don't get discussed much. I'm proud that my church, [Church @ The Springs](#) in Ocala, is going to tackle this important topic in the upcoming series called Escape Room. [Click here](#) to see what's happening beginning Sunday, November 4.



CISM Monthly Training

Just for Fun

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.

Promotions are wonderful times of celebration. But just what should you expect from your new position? [Click here](#) for a funny look at what it means to drive a fire SUV.

CISM Training

Assisting Individuals in Crisis AND
Group Crisis Intervention



Palm Coast November 6-8	Pensacola December 5-6
Fort Walton Beach February 19-21	Ocala March 12-14

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

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





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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.

