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## October 2021

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### A Change of Perspective

It's my great privilege serving alongside of fire rescue personnel. However, from this vantage point, I see the stressors that are part of your work life. I want to offer you a perspective that has helped me navigate the challenges I've faced over the years.

I'm a logically oriented, inside the box person. Things that don't fit into my mold can be quite unsettling. Right things are right and wrong things are wrong. But when this balance is disrupted, my life is disrupted as well. I feel like everything around me must pass through my judgment; that I have to put my seal of approval or disapproval on everything. Let me tell you, this is exhausting. But I found a path to peace and freedom. It's captured in this prayer...

God, grant me the serenity  
to accept the things I cannot change  
The courage to change the things I can  
And the wisdom to know the difference

I've learned that not everything needs my approval or disapproval; not everything needs to pass through my judgment. In fact, I've learned there are some things that are just not mine to comment on, to direct, to control. There are some things that I cannot change.

I believe one of the most stressful aspects of our lives is putting energy, effort, and emotion into things we cannot change. Consider some of the stressors that are part of your work life. Things like interfacility transports, the need for overtime (even mandatory overtime), and non-emergency calls. Please don't misunderstand me. I'm not suggesting these things are good and they should simply continue. What I am suggesting is that they are not going away soon and that getting anxious, frustrated, and upset over them is detrimental to you. There are some things you cannot change. And, according to the prayer above, these are the things we need to learn to accept. And it is in accepting them that we can find serenity or peace.

However, there are some things that you can change. These have to do with the way you live your life every day.

- Exercise  
daily
- Get  
plenty  
of  
rest
- Do  
things  
that  
feel  
good
- Eat  
well-  
balanced  
meals

Ultimately, you can change the way you approach the things you cannot change. Like me, you can come to the place of realizing not everything has to have your judgment attached to it. And when you get to this place, I believe you can find peace. I know I did.



## **Put Your Spouse First (well, actually second)**

In Philippians 2:3-4, Paul writes these words...

"Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others."

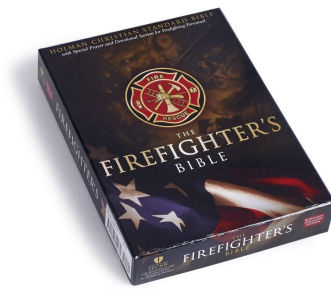
While this certainly applies to all of our relationships, there is no greater relationship to live this out in than marriage.

But even as you put your spouse above yourself, there is one relationship that needs to be above that - your relationship with God.

I'm absolutely sure that the best husband I can be for my wife is to be the man God created me to be. That is, as I pursue my relationship with Him, my wife will benefit from my wisdom, my love, my patience, etc.

Putting others before yourself begins with your spouse. But the relationship that should be above them all is your relationship with God.

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*Click image for more information*

## **Faith in the Fire**

Chaplain Joe LaCognata shares about some of the unique challenges faced while trying to live out faith in the fire service.

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## **Upcoming CISM Training**

October 25-27, 2021  
Lake City, FL

January 11-13, 2022  
Ft. Lauderdale, FL

February 1-3, 2022  
Winter Garden, FL

February 22-24, 2022

Cocoa, FL

Contact us to host training at your agency

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



## Stress Management Information

Click the logo for some timely information on how to better manage your stress during these difficult days.



## CISM Thoughts

### It's Ok to Not Be Ok

One of the most challenging aspects of crisis intervention is getting people to realize that they are human and therefore susceptible to challenges. This is complicated because we work with hard-driving, Type-A people who really struggle with this.

Fire rescue personnel, so they think, are the problem-solvers, not those who have problems themselves. But once our peers have been given permission to not be okay, they are able to address their challenges and work toward resolution.

[Click here](#) to watch a great video that reminds us that we're not

superheroes, we're just ordinary people.

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## **In Remembrance**

**The following firefighters died in the line of duty  
during the month of September**

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9/1 - Marshal Hilley - Gulfport, MS

9/1 - Malcolm Arrington, Nashville, TN

9/2 - James "JB" Bernard Guilder - Franklin, GA

9/2 - David Leos - Dallas, TX

9/2 - John Clay Gaddy - Forest Park, GA

9/3 - James Heater - Vidor, TX

9/4 - Laron Holcomb - Ellsworth, PA

9/5 - Randall "Randy" Burnham - Lake City, FL

9/6 - Miguel Angulo - Phoenix, AZ

9/9 - Joshua Dylan Megill - Colerain, NC

9/10 - Jeffrey C. Hager - Huntersville, NC

9/14 - Jon Delvalle - Garden Valley, ID

9/15 - Carl Frederick Kleinman - South Point, OH

9/17 - Robert Liguez - Alice, TX

9/18 - Scott Chassells - North Little Rock, AR

9/19 - Frank D. Huff, Jr. - Columbus, OH

9/20 - Jeffrey J. Billingsley - Denver, CO

9/24 - Joseph "Joey" Wright - Shepherdsville, KY

9/25 - David Hackett - Brooksville, FL

9/26 - Randy Miner - Newark, OH

9/29 - Kelly William Frye - Cumberland, MD

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## **108 firefighters have died in the line of duty in 2021**

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### **Our Vision**

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.

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## Donate Today

As a non-profit organization, Fire Rescue Support operates thanks to the generosity of individuals, churches and other organizations. You can give online by clicking the logo.

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## Amazon Smile

Want to help make a difference while you shop in the Amazon app? Simply follow the instructions below to select "Fire Rescue Support Inc" as your charity. They'll donate a portion of your eligible mobile app purchases to us.

How it works:

1. Open the Amazon app on your phone
2. Select the main menu (=) & tap on "AmazonSmile" within Programs & Features
3. Select "Fire Rescue Support Inc" as your charity
4. Follow the on-screen instructions to activate AmazonSmile in the mobile app





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