

Like

Tweet



August 2022

hope

I spent my morning in the hospital at the bedside of a gentleman who was dying from pancreatic cancer. He was not someone I knew, but the family had requested a minister to come by. With only days to live, I was asked to visit and provide some degree of comfort.

But what do you say to the family of someone who has only days to live? Indeed, what do you say, especially if faith, if Jesus is not part of their story?

Death always brings grief, pain, loss. All we know is our very human existence. And since no one has come back from behind the curtain, we're left with only questions, only heartache, only loss.

We're left without hope.

But that's not the way it needs to be. In fact, that's the whole reason that Jesus came.

In 1 Thessalonians 4:13, Paul wrote these words. "Brothers and sisters, we do not want you to be uninformed about those who sleep in death, so that you do not grieve like the rest of mankind, who have no hope."

Christ-followers certainly grieve, but our grief is soothed with hope; hope that there is life beyond this earthly existence. And this hope is not just wishful thinking; it is hope based upon the death and resurrection of Jesus Christ.

My time this morning could have been very different. Instead of being with those who have no hope, I could have been with those thanking God for the gift of life and the gift of eternal life.

--Chaplain Joe LaCognata

FIREFIGHTERS & FIRST RESPONDERS
**FRIENDS AND
FAMILY NIGHT**

AUGUST 31, 2022 6-9PM



Come join us for a BBQ Bash and Fundraiser to honor those that Protect, Serve and Save.

All sales donated to Fire Rescue Support.

PLEASE RSVP: mission34471@mission-bbq.com

HOSTED BY:



2505 SW COLLEGE RD., UNIT 200 | Ocala FL 34471 | 352-558-8601



Psychological Body Armor

The concept of Psychological Body Armor goes beyond the old notion of reactive stress management and employs the very latest research on human resilience. Its perspective not only helps individuals “bounce back” from adversity and crisis, but also helps them develop a greater degree of protective “immunity” in the face of adversity and crisis.”

These are the six components of Psychological Body Armor...

- Resilient Attitudes
- Exercise
- Nutrition
- Rest/Sleep
- Relationships
- Spirituality

This month we will focus on Exercise.

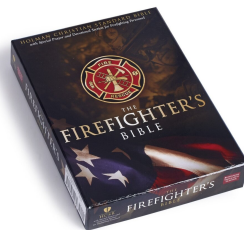
You've all experienced the release of stress that comes from a good workout. That's because physical exercise appears to be the most effective way of ventilating, or expressing, stress in a health-promoting manner. And while you're probably aware of some of the benefits of exercise, here are some you may not know about.

Benefits of exercising

- * Reduced anxiety
- * Improved learning
- * Reduced hyperactivity
- * Reduced risk for neurodegenerative disease

And if you're struggling to get into a good exercise routine, be encouraged that health benefits can be attained by as little as 30 minutes of moderate-intensity exercise 3-5 times per week.

Physical exercise is the second part of putting on the protection from stress called Psychological Body Armor.



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.



Upcoming CISM Training

August 16-18, 2022
Windermere, FL

September 13-15, 2022
Naples, FL

Contact us to host training at your agency

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



Stress Management Information

Click the logo for information on how to better manage your stress.



In Remembrance

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

7/4 - Roger Elliott Estes - New Tazewell, TN

7/8 - William "Bill" Halstead, Sr. - Sandy Hook, CT

7/14 - Brian Falk - Bakersfield, CA

7/15 - Austin Duran - Apopka, FL

7/16 - Matthew Anthony King, Albuquerque, NM

7/21 - Thomas Hayes - Salmon, ID

7/21 - Jared Bird - Salmon, ID

7/28 - Bryant McGowan - Huntsville, AL

69 firefighters have died in the line of duty in 2022



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.



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.



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



© 2022 Fire Rescue Support | 12647 SE 102nd Avenue Belleview, FL 34420

Forward

Unsubscribe

Powered by
GoDaddy Email Marketing®