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# Monthly Newsletter

## March 2024

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### Why Your Department Needs a Chaplain

As far back as the 4th century BC, **as the story goes**, chaplains have been committed to caring for others. And while a variety of institutions and agencies have chaplains, there is no better place for a chaplain to serve than in the fire service.

I have found three simple words that effectively communicate the scope of the

work of the fire chaplain. These words are before, during and after.

**Before:** The chaplaincy is all about relationships and before the call is when the chaplain invests in fire rescue personnel. Weddings, training events, community gatherings, and other non-critical times give us the opportunity to get to know crews a little better. It is through the time spent investing in fire rescue personnel before the call that chaplains earn the right to be there when they are in the midst of a difficult situation either professionally or personally.

**During:** During the call is a critical time for fire rescue personnel and chaplains are on the frontline supporting first responders in the field. During the call, chaplains are there providing physical and emotional refreshment to fire crews. Day or night, we provide a listening ear and a cold bottle of water. By being on scene, chaplains are able to provide a calm, peaceful presence in the midst of crisis. The presence of a chaplain during the call brings God just a little bit closer.

**After:** After the call is when chaplains provide ongoing care and assistance to fire rescue personnel. Depending on the severity of the call, first responders may need to process what they have experienced. But even less significant incidents create difficulties and stress over time. And because of the time chaplains invest before and during the call, we have the great privilege of being close to fire rescue personnel after the call.

If you have questions about the chaplaincy, would like to network your chaplain, or would like to start a chaplain program in your department contact me at [joe@firerescuesupport.com](mailto:joe@firerescuesupport.com) or visit [www.firerescuesupport.com](http://www.firerescuesupport.com).

--Chaplain Joe LaCognata

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# Registration is now open for the Florida Fire Chaplains Conference



**Monday, April 15 – Wednesday, April 17, 2024**  
**Florida State Fire College – Ocala**  
**[www.firerescuesupport.com/conference](http://www.firerescuesupport.com/conference)**

**Registration \$75**

Includes three lunches and two dinners (lodging additional/breakfast at hotel)  
While there will not be a separate program, your spouse is welcome to join us for \$25

**Lodging (see website for details)**

Blocks of rooms have been reserved at two local hotels  
In addition, a limited number of dorms are available at the Fire College

**Topics for this year's conference**

Chaplains place on the fireground  
Issues firefighters struggle with  
Self-care for chaplains  
Extending care to those in need  
Supporting your agency through loss  
Deployments – what to expect/how to prepare

**Networking opportunities throughout**

Discussion of state-level initiatives  
Tours of E-ONE and Hale Pump

For more information and to register go to [www.firerescuesupport.com/conference](http://www.firerescuesupport.com/conference) or contact  
Chaplain Joe LaCognata (352-425-1643) or [jlacognata@floridafirefightersafety.org](mailto:jlacognata@floridafirefightersafety.org)



**What About When We're Struggling?**

My wife Kim and I have been on the parenting journey since 1989. The past years have been filled with many trials and much joy. We have been blessed with 5 children (4 daughters and a son), and now 4 sons-in-law. Over the next several months Kim & I want to answer some questions you may have about strengthening your relationship with your kids. We hope this will help you to Grow Closer and Stay Close!

This month the question we will address is, "What about when we're struggling?"

Parenting is complicated. It brings out the best, and the worst in us. This is no more apparent than when we are struggling with our kids. Difficult kids become disobedient kids. When this happens, we face the challenge of keeping our emotions in check. This is especially hard when our kids are not doing the same. Rather than parenting emotionally, we need to parent intentionally - keeping on track even when being challenged.

But what if we said there was a goal greater than the obedience of our kids? What if we could parent the hearts of our children and not just their heads? What if our greatest objective was developing a heart relationship with our kids; a heart relationship that will last?

That's exactly the goal of the book **Parenting is Heart Work**. This book is the one resource that put us on the right path when we were struggling with our kids. We believe you will find insight and hope in its pages. Here are a few words about Parenting is Heart Work.

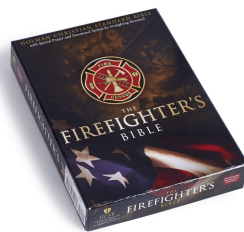
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More information can be found online at the [National Center for Biblical Parenting](#).

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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**

March 11-13, 2024  
Quincy, CA

April 2-4, 2024  
Coral Springs, FL

May 21-23, 2024  
Daytona Beach, FL

July 9-11, 2024  
Brooksville, FL

Contact us to host training at your agency

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

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## Stress Management Information

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

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## In Remembrance

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

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2/5 - William "Tony" Anthony Baumgartner - Fayette, AL

2/8 - Chris Nelson - Selma, CA

2/16 - Trevor Brown - Sterling, VA

2/18 - Adam Finseth - Burnsville, MN

2/19 - John Garrow - Philadelphia, PA

2/19 - Tommy Lee - Kill Devil Hills, NC

2/20 - Louis Dunston - Youngsville, NC

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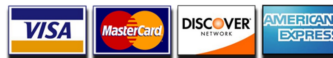
**13 firefighters have died in the line of duty in 2024**



## 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 PayPal logo.



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SUPPORT INC**



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Donate your change by automatically rounding up your  
orders to the nearest dollar at checkout.

## Round Up at Walmart

You can help Fire Rescue Support every time you shop at Walmart. Choose our organization and round up your purchase.



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Forward

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