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Monthly Newsletter

June 2024



I attended another firefighter funeral recently.

It took dozens of people hours of time to get everything prepared. The room had to be set up. An order of service had to be prepared. Words of reflection were written and rehearsed.

The uniform, helmet, and gear of the deceased had to be gathered and displayed. A shadow box was created showing items from years of service.

Honor Guard, family, and friends spent hours on the road to travel to the venue. A procession was coordinated. Lunch was served.

Here was the thought that was prominent on my mind...

We will be there when you die.

Let us be there to help you live!

What if all the time and effort that had been used for the firefighter's funeral had been used to help keep that firefighter alive? What if hours had been spent talking with the firefighter? What if the travel that was done was getting the firefighter to a place of help?

Why do we spend more time planning funerals than planning retirement parties?

Because firefighters don't reach out for help.

But that needs to change!

We refer to the brotherhood and sisterhood of the fire service. Indeed we are our brothers' and sisters' keepers. But what does that mean? I believe two answers are found in Ecclesiastes 4:9-10.

"Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help. But someone who falls alone is in real trouble."

If one person falls, the other can reach out for help.

Picture someone walking along, then stumbling. What is necessary for you to be able to reach out and help them? You must be near to them, close enough to catch them before they fall.

But there's a second part to this. The Bible says, "But someone who falls alone is in real trouble."

Even considering the closeness of the brotherhood, some of you are choosing to be alone. The Bible says you in real trouble. Real trouble because you have isolated yourself; real trouble because the hands that could reach out to help you simply aren't close enough.

Have you ever considered that the whole emergency system is based on someone picking up the phone and calling 911? What if they didn't call? We have trained personnel, modern equipment, and the latest technology ready to assist if only they would call.

Don't you see it's the same for you? You need to let us know you need help.

And make no mistake, it will be the toughest call you'll ever make. But help is on the other side.

You need to know that you are not the only person who struggles; struggles with depression, struggles with anger, struggles with relationships, struggles with substances – struggles with thoughts of taking your own life.

Just like the 911 system, we have trained personnel, modern equipment, and the latest technology ready to assist you if only you would call.

We do all this because you are worth it; you have value. How much value? Well, the value of anything is based upon what someone is willing to give in exchange for it. Perhaps you've held an antique in your hands wondering what it's worth. You could take it to a dealer and get it appraised, but in reality, it's worth is only fully recognized when someone actually purchases it.

So what's your value? What are you worth?

To me?

To God?

If the value of anything is based upon what someone is willing to give in exchange for it, then try to calculate your worth based on what Jesus exchanged for you. Consider how great your value is knowing Jesus was willing to die for you.

1 Peter 1:18-19

For you know that it was not with perishable things such as silver or gold that you were redeemed from the empty way of life, but with the precious blood of Christ.

Romans 5:8

But God showed his great love for us by sending Christ to die for us while we were still sinners.

Life is hard. Hard because of the struggles you experience. Hard because of the trials you face.

But life is also good. Good because of those you have walking alongside of you. Good because God loves you and sees you as one who has incredible worth.

We will be there when you die.

Let us be there to help you live!



Radio interview

Chaplain Joe recently was interviewed on Spirit FM regarding his role as Statewide Chaplaincy Coordinator with the Florida Firefighter Safety and Health Collaborative. [Click here](#) to hear this interview.



Day of Heroes Dive

Zane Ducheneaux is a Firefighter/EMT with Marion County Fire Rescue. One the side, he runs a small dive business.

On Saturday, June 22, at Devil's Den in Williston, FL, CONQUEST Adventures is holding a special dive for first responders. Zane wants you to experience the freedom he has found below the surface. Here's how he describes what diving means to him.

"Through the years of diving, I have come to understand the therapy that water offers us. When you submerge yourself under the water you go into a whole other world. You see and feel things differently. The day to day thinking patterns reverse and you catch yourself only harnessing the thought of every breath. Not

the next deadline, not the next bill, or the daily responsibilities that must be cared for. You realize within those depths that you don't need to be quick or move fast; there is no rush. All that fades away and you're left with just the focus of your breath, your depth and gauging the air supply. In that world, that's all that matters!"

You can find out all the details by going to their [Facebook page](#).

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"CONQUEST ADVENTURES PROVIDE AMAZING TOURS OF OCALA'S NATURAL SPRINGS"
— Zane James —

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CONQUEST Adventures

About Us:
CONQUEST Adventures offers discover scuba diving experiences for anyone 10 years and up! No certification required.
Book your unforgettable diving experience today and explore the underwater world!

Approach:
Experience safe and authentic diving with professional divers. Explore the underwater world with confidence. Dive with pros now!

Commitment:
Promotion of local conservation initiatives and responsible tourism.



Our Legacy

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 I want to share with you a letter I wrote to my children about 10 years ago. They were ages 15-25 at the time.

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I drove to Sarasota the other day to officiate a wedding. As I was traveling along I 75, I passed the exit for the Florida National Cemetery. That's the place where my dad's cremated remains have been laid to rest. As I drove past that spot to begin to think about my dad and the life he lived. More importantly I was thinking about what he left behind. That is, what is his legacy? I know my dad made a difference as a teacher 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 each of you.

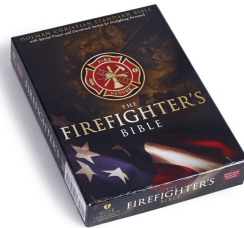
What impact will you make on the world? What difference will you make? What legacy will you one day leave behind?

Mom and I have attempted to set you up for success. We've tried to give you a solid foundation from which you can leap forward into your futures. I subscribe to Frank Reagan's philosophy that, "Life is a series of adventures launched from a secure base."

The most significant part of this foundation is the aspect of faith. In fact, after all is said and done, one verse sums it all up for me. It's found in 3 John 4. "I have no greater joy than to hear that my children are walking in the truth."

I will continue to grow in my faith so I can lead you to grow in yours. I will continue to challenge and encourage you to seek God's plan for your life. I will celebrate success with you and stand by you through defeat.

Because after all, you are my legacy.



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

July 9-11, 2024
Brooksville, FL

September 3-5, 2024
Jacksonville, FL

October 1-3, 2024
West Melbourne, 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 May

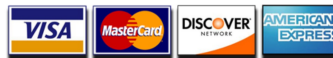
5/6 - Derrick L. Nester - Wyomissing, PA

25 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.



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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