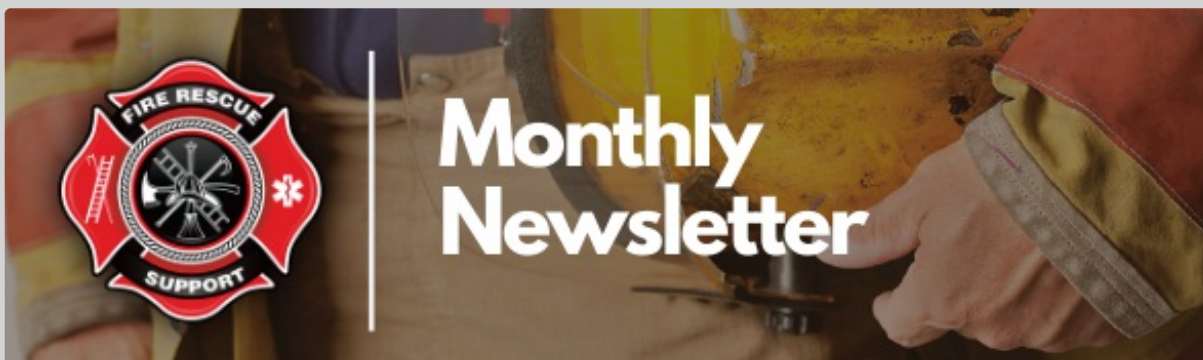


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## December 2025

# Advent



Advent is a four-week season dedicated to reflective preparation for the arrival of Jesus at Christmas.

The circle of the advent wreath reminds us of God Himself, having no beginning or end. Candles symbolize the light of God coming into the world. The four outer candles represent the 400-year period of waiting between the Old and New Testaments. The center candle is called the Christ Candle.

[Click here](#) to listen to a message from Chaplain Joe called "What Are You Waiting For?" I pray you will consider this question as you journey to Christmas.

The resources mentioned in the video can be found [here](#) and [here](#).

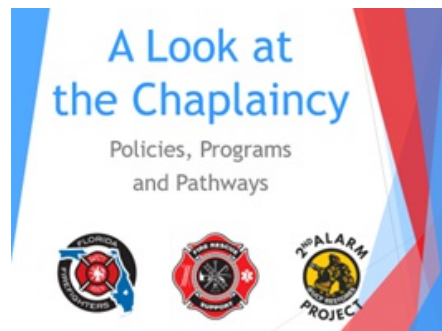
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## Upcoming Events



*Click the graphic for conference information and registration*

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## 2AP webinar

In case you missed it, [here's a recording](#) of Chaplain Joe on the Second Alarm Project Podcast discussing the chaplaincy.

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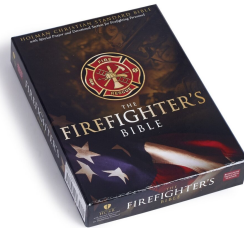


*Click image for more information*

## Website Resources

Have you ever been to the Resources page on our website? Click on the image to the right to find help with stress management, spiritual growth, marriage, and 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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*Each month, in an effort to continue to promote the conversation about critical incident stress management, we'll discuss a topic relative to crisis intervention. This will be helpful as a refresher to those who have already been trained, as*

*well as something to create interest among those who have not.*

## **How to Make Stress Your Friend**

The fire rescue community knows all about stress and the dangers that stress can lead to. Heart disease, hypertension, diabetes, and high cholesterol are some of the medical challenges associated with high levels of stress. In addition, there are all manner of mental health issues that are linked to stress.

So, we are right to warn you about the dangers of stress. We are right to help you reduce your exposure to stressful events. We are right to challenge you to find better ways to deal with stress.

We are right! Or are we?

Dr. Kelly McGonigal is a health psychologist and lecturer at Stanford University who specializes in understanding the mind-body connection. As a pioneer in the field of "science-help," her mission is to translate insights from psychology and neuroscience into practical strategies that support personal well-being and strengthen communities.

Kelly challenged the toxic notion of stress in her TED Talk, [\*\*How to Make Stress Your Friend\*\*](#), which is one of the most viewed TED talks of all time, with over 20 million views. In this talk, Dr. McGonigal suggests that the heightened intensity that is often associated with stress is actually a sign your body is preparing to optimize itself to meet the demands of the situation. The traditional "fight or flight" response can be seen as your body preparing for action. This shift in thinking allows me to see the typical stress response as positive rather than negative. It allows me to embrace rather than avoid the stress I experience.

While we have been taught to do everything we can to avoid stress, McGonigal delivers an unconventional message: "Stress isn't all bad. New research shows that stress can make us stronger, smarter, and happier—if we learn how to embrace it." In her book, *The Upside of Stress*, McGonigal helps by sharing "practical strategies for transforming anxiety into courage, isolation into connection, and adversity into meaning."

While I'm certainly not advocating searching out stressful situations, I would encourage you to consider the positive aspects of what being under pressure can do for you. Recognize the additional focus, attention to detail, and energy that stress can bring to the demands you face. Find stress, not to be something to avoid at all costs, but rather a natural response to the demands you face; a response designed to keep you safe and help you be successful.



## **Upcoming CISM Training**

February 2-4, 2026  
Wildwood, FL

April 7-9, 2026  
Orlando, FL

May 19-21, 2026  
Naples, FL

June 23-25, 2026  
Wesley Chapel, 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 in the month of November**

11/4 - Fire Recruit Kalif Leslie Daly - Martinez, GA

11/8 - Firefighter Patrick D. Brady - Brooklyn, NY

11/12 - Captain Michael A. Booke - Northampton, PA

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**65 firefighters have died in the line of duty in 2025**

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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 PayPal logo.

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**FIRE RESCUE  
SUPPORT INC**



**Round up**

Support your favorite local charity every time you shop.

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. Click on the image and search for Fire Rescue Support.

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