

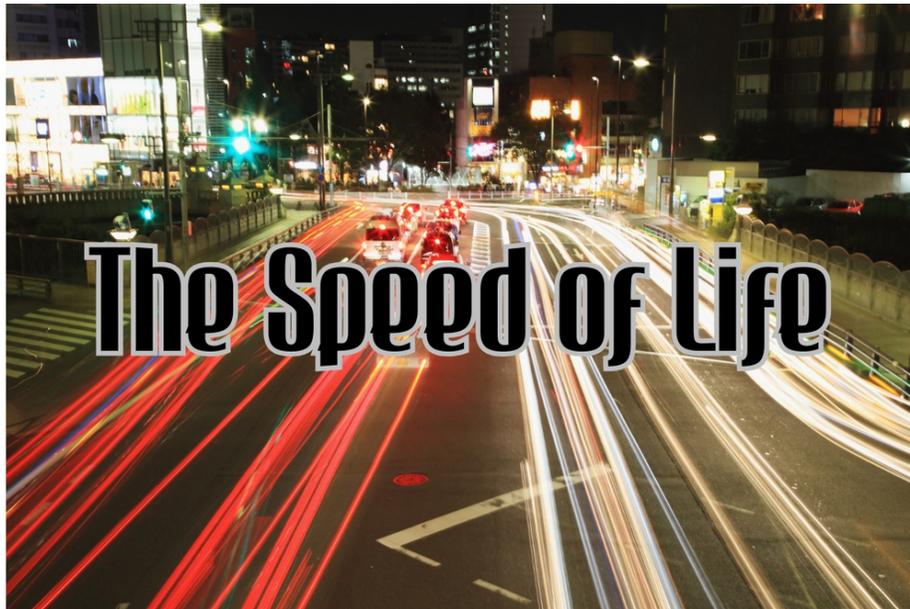
Like

Tweet



Monthly Newsletter

January 2026



The Speed of Life

A new year is upon us. Can you believe it? They say, "Time flies when you're having fun." It seems regardless of your frame of mind, the days, weeks, months and years go by with ever-increasing speed. At this pace, where does our relationship with God fit in?

If we look back into the Old Testament, we find that God established a relationship with His people that would draw them close to Him on a regular, even daily basis. As Israel wandered in the desert after leaving Egypt, they were dependent on God for their basic needs of food and water. In providing for His people, God chose to give them only what they needed for one day at a time. This created a situation where the people found themselves depending on God every day.

But wouldn't it be nice if God took into consideration our fast-paced world and met our needs in a more efficient manner? I mean daily bread? Why not weekly, monthly or quarterly? Daily seems a bit much. I don't even go to Wal-Mart that often.

It is only through daily investing in our relationship with God that we can continue to develop in our understanding of His ways. It is only by spending time in His Word every day that we can grow in knowing how to live. And it is only by entering into His presence day by day that we can learn to hear His voice.

I pray that 2026 is a year that will be marked by the time you spend with God. I pray that you would commit yourself anew to enjoying a personal, on-going, daily relationship with Him. And I pray that you would come to depend on Him every day.

Upcoming Events

Heroic Deeds



PROVERBS

28:1

*Bold
As A Lion*

"The wicked flee when no one pursues but
THE RIGHTEOUS ARE BOLD AS A LION"
Proverbs 28:1

**Responders in Faith
CONFERENCE**

January 9-10, 2026 | Florida International University

Click the graphic for conference information and registration

Florida Fire Chaplains Conference



April 27-29, 2026

Ocala, FL

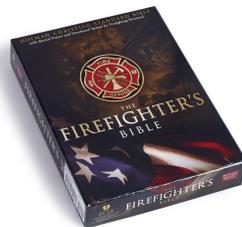
Click the graphic for conference information and registration



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.



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.



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.

The Role of the Chaplain

The chaplaincy is all about relationships. That is, the primary role of the chaplain is to develop relationships with the men and women they serve. The reason this is so critical is that these relationships will provide the foundation for support in times of crisis. Through visiting stations, eating meals, and drinking coffee the chaplain has the opportunity to connect before things get messy. Fire rescue personnel should know their chaplain and be known by their chaplain before difficulty comes. Chaplain Joe LaCognata is available to assist your agency in developing an effective chaplain program. You can contact him at joe@firerescuesupport.com or 352-425-1643.



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](#)



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 in the month of December

12/13 - Firefighter/Fire Commissioner Michael J. Ryan - Phoenicia, NY

76 firefighters have died in the line of duty in 2025



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.



 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.

[Forward](#)

[Unsubscribe](#)

Powered by
GoDaddy Email Marketing®