
April 2026 Fire Rescue Support Monthly Newsletter

1 message

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April 2026



Trust in the Lord

My wife & I have been guided by 2 verses made up of two phrases each during the 40 years of our marriage. Each of us had only recently started our own journeys of faith when we met. In wanting to understand, and then live out our lives God's way, Proverbs 3:5-6 became the foundation that we could build on.

"Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge Him, and He will make your paths straight."

Trust in the Lord with all your heart

Our relationship with God in a word – trust! Yet, it doesn't seem like it's a one-time decision. We learn to trust Him more and more with the unknowns of tomorrow, because of His faithfulness today.

And do not lean on your own understanding

Often, we believe we have it all figured out. Believe me, I know! However, it would seem that part of trusting Him more means trusting myself less. Not that I don't believe in myself or have confidence myself, I just am more and more learning to defer to Him.

In all your ways acknowledge Him

Don't fall into the trap of believing that only some things about our lives are spiritual. At the end of the day, we are spiritual beings, therefore, everything is spiritual!

And He will make your paths straight

We found that the straight path of God is not necessarily the easiest path. Along our journey there have been plenty of bumps and obstacles. However, believing we were on His path allowed us to continue no matter what.

As you move through pivotal seasons in your homes, your families, your careers, I pray the encouragement my wife & I found in these verses would give you peace and hope as you continue your journeys with Him.

Upcoming Events



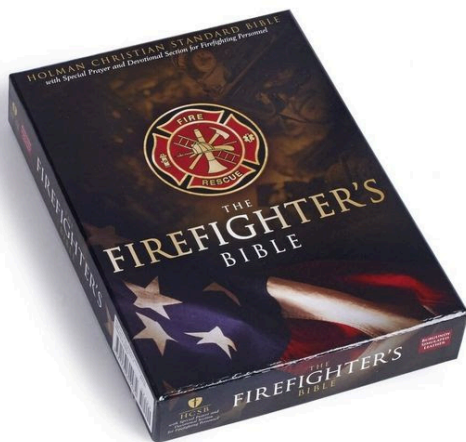
Click the graphic for conference information and registration

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](#)



[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.

Muscle Relaxation

The ICISF model of critical incident stress management is based upon the philosophy that the crisis interventionist can offer direct assistance to the person in crisis. Called "mechanisms of action," these tools help foster the return to adaptive functioning. Some of these tools fall under the category of stress management techniques including mindfulness, controlled breathing, and muscle relaxation.

Controlled breathing is a rather simple concept that allows your focus to be moved away from the stressful issue before you. Try this...

1. Inhale for 2 seconds
2. Hold for 1 second
3. Exhale for 2 seconds
4. Hold for 1 second

[Click here](#) for other controlled breathing techniques.

Upcoming CISM Training

April 21-23, 2026
Tavares, FL

May 19-21, 2026
Naples, FL

May 26-28, 2026
Pensacola, FL

June 16-18, 2026
Fort Pierce

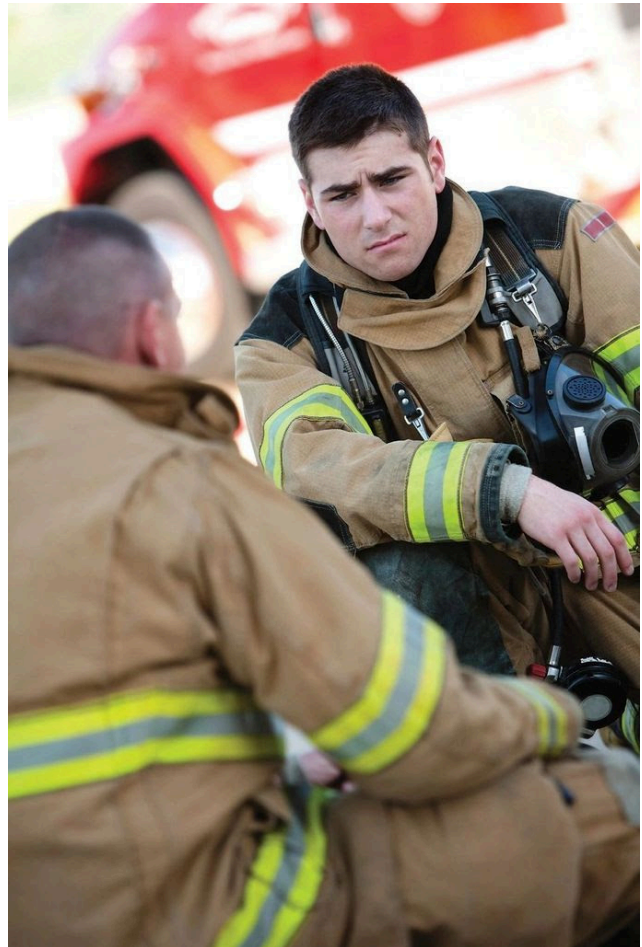
June 23-25, 2026
Wesley Chapel, FL

Sep 21-Oct 1, 2026
Windermere, FL

October 13-15, 2026
St. Petersburg, 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

**4 firefighters have died in the line of
duty in 2026**



FIRE RESCUE SUPPORT

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.





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.

12647 SE 102nd Avenue Belleview, FL 34420 [unsubscribe](#)