

Thank you for the work and service you provide our Kansas City neighborhoods, creating a much safer community and better life for all our loved ones. Each day that you put on the uniform, you place yourself in harm's way and that can add some serious stress to your life; therefore, I say "Thank you for your work and devotion to all the people in Kansas City, making the city a much better place to live in and enjoy!"

As a result of my years in the Army, I have seen firsthand how stress can affect individuals, when not addressed in a healthy way. I believe the benefits of talking with someone about our stress are obvious; however, we do not always take the moments we may need to share the deep concerns and bruises we have in our hearts, with someone we trust.

Talking to a caring counselor or chaplain offers numerous benefits. These include improved mental and emotional well-being, better coping skills, enhanced communication, and a stronger sense of self-awareness. I care for you and communicate this care in my presence and now in words. All the chaplains working for KCPD care for you too.

In addition, pastoral counseling can help manage stress, anxiety, and some other health concerns, and it can also support personal growth and relationship improvement. We all want to have great relationships with those we love and hold close in our hearts.

More simply stated, I do not want you to carry a load of hurt home to your loved ones. Hurt brings hurt. Hurt hurts others. In short, hurt has got to go. There is a beautiful song that I have sung many times, now reminded of and that I am greatly encouraged by. It is: 'I Must Tell Jesus'. The lyrics are simple and the results powerful. As I sang along with the download on my phone, my focus went to a powerhouse. To me, Jesus is like a super strong anchor that I can cling to in the storm. He is a superpower Who fully understands and cares for us.

Again, thank you for your work! You truly make KC, MO a better place to live! Blessings,

Chaplain Patrick (Pat) Ireland 😊

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