

IGNITE

THE FIRST RESPONDER'S LIFE GUIDE
SEPTEMBER 2022 / ISSUE NO.9

A Deep Faith
through Times of
Grief

You're Worth the
Effort: When
Loving Others
Makes You
Question When
it's Your Turn

Scars

Keys to a Long-
lasting Marriage

UNITING FIRST RESPONDER FAMILIES

YOU MATTER!

IGNITE MAGAZINE

Lorie Gurnett – Creator & Editor

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**"Never be wise in your own sight. Repay no one evil for evil, but give thought to do what is honourable in the sight of all."
— Romans 16b-17**



Jenna Barbosa

Jenna Barbosa's personal mission is to inspire resilience and lead others to the heart of Jesus. She is the founder of Resilient Ministries (www.resilient-ministries.com), a nonprofit organization that helps people build better relationships with God, self, and others through experiencing, embracing, and expressing their emotions. She is the author of *Tenacious Grace: Redefine Your Relationship With Food and End Emotional Eating*. Emotional freedom is the heartbeat of her work as she brings her passion through speaking, coaching, retreats, and courses.

Jenna has her Master's Degree in Nonprofit Administration, Advanced Diploma in Biblical Counseling, and Certification in Life coaching. Above all, she relies on wisdom from God and the support of her board members and close friends to lead her in her own emotional freedom journey. Her passion is resiliency, and she believes it's what helps one to know Jesus more intimately and live intentional and abundant lives.



Gwen Hagerman

Gwen Hagerman was born and raised in Grande Prairie, Alberta. There, she met and married her husband, David, and raised two children. They became born again believers through the ministry of Gary Henderson at Silver Valley Gospel Church. Gwen has faced her fair share of grief, especially in February of 2022 with her daughter-in-law's unexpected passing, followed by her husband's passing. Her life is very different now with her two loved ones in glory, but she trusts God who has carried and loved her through it all.



Erin Winfrey

Erin Winfrey is a writer and customer service professional. She grew up in Canada but now lives in California. She is still discovering what she wants to be when she grows up, but she is sure that it includes inspiring others through the sharing of life experiences through writing.



Lynne Modranski

Lynne Modranski is an author, editor, and speaker, but her primary roles, outside of servant of Christ, are pastor's wife and worship leader, Mother to three beautiful adult daughters and "Hada" to four wonderful grandchildren. Lynne and her husband live in a small home they call their Mansion on a Hill, near the Ohio River. She writes curricula, studies, and devotions. She released her first novel in August 2022.

Find out more on her website:

LynneModranski.com

And look for her on Goodreads and most social media: [@LynneModranski](https://www.instagram.com/LynneModranski)

BECOME THE CHANGE

Editor's Inspirational

The world is a mess! People are dying, pushed around, beaten down, spit upon, and lied to. What is the point, you may ask. Something needs to change! By what? Sometimes, I find myself questioning the mere sanity of this world. People are divided, stepped on, and ground into the dust. We all carry our fair share of pain, grief, trauma, and anger. But let me ask you this, where does it all end?

Some feel that pushing your opinions on others, becoming more vocal in your communication, or perhaps beating the truth into people. But the real definition of truth is based on one's reality: the community you surround yourself with, what you choose to believe, or perhaps past experiences. When did it become negative to hear all sides of a story?

Are you one to be open-minded to all sides of an argument? Who knows, you might change your way of thinking when you throw out all the lies and fluff, but listening to all sides, this way the fact is soon revealed. How can you determine what is truth when you are close-minded to fact?

When you enter a conversation with the sole purpose of getting your point across, you have already subconsciously decided anyone on the opposite side of the argument is wrong. You start off close-minded, and you are unwilling to listen. This is a vicious cycle that will never end if you are unwilling at least to listen to the other side.

We need to stop trying to fix everyone and everything and side on compassion, acceptance, and truth. It is all up to us. Us being individually, will you choose to listen, to really communicate, and to care about the other person. Despite our differences, we are all still human. Our voices matter, but our listening ears are important too.

Will you choose to be the change that you wish to see in the world? Reach out. I would be interested in hearing your answer to this question.

**YOU'RE WORTH THE EFFORT:
WHEN LOVING OTHERS
MAKES YOU QUESTION WHEN
IT'S YOUR TURN.**

BY: Jenna Barbosa

Hello, my name is Jenna and I'm a recovering people pleaser. Let me tell you, I'll be the first to get in line with people who know how to rush in and rescue. Do you think you would be there with me? We may not be ones that rescue others with capes on our backs, helmets on our heads, water hoses in our hands or prescribe the right medicine; but we can definitely find a way to bend over backwards for those we love.

Trying to understand codependency can be tricky. It's easy to get your feathers ruffled when someone calls your version of helping others, "people-pleasing" or



Key points:

1. Codependency costs
2. We cannot love others well from a place of inferiority
3. Learning to be loved is how we best meet the needs of others

“fixing.” This confusing dynamic is often met with the question, “Aren’t we supposed to place others’ needs above our own as Christians?”

Let’s focus on the word “as” in the verse, Mark 12:31 (NLT) “The second is equally important: ‘Love your neighbor as yourself.’ No other commandment is greater than these.” The word “as” refers to concepts of equality and something in a sequential manner. Equality amongst humanity is where we see that we are all on the same playing field of beings that needed to be created and therefore cannot define worth or determine value in another created being. The sequential dynamic of the word “as” is understood with the definition of it being “after the fashion of,” meaning we love others in the same way we have first learned how to love ourselves.

This follows learning how to love God in return to His first loving us. Mark 12:30

(NLT) says, “*And you must love the Lord your God with all your heart, all your soul, all your mind, and all your strength.*” But, friends, here’s the kicker: so many of us haven’t learned how to love ourselves, let alone love God. We feel so inferior to His love for us we run from it and seek it elsewhere. We seek it in other people outside ourselves, or we turn inward and keep others out.

Knowing how to be first loved by God, then to love Him in return allows us to know how to love ourselves enough to be secure and steady. Then, we are emotionally, mentally, and spiritually free to love others in the ways they need to be loved more than the ways we want to love them.

There are two kinds of love: building and boomerang. Building love builds the person up to be their best self for their healing and freedom. Boomerang love is something we send out to them, attempting to make them into their best self for our healing and freedom. We rely on their actions, words,

"If you are distressed by anything external, the pain is not due to the thing itself, but to your estimate of it; and this you have the power to revoke at any moment."

— Marcus Aurelius

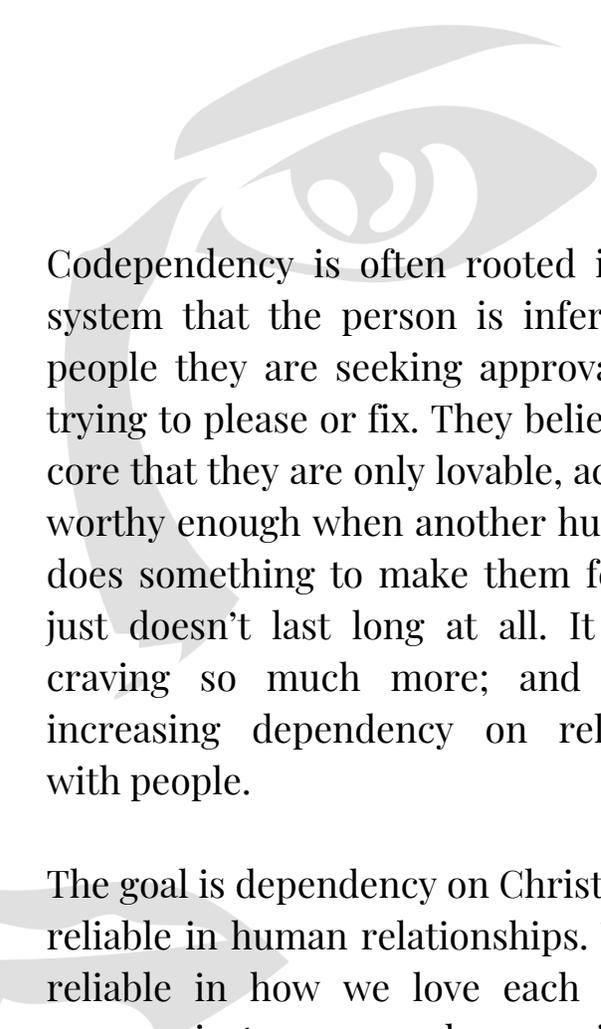
“DON’T JUDGE YOUR
PAST SELF WITH
PRESENT-DAY
KNOWLEDGE.”
— JENNA BARBOSA



thoughts, and feelings to be the things that validate worth in us. If we don’t have our worth and identities secure in how Jesus sees us and loves us, then we aren’t asking for others to validate worth, but rather to create worth in us. This is a God-sized task that no human being can accomplish. We all make poor gods.

The thing about codependency is we find ourselves consistently meeting the needs of others—which feels great and secures our immediate, albeit temporary position of value to them—but when done from a place of insecurity, it costs us every time. The price we pay is trust. We lose trust in ourselves to set and hold our boundaries when needed. We struggle with the ability to discern when boundaries are necessary rather than viewing boundaries as a threat to receiving love, acceptance, or worth from another person.

It also costs us trust in each other. People who want the relationship to be successful and partner together will value the work of having and holding boundaries with each other. People who want the relationship to be a resource where they can pull worth, value, and identity from will avoid the work of having and holding boundaries with each other—often from a place of fear.



Codependency is often rooted in a belief system that the person is inferior to the people they are seeking approval from or trying to please or fix. They believe at their core that they are only lovable, accepted, or worthy enough when another human being does something to make them feel that. It just doesn't last long at all. It leaves us craving so much more; and therefore, increasing dependency on relationships with people.

The goal is dependency on Christ and being reliable in human relationships. We can be reliable in how we love each other and communicate our needs, especially when we are healthy and secure in our relationship with Christ and with ourselves.



UNRAVELED

Where do you start unraveling this and putting in the work of healing from codependency? I'm glad you asked. I encourage you to dive deep into a relationship with Jesus. Learn just what being truly loved is all about. Then replicate that love as closely in your human ability as you can to yourself through self-care, therapy, spiritual community, friendships where you let them see the real you, and creative outlets that bring life to your soul. Next, replicate that again

A black and white photograph of a sign with the text "SELF CARE ISN'T SELFISH". The sign is tilted and has a dark border. The background of the sign is white with horizontal lines. The text is in a bold, sans-serif font. The sign is set against a background of dark, diagonal lines that create a sense of depth and perspective.

SELF
CARE
ISN'T
SELFISH

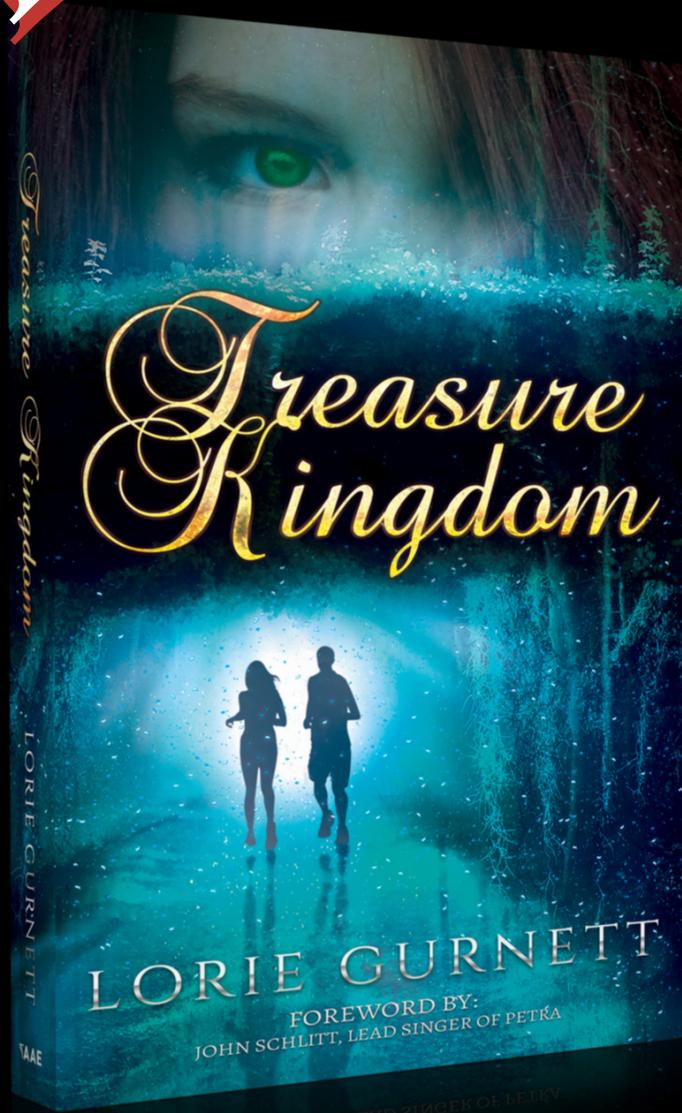
to others in your inner circle and cultivate the ground for deeper relationships to grow. You are worth the effort. Your relationships are worth the effort.

I say this to my clients all the time, “Don’t judge your past self with present-day knowledge.” My friends, my hope is through our time

together, you’ve gleaned new knowledge. I implore you to take this new knowledge, and do not judge your past self, but rather love your present-day self enough to implement these new truths, and build yourself up to a more emotionally-free you.

Article by: Jenna Barbosa

Happy birthday



On September 7th,
TREASURE KINGDOM IS 3 YEARS OLD
Purchase your copy today
lorie@authorloriegurnett.com





A DEEP FAITH THROUGH TIMES OF GRIEF

Gwen Hagerman

In January of 2022, my husband, David, and I went to Salmon Arm, BC to be with our son and his family. Our daughter-in-law, Lena, had just received the diagnosis of terminal cancer of the thymus gland. We wanted to support them in whatever way we could. We live in Sexsmith, AB, so a journey through the mountains in winter was beyond horrible.

We spent two weeks with them before David came to me with the news that he was ill and needed to go home.

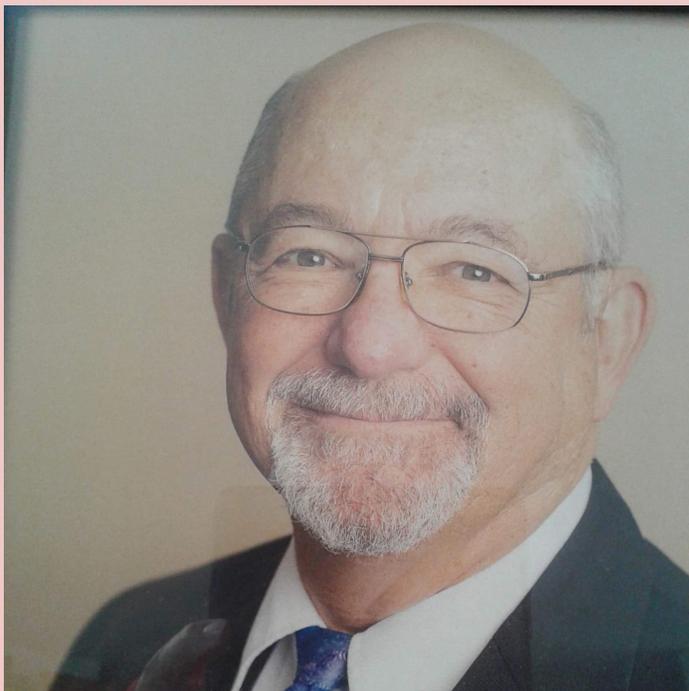
We arrived home on a Sunday, and the following day he went into the garage and made a coffin for Lena who had passed

away just after we left. He was now very ill with fever and no strength. David had been working in a local funeral home for awhile so they continued helping Brian, our son, with arrangements.

Brian and his family travelled up, arriving on Friday. David was taken by ambulance Saturday and was admitted to the hospital with Chronic Obstructive Pulmonary Disease and Covid. He had been treated for asthma before this and we knew his lungs were bad, but now he was struggling for every breath. Sunday morning at 6:00 we were told to come as he was not going to survive the day. But the doctors got him stable. As it was stringent Covid protocols, only two of us were allowed to go in: myself and our daughter.

We buried our beautiful Lena on a cold, blustery February day and went back to the hospital to be with David. He struggled to live for seven days, and God released him from this earthly life on February 12. We were able to suit up and be with him as he was dying, for which I was so grateful.

Brian had arrived February 5 and stayed until the 21 before returning home. When he left, the house was so quiet. I was in a brain fog and just went through the motions of living. I dealt with the many people who came to bring love, hugs, food, and prayers. My best friend had moved in when we lost Lena and,



afterward, stayed to help me do what needed to be done. She was a God-sent treasure, and I appreciated her ministry among us, looking after all the food, etc.

For many weeks, I stumbled through the pain and could hardly make up my mind. My daughter spent hours with me as we dealt with funerals, finances, and everyday plans.

In the midst of this, I kept thinking about how God is in control. He knew David inside and out. He knew his body and how



**“I thank Christ Jesus
Our Lord who has
considered me faithful,
appointing me to His
service.”
— 1 Timothy 1:12**

it worked. He knew David was trusting Him to take care. David had walked with the Lord since becoming a believer when he was thirty. He and I had developed a deep faith over the years and now clung to God's Word and the truth found in it. David had realized a special verse early on in his walk with the Lord and now that comforted me.

1 Timothy 1:12, “I thank Christ Jesus Our Lord who has considered me faithful, appointing me to His service.” David and I had served the Lord for these many years, and I continued to follow. It became the steady point in my life as I struggled with the loss of David.



**"God is faithful and has walked
the road, showing me the path
to take each day."**

— Gwen Hagerman



Colossians 3:1 is where I am now, "setting my heart on things above."

In September, we would have been married fifty years. David was an integral part of my life, and I am missing him so much. But God is faithful and has walked the road, showing me the path to take each day.

Article by: Gwen Hagerman

Our life verse was Proverbs 3:5 & 6 —
“Trust in the Lord with all your heart. Lean not on
your own understanding. In all your ways
acknowledge Him and He will direct your path.”

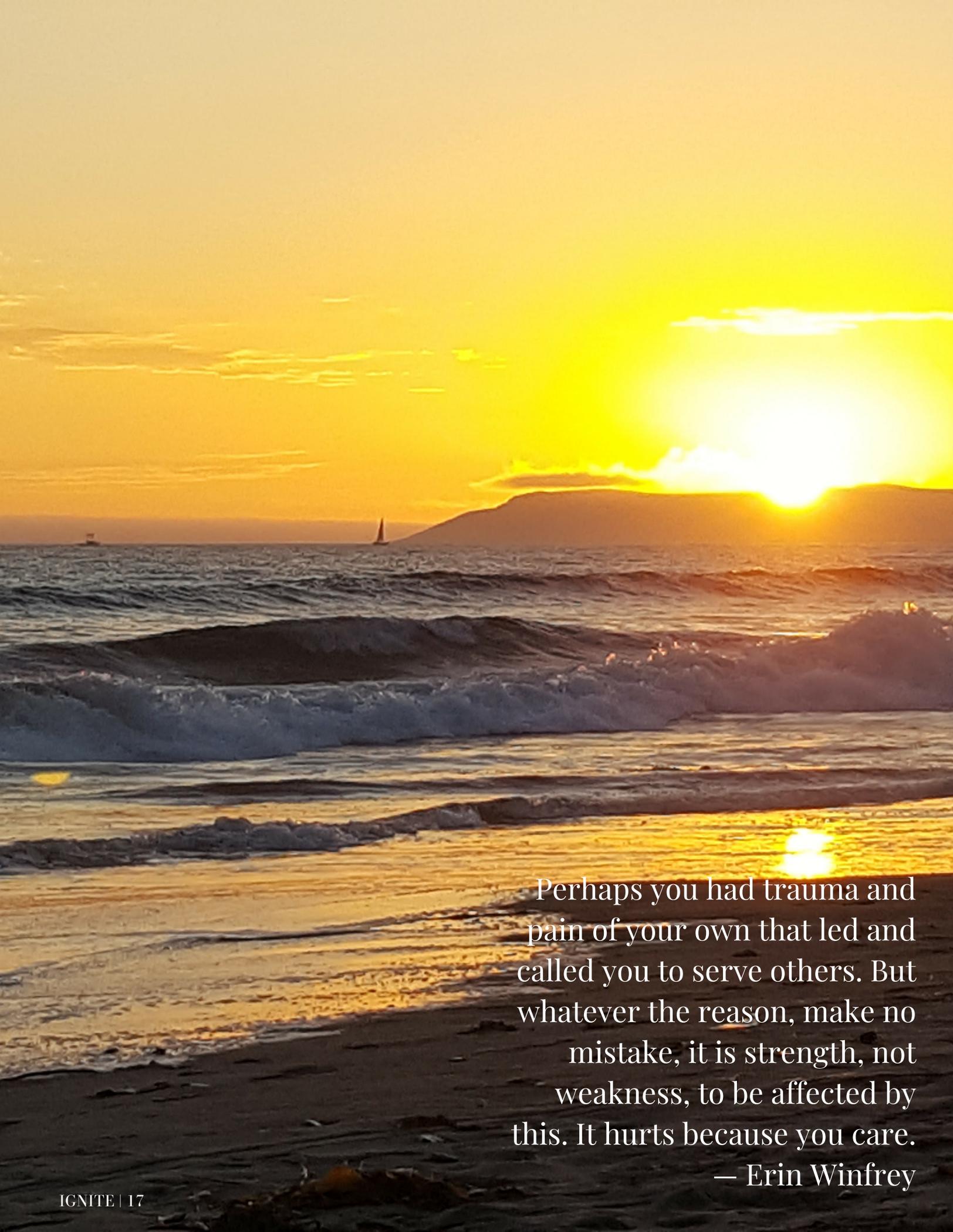
SCARS

BY: ERIN WINFREY

There is a scar that runs along the vein of the inner elbow on my left arm. After nearly 20 years, it's flattened out and faded so much you can hardly tell it's there. Few people would know what it is, and few people, when looking at me, would guess I used to be a drug user.

But it wasn't drug use that caused the scar. Not really. It was trauma. It was the grief and disappointment and depression, hanging over me like a storm cloud, that caused me to use drugs in the first place, to self-medicate, to want to escape.





Perhaps you had trauma and pain of your own that led and called you to serve others. But whatever the reason, make no mistake, it is strength, not weakness, to be affected by this. It hurts because you care.
— Erin Winfrey



My trauma was not caused by a single event. It was a collection of them, a slow build that accumulated over years, like a noose growing ever tighter around my neck and a load that kept getting heavier to carry. This is what is known as C-PTSD, or complex post-traumatic stress disorder. The symptoms are multiple and confusing, and if you already have a tendency toward depression, this is only multiplied.

I had nightmares, had trouble concentrating, and had difficulty falling asleep. I had a chronic lack of self-worth, and this showed up in every facet of my life.

The reality was, I wanted to die. I credit my belief in God and an afterlife for saving me from taking my life outright, for keeping me hanging on when it seemed like there was no hope.

Avoiding pain is an instinct as old as time itself. People once planted thorny bushes around villages to keep the lions out. They kept fires burning throughout the night and learned the properties of wood and stone and steel, so they could defend themselves.



As a first responder, police officer, doctor, or counselor, you override your instincts every day, and stand in harm's way to protect the lives of others, the lives of strangers. No words can convey the magnitude of this selfless heroism.

When others are running away from a disaster, you are running toward it. When others are looking away from gruesome and terrifying sights, you are there, leaning in to see what can be done. Where others freeze, you spring into action. It isn't just your job, it's who you are, or you would never have chosen this in the first place.



**"If pain is a hot potato,
trauma is the foil that
surrounds it, making it
uncomfortable to hold."
— Erin Winfrey**

Perhaps you had trauma and pain of your own that led and called you to serve others. But whatever the reason, make no mistake, it is strength, not weakness, to be affected by this. It hurts because you care.

If pain is a hot potato, trauma is the foil that surrounds it, making it uncomfortable to hold. It can burn again and again, not always in the same place, not always with the same intensity, and not always in the same way.

It is easy to look away from the darkness in the world, the darkness in yourself. It is much more difficult to be a shield, a warrior, an angel. You do this for others, but what about you?

It is filling your own cup that enables you to give so freely to others. As the old saying goes, you cannot serve from an empty vessel.

This is why it is of utmost importance to have a support system where you feel safe and guided, listened to. It is important to enact self-care that encompasses body, mind, and spirit. Find a type of self-care that tends to each of these.

YOU SPRING INTO ACTION

When you understand that pain is a necessary part of life, when you accept that it is not weakness to feel, when you are willing to look at yourself frankly and in full light, and include yourself in the circle of worth and acceptance you bestow on others, you become powerful, and you begin to heal.

Surviving becomes thriving. Avoiding becomes facing. Life moves in its full spectrum, and you are suddenly able to see it.





KEYS TO A LONG-LASTING MARRIAGE

LYNNE MODRANSKI

We were almost ready for bed when the phone rang. “Can you come and help with Ethel?” the voice on the other end asked. My husband retrieved his clothes and walked the quarter mile to Ethel’s home. She could use a walker, but on her worst days, her ninety-six-year-old body experienced less pain when he simply lifted her frail frame and moved her from the chair to the bed.

On another day, as he prepared for a wedding rehearsal, the groom’s grieving family called. A car crash meant the wedding notes would be replaced with a funeral service.

Though I’ve never lived with a first responder, I am married to the second kind. The congregation calls an ambulance, then they call for prayer. After the firemen, police, EMTs, doctors, and nurses have ministered to the physical needs, the clergy take care of the spiritual. Regardless of the type of ministry, every cold dinner, canceled date, and lonely evening takes its toll.

Shortly after my husband entered the pastorate, we found our middle daughter in tears. The ten-year-old finally blurted out, “I thought I’d see you more often since you only work one day a week.” She’d been misled by the jokes doled out as he made his career shift, and our children soon noticed that a pastor, even with a small congregation, worked more hours than most would imagine.

The emotional toll on a responder’s supporting cast can be heavy. Still, they must be our priority, so when the dust clears, we don’t find the relationships we love most on the casualty list.

When our spouses get called away a lot, it's easy to learn to cope without them. Meals, homework, shopping, and more go on whether our spouses are home or not. Many families fall into a routine that makes the absentee spouse's presence a disruption instead of a joy. It can happen even among couples who have a normal schedule, but those with children who live the on-call life or work out of town on a regular basis become more susceptible. To give our kids a routine, we often sabotage our relationship.



Points:

1. Caring for the needs of the world can take a toll on families and marriage.
2. Keeping Christ in the center can alleviate the strain.



Paul told Timothy and Titus to “set an example” with their speech and actions. (1 Timothy 4:12 & Titus 2:7) And though he meant among believers, I believe the same applies to our families. So, the best thing you can do for your children is to take care of your marriage.

In our forty-plus years, we've found two keys to keeping our marriage strong. Both require prioritizing and intentionality. And both can be undermined by the tyranny of the urgent. The tyranny of the urgent looks like car problems and grass that needs mowing—anything that masks itself as an emergency but is relatively inconsequential when left undone.



The first key to a strong marriage is intentional relationship-building. In our marriage, it has meant dating and conversation. We take drives, so the television and household chores don't distract us. A self-guided covered bridge tour once gave us a full afternoon of fun, and we enjoy going to special events at other churches. Many of our adventures cost only the price of a tank of gas. We will, as finances allow, rent an inexpensive cabin or eat at a moderately-priced, sit-down restaurant. Someone once accused us of being frivolous because we treat ourselves to dinner out when we can; however, I consider it an investment in uninterrupted conversation and undivided attention.

The second key, but the more important of the two, is intentionally building your relationship with Christ and encouraging your spouse's faith journey. My husband and I make morning Bible reading a priority. Scripture leads us to prayer and a quiet time focused on Jesus. Even before he became a pastor, Steve prioritized weekly worship. He's missed only a handful of Sundays since he gave his life to Christ. Fellowship and study with other Christians are other powerful ways to keep your faith-walk strong. Not only

"THE EMOTIONAL TOLL ON A RESPONDER'S SUPPORTING CAST CAN BE HEAVY. THEY MUST BE OUR PRIORITY, SO WHEN THE DUST CLEARS, WE DON'T FIND THE ONES WE LOVE MOST ON THE LIST OF CASUALTIES."

—LYNNE MODRANSKI





"When two people make a covenant with Christ in the center, He becomes like a magnet, drawing them together."

— Lynne Modranski

does Hebrews 10:25 insist on it—Don't give up meeting together as some are in the habit of doing, but encourage one another—our lives are a testimony to it. When two people make a covenant with Christ in the center, He becomes like a magnet, drawing them together. Each person need only stay close to Jesus to stay close to their beloved. It's not easy. The tyranny of the urgent tempts us to reprioritize, and the world tries to burden us with guilt when we put our spouses before our children. But with Christ as the family focus, our children never become



neglected. Jesus won't let that happen. When He is the centerpiece, all other priorities find their place, even the ministry He's given us to care for people in need.

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Why Do I Do What I Do?

I love to write. Words have poured out of me since my tweens—poetry, songs, and now articles, devotions, and books. Though we've worked through many difficult times on the road to where we are now, I am blessed with a great marriage. I love using the gift God has given me with words to help others grow in Christ and have a marriage that mirrors the relationship between Jesus and the church.



"IN EVERYTHING SET THEM AN EXAMPLE BY DOING WHAT IS GOOD. IN YOUR TEACHING SHOW INTEGRITY, SERIOUSNESS, AND SOUNDNESS OF SPEECH THAT CANNOT BE CONDEMNED."

— TITUS 2:7-8A

IN HONOR OF OUR FALLEN HEROES

Robert Albridge

Rene Arbour

James Thomas Banting

Peter Duchnicki

Harry Hook

Jan Kikals

James Round

HEROES

"All of us start from zero. We take the right decision and become a hero."

— Govinda