



# Spokane County Sheriff Chaplaincy

## October 2024 Newsletter

### Lead Chaplain

Robert Kinnune

### Deputy Lead Chaplain

Garry Losey

### Senior Chaplain

Jake Burkholder

### Chaplains

Rochelle Renninger

Ryan Stemkoski

Joe Fruci

David Losey

Jaylynn Lawrence

Marilyn Salmon \*

Steve Beck \*

TJ Baia \*

Dwayne Ford \*

### Support Team

Yvonne Losey

Renee Townsley

Marilyn VanTassel

\* Currently Probationary  
Chaplains in training

### Support Your Chaplains

Because of generous supporters like you we're able to care for our law enforcement family and community.

How you can give:

- [On Our Website](#)
- Venmo
- By Check
- Payroll Deductions
- Visit us at our  
Chaplain Office in the  
DEM Building



### Sheriff Chaplain's Corner

#### "LET NOT YOUR HEART BE TROUBLED"

In January 2012, ABC News correspondent, Katie Kindelan reported on a perfectly pleasant flight that was turned into a nightmare by a thoughtless flight crew. On British Airways Flight 206, about 3AM, passengers were abruptly awakened when a taped emergency message blared: "This is an emergency. We will shortly be making an emergency landing on water!" The cabin went into an absolute panic. Passengers began crying and screaming, convinced they were all doomed.

But the message was completely false. The plane was cruising safely at 35,000 feet - on course and on time from Miami to London. The crew had accidentally activated a taped emergency recording and had no small task calming passengers down and assuring them that everything was alright. Spokesmen for British Airways were also waiting Heathrow Airport to distribute letters of apology to their angry customers when the plane landed.

This wasn't the first time the airline had frightened people unnecessarily. In August 2010, 275 passengers onboard a British Airways flight were terrified by another such "emergency landing on water" message, which proved to be totally in error.

You know, we are literally bombarded by false alarms - every day. I'd like to blame it all on the news networks and media - which tend to put a negative spin on even the most positive news.

But they are not the only tricksters that scare the daylights out of us. Sadly, many religious leaders, who act as self-appointed "watch dogs," are spending a little too much time troubling the hearts God's people. Every day I get a mailbox full of "scare grams" that point me to every negative aspect of our President, our government, our Nation, our military, our economy, our environment, and our future. They would have done better pointing me to the One who holds the fate of this world in the palm of His almighty and all-loving hands. Jesus told us, "Let not your hearts be troubled. Believe in God, believe also in Me. In my Father's house are many places to dwell. . I go to prepare a place for you. And if I go and prepare a place for you, I will come again and receive you to Myself, so that where I am, there you may be also. . Peace I leave with you. My peace I give to you . Let not your heart be troubled, neither let it be afraid. . In the world you will have tribulation. But be of good cheer, I have overcome the world" (John 14:1-3, 27; 16:33).

I once read that there are nearly 300 commands in Scripture not to be afraid. When God repeats something so many times it must be for a very good reason. Could it be that the vast majority of alarms we hear are just as false as those that needlessly terrorized those innocent passengers?

God has not called His servants to be prophets of doom and to merely echo everything we hear on the news. God calls us to bear His message of hope and to point each other to the One who loves us unconditionally and eternally.

PRAYER: Dear Father in heaven, I know full well that I live on a troubled planet and that none of us is exempt from adversity, pain, or death. But this does not mean that I must live in fear, for You promise me peace in the midst of tribulation. As I trust in Your love and faithfulness, please still the tempest that rages within me and flood my heart with your peace. Amen.

## Support the Chaplaincy with Payroll Deductions

Are you a Spokane County employee? Did you know you can support the chaplaincy and our mission to support our Deputies and community members automatically with payroll deductions? Learn more and sign-up online:

<https://scsochaplains.org/payroll-deduction/>



# Welcome New Chaplain Trevor 'TJ' Gaia



Greetings! My name is TJ Gaia, a newly minted Probationary Chaplain with the Sheriff's office, and I would like to take the opportunity to introduce myself and share a bit about me and my journey of faith. I've been married to my best friend, Meghan for just over 12 years and we have been blessed with two incredible boys, Jameson (9) and Maverick (6). I joined the Army at 19 and spent the next decade serving in combat arms roles on both active duty as well as in the WA Army National Guard, with my military service taking me to Iraq the first time in 04-05 and again in 08-09. On my first tour I was in the battle for Mosul, seeing heavy fighting and coming home with the scars of war, most of which were unseen. For so long, my way of dealing with that pain and trauma was to medicate myself with alcohol and avoid dealing with the feelings because it felt too overwhelming, and I didn't even know where to start.

For years I struggled to control feelings of guilt, shame, fear and anxiety, and drinking became my way to dull the flood of negative emotions that tormented me. At times, I felt the only way to end the pain would be to end my life and, on several occasions, I was close to doing so. In 2017, after receiving almost weekly invitations from a co-worker to attend a local church, I realized I was out of excuses and decided to check it out. I would tell you that's where my faith journey began, but I know that God had me in His sights my whole life. The more I heard and was exposed to the Gospel and understood the Bible, the more sense things started making to me. In February of 2019, I accepted Jesus as my Lord and Savior and He began to change me, from the inside out. As I write this, I am just a month shy of three years sober, having been prompted to quit drinking from the Holy Spirit in 2021. With the crutch of alcohol gone, I had to face my demons head on, but I now had something, or better yet, someone else fighting that battle with me. It was Jesus. If I believed what the Bible said, that I was a new creation in Christ (and I did), then I knew those old wounds didn't get to control me any longer. Through three of the worst days of my life, I recalled and pulled up all the traumatic memories I had that I allowed to control me for so long, giving each to God, and asking Him to heal me from them. And He did. Completely.

Like many of you, I've been called to a life of service. I'm currently an Associate Pastor at a local church and take every opportunity I can to love people well, walking alongside them through their own struggles and helping to encourage them in their faith journey and to heal. As a Chaplain it's my honor to get to serve in a different capacity than I have been in before. No longer carrying a gun and taking it to the enemy, but now coming alongside those standing in the gap protecting our community from all sorts of evil. To step into someone else's pain and meet them where they are at, walking with them through their trials. I am truly humbled at this opportunity and feel uniquely prepared to show up and love well, like Jesus did. I pray for the Lord's comfort and protection over you all and I look forward to getting to serve you.





**Sean Walter, Spokane Valley Assistant Police Chief**



**Chaplain Jaylynn Lawrence**

## Adult and Teen Challenge Gala

Adult & Teen Challenge held their Gala fundraising event to celebrate freedom from addiction and to generate support for students in residential programs on October 19th. Tyson West, Executive Director, and his team come alongside others to encourage life transformations. Several Chaplains and Chaplain Support Staff had the privilege to be in attendance and celebrate with them successes this last year.

## Peer Support Resource Fair

The 2nd Annual Peer Support Resource Fair was a great success! There were approximately 75 people participating by speaking, attending, or providing information resources. The Fair was brought by Keep N Safe and the Spokane County Sheriff Chaplains. Topics included first responder wellness, self-care, burnout prevention, suicide prevention, and more. Lunch was graciously provided to everyone by Chick-fil-A and Jimmy John's.

## Talk to a Chaplain

Whether you're an officer, county employee, community member, or just need someone to talk to, our chaplain team is here for you.

- 24x7 Support Spiritual
- Guidance & Referrals
- Pastoral Counseling
- Conversation
- Crisis Intervention
- Weddings & Funerals

## Supporters of the Month



**A BIG thank you to Chick-fil-A and Jimmy John's Sandwiches for providing lunch at the Peer Support Resource Fair!!**

**Their support is greatly appreciated!**