

**If you are a 1st responder and, and you want, or you know of someone that would benefit from this, we encourage you to come.**

**If you are interested in a more biblical view to help you, we can do that too.**

**Hebrews 13:16—"And do not forget to do good and to share with others, for with such sacrifice God is pleased"**

**Exodus 17:12 - When Moses' hands grew tired, they took a stone and put it under him and he sat on it. Aaron and Hur held his hands up—one on one side, one on the other—so that his hands remained steady till sunset.**

**We can help you, like Aaron and Hur, helped Moses, by giving you the chance to relax, eat, and we can help you find resources to, give you comfort and support during those difficult times.**

We will have a private Facebook Group, that will be used to communicate to you, as well allow its members to share as well. This is a PRIVATE group, and membership will have to be approved. You can not find it searching the internet. You have to be invited, and once a request is made then the administrators and reject or approve.

We will start meetings in January of 2025, every month. We can notify you by text, or a message on the private Facebook group page.

If this does not fit in and you need something, then reach out to us.

We will be providing food each time, we meet. We might meet inside the fellowship hall or even just out in the parking lot.

If you would like to get notifications, just let us know, and we can send you a SMS or email to let you know what, and when. Just send that request to the same number and we will gladly add you to the list.

We have an app if you would like to download it and keep up on the things we offer. See the QR Codes below.



## ***One Accord Community Church*** wants to introduce you to our program to reach out to the 1st Responder Community

Come to 343 Sweetland Drive, Chattanooga, TN 37415, to meet with other 1st responders to talk, eat, de-compress, and chill, from your service-impact Ville day. We know that your service is important and you can be effected by what you see or hear.

You can contact us at the information below.

**Pastor David Carter**

**Office: 423-521-5168**

**Email: first.Responder.ministry@gmail.com**

**James Acuff**

**423-401-0249**

**Email: jamesatoneaccord@gmail.com**

***Ask to be added to a private Facebook Group.***

Here are some statistics

From the Institute's of Health, dealing with PTSD, one study showed approximately  
15% of emergency personal (paramedics)  
13% of rescue Teams  
7% firefighters  
5% police offices

The INH has an article called Mental disorders and mental health promotion in Police Officers, and it says that "Public Safety personal were found to have a higher rate of physical health problems."

From the National Fallen Firefighters foundation, they report, in an article, they estimate that 100 firefighters will commit suicide this per year.

We can help you De-Compress and find resources to try to prevent you from being a  
NEGATIVE statistic

One Accord welcomes you and your family so our church. You can check us out online, first. But, we would love you have you in person.

In Psalm 34:8 says, Taste and See that the LORD is good.

## WHO ARE WE?



I would like to take just a couple of minutes to introduce myself to you. My name is David Carter, I am the Youth Pastor at One Accord Community Church.

I have also been in emergency services for 41 years. I have served in a variety of rolls to include firefighter, EMT, Paramedic, and Critical Care Paramedic. I have served as a ground medic, Shift Capt., Training Officer, and EMS Director. I tell you this so you will know that I have been there. I have had most of the stresses that you guys have gone through. I have had those calls where everything was great and could not have gone any better and the outcome was amazing. I have also had those calls where things could have not gone worse no matter how hard we tried. I have had to tell the little grandmother that her husband of 50 was dead. When I had just started I had to put my classmate in a body bag because he shot himself. I have witnessed human beings traumatized and torn apart in ways that were indescribable.

I have put both elderly and infants in body bags. It has effected my personal life and my family. I have been puked on, bleed on, and shot at. I have went through two divorces. I have made some very dear friend and have also lost some dear friends. I know what I just wrote could be depressing, but there is a light and that light is Jesus Christ. He is the reason I am still here on this earth. He is the only way I could have gotten through all the garbage that I have went through.

With that being said our goal here at One Accord is to give you a safe place with no judgment and no preconceived notions, for you to come and unwind. To share a meal or just a cup of coffee with others in the same situation that you are in, or have gone through.

Please contact us with any questions, concerns, or just to have an ear to listen.

In Christ  
Pastor David



I am James Acuff, former Auxiliary Police Officer with the City of Chattanooga. Worked several years on patrol in a district or as back-up. Also worked many special events. Attended 90-1A Police Academy.