

“Hear my cry, O God; listen to my prayer. From the ends of the earth I call to you”

Psalm 61:1-2 [NIV]

## WAVE OF PRAYER – Update on International Day of Prayer for the Emergency Services on 25th June.

Across the world, first responders and supporters came together in a day of prayer for the Emergency Services. The Wave of Prayer commenced at 0001 hours on 25th June by CPA members in the UK. In the early hours (UK time) our sisters and brothers in New Zealand, Australia and the United States held prayer events too.

As the day moved on, we continued to pray across the UK and across the world. Our partners in the Christian Ambulance Association, Firefighters for Christ and the International Christian Police Fellowship were all instrumental in praying over the full 24 hours of the day of prayer.

We prayed for all those suffering following the killing of police officer Colm Horkan in Ireland and police officer Matthew Hunt New Zealand in recent weeks. We also held James Furlong, David Wails and Joe Ritchie-Bennett who were killed in the recent terror attack in Reading in our prayers. We prayed for their loved ones, and for the wider community. We pray that justice will be done in every case, and we pray for all those working on these investigations.

Many local CPA branches held online meetings across the day. Our colleagues in CPA Northern Ireland held a



© Helen Yousaf, used with permission

range of events during the day. They were also joined by Chief Constable Simon Byrne at one of their meetings.

On social media we had thousands of positive engagements over the day. In addition we held two online meetings which saw First Responders and friends from across the world come together to share prayer and worship.

We are so grateful to all our CPA Trustees, Leaders, Members, Friends and Community Partners across the policing family who actively supported this day. Our friends in national Police Diversity based staff support groups sent us very kind messages of support; the Police Federation circulated the details of the day as did the National Police Chiefs Council. We were

blessed with media coverage by our friends at Premier, UCB and TWR-UK. This day was about praying for our First Responders, of all faiths and none. We gave thanks and prayers to our LORD for all those heroes across the world who protect and serve us.

*Helen Yousaf very kindly allowed us to feature her original artwork in support of all emergency services. We encourage you to visit her online gallery at [www.helen-yousaf-art.com](http://www.helen-yousaf-art.com)*

# On & Off Duty

## Health, Wellbeing and Hope

(with our thanks to Patrick Regan and the team at Kintsugi Hope – by Claire Hamilton-Deane, Paul Pountain and Tony Britten)



Claire Hamilton-Deane

Claire Hamilton Deane, CPA Branch Leader for Norfolk and Suffolk, spoke to CPA about Kintsugi hope: – “I had heard Patrick Regan speak a couple of times about his personal experiences, and about Kintsugi Hope and on each occasion I felt a definite stirring of the Holy Spirit that this was

something we really needed to get involved with. There are so many people who are hurt and this course is a really practical way to offer help and support. Tony Britten and I had been speaking about getting some training off the ground when the lockdown situation occurred. This obviously meant traditional training was not going to be possible but the possibility of doing the course online came about. I am therefore assisting Tony with running the course via Zoom. We have completed a number of weeks now and I believe those of us taking part are finding it is providing a very helpful insight into common struggles of anxiety and depression. It is early days but I really feel the course is something CPA will be able to offer anyone who wants to grow their understanding of these issues and of themselves. I am excited to see where this takes us.”

In Lancashire, CPA branch leader Paul Pountain, was also inspired by Patrick Regan at the CPA Leaders conference in November 2019. He decided to share it with the rest of his group in Lancashire. Paul said, “Patrick spoke with so much passion about his vision for providing safe places for those suffering from mental and emotional health challenges. It opened my eyes to how many people may be suffering from anxiety, depression, perfectionism and other topics that many find difficult to open up about. It had a profound effect on me personally especially in



Patrick Regan with members of the Lancashire CPA team (pre-lockdown)



Tony Britten

regards to the potential we have as Christians to impact the lives of those who are struggling by showing an understanding and encouraging honesty over silence.”

Lancashire CPA started the Honesty over Silence DVD course of five sessions and had completed the first two

sessions before the Coronavirus pandemic interrupted the course. The sessions were held in a church and it was great to see new people coming forward to the meetings. Lancashire CPA also attended one of the Honesty over Silence tour venues in Barnsley on Sunday 15th March. Since then Lancashire has joined the online programme with Norfolk and Suffolk delegates that had been set up by Tony and Claire.

DC Alex Summers, who works in Burnley, said of the course, “I have enjoyed the Honesty over Silence programme. The programme is delivered in a great format. The book provides the background detail, the DVD offers an alternative perspective which leads nicely into a group discussion. The speakers are people of

**Books to help you during this time.**  
**Honesty Over Silence and When Faith Gets Shaken by Patrick Regan, OBE and Founder of Kintsugi Hope.**  
Buy great books and support Kintsugi Hope at the same time at [shop.kintsugihope.com](http://shop.kintsugihope.com)

*credibility and speak from a position of authority. Their personal backstories are relatable to all Police staff. I have really enjoyed the book and am looking forward to the remaining sessions."*

Public Enquiry Assistant Mark Porter, who works from Blackburn, said that the course has *'given me a better understanding of what it is like to make yourself vulnerable, and to speak out and be honest with yourself and others when you are not ok and in a dark place. It has empowered me to speak to someone when I have not been ok myself. The course has also helped me better understand the importance of mental well-being,*

*and to see the signs when maybe a colleague or a family member or a friend may be struggling. I also enjoyed the recent visit to Barnsley to listen to Patrick Regan speak about his life, and the amazing impact that Kintsugi Hope gives to people who are in a difficult place in their lives."*

Here at the CPA, we thank Tony, Claire and Paul for supporting this new online programme. We pass our thanks to Patrick and the team at Kintsugi Hope for all they do in support of health and wellbeing. Please visit their website and read the amazing books that Patrick has written. Further details can be found at [www.kintsugihope.com](http://www.kintsugihope.com)

## His Voice and Purpose

*Early in the morning, Jesus stood on the shore, but the disciples did not realize that it was Jesus. He called out to them, 'Friends, haven't you any fish?' 'No,' they answered. He said, 'Throw your net on the right side of the boat and you will find some.' When they did, they were unable to haul the net in because of the large number of fish. John 21 v 4 – 6*

These verses relate to the time shortly after Jesus had risen. In context, by this time, some of Jesus' disciples had now despondently returned to their previous occupations as fisherman – work they were very familiar with. After a fruitless night's work they suddenly heard a voice calling from the shore. Although they didn't realise that this was Jesus giving instructions they still responded as directed. They cast their nets over the other side of their boat and their reward was nets full to overflowing.

As we take time to reflect on the world as it currently is and how our lives and daily circumstances have been so radically changed; we should remain assured that our God is in control and that he also sees and understands each difficulty and challenge we face day by day. As we hold fast to his purpose and direction for each of us, He can and will reveal new ways for us to communicate with those around us – some perhaps with doubts or questions about God and of a pandemic that has affected the entire world.

As hard as this is for any of us to fully understand, we can still take this opportunity to 'cast our nets on the other side of the boat'. As more and more people begin searching for true meaning in their lives, considering prayer and maybe even beginning to explore on-line church services and broadcasts for the first time.



Whereas three months ago such an activity would not have even been considered as a remote possibility!

That spirit of community that we often see during times of national or international crisis is very much to the fore, as many have stepped out to befriend those who in the past had perhaps been no more than just passing acquaintances. As we each reassess the value of spending time directly or indirectly with those we hold most dear, we also recognise the value of each life that we can and do touch through our daily activities. For many we may be the only voice of Jesus they will ever hear.

### A Prayer

Lord please help me, during these times of insecurity and uncertainty, to be a guiding light that people can turn to. Help me to always be there for those yet to know you and help me be a voice of encouragement and of security for those who are anxious or lost. Lord, be with us all and may your Holy Spirit continue to guide and protect us. Amen

*Mike Quinnell – Regional Coordinator*

## From the Director

At the Christian Police Association, our Black, Asian and Minority Ethnic Trustees, Leaders, Members, Friends, Community Partners and all those who we share our communities with were very much part of our prayers during our International Day of Prayer for the Emergency Services. All forms of racism, injustice and intolerance are totally at odds with our values in the Christian Police Association and any form of hate or prejudice against another individual or community are directly against the teachings of Jesus.

The CPA continue to pray for healing in our society, for truth and justice to prevail and for change to come where change is needed. We pray for peace around this very important issue for our society, for peace and reconciliation for all those involved.

Here at the CPA, we have remained fully operational during the Covid-19 pandemic and are here to support you.

Lee Russell MA – Executive Director



## Why not donate to CPA online?

You can do so securely through give.net  
via the link [www.give.net/cpa\\_national/oneoff](http://www.give.net/cpa_national/oneoff)

Support us at  
**give.net**

### OUR MISSION is to

- Be a National Voice for Christians in Policing.
- Encourage and support Christians in the Police Service.
- Communicate in words and action, the truth, message and hope of the gospel of Jesus Christ to colleagues and the community we serve.
- Build bridges between the Christian community and the Police.

### OUR VISION is to see

- The CPA as a national charity which actively leads on issues relevant to Christians in Policing.
- An active and growing branch of CPA in every Police Service in the UK and every Christian in the Police Service to fulfil their potential in Jesus Christ.
- Colleagues and those we serve to know Jesus Christ personally.
- Police and Churches working together in every community to reduce crime and improve quality of life.

**President** Deputy Chief Constable Paul Netherton **Chair of Council A/Inspector** Marie Reavey

**Executive Director** Lee Russell **Executive Support Manager** Tony Gale **Editor** Allan Spencer **Administrator** Lindsey Monk

**ON & OFF DUTY** is the CPA monthly digest of news and articles. We also update a monthly Prayer Diary intended to inform and encourage those associated with the CPA. Please forward any items to [office@CPAuk.net](mailto:office@CPAuk.net) by the 20th of each month.

NB. All articles published will also be available for unrestricted viewing via the Internet.  
The views expressed in this publication are not necessarily those of the CPA Council.

**Christian Police Association**  
46-50 Rutherford Drive, Park Farm  
Wellingborough NN8 6AX

**Tel:** 01933 409485  
**Email:** [info@CPAuk.net](mailto:info@CPAuk.net)  
**Skype:** cpaukhq

 @uk\_cpa  
 /christianpoliceassociation  
Registered Charity: 220482 (E&W) SCO43784 (Scotland)



**CPA**  
CHRISTIAN POLICE ASSOCIATION