

# On & Off Duty



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*Peace in our time*

At the invitation of the Police Federation of England and Wales, I attended a conference to consider a report by Sir Ronnie Flanagan on the Future of Policing. As there was to be a plenary session, I wondered how I could best prepare myself. In the end I printed a document from my computer and slipped it into my briefcase. Imagine my surprise when, on entering the conference room, I found the same report on every seat! No, not a copy of Sir Ronnie's report, it was a copy of the Nine Principles of Policing by Sir Robert Peel.

Those principles, and a subsequent summary of them by Sir Richard Mayne (the first Metropolitan Police Commissioner in 1829), have been the foundation for all modern policing. It seems that in recent years there have been regular reports compiled by some very eminent former police officers to define what policing is all about. The media will always seize on any headline-grabbing feature of such reports but carefully overlook the detail in the small print.

Both Peel and Mayne saw the importance of the police maintaining a relationship with the public 'that gives reality to the historic tradition that the police are the public and the public are the police;

the police being only members of the public who are paid to give full-time attention to duties which are incumbent on every citizen in the interests of community and existence'.

The Christian Police Association seeks to build bridges between the police and the Christian community and this desire is fleshed out in the detail of our Coact project. The test of the benefit of this partnership will be the absence of crime and disorder. In short, people will live in peace. This, of course, is just an outward peace. Real, true, inner peace only comes from a lifetime partnership with the Prince of Peace — Jesus. He said 'Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.' That is the real peace that lasts and changes not only individual lives, but also can change and has changed whole communities.

May we be challenged to build those bridges so that the Prince of Peace may cross over them, and our communities (both police and public) come to know a lasting peace.

Don Axcell

## City Hall Peace Awards

In September, two of our Metropolitan Branch members, Michael Smith and David Turtle, attended City Hall in London to receive awards as part of the London Peace Awards.

David Turtle (seen in the back row of the picture) was presented with a certificate by the Mayor, Boris Johnson, which included the words 'This is to certify Sgt David Turtle has been nominated and duly recognised for his valuable contribution to peace and justice in London. Sgt David Turtle has demonstrated exemplary determination and leadership in building of bridges with faith communities across the borough of Hammersmith & Fulham where he is a Faith Officer'.

Also at City Hall was Word 4 Weapons founder Michael Smith who received the Community Engagement Award, which was presented to him by Tim Bissett, CEO of the Church Urban Fund. On 20 September Word 4 Weapons launched its 11th knife bin in London. Deputy Mayor Kit Malthouse attended the event. There was much media attention including BBC London News, LBC Radio, Choice FM and BBC Radio London. The various news reports raised much awareness of Word 4 Weapons and its life-changing work.



# Stay Safe

Years ago, police officer safety experts identified seven factors that lead to, or contributed to officer-related assaults. Well, the Bible says that 'Your enemy, the devil, prowls around like a roaring lion, looking for someone to devour' (1 Peter 5:8). Those seven factors can also apply to the Christian police officer's spiritual life. Christian police officers need to be aware of these factors or their

walk with God will begin to erode, through the daily assaults of their enemy, the Devil. Day in and day out we think about our physical survival, and plan accordingly to make it through each day. How often however, do we think of our spiritual survival in an arena far more dangerous than the physical world. In personal protection classes we are told about the potential of being injured although many of us will complete our 30+ year career without ever experiencing this. Well, the book of Ephesians (Eph. 6:16), tells us very clearly that all day long WE DO get attacked by the enemy with flaming arrows. The Bible tells us to pick up the shield of faith that we might survive. Follow the recommendations below and survive the attacks.

## 1 Lack of prior planning

Make sure you know how to resist temptation. See Luke 4:1-13

## 2 Poor Communication

Our tongues can get us into trouble so use wholesome words. See Ephesians 4:29

## 3 Unfamiliar with Equipment

Get to know God's Word, the Bible. See Psalm 119:11 and James 1:22

## 7 Physically Unfit

Make sure that we are spiritually fit. See 1 Corinthians 9:25-27 and Acts 1:8

Stay Safe

## 4 Colleagues Going Different Ways

One supports another. See Ecclesiastes 4:9-10

## 6 Poor Mental Attitude

Stay focussed. See Romans 8:18 and Ephesians 6:12

## 5 Tactical Errors

Look where you are going. See 2 Chronicles 7:14 and James 5:16

# London Celebrates

On Friday 24 September, the chapel of Westminster Central Hall was filled with the sound of praise to God as the Metropolitan Branch met for their annual celebration. Branch Leader Nigel Adams chaired the evening and gave an encouraging report of all that had been happening in the Branch in the previous 12 months. The speaker was Operational Police Chaplain Andrew Hawkins who used John's Gospel Chapter 4 to demonstrate how Jesus came into this world and cared for people. Informal fellowship followed the celebration.



## National Conference

**2011** The CPA National Conference will be held next year from 8-10 April at the Scottish Police College, Tulliallan Castle, Kincardine, Fife. Put the date in your diary now, and plan to join us.

# The End of the Tunnel

In January 2009 I started working in what was the Diversity Unit, now Citizen Focus department, on a year's secondment. Around that time I was trying to work through some personal issues.

I had had a boyfriend who ran up a load of debt in my name over a four-year period. I just kept transferring debt around from card to card and loan to loan and hadn't really thought about how much it was. I just kept juggling to pay it all. I finally got rid of my rose-coloured glasses and ended the relationship in the summer of 2002.

I struggled since then to keep paying everyone and when I joined the police in 2005 I received financial help from Occupational Health. The money advisor was a gift from God without me even knowing it! I wasn't a Christian then. We set up minimum payments that enabled me to start eating more healthily, as when I wasn't around family I was surviving on beans on toast and other similar cheap food options!

By 2009 there was no light at the end of the tunnel. I had come to the conclusion that I was never going to get myself out of debt. So after many tears I ended up taking the decision to declare myself bankrupt due to the huge financial pressure I was under. This is the best thing I ever did as it was a lot easier than I thought it would be. I filled in some forms went to the court. There I met with the judge who said she could see I was never going to pay it all back so she signed the papers. I came out of the court and broke down... I hadn't realised the weight I was carrying until I let go of it. I then had to make minimum payments for three years. I feel really blessed as I had loads of support also from team members, one of whom approached professional standards for me and made sure that I would keep my job before I decided to take the step.

This release then meant I had space to think of sorting out other areas in my life, so I went for life coaching and learned about my old behaviour patterns and what my rules and beliefs were. I had to challenge myself to do things outside of my comfort zone! This resulted in me going back to my old school and speaking to a teacher about the bullying I had suffered, and my old careers advisor saying I was going to amount to nothing and end up packing boxes in a factory!!! Again I came out and broke down... I joined a theatre group as a backstage/props person which I'd always wanted to do, and volunteered to be a Beaver leader.

The final good thing to replace the negative was the Vineyard Church in St Albans. I had spoken to a few work colleagues about Christianity and a colleague suggested I actually try a local church to see what I thought.

I went to Vineyard which was a two-minute drive away from where I live! I was surprised as I remember churches to be a lot different than Vineyard! After one visit I was hooked! I finally learned who Jesus was and what he has done for me. I had only thought about God previously, so that was amazing. I started reading and listening to the Bible, and when I first heard properly what had happened to Jesus on the cross I was moved to tears. I felt so sad he had to go through all of that for us and me.

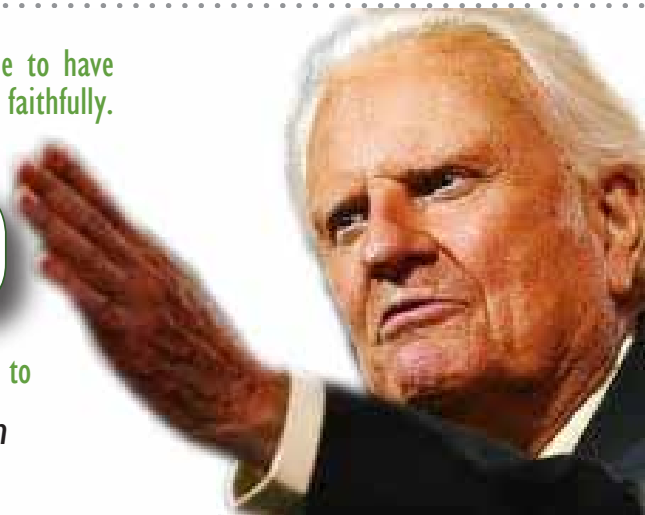
I was baptised in January 2010 and I am looking forward to whatever happens next with Jesus leading the way.

Rebecca Metcalf (Herts)

'Someone asked me recently if I didn't think God was unfair, allowing me to have Parkinson's and other medical problems when I have tried to serve Him faithfully. I replied that I did not see it that way at all. Suffering is part of the human condition, and it comes to us all. The key is how we react to it, either turning away from God in anger and bitterness or growing closer to Him in trust and confidence.'

**Is God unfair?**

*Billy Graham*



# Pull —

While attempting to get into my car, I could not for the life of me, get my door open. I peered down at the lock and was able to see that the door was in the unlocked position, and yet I could not pull it open. I exerted such force and energy to open the door that my left arm is now three inches longer than my right. I became concerned about my own abilities wondering if I was losing my strength. Could I not even open a silly car door!

After a few moments I realised who the silly one was as I was able to determine exactly why the door would not open. You see, as I had my left hand on the door handle, I also had my right hand resting against the top of the door. Thus, while pulling on the handle, I was also pushing on the door. When I told my wife what I had done, she simply replied, 'Dear, you're not losing your strength. You're losing your mind!' I share this humiliating story with you because it reminds me of our spiritual service to the Lord. As much as we want to serve the Lord, we quite often find ourselves pulling and pushing at the same time.

In other words, we tend to struggle against ourselves. With the one hand, we have an excitement to serve the Lord, and with the other hand we start coming up with excuses for why we aren't serving the Lord. With the one hand, we ask God to open the door for us so that we can serve Him, and with the other hand we push against it to keep it closed. While God wants to open the door for us to serve Him, we often look for an excuse to close it. While God truly wants to bless us with the opportunity to serve, we quite often won't allow ourselves to receive His blessing. The best counsel I can give to the 'excuse making' person is this — 'If you have an excuse, don't use it.'

When Moses was told to go and bring God's people out of Egypt, he said, 'Lord, who am I that I should go to Pharaoh?' When Jeremiah was appointed a prophet to the nations, he said to the Lord, 'Alas, Lord God! Behold, I do not know how to speak, because I am a youth.' God was pulling the door open for these men to serve, and they were attempting to push it closed with an excuse. Nonetheless, the Lord responded to these excuses with words of encouragement, 'I will certainly be with you. Do not be afraid, for I am with you to deliver you.'

So, when God opens the door, don't push it closed. Instead, take that step of faith and walk through it, and see the amazing things the Lord will do as you minister to others.

*'But as for me and my household, we will serve the LORD.'* (Joshua 24:15)

Pull — don't push.

Chaplain Steve Ballinger  
Living Shield Ministries

# Don't push

## OUR PURPOSE is to

glorify Jesus Christ in the Police Service.

## OUR MISSION is to

- 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

- an active and growing Branch of CPA in every Police Service in the UK and every Christian in the Police Service to fulfill their potential in Jesus Christ
- colleagues and those we serve come to know Jesus Christ personally
- police and churches working together in every community to reduce crime and improve quality of life.

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