





# Governor's Award May 2015



## NOVEC Member Michael McSellers: A Life Driven by Faith, Family, and Service

By Blair Cirulli

**“A life lived without a purpose, is a wasted life. But, a life lived in him for his purpose, is a life in the end we all can be proud of.”**

**T**his is the life motto of Virginia State Trooper Michael McSellers of Haymarket, who was awarded the 2015 Governor's Award for Public Service in Volunteerism and Service by Governor Terry McAuliffe last year.

The year marked the 15th anniversary of the awards, which honor and celebrate the contributions of public-sector employees to the Commonwealth in seven different categories: Governor's Agency Star, Career Achievement, Community Service and Volunteerism, Customer Service, Innovation, Teamwork, and Workplace Health, Wellness and Safety.

McSellers' community involvement ranges from feeding the homeless, to mentoring and coaching young men in sports as well as life skills, organizing fundraising events for the Special Olympics, to traveling hundreds of miles to provide supplies and a helping hand to those in need after a natural disaster.

The news release from the governor's office said, "Trooper Mike McSellers' service to his community is truly a model for all citizens."

Upon finding out he would be honored at the Executive Mansion, McSellers says he was shocked, overwhelmed, and felt somewhat undeserving. However, his wife, Laketa, who has been by his side supporting his service to the community, offered her husband words of encouragement.

"The first thing my wife said to me was, 'Everything you do, you do with a pure heart and because of that, you are being honored,'" McSellers recalls.

### **Volunteering Is 'Life Changing'**

"Volunteering my time and investing myself in someone in need is truly my passion," he says. "It is important to do these things because it lets people know you care about them and they are not alone."

McSellers believes serving others can be life-altering for all involved. "The NOVEC member says volunteering not only changes the lives of those in need, but it is a priceless experience for those who serve."

He has turned serving the community into a family affair as his daughter Jaylen, 14, and son Jovan, 11, often join their parents in their volunteer efforts.

"It's important to get my kids involved with volunteering to let them know there are people out there who don't have what we have and it helps build character as they grow into adults," McSellers says. "I can honestly say my kids have a heart to serve others and that makes me proud."

The young McSellerses even ask their parents when and where they will be volunteering next.

### **Greatest Impact**

Trooper McSellers' efforts to serve are not limited to Northern Virginia. Along with members of his church, he has travelled as far as Arkansas and Oklahoma to provide support to people devastated by natural disasters; one of which has made a lasting impact on his life.

In 2013, members of Park Valley Church in Haymarket collected supplies that filled two 24-foot moving trucks as well as \$3,000 in donations for the people of Moore, Oklahoma, following the devastating tornado that ripped through their town on May 20, 2013. Volunteers, including McSellers, made the drive from Northern Virginia to Central Oklahoma to deliver the donations to families that had lost everything.

"To see the reactions on their faces was well worth the 26-hour drive," McSellers remembers. "Even if it was just for that, it was well worth it. I will never forget that moment."

OCTOBER 2016







TROOPER CHAD DERMYER

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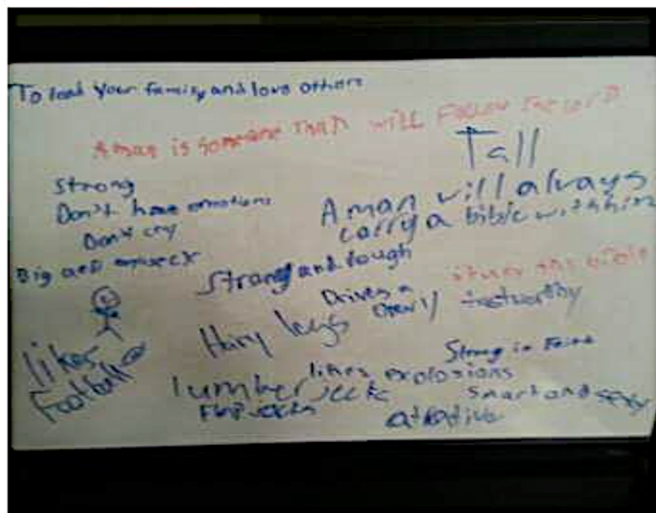
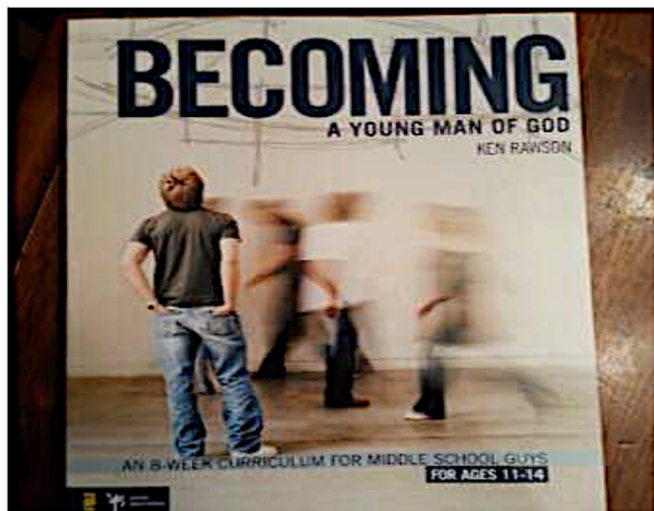














HOW DO YOU COME OUT OF THE  
DARKNESS INTO THE LIGHT?

**Understand that PTS is REAL!!**





August 9, 2021 - Special Session 2

iteCam





August 9, 2021 - Special Session 2

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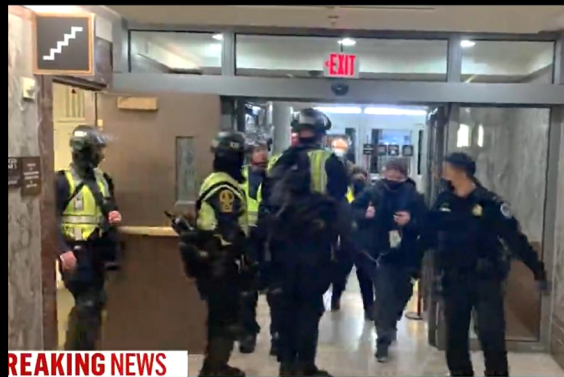








Photo Grid

# HOW DO YOU COME OUT OF THE DARKNESS INTO THE LIGHT?

- Know the symptoms of PTS.
- Recurring nightmare of the traumatic event
- Sleeplessness
- Loss of interest
- Anger or irritability
- Feeling emotionally cut off from others
- Being always on guard
- Having trouble concentrating
- Being easily startled

# HOW DO YOU COME OUT OF THE DARKNESS INTO THE LIGHT?

Give everything that you're dealing with to God.  
Matthew 11:<sup>28</sup> Come to me, all who labor and are heavy laden, and I will give you rest.

Spend time in prayer and reading your bible.  
Romans 10:<sup>17</sup> So faith comes from hearing, and hearing through the word of Christ.

Don't give into the myth that says if you keep your work life at work it won't affect your home.  
Genesis 2:<sup>18</sup> Then the Lord God said, "It is not good that the man should be alone; I will make him a helper fit for him.

# HOW DO YOU COME OUT OF THE DARKNESS INTO THE LIGHT?

Continued

Genesis 2:21 So the Lord God caused a deep sleep to fall upon the man, and while he slept took one of his ribs and closed up its place with flesh. 22 And the rib that the Lord God had taken from the man he made into a woman and brought her to the man.

Genesis 2: 24 Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh. 25 And the man and his wife were both naked and were not ashamed.







SELFISHNESS EVENTUALLY  
INTERSECTS WITH PAIN.

~MICHAEL J MCSELLERS~

MCSELLERS THOUGHT OF  
THE DAY



UNFORGIVENESS IS LIKE A SELF INFLICTED PRISON AND  
THE ONLY WAY TO GET OUT IS TO FORGIVE.

~ MICHAEL J. MCSELLERS ~  
MCSELLERS THOUGHT OF  
THE DAY

BITTERNESS IS LIKE A TORNADO. IT DESTROYS EVERYTHING IN ITS PATH OR CLOSE BY BUT THE MOST SEVERE DAMAGE IS DONE INSIDE OF THE INTERNAL CENTER OF THE FUNNEL THE CORE.

~ MICHAEL J. MCELLERS ~  
MCELLERS THOUGHT OF  
THE DAY





ONE OF THE MOST IMPORTANT THINGS YOU CAN  
GIVE TO YOUR RELATIONSHIPS ISN'T THE GIFT OF  
BRINGING PRESENTS BUT THE GIFT OF BEING  
PRESENT.

~MICHAEL J. McSELLERS~  
McSELLERS THOUGHT OF  
THE DAY

VULNERABILITY OPEN UP WAYS THAT'LL ALLOW YOU TO BE  
HURT BUT VULNERABILITY ALSO OPEN UP WAYS THAT ALLOW  
YOU TO BE LOVED LIKE NO OTHER WAY SO BEING VULNERABLE  
IS WELL WORTH THE RISK.

~MICHAEL J. MCSELLERS~  
MCSELLERS THOUGHT OF  
THE DAY

"A SOLID RELATIONSHIP IS LIKE TWO PLAYERS ON THE SAME TEAM WITH THE SAME JERSEY NAME SHOOTING AT THE SAME GOAL. THE OPPOSITE IS THE SAME PLAYERS WITH THE SAME JERSEY NAME SHOOTING AT OPPOSING GOALS."

~MICHAEL J.McSELLERS ~  
McSELLERS THOUGHT OF  
THE DAY



IF WE CONSIDERED THAT OUR DECISIONS AND  
ACTIONS NOT ONLY MAY HAVE CONSEQUENCES IN THE  
PRESENT TIME BUT ALSO GENERATIONALLY MIGHT WE  
RECONSIDER?

~ MICHAEL J. McSELLERS ~  
McSELLERS THOUGHT OF  
THE DAY

"WE BELIEVE THAT IF WE RUN AWAY FROM OUR PROBLEMS THEY'LL EVENTUALLY DISAPPEAR BUT WE FAIL TO REALIZE. ONCE WE START RUNNING WE'LL ALWAYS BE RUNNING BUT NOT FORWARD BUT BACKWARDS INTO THE PAST MENTALLY TO THE VERY THING WE WERE TRYING TO RUN FROM "

~MICHAEL J. McSELLERS ~  
McSELLERS THOUGHT OF  
THE DAY



vevo



A woman with long hair is playing a violin in a dark setting. The lighting is focused on her hands and the instrument, creating a dramatic effect. The violin is a light wood color, and the bow is dark. The woman's left hand is on the neck of the violin, and her right hand is holding the bow. The background is almost entirely black, with some faint highlights suggesting a stage or concert hall environment.

YOU'RE GONNA BE OKAY





# THE QUESTION IS WHAT ARE YOU GOING TO DO AFTER HEARING THIS TODAY?

What you do with that is up to you.

- See God has ordained you to be here today, you're not here by chance.
- God has given you an opportunity to reconcile yourself to him today.
- Forgive today. Give all you're dealing with to him today. Reconcile your marriages, families and relationships today.
- And find peace and be set free in him today!!!
- John 8:32: and you will know the truth, and the truth will set you free.

**CLOSING THOUGHTS ON  
HOW DO YOU COME OUT OF THE DARKNESS  
INTO THE LIGHT?**

**REMEMBER!!!!**

- God's word is true
- Only the true gospel sets us free
- John 8:36: So if the Son sets you free, you will be free indeed.





**ELEVATION WORSHIP**  
O COME TO THE ALTAR - LIVE

