



“Living With Faith”

June 2017

Recently I caught up with one of our members on the street and we were chatting about, planning and worrying, about the future. A conversation that can go on for hours, because as humans that's what we do, we worry about the future, even though most of the things we worry about never happen. It brought to mind a poem that sits on my desk, that given to me many years ago. Please let me share it with you

"Living With Faith When Faced With Fear"

I used to live in perpetual fear of losing things I had, or never having the things I hoped to acquire in my life.

What if I lose my hair? What if I don't get the promotion I hoped for.

What if I never get the big house I want?

What if I become overweight, out of shape, or unattractive?

What if I lose my job? What if I am disabled and cannot play ball with my child?

What if I get old and frail and have nothing to offer those around me?

And the "What if's" go on and on...

But life has lessons for those who listen, and now I know:

If I lose my hair, I will be the best darn bald guy I can be, and I will be grateful that my head can still stimulate ideas, if not follicles.

A house does not make a person happy. The unhappy heart will not find contentment in a bigger house, while the heart that is merry will make any home a happy one.

If I spend more time developing my emotional, mental, and spiritual dimensions, rather than over-focusing on my physical self, I will be more beautiful with each passing day.

If I cannot work for wages, I will work for the Lord -- and His benefits package is unmatched.

If I am physically unable to teach my child to throw a curve ball, I will have more time to teach him to handle the curves thrown by life, and this shall serve him better.

And if aging robs me of my strength, mental alertness, and physical stamina, I will offer those around me the strength of my convictions, the wisdom of experience seasoned with adversity, and the spiritual stamina of a soul that has been carefully shaped by the hard edges of a long life.

No matter what losses or broken dreams may lie in my destiny, whatever burdens shall be my fate, I will meet each challenge with dignity and resolve. For G-d has given me many gifts and talents, and for each one that I may lose, I will find ten more that I never would have cultivated were the course of my life to always run smoothly.

And so, when I can no longer dance, I will sing joyfully; when I haven't the strength to sing, I will whistle with contentment; when my breath is shallow and weak, I will listen intently and shout love with my heart; and when the bright light approaches, I will pray silently until I cannot

pray; alas, it will then be time for me to go to the Lord. And what then should I fear? End of poem....

Moral of poem, "Don't tell G-d how big your problems are, tell your problems how big your G-d is".

And here is a short story from the "Humor Files" to keep you smiling.....

An 80 year old couple were having problems remembering things, so they decided to go to their doctor to get checked out to make sure nothing was wrong with them.

When they arrived at the doctors, they explained to the doctor about the problems they were having with their memory. After checking the couple out, the doctor told them that they were physically okay but might want to start writing things down and make notes to help them remember things.

The couple thanked the doctor and left. Later that night while watching TV, the man got up from his chair and his wife asked, "Where are you going?" He replied, "To the kitchen." She asked, "Will you get me a bowl of ice cream?" He replied, "Sure." She then asked him, "Don't you think you should write it down so you can remember it?" He said, "No, I can remember that."

She then said, "Well I would also like some strawberries on top. You had better write that down because I know you'll forget that." He said, "I can remember that, you want a bowl of ice cream with strawberries." She replied, "Well I also would like whipped cream on top. I know you will forget that so you better write it down."

With irritation in his voice, he said, "I don't need to write that down! I can remember that." He then fumes into the kitchen. After about 20

minutes he returned from the kitchen and handed her a plate of bacon and eggs. She stared at the plate for a moment and said angrily: "I told you to write it down! You forgot my toast!". LOL... Life throws you enough challenges, never forget that a good laugh, do is music for the soul.

On behalf of ALL the Chaplains, May G-d bless you and keep you safe.

Should you need a shoulder to lean on or perhaps you have some humor to share, don't hesitate to give us a call.

"IF YOU NEED SOMETHING ASK G-D, IF YOU DON'T, THANK G-D"

Compliments of your Police Chaplain

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