



## “A Day In The Park”

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Have you ever tried to figure out why people will pay fifty dollars to get into an amusement park so that they can go on rides that scare them silly and raise their stress level to the max? Yet, the amusement parks would go out of business if it didn't have rides, that sent your stress level off the chart. We pay, and pay big, to be beat half to death in a little cart dropping off a hill and flipping us upside down two or three times stopping just in time for most people to catch their stomach.

On the other hand, let some outside stress come into life, something we didn't pay for, and suddenly the world is coming to an end. Since people say, we can't have stress, or at least not the kind we don't pay for, so that when we get stressed, we must have a fix.

"Doctor, help me with my stress, my burden, order for me a vacation, some place to escape.. please." "Can't do that? Well -- maybe a pill? A medicine???"

Why is it that we can be so brave and tough on the roller coaster and be so whimsy and whinny when the boss wants the job done by the end of the day? Actually, I've done a little research on this matter. I think I have come up with four simple reasons why "unpaid for" stress gets us down so quickly.

First, life's stress events get us down so easily because we are not expecting them. On the roller coaster you knew when you got to the top of the hill that stress was shortly coming, and you are going to drop. No one can predict exactly when a stressful event in life will come but we do know they will. A life that is "prayed up" and in touch with G-d is prepared when those stress related moments come. G-d's safety straps of love help you to hold on and hold you in his care. The closer you are to Him the easier it is to hold on.

Next, we doubt or forget the security and safety of the Lord. When your youngster talks you into riding one of those silly rides, you do so only because you believe that they are somewhat safe. You would never get anyone, with any sense, to ride one of those things it they thought they might really die. When life sends us through the loop, it is assuring to know G-d is with you all the way. We get stressed out when we forget that we can depend on the security and protection of the Lord.

Another reason that the amusement ride is fun and normal everyday stress events drain us is because we lose sight of the end. No matter how high the hill, no matter how fast the ride, no matter how many loops, the roller coaster ride has the glorious end when you can stop and get out. The knowledge that there is an end has helped us through many a tough ride in life. Focus on the simple truth, that every event has an end.

Lastly, but perhaps the single greatest reason we get stressed in everyday life but survive and enjoy the stress of riding "The Wild Thing," is our mind set. We go to an amusement park with the full intention of riding the rides for the thrill of it. We make it fun, enjoying the park, the company we are with, and all the enjoyment that comes with 'a day at the park'. When we view life with the mindset that this is going to be fun, suddenly stressful events aren't any more that a roller coaster ride.

Hang on tight to the hand of our loving Lord and enjoy the ride! , remembering the day does end, get your money's worth, and make the most of "Your Day At The Park", or try to anyway.

Some Reflections on Life and Relationships.....

Maybe G-d wants us to meet a few wrong people before meeting the right one so that when we finally meet the right person, we will know how to be grateful for that gift.

When the door of happiness closes, another opens, but often times we look so long at the closed door that we don't see the one which has been opened for us.

The best kind of friend is the kind you can sit on a porch and swing with, never say a word, and then walk away feeling like it was the best conversation you've ever had.

It's true that we don't know what we've got until we lose it, but it's also true that we don't know what we've been missing until it arrives.

Giving someone all your love is never an assurance that they'll love you back! Don't expect love in return; just wait for it to grow in their heart but if it doesn't, be content it grew in yours.

It takes only a minute to get a crush on someone, an hour to like someone, and a day to love someone, but it takes a lifetime to forget someone.

Don't go for looks; they can deceive. Don't go for wealth; even that fades away. Go for someone who makes you smile because it takes only a smile to make a dark day seem bright.

Find the one that makes your heart smile. There are moments in life when you miss someone so much that you just want to pick them from your dreams and hug them for real!

Dream what you want to dream; go where you want to go; be what you want to be, because you have only one life and one chance to do all the things you want to do.

May you have enough happiness to make you sweet, enough trials to make you strong, enough sorrow to keep you human, enough hope to make you happy.

Always put yourself in others' shoes. If you feel that it hurts you, it probably hurts the other person, too.

The happiest of people don't necessarily have the best of everything; they just make the most of everything that comes along their way.

Happiness lies for those who cry, those who hurt, those who have searched, and those who have tried, for only they can appreciate the importance of people who have touched their lives.

Love begins with a smile, grows with a kiss and ends with a tear.

The brightest future will always be based on a forgotten past, you can't go on well in life until you let go of your past failures and heartaches.

When you were born, you were crying and everyone around you was smiling. Live your life so that when you die, you're the one who is smiling and everyone around you is crying.

Some closing humor to keep you smiling.....

A biology teacher wished to demonstrate to his students the harmful effects of alcohol on living organisms. For his experiment, he showed them a beaker with pond water in which there was a thriving civilization of worms. When he added some alcohol into the beaker the worms doubled-up and died.

"Now," he said, " what do you learn from this?"

An eager student gave his answer.

"Well the answer is obvious," he said " if you drink alcohol, you'll never have worms." ....LOL

On behalf of all the Chaplains, may G-d bless you, keep you safe, and may G-d always let you find something daily to make you smile. Amen! We are available 24/7, if we can be of assistance, or if you have any humor to share, please do not hesitate to call.

Compliments of your Police Chaplain

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