



"Is the Glass Half Empty or Half Full"

November 2022

Recently I had the privilege to have breakfast with one of our members "Billy" who just finished a long regimen of chemotherapy treatment.

During the conversation, Billy says "What a long tough journey, but I am not giving up the fight, I know I'm going to make it".

Then he said something to me that I will forever remember. He said "Moshe, this is my philosophy, the Doctor gave me the diagnosis, but the prognosis is between me and the Lord and I'm not giving up, It's all in a person's attitude". What a powerful message, we are all faced with trials and tribulations and it is all up to us how we handle it, the question, "Is the glass half empty or is it half full ?"

The following short story kind of puts it into perspective....

A famous writer was in his study. He picked up his pen and began writing:  
Last year, my gall bladder was removed. I was stuck in bed due to this surgery for a long time.

The same year I reached the age of 60 and had to give up my favorite job. I had spent 30 years of my life with this publishing company.

The same year I experienced the death of my father.

In the same year, my son failed in his medical exam because he had a car accident. He had to stay in the hospital with a cast on his leg for several days. And the destruction of the car was a second loss. At the end he wrote: Alas! It was such bad year!!

When the writer's wife "Jill" entered the room, she found her husband looking sad and lost in his thoughts. From behind his back she read what was written on his paper. She left the room silently and came back shortly with another paper on which she had written her summery of the year and placed it beside her husband's writing.

When the writer saw Jill's paper, he read:  
Last year I finally got rid of my gall bladder which had given me many years of pain. I turned 60 with sound health and retired from my job. Now I can utilize my time to write better and with more focus and peace.

The same year my father, at the age of 95 without depending on anyone and without any critical conditions, met his Creator.

The same year, God blessed my son with life. My car was destroyed, but my son was alive and without permanent disability.

At the end Jill wrote: This year was an immense blessing and it passed well!! See!! The same incidents but different viewpoints, "Is the glass half empty or half full?"

Moral of the story: In daily lives we must see that it's not happiness that makes us grateful, but gratefulness that makes us happy.

There is always, always, always something to be thankful for! ATTITUDE IS EVERYTHING.

As the Thanksgiving Holiday is coming up, here is a thought to share with your loved ones....."Thanksgiving Reflections and Prayer"

-As we are about to celebrate the Holiday of Thanksgiving, we pause to reflect on this past year .There were good moments that made us smile and laugh ,and moments that broke our heart and made us cry. We had good times, and times when we were shown more than we can understand. As the saying goes 'one thing in life is for certain that nothing is for certain'. The trick is to take a few moments each day to stop and while we praying for our daily needs to also remember to give thanks for what we have been blessed with , that's why it is called 'the present'.  
A Thanksgiving Prayer.....

Lord thank you for having given us life. G-d you have given us everything that we need and could ever want. Help us to see with your eyes all the beauty that exists around us. Often we look around but don't really see how lucky we are. Help us to not complain about small things day in and day out either. But rather let us thank you for the simple things in life like sunshine, family and loved ones.

G-d help us to be conscious of everything that we have going for us, even if we are afflicted by Illness or challenges of everyday life. Thou art glorious and can grant us the strength to use the power we possess to change our lives. Lord we are happy for what we have and will have because it comes from you, whatever comes from you is filled with glory and we accept it.

Thank you for having created the ocean for it is beautiful, the sun for it is bright, and the moon for it is romantic, and the day and the night. Thank you for giving us food every day to eat and water to drink. You know our needs and fulfill them. Many worry saying what shall we eat or how are we going to cope with all that is shown to us.

But we should be like the birds and have faith. They worry not as to what they will eat today or tomorrow, yet you provide for them Lord. Help us to have a greater faith in you Lord, and help us to not worry so much.

We thank you Lord for all the beautiful things you bring into our lives each day. Lord helps the thanksgiving nature, which is within us to become more present in our lives. So that when we begin to think negatively or complain about small things, we can begin to realize how small our problems are and be thankful for everything we already have. Also Lord remind us to find something to laugh at each day, even if it means looking in the mirror. Please Lord, Help us to remember this prayer daily. Amen!

As we enter Thanksgiving and the Holiday Season, please be mindful of any of our members that live alone or are going through difficult times. Perhaps let them join your family for a meal or just a phone call to let them know they are loved and not alone. It will bring a smile to both of you!.. THANKS!

Some quick humor, from the Moshe files, to keep you smiling, "The Three Questions"

A man called up his lawyer and asked: "How much would you charge to answer three questions?"

The lawyer thought for a moment and said: "Two thousand dollars plus tax."  
"TWO THOUSAND!" cried the man. "That's a bit expensive, isn't it?"  
"Yes, I suppose it is," said the lawyer. After a moment's pause, he added: "So what's your third question?" LOL

On behalf of ALL your Chaplains, may G-d bless you, keep you safe, and always keep you in His loving care. Should you need a shoulder to lean on, an ear to listen, or perhaps have some good humor to share or good inspirational stories, don't hesitate to give us a call or drop us a line.

Compliments of your Police Chaplain,

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