



“Take a Moment to Ponder”

September 2019

A professor was giving a lecture on stress management. He took a tall glass filled it with water, raised the glass of water and asked the audience, "How heavy do you think this glass of water is?" The answers varied and ranged from a half pound to three pounds.

The professor responded, "how heavy the glass is, does not matter on the absolute weight. It depends on how long you hold it.

If we hold it for a minute, it is OK, and weight is not even a issue.

If we hold it for an hour, we will ache in the arm that is holding the glass. If we hold the glass for a day, the pain in our arm will be intolerable. Even though it is the exact same weight, but the longer we hold it, the heavier it becomes."

"If we carry our burdens all the time, sooner or later, we will not be able to carry on, the burden becoming increasingly heavier, to the point of becoming intolerable."

" So what we have to do, is to put the glass down periodically, rest for a while (say a prayer) before holding it up again."

And the professor continued, "and so it is when it comes to our personal lives".

"We have to put down the burden of life periodically, so that we can regroup, refresh, catch our breath and then we are able to carry on"End of lecture.

So before you return home from work tonight, put down the burden of work.

Take a rest, catch your breath, and regroup. Life is short, and full of surprises, learn to enjoy the moment and the bumps in the road.

Take a moment , to put down your glass, ponder life, find a reason to chuckle and remember ,Psalm 23, "The Lord is my shepherd", I am never alone.

Some points about life to remember ponder and make your heart smile.

- *) Accept that some days you're the pigeon, and some days you're the statue.
- *) Always keep your words soft and sweet, just in case you have to eat them.
- *) If you lend someone \$20, and never see that person again, it was probably worth it.
- *) Never put both feet in your mouth at the same time, because then you don't have a leg to stand on.
- *) In life nobody cares if you can't dance well, Just get up, dance and enjoy the party.
- *) You may be only one person in the world, but you may also be the world to one person.
- *) Don't cry because it's over; smile because it happened.
- *) We could learn a lot from crayons: some are sharp, some are pretty, some are dull, some have weird names, and all are different colors but they all have to learn to live in the same box.
- *) Happiness comes through doors you didn't even know you left open.

Here are a few more to keep your heart smiling.

***) No matter how good a friend is, they're going to hurt you every once in a while and you must forgive them for that.**

***) You should always leave loved ones with loving words. It may be the last time you see them.**

***) You can keep going . . . long after you can't.**

***) Either you control your attitude or it controls you.**

***) Sometimes the people you expect to kick you when you're down, will be the ones to help you get back up.**

***) Just because someone doesn't love you the way you want them to doesn't mean they don't love you with all they have.**

***) It isn't always enough to be forgiven by others. Sometimes you have to learn to forgive yourself.**

***) No matter how bad your heart is broken, the world doesn't stop for your grief.**

***) The people you care about most in life are sometimes taken from you too soon. Remind them every day how much they mean to you.**

***) Life is a journey not a destination, enjoy the ride even when the scenery changes.**

On behalf of ALL the Chaplains, may G-d bless you, keep you safe, and always keep you in his loving care. Amen.

Should you have a heavy heart and need a 'shoulder to lean on' or an ear to listen, please do not hesitate to give us a call.

And should you meet Fr. Dan Brandt, (312-738-7588) don't forget to wish him a very Happy Birthday

Blessings for a healthy, enjoyable Fall Season.

Compliments of Your Police Chaplain

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