



"Life Is A Journey, Enjoy The Ride!"

April 2026

As this goes to print, our brothers and sisters of the Chicago Fire Department, mourn the loss of one of their own FF/EMT Mike Altman who lost his life in the line of duty. Many of his relatives have a long history of service in the Chicago Fire and Police Departments. There are no words of consolation when a life is taken from us so sudden and tragically. And when there are no words to say sometimes your mere presence is one of the strongest gestures of comfort and support to the family. A heartfelt thanks to all who showed up at the scene, the Hospital, the ME's, the Wake, the Funeral, your presence meant the world to the family. Please keep Mike and the whole Altman in your thoughts and prayers. As we were leaving the M.E.'s office, one of our members came over and said "Rabbi, remember the poem 'Life Is A Journey', it is so appropriate at this moment, can you please put it in the upcoming newsletter" here it is....."Life Is A Journey, Enjoy The Ride!"

Life is a journey filled with lessons, hardships, heartaches, joys, celebrations and special moments that will ultimately lead us to our destination, our purpose in life. The road will not always be smooth; in fact, throughout our travels, we will encounter many challenges.

Some of these challenges will test our courage, strengths, weaknesses, and faith. Along the way, we may stumble upon obstacles that will come between the paths that we are destined to take. In order to follow the right path, we must overcome these obstacles. Sometimes these obstacles are really blessings in disguise, only we don't realize that at the time.

Along our journey we will be confronted with many situations, some will be filled with joy, and some will be filled with heartache. How we react to what we are faced with determines what kind of outcome the rest of our journey through life will be like.

When things don't always go our way, we have two choices in dealing with the situations. We can focus on the fact that things didn't go how we had hoped they would and let life pass us by, or two, we can make the best out of the situation and know that these are only temporary setbacks and find the lessons that are to be learned.

Time stops for no one, and if we allow ourselves to focus on the negative we might miss out on some really amazing things that life has to offer. We can't go back to the past; we can only take the lessons that we have learned and the experiences that we have gained from it and move on. It is because of the heartaches, as well as the hardships, that in the end help to make us a stronger person.

The people that we meet on our journey are people that we are destined to meet. Everybody comes into our lives for some reason or another and we don't always know their purpose until it is too late. They all play some kind of role. Some may stay for a lifetime; others may only stay for a short while.

It is often the people who stay for only a short time that end up making a lasting impression not only in our lives, but in our hearts as well. Although we may not realize it at the time, they will make a difference and change our lives in a way we never could imagine. To think that one person can have such a profound effect on your life forever is truly a blessing. It is because of these encounters that we learn some of life's best lessons and sometimes we even learn a little bit about ourselves.

People will come and go into our lives quickly, but sometimes we are lucky to meet that one special person that will stay in our hearts forever no matter what. Even though we may not always end up being with that person and they may not always stay in our life for as long as we like, the lessons that we have learned from them and the experiences that we have gained from meeting that person, will stay with us forever.

It's these things that will give us strength to [continue](#) on with our journey. We know that we can always look back on those times of our past and know that because of that one individual, we are who we are, and we can remember the wonderful moments that we have shared with that person.

Memories are priceless treasures that we can cherish forever in our hearts. They also enable us to continue on with our journey for whatever life has in store for us. Sometimes all it takes is one special person to help us look inside ourselves and find a whole different person that we never knew existed. Our eyes are suddenly opened to a world we never knew existed- a world where time is so precious and moments never seem to last long enough.

Throughout this adventure, people will give you advice and insights on how to live your life but when it all comes down to it, you must always do what you feel is right. Always follow your heart, and most importantly never have any regrets. Don't hold anything back. Say what you want to say, and do what you want to do, because sometimes we don't get a second chance to say or do what we should have the first time around.

It is often said that what doesn't kill you will make you stronger. It all depends on how one defines the word "strong" It can have different meanings for different people. In this sense, "stronger" means looking back at the person you were and comparing it to the person you have become today. It also means looking deep into your soul and realizing that the person you are today couldn't exist if it weren't for the things that have happened in the past or for the people that you have met. Everything that happens in our life happens for a reason and sometimes that means we must face heartaches in order to experience joy. REMEMBER, EVERY DAY OF LIFE IS A GIFT, ENJOY YOUR PRESENT!

Some humor from the " Moshe Files" to keep you smiling: The English Class:

An English professor wrote the words, "a woman without her man is nothing" on the board and directed the students to punctuate it correctly. The men in the class wrote: "A woman, without her man, is nothing." The women in the class wrote: "A woman: without her, man is nothing." lol.

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 need an ear to listen, a shoulder to lean on, or perhaps have some good humor to share, (I know you have a good joke to share) please do not hesitate to drop us a line or give us a call. All our contact information is on our Police Chaplain's website: www.chicagopcm.org

Compliments of your Police Chaplain, Rabbi Moshe Wolf

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