



" Looking Forward "

January 2016

I have heard it said that living life, is like driving a car. When driving car one needs to keep their focus out the front windshield, while giving a periodic look in the rear view mirror. Remembering that knowing what is behind us is important, but if we keep looking in the rear view mirror it actually hinders us from moving forward

safely.

Thanks to each and every one of you, for pinning that star on your chest, at the start of your tour of duty and going out every day to do G-d's work, of keeping our city safe. Regardless of all the turmoil on the streets and in the media, radio calls are answered 24/7, and for that our city is most grateful to you. As your Chaplains, we pray for your health and safety. We are privileged and honored to always be available should you need a shoulder to lean on or an ear to listen. And a heart that knows your work world, understands and cares. Some "Food For Thought" to help us keep our focus out of the front windshield "Beginning Today"...

Beginning today I will no longer worry about yesterday. It is in the past and the past will never change. Only I can change by choosing to do so. Beginning today I will no longer worry about tomorrow. Tomorrow will always be there, waiting for me to make the most of it. But I cannot make the most of tomorrow without first making the most of today.

Beginning today I will look in the mirror and I will see a person worthy of my respect and admiration. This capable person looking back at me is someone I enjoy spending time with and someone I would like to get to know better.

Beginning today I will cherish each moment of my life. I value the gift bestowed upon me in this world and I will unselfishly share this gift with others.

Beginning today I will take a moment to step off the beaten path and to revel in the mysteries I encounter. I will face challenges with courage and determination. I will overcome what barriers there may be which hinder my quest for growth and self- improvement.

Beginning today I will take life one day at a time, one step at a time. Discouragement will not be allowed to taint my positive self-image, my desire to succeed or my capacity to love.

Beginning today I walk with renewed faith in human kindness. Regardless of what has gone before. I believe there is hope for a brighter and better future.

Beginning today I will open my mind and my heart. I will welcome new experiences. I will meet new people. I will not expect perfection from myself nor anyone else: perfection does not exist in an imperfect world. But I will applaud the attempt to overcome human foibles.

Beginning today I am responsible for my own happiness and I will do things that make me happy... admire the beautiful wonders of nature, listen to my favorite music, pet a kitten or a puppy, soak in a bubble bath... Pleasure can be found in the most simple of gestures.

Beginning today I will learn something new; I will try something different; I will savor all the various flavors life has to offer. I will change what I can and the rest I will let go. I will strive to become the best me I can possibly be. And last but definitely not least, I will remember "None of us can turn the clock back and make a new beginning, But we can all start today and make a better ending". May 2016 be one of our best ones yet.

A little chuckle to start your year.....

A man was sick and tired of going to work every day while his wife stayed home. He wanted her to see what he went through so he prayed: Dear Lord, I go to work every day and put in 8 hours while my wife merely stays at home. I want her to know what I go through, so please allow her body to switch with mine for a day. Amen God, in his infinite wisdom, granted the man's wish. The next morning, sure enough, the man awoke as a woman. He arose, cooked breakfast for his mate, awakened the kids, set out their school clothes, fed them breakfast, packed their lunches, drove them to school, came home and picked up the dry cleaning, took it to the cleaners and stopped at the bank to make a deposit, went grocery shopping, then drove home to put away the groceries, paid the bills and balanced the check

book. He cleaned the cat's litter box and bathed the dog. Then it was already 1 P.M. and he hurried to make the beds, do the laundry, vacuum, dust, and sweep & mop the kitchen floor. Ran to the school to pick up the kids and got into an argument with them on the way home. Set out cookies and milk and got the kids organized to do their homework, then set up the ironing board and watched TV while he did the ironing. At 4:30 he began peeling potatoes and washing vegetables for salad, breaded the pork chops and snapped fresh beans for supper. After supper he cleaned the kitchen, ran the dishwasher, folded laundry, bathed the kids, and put them to bed. At 9 P.M. he was exhausted and, though his daily chores weren't finished, he went to bed where he was expected to make love which he managed to get through without complaint. The next morning he awoke and immediately knelt by the bed and said: Lord, I don't know what I was thinking. I was so wrong to envy my wife's being able to stay home all day. Please, oh please, let us trade back. Amen. The Lord, in his infinite wisdom, replied: My son, I feel you have learned your lesson and I will be happy to change things back to the way they were. You'll have to wait nine months, though. You got pregnant last night.....lol.....Sometimes we have to be careful what we pray for.

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

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