



## “Reflections and Thanksgiving”

November 2017

As we 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 could 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 give thanks for what we have, that's why today 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, 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, help 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. Help us to remember this prayer Lord. Amen.

Never a better time than today, to share some time with your loved ones, let them know how much they mean to you.

The following is a short story, from a past sermon, to help keep life in perspective.....

"Can Anybody See G-d?"

A small boy once approached his slightly older sister with a question about G-d.

"Susie, can anybody ever really see G-d?" he asked. Busy with other things, Susie curtly replied: "No, of course not, silly. G-d is so far up in heaven that nobody can see Him."

Time passed, but his question still lingered, so he approached his mother: "Mom, can anybody ever really see G-d?" "No, not really," she gently said. "G-d is a spirit and He dwells in our hearts, but we can never really see Him."

Somewhat satisfied but still wondering, the youngster went on his way. Not long afterwards, his saintly old grandfather took the little boy on a fishing trip. They were having a great time together -- it had been an ideal day. The sun was beginning to set with unusual splendor as the day ended.

The old man stopped fishing and turned his full attention to the exquisite beauty unfolding before him. On seeing the face of his grandfather reflecting such deep peace and contentment as he gazed into the magnificent ever-changing sunset, the little boy thought for a moment and finally spoke hesitatingly: "Granddad, I - I wasn't going to ask anybody else, but I wonder if you can tell me the answer to something I've been wondering about a long time. Can anybody, can anybody ever really see God?"

The old man did not even turn his head. A long moment slipped by before he finally answered. "Son," he quietly said. "It's getting so I can't see anything else." End of story...No comment necessary.

"The heavens declare the glory of G-d; the skies proclaim the work of His hands. Day after day they pour forth speech; night after night they display knowledge. There is no speech or language where their voice is not heard. Their voice goes out into all the earth, their words to the ends of the world."

-- Psalm 19:1-4

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, or a shoulder to lean on, don't hesitate to give us a call.

Compliments of your Police Chaplain, Rabbi Moshe Wolf

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