



“DON'T WE ALL”

November 2018

I was parked recently, in front of a shopping center wiping off my car. I had just come from the car wash and was cleaning out the inside of my car, lost in thought, contemplating life and carrying a heavy heart for a friend dying of cancer and the recent current events . Coming my way from across the parking lot was what society would consider a "street person", "homeless", "street panhandler".

From the looks of him it seemed as if he had very little in terms of possessions, no car, no home, no clean clothes, and no money. There are times in life when we feel generous, but then there are other times that we just don't want to be bothered. This was one of those "don't want to be bothered, leave me alone" times.

"I hope he doesn't come my way," I thought. He didn't. He came and sat on the curb in front of the bus stop but he didn't look like he could have enough money to even ride the bus. After a few minutes he spoke. "That's a very cool car," he said. He was ragged but he had an air of simple dignity around him.

I said, "thanks," and continued wiping off my car.

He sat there quietly as I worked. The expected plea for money never came. As the silence between us widened, something inside said, "ask him if he needs any help." I was sure that he would say "yes" but I held true to that inner voice. "Do you need any help?" I asked.

He answered in three simple but profound words that I shall never forget. We often look for wisdom in great men and women. We expect it from those of higher learning and accomplishments.

I expected nothing but an outstretched grimy hand, that I would gladly help. Instead we locked eyes and he spoke the three words that shook me, and I'll never forget.

"Don't we all?" he answered.

I was feeling high and mighty, successful and important, above a supposed bum in the street, until those three words hit me like a twelve gauge shotgun.

"Don't we all"?

I needed help. Maybe not for bus fare or a place to sleep, but I needed help if nothing more than to stop and count my blessings get my head back in focus. I reached in my wallet and gave him not only enough for bus fare, but enough to get a warm meal and shelter for the day. Those three little words still ring true. No matter how much we have, no matter how much we have accomplished, we need help too. No matter how little we have, no matter how loaded we are with problems, even without extra money or much to give away, we can give help to another with less then we have.

Even if it's just a compliment, a smile, a kind word, or a simple hug, we can all afford to give that. We never know when we may see someone that appears to have it all; they may be waiting for us to give them what they don't have, perhaps a smile, a handshake, a friendly hug, or a kind word. A different perspective on life, a glimpse at something beautiful, a respite from daily chaos, that only we through a different perspective can see. Maybe the man coming towards me in the parking lot was just a homeless stranger wandering the streets or maybe he was more than that?

Maybe the man was sent by a power that is great and wise, to minister to a soul too comfortable in themselves or to remind them that no matter how heavy their burden, there are those carrying a heavier burden.

Maybe G-d looked down, called an Angel, dressed him like a bum, then said, "go minister to that man cleaning his car, that man needs help keeping his life in focus.""Don't we all"?

So the next time your standing around in the roll call room and you see one of your peers has a heavy heart, withdrawn, or just don't look like themselves, please reach out and offer a hand, a shoulder, or an ear , cause after all..."Don't We All Need Just a Little Lift Of Spirits"???????

Reflection and Thanksgiving

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 give thanks for what we DO have, that's why it is called 'the present'.

A Thanksgiving Prayer.....

Lord we thank You for having given us life. G-d, You have given us everything that we have and blessed us better than we deserve. 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 world we live in, 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 ,because we know in life sometimes we are shown more than we can understand.

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, please remind us of all our blessings, and to be thankful for everything we already have. And please help us to remember each day to appreciate our loved ones. Bless us , keep us safe , and always keep us in Your loving care. Amen.

(Please note: for the curious. The name of G-d.

I do not spell out THE name of G-d out of respect. Spelling out The 'NAME' and then throwing it in the trash, would be a desecration of The 'NAME', so I put in the dash. This is a personal religious custom I follow, and please don't be offended. Thanks for understanding.)

On behalf of ALL your Chaplains, may G-d bless you, keep you safe and always keep you in His loving care. Amen. And please remember, your Chaplains are available 24/7. Should you have a heavy heart or need a shoulder to lean on or perhaps have some good humor to share, don't even hesitate to reach out and give us a call, we are here to assist anyway we can, our privilege.

Compliments of your Police Chaplain

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