



“Lessons from the Teacher”

February 2020

As this goes to print, our brothers and sisters in Law Enforcement world are in total shock over the recent incident, where three members of the Illinois State Police Family were shot. One was fatal and the other two seriously injured. Please keep these troopers and their loved ones in your prayers.

And that is life, one moment one can be sitting enjoying a cigar in a lounge and the next moment their lives are changed forever. Please be careful out there, where ever you are. It reminded me of a story titled "The Teacher", please let me share it with you....

In high school many years ago, I had a very special teacher, whose husband died suddenly of a heart attack. About a week after his death, she shared some of her insight with a classroom of students.

As the late afternoon sunlight came streaming in through the classroom windows and the class was nearly over, she moved a few things aside on the edge of her desk and sat down there. With a gentle look of reflection on her face, she paused and said, "Class is over, I would like to share with all of you, a thought that is unrelated to class, but which I feel is very important.

Each of us is put here on earth to learn, share, love, appreciate and give of ourselves. None of us knows when this fantastic experience will end. It can be taken away at any moment. Perhaps this is the powers way of telling us that we must make the most out of every single day."

Her eyes, beginning to water, she went on, "So I would like you all to make me a promise. From now on, on your way to school, or on your way home, find something beautiful to notice. It doesn't have to be something you see, it could be a scent - perhaps of freshly baked bread wafting out of someone's house, or it could be the sound of the breeze slightly rustling the leaves in the trees, or the way the morning light catches one autumn leaf as it falls gently to the ground. Please look for these things, and cherish them.

For, although it may sound trite to some, these things are the "stuff" of life. The little things we are put here on earth to enjoy. The things we often take for granted. We must make it important to notice them, for at any time...it can all be

taken away."

The class was completely quiet. We all picked up our books and filed out of the room silently.

That afternoon, I noticed more things on my way home from school than I had that whole semester.

Every once in a while, I think of that teacher and remember what an impression she made on all of us, and I try to appreciate all of those things that sometimes we all overlook.

Take notice of something special you see on your lunch hour today. Go barefoot. Or walk on the beach at sunset. Stop off on the way home tonight to get a double dip ice cream cone with sprinkles. Tell your family and friends how much they mean to you. For as we get older, it is not the things we did that we often regret, but the things we didn't do, or wish we did.

Remember, "Life is not measured by the number of breaths we take, but by the moments that take our breath away". Life is a precious gift, enjoy your present. Please let me share with you, some interesting pointers, from a lecture that I attended recently titled "The Best Sermons in Life, Are Lived, Not Preached".

1. Jonny interviewed his grandmother for part of a research paper he was working on for his Psychology class. When he asked her to define success in her own words, she said, "Success is when you look back at your life and the memories make you smile." ...Keep track of those precious moments, and reflect on them periodically.

2. I asked my mentor - a very successful business man in his 70s- what his top 3 tips are for success. He smiled and said, "Read something no one else is reading, think something no one else is thinking, and do something no one else is doing."It is okay to think out of the box, that's what makes each of us special in our own way.

3. Recently, after a 72 hour shift at the fire house, a woman ran up to a fireman at the grocery store and gave him a hug. When he tensed up, she realized he didn't recognize her. She let go with tears of joy in her eyes and the most sincere smile and said, "On 9-11-2001, you carried me out of the World Trade Center."

4. This morning, at 7 AM, my friend Bill woke up feeling ill, but he decided he needed the money, so he went into work anyway. That afternoon at 3 PM, Bill got called into the office, and was laid off. On his drive home, he got a flat tire. When he went into the trunk for the spare, it was flat too. A man in a BMW pulled over, gave him a ride. They chatted, and when the conversation was over, Bill was offered a job. Bill starts his new job tomorrow..... G-d sure works in ways we will never understand

5. The other day, as my father, three brothers, and two sisters stood around my mother's hospital bed, my mother uttered her last coherent words before she died. She simply said, "I feel so loved right now. We should have gotten together like this more often."...Don't wait to the end to spend some quality with your loved ones, do it now while you can enjoy it!

6. On his last day, Jan kissed her dad on the forehead as he passed away in a small hospital bed. About 5 seconds after he passed, she realized it was the first time she had given him a kiss since she was a little girl.....So if you're lucky enough and your Mom or Dad are still around, give them a hug and tell them how much you love them and how much they mean to you.

7. Last week, in the cutest voice, my 8-year-old daughter asked me to start recycling. I chuckled and asked, "Why?" She replied, "So you can help me save the planet." I chuckled again and asked, "And why do you want to save the planet?" Because that's where I keep all my stuff," she said.

8. While in college, a boy in a wheelchair saw me desperately struggling on crutches with my broken leg and offered to carry my backpack and books for me. He helped me all the way across campus to my class and as he was leaving he said, "I hope you feel better soon."...Never pass up an opportunity to help someone carry their burden, we all have our daily struggles, some larger than others. Say a prayer for them and thank G-d that your struggles are not as big.

9. Recently, while traveling in Kenya we met a refugee from Zimbabwe. He said he hadn't eaten anything in over 3 days and looked extremely skinny and unhealthy. Then my friend offered him the rest of the sandwich he was eating. The first thing the man said was, "We can share it..." ...A meal shared is the tastiest in the world, for both.

10. Remember we can all make a difference in the world that we live just by sharing a kindness. "Thousands of candles can be lit from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared." ...Make it your mission for today to bring a smile to a soul in need, you'll both have a better day.

Last but not least, remember, "the world is made up of givers and takers", "takers eat better BUT givers sleep better".

Thanks for ALL you, for being givers, and when you get home after your shift, enjoy your sleep, it is MUCH deserved!

On behalf of ALL the Chaplains, may G-d bless you and keep you safe. Should you need a shoulder to lean on or an ear to listen or perhaps some good humor to share, don't hesitate to give us a call.

Compliments of your Police Chaplain
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