



## “A New Year, A New Outlook”

January 2020

A man and his girlfriend were married. It was a large celebration. All of their friends and family came to see the lovely ceremony and to partake of the festivities and celebrations. A wonderful time was had by all. The bride was gorgeous in her white wedding gown and the groom was very dashing in his black tuxedo. Everyone could tell that the love they had for each other was true. A few months later, the wife comes to the husband with a proposal. "I read in a magazine, a while ago, about how we can strengthen our marriage," she offered. "Each of us will write a list of the things that we find a bit annoying with the other person. Then, we can talk about how we can fix them together and make our lives happier together."

The husband agreed. So each of them went to a separate room in the house and thought of the things that annoyed them about the other. They thought about this question for the rest of the day and wrote down what they came up with.

The next morning, at the breakfast table, they decided that they would go over their lists. "I'll start," offered the wife. She took out her list. It had many items on it. Enough to fill three pages, in fact. As she started reading the list of the little annoyances, she noticed that tears were starting to appear in her husband's eyes. "What's wrong?" she asked. "Nothing," the husband replied, "keep reading your list." The wife continued to read until she had read all three pages to her husband. She neatly placed her list on the table and folded her hands over it.

"Now, you read your list, and then we'll talk about the things on both of our lists," she said happily.

Quietly the husband stated, "I don't have anything on my list, my piece of paper is blank. I think that you are perfect just the way you are. I don't want you to change anything for me. You are lovely and wonderful and I wouldn't want to try and change anything about you."

The wife, touched by his honesty and the depth of his love for her and his acceptance of her, turned her head and wept. End of story.

IN LIFE, there are many times when we are disappointed, depressed and annoyed. We really don't have to go looking for these unpleasant situations. But we also have a wonderful world that is full of beauty, light and promise. You can look up and admire the beautiful stars or look down and find always dirt or mud. Why waste time in this world looking for the bad, disappointing or annoying, when we can look around us and see the wondrous things before us? Take a few moments each day to find at least one thing that makes you smile.

We are happiest when we see and praise the good and try our best to accept the not so good.

Remember Nobody's perfect, but it is up to US, to find the perfectness in them and change the way WE see them. Easier said than done, but worth the try, you just might surprise yourself. This is from a past article that I was asked to run again, as some of life's inspirations never get old.

Some "Thoughts to Ponder" as we enter 2020.

Don't undermine your worth by comparing yourself with others; it is because we are different that each of us is special.

Don't let your goals be what other people deem important, only you know what's best for you. Don't take for granted the things close to your heart, cling to them as you would your life!, for without them life is meaningless.

Don't let your life slip through your fingers, by living in the past or for the future. By living your life one day at a time, you live all the days of your life.

Don't give up when you have something to give, nothing is really over until the moment you stop trying.

Don't be afraid to admit that you are less perfect, it is this fragile thread that binds us to each other.

Don't be afraid to encounter risk, It is by taking chances that we learn to be brave.

Don't shut love out of your life by saying it's impossible to find, the quickest way to receive love, is to give love.

The fastest way to lose love is to hold too tightly, and the best way to keep love is to give it wings.

Don't dismiss your dreams, to be without dreams, is to be without hope, to be without hope is to be without purpose.

Don't run through life so fast that you forget not only where you've been, but also where you're going.

LIFE IS NOT A RACE, BUT A JOURNEY TO BE SAVORED, EACH STEP OF THE WAY.....

On behalf of all the Chaplains, (Unit bell, 312-746-8458) Let me wish all of you a happy, healthy 2020, a New Year Filled with best of blessings , and a 'New Outlook' to life.

Thank you for going out every day and doing G-ds work, of keeping our City safe, we could not survive without you! Your Chaplains are available 24/7, if we can be of assistance, don't hesitate to call. May G-d bless you, keep you safe and always keep you in his loving care. Amen.

Compliments of your Police Chaplain

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