



“Keeping Faith Simple”

January 2022

Welcome to a new year. New hopes, a new outlook, earnest prayers that the many unprecedented hardships that we witnessed the past 18 months are behind us. The question that keeps coming up, how does one keep their faith when faced with life's difficult challenges? How does one muster the strength to keep going when faced with some of the highest mountains to climb? I don't think there is an easy answer. But I recently attended a seminar on faith that really put things in perspective. The message was, "that when it comes to faith, especially during difficult times, keep it simple, don't overthink it". Then we were given the following handout parable, that puts it all in the proper perspective....."The Phenomenal Power of the Human Mind"

"According to research that was carried out by Cambridge University, it doesn't matter what order the letters of words are in as long as the first and last letter of each word is in the right place. The rest of the letters can be in any order and still be read and interpreted correctly by most people with a surprisingly high level of accuracy.

The human mind doesn't read each letter of a word, but instead skips over them and reads the word as a whole, as if it were a shape or pattern. The position of the first and last letter are vital in making a framework for the word's shape, but between them can be a complete mess without a large impact on comprehension.

And while that may sound completely amazing, if you understand all this then you have just joined in proving the phenomenal power of the human mind.".... End.

Isn't it interesting as you begin to read the above paragraph, after the first sentence, it all kicks in and you can finish reading the story?

Now try reading it really slowly each word at a time and all of a sudden, our brain goes into a fog. So to my dear flock, it is the same with faith.

Sometimes you just have to have simple faith and trust in the Lord that all will work out, and it usually works out just fine. But if you try to decipher every step and try to figure the exact ways of the Lord, your brain will go fuzzy, as in the above paragraph. Because when it comes to faith some things are beyond our comprehension, you just have to trust in the Lord, as he leads you by the hand.

Some Important points to remember about life...

- 1) Just because two people argue, it doesn't mean they don't love each other. And just because they don't argue, it doesn't mean they do love each other.
- 2) That we don't have to change friends if we understand that friends change.

- 3) No matter how good a friend is, they're going to hurt you every once in a while, and you must forgive them for that.
- 4) You can do something in an instant that will give you heartache for life.
- 5) You should always leave loved ones with loving words. It may be the last time you see them.
- 6) You can keep going long after you think you can't.
- 7) We are responsible for what we do, no matter how we feel.
- 8) Either you control your attitude, or it controls you.
- 9) Heroes are the people who do what has to be done when it needs to be done, regardless of the consequences.
- 10) Money is a lousy way of keeping score.
- 11) My best friend and I can do anything or nothing and have the best time.
- 12) Sometimes the people you expect to kick you when you're down, will be the ones to help you get back up.
- 13) Sometimes when I'm angry I have the right to be angry, but that doesn't give me the right to be cruel or do something that I will regret later.
- 14) Maturity has more to do with what types of experiences you've had and what you've learned from them and less to do with how many birthdays you've celebrated.
- 15) It isn't always enough, to be forgiven by others; sometimes, you have to learn to forgive yourself.
- 16) No matter how bad your heart is broken the world doesn't stop for your grief.
- 17) Our background and circumstances may have influenced who we are, but we are responsible for who we become.
- 18) You shouldn't be so eager to find out a secret. It could change your life Forever.
- 19) Even when you think you have no more to give, when a friend cries out to you - you will find the strength to help.
- 20) The people you care about most in life are taken from you too soon.

Last but not least...The happiest of people don't necessarily have the best of everything, they just make the most of everything they are blessed with.

MAY 2022 BE ONE OF YOUR BEST ONES YET!!

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

Compliments of your Police Chaplain

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