



Your Chaplains were standing around and chatting after a roll call and I was approached by one of our members with the following question, "How does one climb out of a rut, when they feel they just had enough"? And let me ask you another question he continued "how can one train themselves to continue to work with a partner that you don't really care for"? I realized that I was being asked two difficult questions and had only a short time to answer both. What came to mind was a recent lecture I attended and the topic was titled

"inspirational lessons learnt from nature". Please let me share two of those lessons with you.

Lesson #1, "The Fern and The Bamboo"

One day my friend Joe decided, that's it, he had enough, he decided to quit...he quit his job, quit his relationship, gave up his spirituality.

He wanted to quit his life. Joe went into the woods to have one last talk with God.

"G-d", Joe said. "Can you give me one good reason not to quit?"

His answer surprised Joe. "Look around", G-d said. "Do you see the fern and the bamboo?"

"Yes", Joe replied. "When I planted the fern and the bamboo seeds, I took very good care of them.

I gave them light. I gave them water. The fern quickly grew from the earth.

Its brilliant green covered the floor. Yet nothing came from the bamboo seed.

But I did not quit on the bamboo. In the second year the fern grew more vibrant and plentiful.

And again, nothing came from the bamboo seed. But I did not quit on the bamboo.

In year three there was still nothing from the bamboo seed.

But I would not quit. The same in year four.

Then in the fifth year, a tiny sprout emerged from the earth.

Compared to the fern, it was seemingly small and insignificant.

But just six months later, the bamboo rose to over 100 feet tall.

It had spent the five years growing roots.

Those roots made it strong and gave it what it needed to survive.

I would not give any of My creations a challenge it could not handle.

“Did you know, My child, that all this time you have been struggling, you have actually been growing roots?”

I would not quit on the bamboo. I will never quit on you.

“Don’t compare yourself to others.” G-d said. “The bamboo had a different purpose than the fern.

Yet they both make the forest beautiful. “Your time will come”, G-d said to Joe.

“You will rise high.” “How high should I rise?” Joe asked.

“How high will the bamboo rise?” G-d asked in return.

“As high as it can?” Joe questioned. “Yes.”

G-d said, “Give me glory by rising as high as you can.”

Joe left the forest, realizing that G-d will never give up on him.

And He will never give up on you.

Never regret a day in your life.

Good days give you happiness; bad days give you experiences; both are essential to life.

Serenity isn’t freedom from the storm, but peace within the storm.

Lesson # 2), "What we learn from the Porcupine".....

It was the coldest winter ever – so cold that many animals froze to death.

In an effort to save themselves from this icy fate, the porcupines decided to gather together to fend off the chill.

They huddled close to each other, covered and protected from the elements, and warmed by their collective body heat. But their prickly quills proved to be a bit of a problem in close proximity – they poked and stabbed each other, wounding their closest companions.

The warmth was wonderful, but the mutual needling became increasingly uncomfortable. Eventually, they began to distance themselves one from the other, scattering in the forest only to end up alone and frozen. Many died.

It soon became clear that they would have to choose between solitary deaths in the frigid wilderness and the discomfort of being needled by their companions' quills when they banded together.

Wisely, they decided to return to the huddle. They learned to live with the little wounds caused by the close relationship with their fellows, in order to benefit from the collective heat they generated as a group. In this way they were able to survive.

Possible morals of the story

1. We all hurt each other from time to time, it's an inevitable part of being in relationship and community. But in the end we're often better off together than we might be apart.
2. Learning to accept each other's imperfections can be a successful survival strategy.
3. People are not perfect. Accepting and living with our own imperfections as well as those of others, is one of the greatest gifts we can give ourselves and those close to us.
4. A little needling can be a good thing.
5. Learn to live with the "prickly quills" in your life – they may be serving some higher purpose.

So as you go on your journey called life, remember to pause, smell the roses. We reach our destination sooner or later; have some fun along the way.

Don't forget to mark your calendars, September 16th, Gold Star Park candlelight vigil, to honor and remember our brothers and sisters that made the ultimate sacrifice. Your support is needed and appreciated! See you there.

Should you wish company for a ride along, need a shoulder to lean on, or have some good humor to share; don't hesitate to give us a call.

On behalf of ALL your Chaplains, may G-d bless you and keep you safe Amen!!

Compliments of Rabbi Moshe Wolf, Police Chaplain

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