



## “Are You Ready To Let Go”

September 2016

The phone in my office rang recently, it was a call from one of our members. "Rabbi, can we talk for a few moments?" I was presented with one of those questions about life, that we all have been confronted with at one time or another. "How does one go on in life when confronted with those situations that are totally out of our control?" I was thinking to myself, "Haven't we all been there?" My response was "no matter what our religion or what we believe, sometimes the only thing that pulls us through is, simple faith. It reminded me of the story that happened on the hiking trip titled "Anyone else up there?"

A man named Jack was walking along a steep cliff one day when he accidentally got too close to the edge and fell. On the way down he grabbed a branch, which temporarily stopped his fall. He looked down and to his horror saw that the canyon fell straight down for more than a thousand feet. He couldn't hang onto the branch forever, and there was no way for him to climb up the steep wall of the cliff. So Jack began yelling for help, hoping that someone passing by would hear him and lower a rope or something. "HELP! HELP! "Is anyone up there?" "HELP!" He yelled for hours, but no one heard him. He was about to give up when he heard a voice that was yelling. "Jack, Jack. Can you hear me?" "Yes, yes! I can hear you. I'm down here!" "I can see you, Jack. Are you all right?" "Yes trying to hang on, but . . . Who are you, and where are you?" "I am the Lord, Jack. I'm everywhere." "The Lord? You mean, G-d?" "That's Me." "G-d, please help me! I promise if you'll get me down from here, I'll stop sinning. I'll be a really good person. I'll serve You for the rest of my life." "Easy on the promises, Jack. Let's just get you down from there; then we can talk. Now,

here's what I want you to do. Listen carefully." "I'll do anything, Lord. Just tell me what to do." "Okay. Let go of the branch." "What?" "I said, let go of the branch... Just trust Me. Let go." "There was a long silence. Finally Jack yelled, "HELP! HELP! IS ANYONE ELSE UP THERE I CAN TALK TO?" "Have you ever felt like Jack? We say that we want to know the will of G-d, but when we find out what it is, we can't handle it. It sounds too scary, too difficult. We decide to look elsewhere. When He says, "Let go of the things that stand between you and Me, and trust Me with your life. It sounds pretty scary, but when we let go, we find freedom and safety in His hands." Not always easy, but with a bit of regular practice, a bit of faith has a way of making the bumps and potholes in the road, not feel so rough. Now the big question, "are YOU ready let go and trust?"

It reminded me of another great story, I heard from a friend of mine, a Doctor of Psychiatry, whose expertise is treating substance abuse.

"One day I attended a meeting of recovering alcoholics. The speaker was a young woman of thirty-five. She had started drinking alcohol at twelve and using drugs at fifteen.

This led to delinquent, rebellious, decadent behavior. A troubled teenager to say the least. In spite of suffering the consequences of living on the street, she was a slave to her drug addiction.

At twenty-six she found her way into Alcoholics Anonymous and, at the present is nine years clean and sober.

I had heard similar stories countless times, and this one did little for me. But I have never been to a meeting that I didn't try to take away something of help, which I would share with others.

What I took away from this meeting has served me well, because toward the end of her talk, the woman said, "I must tell you something else before I finish.

"I am a football fan, an avid Jets fan. I'll never miss watching a Jets game. One weekend I had to be away, and did not want to miss a game, so I asked a friend of mine to please record the game on her VCR, so I could watch it later.

When I returned, she handed me the tape and I thanked her profusely. As we were about to part ways she said, "By the way, what a tough game, but in the end, the Jets won".

"I started watching the tape, and it was just horrible! The Jets were being pummeled. At half-time they were behind by twenty points.

Under other circumstances, I would have been a nervous wreck. I would have been pacing the floor and hitting the refrigerator, I would have been totally out of control.

But I was perfectly calm, because I knew, at the end the Jets were going to win.

She continued, "ever since I turned my life over to G-d, I no longer get uptight when things don't go my way. I try to remember that football game, I may be twenty points behind at half-time, but I know that in the end, it's going to turn out o.k." end of story.

The Doctor continued and said, "this woman may not have qualified as a saint, but I envied her faith."

A most important lesson in life, when you are shown more than you can understand, remember it's only half-time, the game is not over... And

now for a bit of humor to keep you smiling: A mechanic was removing a cylinder-head from the motor of a Harley motorcycle when he spotted a well known cardiologist in his shop. The cardiologist was there waiting for the service manager to come take a look at his bike when the mechanic shouted across the garage, "Hey Doc, want to take a look at this?"

The cardiologist, a bit surprised, walked over to where the mechanic was working on the motorcycle. The mechanic straightened up, wiped his hands on a rag and asked, "So Doc, look at this engine. I open its heart, take the valves out, repair any damage, and then put them back in, and when I finish, it works just like new.

So how come I make \$39,675 a year and you make over a million when you and I are doing basically the same work?"

The cardiologist paused, smiled and leaned over, then whispered to the mechanic....."Try doing it with the engine running."...lol...lol...

Never miss an opportunity to share a laugh.

On behalf of ALL your Chaplains, may G-d bless you and keep you safe. Thanks so much for the Holy and noble work that you do. Should you need an ear to listen or a shoulder to lean on, don't hesitate to give us a call.

May G-d bless you and keep you safe. Amen!

Compliments of your Police Chaplain

Rabbi Moshe Wolf 773-463-7840 or e-mail [moshewolf@hotmail.com](mailto:moshewolf@hotmail.com)