



## “Carrying The Burden Called Life”

July 2022

We are all going through challenges in these most unprecedented times. One of our members asked me recently, "What do I say to a friend who is facing hard times, I am not a therapist"??? The answer is "in life sometimes the best therapy, the support one can give another is your presence or your time, just to let them know they are not alone". It reminded me of the story "Carrying the Burden Called

life" .....

A girl named "Jane" had a pile of troubles, fears and woes stacked so high that she lost track of which was which and what was what, her burden, called 'life' was overwhelming. One day she fell down, down so far that everything was shattered, her hopes, her dreams and happiness.

A friend asked, "what was wrong"? and it was someone who Jane did not want to say anything to or dump anything on. Jane, didn't tell anyone anything, wouldn't confide in anyone, just kept it all bottled up inside her, without ever sharing her burden, her concerns her pain.

"What's wrong" asked another friend. "Nothing," was Jane's standard response. Others also followed that pattern, and all got the same response, all but one. This friend quietly slipped Jane out of the crowd and took her to a quiet place and simply said, "What can I do to help?"

"Not unless you can change the past," Jane replied. The friend said, "I can't change the past, I can't change circumstances, actually I can't change anything, but G-d can make change and he cares and loves you."

That was enough to set Jane into an uncontrollable shockwave of pain and her past flooded her. Her hurts and fears fell on her like a ton of bricks, and she cried herself into comfort. The friend hugged Jane and instead of saying 'everything will be alright', or the classic 'G-d never gives you more than you handle', she just held Jane and cried with her. It was not what was said that gave the most comfort, it was just being there in time of need. End of story.

Let us remember, there are times when you don't need to ask questions and know all the details. It is just that the burden people are carrying gets so heavy that people feel they cannot go on any longer, they don't know where to turn or where to go or what to do.

Let us be like the friend in this story and just 'be there', cry with the person, instead of telling people to 'get over it'. Life can wound and scar, but life can also heal, and our pain never be seen or thought of again. Sometimes you cannot understand certain things, but remember certain things don't need to be understood. Our job is to be there for each other and be that source of strength for each other and THAT is what makes our Lord proud!

Some points about life to ponder and make your heart smile....

- \*) Life isn't fair, but it's still good.....\*)When in doubt, just take the next small step.
- \*)Life is too short to waste time hating anyone.
- \*)Your job won't take care of you when you are sick. Your friends and parents will. Stay in touch with your loved ones.
- \*) You don't have to win every argument. Agree to disagree.....\*)Cry with a friend or a loved one, it's more healing than crying alone.
- \*)It's OK to get angry with G-d, He can take it.....\*)When it comes to chocolate, resistance is futile.
- \*)Make peace with your past so it won't screw up the present.....\*)It's OK to let your children see you cry and be emotional, it's part of life.
- \*)Don 't compare your life to others. You have no idea what their journey is all about.
- \*) If a relationship has to be a secret, you shouldn't be in it.
- \*) Everything can change in the blink of an eye. But don't worry; God never blinks.
- \*) Take a deep breath, it calms the mind and gives you a moment to regroup.
- \*) Whatever doesn't kill you, really does make you stronger, or so they say.
- \*) It's never too late to have a happy childhood. But the second one is up to you and no one else.
- \*) When it comes to going after what you love in life, don't take no for an answer.
- \*) Burn the candles, use the nice sheets, wear the fancy lingerie. Don't save it for a special occasion, today is special.
- \*) No one is in charge of your happiness but you.
- \*) Frame every so-called disaster with these words 'In five years, will this matter?'
- \*) What other people think of you is none of your business.
- \*) Time heals almost everything. Give time, time.
- \*) However good or bad a situation is, it will change, the sun rises after the darkest part of night.
- \*) Don't take yourself so seriously. No one else does.
- \*) Believe in miracles.....\*)G-d loves you because of who G-d is, not because of anything you did or didn't do.
- \*) Don't audit life, that is not your department, show up and make the most of it now.
- \*) Growing old sure beats the alternative -- dying young....\*)Your children get only one childhood, let them enjoy theirs even if you had your challenges.

\*) All that truly matters in the end is that you loved.....\*)Get outside every day.  
Miracles are waiting everywhere, NEVER give up!  
\*) If we all threw our problems in a pile and saw everyone else's, we'd grab ours back.  
\*) No matter how you feel, get up, dress up and show up.....\*)Life isn't tied with a bow, but it's still a gift, enjoy your present!  
\*) Find something to laugh every day, even if you have to look in the mirror!  
We close with a bit of humor from the "Moshe Files" .....” Pregnant at 71”

A woman went to the doctor's office where she was seen by one of the younger doctors. After about four minutes in the examination room, she burst out screaming as she ran down the hall. An older doctor stopped her, asked what the problem was.

After listening, he had her sit down and relax in another room. The older doctor marched down the hallway back to where the young doctor was writing on his clipboard.

"What's the matter with you?!" the older doctor demanded.

"Mrs. Terry is 71 years old, has four grown children and seven grandchildren, and you told her she was pregnant?"

The younger doctor continued writing, and without looking up said,  
"Does she still have the hiccups?" .....LOL

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

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 (I'm serious..lol, we're always looking for new rollcall material).

Compliments of your Police Chaplain

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