



"Handling Lifes' Challenges?"

October 2025

Recently had a lengthily conversation with one of our members "Billy" who was battling some serious physical illness. One challenge after the other, Billy would not give up. He would never use his illness as an excuse, as a way out,

to stay away from work. Barred those days that he was just "down and out", he always showed up for work. He was and is, an inspiration to all his friends and co-workers. He said to me "Rabbi, you remember the story of the kid asking their Dad, how to handle challenges? And dad answered, "remember the story of 'Carrots, Eggs, and Coffee', and I decided to be like the coffee and never give up". Then Billy asked that I share the story again with the troops, to help guide us all through those challenging moments. Here it is " Are You a Carrot, an Egg or Coffee? "..

A teenager complained to her Dad about her life and how things have been so hard for her. She did not know how she was going to make it through life and wanted to give up. She was tired of fighting and struggling. It seemed that just as one problem was solved another arose. Her Dad, a chef, took her to the kitchen, filled three pots with water and placed the fire on high. Soon the three pots came to a boil. In one he placed carrots, in the other he placed eggs, and in the last he placed ground coffee beans. He let them sit and boil, without saying a word. The daughter sucked her teeth and impatiently wondered what he was trying to do. She had problems, and he was making this strange concoction. In half an hour he walked over to the oven and turned down the fire. He pulled the carrots out and placed them in the bowl. He pulled the eggs out and placed them in the bowl. Then he ladled the coffee out and placed it in a bowl. Turning to his daughter he asked. "Darling what do you see,"

Smartly, she replied. "Carrots, Eggs, and Coffee."

He brought her closer and asked her to feel the carrots. She did and noted that they were soft. He then asked her to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg. Finally, he asked her to sip the coffee. Her face frowned from the strength of the coffee.

Humbly, she asked. "What does it mean Dad?"

He explained. "Each of them faced the same adversity, 212 degrees of boiling hot water. However each reacted differently."

"The carrot went in strong, hard, and unrelenting. But after going through boiling hot water, it softened and became weak."

"The egg was fragile. A thin outer shell protected a liquid center. But after sitting through the boiling water, it's inside became hardened."

"The coffee beans are unique however. After they were in the boiling water, it became stronger and richer." "Which are you," he asked his daughter?

When adversity knocks on your door, how do you respond?

Are you a carrot, an egg, or a coffee bean?

Are you the carrot that seems hard, but with the smallest amount of pain, adversity, heat you wilt and become soft with no strength?

Are you the egg, which starts off with a malleable heart? A fluid spirit. But after suffering death of a loved one, a breakup, a divorce, a layoff, you became hardened and stiff. Your shell looks the same, but you are so bitter and tough with a stiff spirit and heart, internally.

Or are you like the coffee bean? The bean does not get its peak flavor and robust until it reaches 212 degrees Fahrenheit. When the water gets the hottest, it just tastes better. When things are at their worst, you get better. When people talk the most, your praises increase. When the hour is the darkest, trials are their greatest, your **prayer and faith** elevate you to another level?

How do you handle challenges? Are you a carrot, an egg, or a coffee bean? May G-d bless you with enough strength to face all your challenges with faith, courage and trust that, "**If God brought you to it, He will bring you through it**" ... Amen.

Some points to ponder ... "Old Time Advice Still Applicable Today"

- 1) Life is simpler when you plow around the stump.
- 2) Words that soak into your ears are whispered...not yelled.
- 3) Forgive your enemies. It messes up their heads.
- 4) You cannot unsay a cruel word.
- 5) Every path in life has a few puddles.
- 6) The best sermons are lived, not preached.
- 7) Most of the stuff people worry about, ain't never gonna happen anyway.
- 8) Remember that silence is sometimes the best answer.
- 9) Live a good, honorable life. Then when you get older and think back, you'll enjoy it a second time.
- 10) Don't interfere with something that ain't bothering you.
- 11) If you find yourself in a hole, the first thing to do is stop digging'.
- 12) Sometimes you get, and sometimes you get got.
- 13) Good judgment comes from experience, and a lotta that comes from bad judgment.
- 14) Live simply. Love generously. Care deeply. Speak kindly. Leave the rest to G~d.

15) Last but not least, find something to laugh about every day, even if you have to look in the mirror...lol.

Before we close a quick joke from "the Moshe Files:

The Speeding Driver: A man is speeding down a highway late one night at 11:30 p.m., when he gets pulled over by a cop. The officer comes up to the car and says, "Do you have any idea how fast you were going?" The man replies, "I'm sorry officer, I was rushing to a lecture about the negative impacts of alcohol abuse and the importance of staying within the law." Intrigued, the officer asks, "Really? Who's giving that lecture at this time of night?" The man smirks and says, "My wife..LOL

On behalf of all your Chaplains , May God bless you , keep you safe and always keep you in his loving care. Amen. All our direct numbers are listed in your FOP handbooks under Chaplains.

Should you need an ear to listen, a shoulder to lean on or perhaps have some good humor to share, (I take humor seriously, please let me hear from you!) please do not hesitate to call.

We are here for you 24/7! Police chaplains website: www.chicagopcm.org, look us up.
Compliments of your Police Chaplain, Rabbi Moshe Wolf

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