



### **“There Comes A Time”**

**October 2019**

The pager goes off in the middle of the night, one of our members was in an accident and is on the way to the Hospital. The Adrenalin is pumping I rush, get dressed, no time to shave, to comb hair or polish shoes, just to get to Hospital and help in any way we can. Arriving at the emergency room, greeted by fellow Chaplains, bosses and dozens of our members lining the halls. We are all waiting for an update from the ER Doctor, to find out the extent of our brother's injuries. All are standing around exchanging small talk, but all the while praying inside for a happy ending. I was so proud of all who came, some knew our brother some didn't, but they came, just to give a hug and show support. After 30 min., that actually felt like four hours, the Doctor came out and gave us the good news, our brother is a bit banged up but will be okay. You could feel the sigh of relief in the air. A prayer of thanksgiving was said.

Not all are so fortunate, but our brother got a second chance, we were all grateful. There were many tears of happiness, It was a moment of reflection, It brought to mind a poem sent my way called "A Time Comes In our Life"...here it is....

A time comes in our life when we finally get it; we're given a second chance. When in the midst of all our pain, fears and insanity, we stop dead in our tracks, and somewhere the voice inside our head cries out ~ ENOUGH!

Enough fighting and crying and struggling to hold on. And, like a child quieting down after a blind tantrum, our sobs begin to subside, we shudder once or twice, we blink back our tears, and through a mantle of wet lashes we begin to look at the world through new eyes.

This is our awakening. We realize that it's time to stop hoping and waiting for something to change, or for happiness, safety and security to come galloping over

the next horizon. We come to terms with the fact that he/she is not Prince Charming or Cinderella, and that WE are not Cinderella or Prince Charming!

We awaken to the fact that we are not perfect, that not everyone will always love, appreciate, or approve of who or what we are or what we do, and that's okay. And we learn the importance of loving and championing ourselves; and in the process a sense of new found confidence is born of self-approval. We stop complaining and blaming other people for the things they did to us (or didn't do for us) and we learn that the only thing we can really count on is our own faith and prayers.

We learn that people don't always say what they mean or mean what they say, and sometimes they don't even know themselves.

We also learn that not everyone will always be there for us; and that it's not always about us. So, we learn to stand on our own, and to take care of ourselves, and in the process, a sense of safety and security is born of self-reliance.

We realize that much of the way we view ourselves and the world around us, is as a result of all the messages and opinions that have been ingrained into our psyche.

We begin to sift through all that we've been fed about how we should behave, how we should look, and how much we should weigh; what we should wear and where we should shop, and what we should drive; how and where we should live, and what we should do for a living, who we should marry, and what we should expect of a marriage; the importance of having and raising children, or what we owe our parents.

We learn that it is truly in giving that we receive and that there is power and glory in creating and contributing.

We learn that principles such as honesty and integrity are not the outdated ideals of a by gone era, but the mortar that holds together the foundation upon which we must build a life.

We learn that we don't know everything, it's not our job to save the world but to do the best we can to leave it a better place after we're gone.

We learn to distinguish between guilt, and responsibility, and the importance of setting boundaries, and learning that at times it's okay to say NO.

We learn that the only burden to bear is the one we choose to carry,

Then we learn about love; romantic love, the familial love, how much to give, when to stop giving and when to walk away.

We learn to look at relationships as they really are and not as we would have them be. We stop trying to control people, situations, and outcomes. We learn that just as people grow and change, so it is with love, and we learn that we don't have the right to demand love on our terms just to make us happy.

Love is the most important of materials needed, and that forgiveness and acceptance are what cement the relationship.

We learn that alone does not mean lonely. And when we look in the mirror we come to terms with the fact that we will never be a perfect size, and we stop trying to compete with the image inside our head and agonizing over how we should "stack up."

We come to the realization that we all deserve to be treated with love, kindness, sensitivity, respect; and to treat others the same.

And we learn that our body really is our temple, it's the only one we got, and we begin to care of it and treat it with respect. We begin eating a balanced diet, taking more time to exercise  
and also time to rest.

And, just as food fuels the body, laughter fuels our soul, and crying cleans our hurts. Suppressing our hurt makes us weak. It's okay to cry when in pain, it's a form of releasing our hurt, nobody ever tells you not to laugh after a good joke

We learn that anything worth achieving is worth working for, and that wishing for something to happen is different from working toward making it happen. More importantly, we learn that in order to achieve success we need direction, discipline, and perseverance.

We also learn that no one can do it all alone and that it's OK to ask other's for help, and to reach out in time of need. We learn that the only thing we must truly fear is the great robber baron of all time, fear itself.

We learn that life isn't always fair, we don't always get what we think we deserve; and that sometimes-bad things happen to unsuspecting, good people. On these occasions, let us remember not to personalize things, just to pray for strength.

We learn that G-d isn't punishing us or failing to answer our prayers, it's that sometimes

he shows us things that are just beyond our comprehension.

We learn to admit when we are wrong and that building bridges instead of walls, helps clear the way to forge ahead.

We learn to be thankful and to take comfort in many of the simple things we take for granted, things that millions of people upon the earth can only dream about: a full refrigerator, clean running water, a soft warm bed, a long hot shower. Our job, a paycheck, even though it might not be perfect.

And we hang a wind chime outside our window so we can listen to the wind. And we make it a point to keep smiling, keep trusting, and keep looking up to see the stars.

Finally, with courage in our heart and with Spirit by our side we take a stand; we take a deep breath, and we make the most with what we got EVERY day. Enjoy the gift of life that why we call it the present.....end of thought.

Thanks to all of you for the sacred work that you do. Your Chaplains pray for you and give thanks every day for G-d giving us all "second chances" and then some. Should you wish company for a ride along or if you have some humor to share give us a call. Thanks.

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

A special shout out to all members of my flock of the Jewish faith, "Shana Tova", have a blessed and safe Happy New Year.

Amen.

Compliments of your Police Chaplain

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