



“Carrying the Burden Called Life”

April 2021

A professor was giving a lecture on stress management. He raised a bottle of water and asked the audience, "How heavy do you think this bottle of water is?" The answers ranged from a half pound to three pounds.

“ It does not matter on the absolute weight. It depends on how long you hold it. If I hold it for a minute, it is OK.

If I hold it for an hour, I will have an ache in my right arm. If I hold it for a day, the pain will be intolerable. It is the exact same weight, but the longer I hold it, the heavier it becomes." The Professor continued, "If we carry our burdens all the time, sooner or later, we will not be able to carry on, the burden becoming increasingly heavier to the point of being unbearable." "What we have to do, is to put the bottle down, rest for a while (perhaps say a prayer) before holding it up again."

We have to put down the burden of life periodically, so that we can recharge, be refreshed and are able to continue to carry on. End of lecture. So, before you return home from work at the end of your shift, put down the emotional burden you have been carrying, take a moment to rest, catch your breath, and regroup the brain a bit. Life is journey and full of challenges, learn to enjoy the ride, a task that is easier said than done, but worth the effort.

Take a moment, put down the emotional backpack that you have been holding, to enjoy the blessings of life around you.

Some points to ponder from "the Moshe files"....

- Accept the fact, that some days you're the pigeon, and some days you're the statue.
- Always keep your words soft and sweet, just in case you have to eat them.
- If you lend someone \$20, and never see that person again, it was probably worth it.
- Never put both feet in your mouth at the same time, because then you don't have a leg to stand on.
- In life nobody cares if you can't dance well, just get up and dance, it is balm for the spirit.
- To yourself you may be only one person in the world, but you may also be the world to one person. We are all special in our own way, that's what makes us unique!
- Don't cry because it's over; smile because it happened.
- We could learn a lot from crayons: some are sharp, some are pretty, some are dull, some have weird names, and all are different colors but they all have to learn to live in the same box.
- Happiness comes through doors you didn't even know you left open.
- No matter how good a friend is, they're going to hurt you every once in a while, and you must forgive them for that.
- You should always leave loved ones with loving words. It may be the last time you see them.
- You can keep going . . . long after you think you can't.
- Either you control your attitude, or it controls you.
- Sometimes the people you expect to kick you when you're down, will be the ones to help you get back up.

- Just because someone doesn't love you the way you want them to, doesn't mean they don't love you with all they have.
- It isn't always enough to be forgiven by others. Sometimes you have to learn to forgive yourself.
- No matter how bad your heart is broken, the world doesn't stop for your grief.
- The people you care about most in life are sometimes taken from you too soon. Remind them every day how much they mean to you.
- Find something every day that makes you laugh, even if you have to look in the mirror.
- Life is a journey not a destination, enjoy the ride even when the scenery changes. Laugh, dream, dance, enjoy you'll be glad you did!!!!!!!

A short piece of humor to keep you smiling...

A kindergarten teacher was observing her classroom of children while they were drawing. She would occasionally walk around to see each child's work. As she got to one little girl who was working diligently, she asked what the drawing was.

The girl replied, 'I'm drawing G-d.'

The teacher paused and said, 'But no one knows what G-d looks like. 'Without missing a beat, or looking up from her drawing, the girl replied, 'They will in a minute.'.....lol.

On behalf of ALL the Chaplains, (Unit phone # 312-738-7588) may G-d bless you, keep you safe, and always keep you in his loving care.

Should you need a shoulder to lean on, an ear to listen, or perhaps have some good humor to share, please don't hesitate to give us a call.

Blessings for a safe, healthy, enjoyable summer. Amen

Compliments of your Police Chaplain

Rabbi Moshe Wolf

773-463-4780 or e-mail: moshewolf@hotmail.com