

Reflection / March 24-31, 2025

First, thank you for your hard work! I appreciate you for keeping our community safe! You are a Difference Maker, World Changer, Hero in our book. You are an important person, willing to work hard at making our community a safer place!

The obvious elephant in the room is that life as a police officer is difficult and yet rewarding, both part of the same coin. The rewarding part is welcomed, while the difficult part is, well 'difficult', difficult to deal with. Being part of a life saving event is rewarding. Knowing you did a good day's work is rewarding. However, sometimes the events are daunting, physically draining and the outcome, sometimes negative, to say the least. No need to add more words about negative things.

I have some great advice from Apostle Peter, that if I am honest, I can find difficult to apply. Difficult, because I may make myself too busy to communicate with the Creator (Higher Power) about issues in my life. In the New Testament, Peter, a fisherman who fished with heavy nets for his catches of fish, told us the following: "Casting all your anxieties on Him, because He cares for you." (1 Peter 5:7)

The choice of words Peter uses is powerful. Primarily, he talks about 'casting' all our anxieties. It was demanding work to cast heavy nets. In this verse, Peter is talking about our fears, concerns and heartaches. I would rather go fishing than deal with my hardships and it is perfectly alright for us to go fishing or golfing or do something fun. That is much needed. However, I am also to cast my care and troubles on the Lord. What we are told is, to cast our cares on the Lord (Higher Power).

Why? Peter states that the Lord cares for us. It may not always be obvious that He cares for us, but there is something wonderful about casting your cares on someone else that can begin a seemingly slow healing process in us. The mind and emotions are powerful, and I am thankful to have dependable advice about how to cope with my thoughts, fears and concerns.

Again, thank you for all you do! You make a huge positive impact on our neighborhoods! Thank You!

Blessings,

Chaplain Patrick (Pat) Ireland ☺

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