



The Journey
OF FAITH CHURCH

The Journey of Faith Church *A United Methodist Congregation*

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My dream was to become a police officer and, with the spirit of persistence, God allowed me to experience my dream. By far, police work was the most exciting and rewarding job I ever had. Protecting the community and literally running into situations that most people ran from was gratifying. One bright sunny day while responding to a bank hold-up alarm, the police vehicle I was driving was broadsided by an unlicensed driver. As a result, my left hand and shoulder were injured but my hand was severely injured – going through the window and sliding on broken glass and pavement until the overturned police vehicle I was in collided with a third vehicle. The unlicensed driver was treated and released.

God spared my life by “ordering my steps.” Just days earlier my police cruiser overheated and I was assigned this big, clunky, uncomfortable police van to drive until my cruiser was repaired. You see, that clunky, uncomfortable van had two steel reinforced beams that ran throughout the length of the vehicle. Had I been in the cruiser, with its large middle console and paper-thin construction, it is doubtful I would have survived the impact and speed of the unlicensed driver’s vehicle.

I bled for nine hours waiting for a surgeon to arrive at the hospital. In the end a breast surgeon did the surgery on my hand. Awakening from anesthesia, I was told my ailing mother had two days to live. Two days after the accident my mother passed away. My hand stayed grotesquely swollen for months and in constant burning pain. It took a half of a year to get government approval to see a hand surgeon and multiple surgeries to gain functionality. With shoulder surgery for a torn rotator cuff taking place in between, I had to wait for a period of healing between surgeries before another surgery could take place.

The road to recovery was long and sometimes seemed difficult. No longer being in the thick-of-the-action, the physical pain was easier to bear than the emotional low. It was taking too long to recover and the dream was slipping away. Up to that point I had a stellar performance record – receiving much praise and attention for performance on the streets and in the courts. I even received attention for writing a school-based strategy about teaching and rewarding children for legal conduct.

However, the favor was wearing off. Assigned to desk-duty and separated from the exhilaration of police work, I was no longer getting the people-praise that helped me through so many tough situations. I had relied on the motivation of people-praise for so long that when it was taken away I was unprepared to hold on to the dream.

The recovery had taken too long. I was given the choice of retiring with no money or retiring on disability. I chose the disability retirement with the hope of rehabilitating and someday re-living the dream.

I no longer rely on people-praise to make it through – I have learned to rely on God for my strength. He never took away the desire for the dream. With God's help, we can live the desires of our heart.



From the Editor's Corner

Dear retired police officer,

Praise God for your recovery and your desire for wanting to continue to serve and protect the community. Without a doubt, we will be holding you up in prayer.

Editors: Debbie Kernahan-Rene' and Health and Welfare Committee Members:

Sis. Tia Cunningham, Co-Chair
Sis. CasSandra Hunt Watt, Co-Chair
Sis. Linda Waters
Sis. Anna Toye
Sis. Rosemarie Davidson
Sis. Winnette Rodney

Health IQ Matters

*My people are destroyed for lack of knowledge: because thou hast rejected knowledge,
Hosea 4:6a King James Version (KJV)*

Please check with your doctor and nutritionist to find the appropriate diet, water intake and exercise for your personal well-being, for optimal health!!!

According to Andrew Moore's article 'Decades of Fitness,' physical activity is one of the most important factors that influence longevity.

Did you know that fasting is a way to purge impurities from the body and the spirit, and to normalize metabolic function? This information was taken from 'The Costco Connection Article Ancient Lessons for Modern Health from Sparta to Today.'

In closing, an email address, polkla999@yahoo.com, has been included for your convenience – for comments, questions and testimonies.