

WEEK 5

REFLECTING OUR HOPE

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Properly practiced, hope is not a naïve form of denial, but a creative verb of inspiration and action. Hopelessness causes us to falter and to miss what is possible—hope nourishes and restores faith. To be willing to reflect hope in uncertain times, is to practice a courageous faith.



A Child said What is the grass? Fetching it to me with both hands. How could I answer the child? I do not know what it is any more than he.
~ Walt Whitman

» KEY POINTS OF THE WEEK «

- Hope is not only an essential spiritual value, but it is a vital part of physical/mental/emotional well being.
- Staying positive does not mean denying the negative, but holding a higher vision and expectation for yourself and others.

We each have a responsibility to stay true to our vision for the world. Together, we build bridges that create a world that works for everyone



Your hope lies in the fact that you can change these patterns. Perhaps not in a moment or a day, or a month or a year, but you can change them. This is not a process of merely making affirmations or holding thoughts, it is a process of the gradual re-education of your whole mental reaction. It is a process of following the intuition back to the pattern, of feeling toward it, of accepting it, and of acting as though it were there.
~ Ernest Holmes

» QUOTES FOR THE JOURNEY «



If we magnified blessings as much as we magnify disappointments, we would all be much happier.
~ John Wooden



Hope is like a path in the countryside. Originally, there is nothing—but as people walk this way again and again, a path appears.
~ Lu Xun



» OPTIONAL PROCESS «

OPTION 1

Experiential Process:

HOPE BOOT CAMP

Exercises to expand our awareness and inspire hope.

Step 1

Write down some key times in your life when you felt fully joyful and what you did during that time that made you joyful. Ask yourself, "Which of these do I want to start doing again? If you can't do them for reasons for the pandemic or something else, try to think of another activity that will give you a similar lifted hopeful feeling. For example, instead of traveling, you could try making foods from your favorite places.

Step 2

What practices have you employed that have kept you lifted, buoyed, hopeful so far in your life? Do you need to re-deploy it now? Was it any of these?

- A. Breathing Deeply.
- B. Walking outside in bountiful nature.
- C. Being near the endless ocean.
- D. Being in the presence of playing children.
- E. Using guided imagery to guide the mind instead of letting it falter.
- F. Engaging fully in daily pray.
- G. Spiritual Support groups which provide connection, outreach, shared purpose.

- H. Fulfilling a desire/purpose/calling(s) for your life, one YOU have identified.
- I. Eating at least one fruit or vegetable with every meal.
- J. Taking a stress-management course.
- K. Taking an anger-management course.
- L. Practicing daily forgiveness.
- M. Starting every day with a feeling of gratitude.
- N. Asking Alexa for the Joke-of-the-Day.
- O. Keeping a gratitude journal.
- P. Monitoring your media, being aware of divisive, angry, corrosive, blaming coverage.
- Q. Examining your entertainment and skewing it towards the upbeat.
- R. FINDING FUN FRIENDS by being one.
- S. Get moving physically as much as is possible.

Step 3

In your journal or whatever you're writing on, write down these three headings: physical, mental/emotional, and spiritual. Then spend ten minutes carefully analyzing and writing down any aspect of these three areas of your life that could use some improvement. Be reflective and honest with yourself. Then circle the items that would bring about the biggest uplift in your health and happiness. Take concerted action on those. Do you think this will raise your mood? Will the actions restore your hope for better days ahead?

GROUP SHARING as desired and discussion.



» CLOSING PROCESS «

Invite each participant to say something they admire about a participant. This can be done for all participants, or if time is a concern, just have each member share about one person, and have the person shared about choose the next person.

» PRAYER FOR THE WEEK «

And so I lean into this deeper truth, into a deeper knowing that God and I are one. It is the very breath that breaths and sustains me—and as I operate from this place of knowingness, I approach people, situations and circumstances from a place of connectedness, of cooperation and unity. I know that each one of us individually and collectively are the hands and feet of God and that the vision of Love expressed is ever and always inclusive. I move my hope into Divine right action and I absolutely know that as I and as we continue to build, re-organize and re-institutionalize from the collective and what is good for all, we find solutions, we build bridges and we create a world that works for everyone. And So It Is.

» FEED BACK HANDOUT «