

AUGUST MONTHLY THEME
HOPE: BELIEVING IN A BETTER WORLD

As we struggle with the coronavirus, economic disruption, political division, and calls for racial justice, we need hope to secure our faith in a better world. "Hope springs eternal" wrote the British poet Alexander Pope. Do you agree? Sometimes hope seems to surge within people even in the most dire of situations. And yet, sometimes hope can elude us. Can we cultivate hope in ourselves or others who are in need of hope? When present, hope can be a powerful force in driving our actions and carrying us through difficult times. This month we reflect on the importance of hope in our lives as well as the impact of hopelessness.

For Reflection and Discussion:

- What does hope mean to you?
- From what do you draw hope in your personal life?
- When has your sense of hope been shaken? Describe what happened and how you responded.
- Describe a time in your life when you dared to hope in a way that gave you strength to persevere through disappointments and discouragement?
- Is hope a natural inclination, a spiritual practice, whistling in the dark, or?
- For what do you hope?

Quotes:

Hope will never be silent.

~ *Harvey Milk*

Hope is not the conviction that something will turn out well but the certainty that something makes sense, regardless of how it turns out.

~ *Vaclav Havel*

Love recognizes no barriers. It jumps hurdles, leaps fences, penetrates walls to arrive at its destination full of hope.

~ *Maya Angelou*

Hope is important because it can make the present moment less difficult to bear. If we believe that tomorrow will be better, we can bear a hardship today.

~ *Thich Nhat Hanh*

Each time a man stands up for an ideal, or acts to improve the lot of others, or strikes out against injustice, he sends forth a tiny ripple of hope, and crossing each other from a million different centers of energy and daring, those ripples build a current that can sweep down the mightiest walls of oppression and resistance.

~ *Robert Kennedy*

We must accept finite disappointment, but never lose infinite hope.

~ *Martin Luther King, Jr.*

Where there is no vision, there is no hope.

~ *George Washington Carver*

Once you do away with the idea of people as fixed, static entities, then you see that people can change, and there is hope.

~ *bell hooks*

Expect to have hope rekindled. Expect your prayers to be answered in wondrous ways. The dry seasons in life do not last. The spring rains will come again.

~ *Sarah Ban Breathnach*

Once we choose hope, hope expands, stretching the walls of our hearts. Once we dedicate ourselves to hope, we see it more and more all around us.

~ *Fred Small*

All human wisdom is summed up in two words; wait and hope.

~ *Alexandre Dumas*

If we had no hope - for a cure, for winning the lottery, for falling in love, for the end of war, for being free of abuse, or for having food, warmth, clothing, and shelter - we would have no reason to go on. What you hope for doesn't matter, but rather the essence of hope itself.

~ *Bernie Siegel*