

## The Power of Hope

There are many delights and pleasures in life, but there are worries and troubles too! Worries can affect us so intensely, so appreciably that we instinctively know that life will never again be the same.

It has been a tough few months for all of us. We have experienced the death of loved ones. Sudden illnesses are tearing families apart. The unemployment rate is soaring and businesses are closing around us. We are facing the uncertainty of tomorrow. We are facing all sorts of hardships.

And the truth is, the sadness in our own lives, in our city, and in our world can indeed feel quite overwhelming, scary, and can even paralyze us. In these bleakest times so many of us feel as though we are barely hanging on by a thread.

Even when there is no guarantee of a better tomorrow, we continue to wake up each morning. Think about our history as a nation, time and time again, we persevere. We continue to live our lives. Somehow from deep within, we have held on tight to the courage to get up each day and move onward. We continue to have hope. Because that is what we do.

Hope has the power to make you do the impossible.

We typically think of hope, as a feeling that something anticipated is likely to happen. Unlike a wish or a desire, hope implies expectation of obtaining what is expected. In Hebrew, hope is the word *tikvah*. In Greek Mythology *Elpis* is the personification and spirit of hope. In Italian it is *Speranza* and in German the translation for hope is *hoffe or hoffnung*. So, no matter in what language, hope is a powerful force and probably the most important factor when it comes to overcoming life's biggest challenges. Without it, everything is lost.

While it's hard to be optimistic during difficult times, think of it as your only weapon, use it to fight and you'll eventually find your way out. Don't just sit there waiting for the worst to happen because there's always one more thing that you can do. You just haven't thought about it yet.

Some people are more optimistic and hopeful by nature, but even they need a little reassurance, every now and then, that things will get better. Stay involved; volunteer your time to help others in need. Offer encouragement to strangers, make virtual contacts with those folks who are confined to their homes and let the first responders know how grateful we are for their devoted service.

When you hope, things are more likely to turn out the way you want them to. Why? Because you're willing to do everything it takes to make it happen. Hope is that thread that we continue to hold onto during the gloomiest moments in our own lives, and in our world. It is the common thread that we hold onto ever so tightly when nothing is promised, nothing is guaranteed.

All of humanity is based upon the notions of what could be, focusing on the future rather than the present. Rarely is anyone truly, wholly satisfied with the life they are living, preferring to think of the time to come as an ideal place where their aspirations can be fulfilled.

**Hope** is the belief that everything will work out, especially when it seems otherwise. It helps you stay calm and peaceful when something less than desirable emerges. **Hope** believes you will get through it. **Hope** remembers the times you made it through. **Hope** teams with faith and believes in the impossible.

So no matter what you are going through, know that you are not alone.

***Let these inspirational hope quotes be ones that remind you of your expectations and your wishes, never lose hope. Share these with others. To have hope means that we expect that things will work out for the best.***

**Alison Zurawski**, Community Relations Manager at Community Bank NA, "Hope helps us stay positive and gives us the strength to overcome any challenge".

**Albert Einstein**, "Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning".

**Artie Allen**, Nonprofit Executive, "Hope is looking at a situation with positive intention. It propels you to continue on the path or vision in the face of trials, tribulation and adversity".

**Awab Habib**, Senior Manager, Basketball Partnerships at Excel Sports Management "Hope is the wish of a positive outcome".

**Barack Obama**, "Hope -- Hope in the face of difficulty. Hope in the face of uncertainty. The audacity of hope! In the end, that is God's greatest gift to us...A belief in things not seen. A belief that there are better days ahead".

**Buffy Filippell**, President at Teamwork Online, "There were two movies I watched last week. Both were up for Academy Awards in 1939. Gone With The Wind and Wizard of Oz. Both pictures featured strong women who against all odds, demonstrated strength and perseverance, believing that tomorrow will be a better day".

**Bruce Landgarten**, Chief Executive Officer at Jewish Federation of Palm Springs and Desert Area, “ To have hope is to want an outcome that makes your life better in some way. It not only can help make a tough present situation more bearable but also can eventually improve our lives because envisioning a better future motivates you to take the steps to make it happen”.

**Chase Minnifield**, President at EZ Turn/Forbes 30 Under 30, “Hope is renewed energy”.

**Cole McKeel**, United States Olympic & Paralympic Committee Manager of Sport Business Development; Vice President at GoEmpire Group, “Hope is the never ending pursuit to find a glimmer of light, even in the darkest of times”.

**David J. Halberstam**, Publisher SPORTS BROADCAST JOURNAL, “Hope is realizing our dreams, whatever they may be”.

**Deb Yesenosky**, RED DEVIL Swim Coach at Central Cambria High School/Athletic Enhancement, “ Despite the uphill struggle, the lack of crucial support, or all cards stacked against you. You win because of hope”.

**Elie Wiesel**, “Just as despair can come to one only from other human beings, hope, too, can be given to one only by other human beings”.

**Greg Mescall**, Broadcasting & Communications Professional, “Hope is the belief that your positive energy will lead to positive results”.

**Len Moisan**, President at the Covenant Group, “ Faith is the substance of things hoped for, the evidence of things not seen”.

**Pearl Bernstein**, Senior Adult, “ Hope is something you can look forward to, so all your wishes and dreams can come true. If you don’t have hope, not sure I know what the alternative is”.

**Shonna Sargent**, Center Executive Director at the YMCA of the Virginia Peninsulas, “Hope is the only thing stronger than fear”.

**Scott Grant**, Director of Operations, Outreach & Leadership Development at the University of North Carolina at Chapel Hill, “ Hope is the understanding/realization/feeling that everyday is part of something much bigger, and an opportunity to grow in every aspect of life. Hope is understanding the impact of gratitude, and believing life is a blessing”.

**Tom Bodett**, “They say a person needs just three things to be truly happy in this world: someone to love, something to do, and something to hope for.”

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