



# JOURNEYS

Monthly Theme "Un-Pack-It"

## A COMMUNITY OF HOPE

THE UNITARIAN FELLOWSHIP OF PETERBOROUGH

### WONDERINGS *on the theme of* HOPE

#### *From the folks at Soul Matters*

*"Faith, wherever it develops into hope, causes not rest but unrest, not patience but impatience. It does not calm the unquiet heart, but is itself this unquiet heart in [all of us]. Those who hope... can no longer put up with reality as it is, but begin to suffer under it, to contradict it.*

*[True hope] means conflict with the world, for the goad of the promised future stabs inexorably into the flesh of every unfulfilled present."* ~ Jürgen Moltmann

Much of the time, hope is a calming message: "The light will come." "A new day is on its way." "Justice and joy will soon be born." Hope, from this point of view, is a voice that reassures. It's a welcomed whisper that says, "Yes, the sky may be dark now. Yes, the road you're on at this moment may be hard. But just over that horizon, there's a new world waiting."

This soothing message can be a gift. During dark days, the fruits of our efforts

are hard to see. We feel alone. So, the promise that things will change offers us relief. It's a beautiful and needed message.

But, as Moltmann reminds us, it's only part of what hope has to say. Hope doesn't just whisper "It will be different;" it also shouts "It *should* be different" and "It *can* be different." Hope can take the form of a holy impatience that declares, "The time is now!" Hope is not only that which calms the unquiet heart; it also IS the unquiet heart.

In other words, hope doesn't just promise us that change will come in the future; it also changes who we are in the present. When we believe that a new day is dawning, we can get up and go out to meet the light. When hope convinces us that there are unseen forces working for the good, we look around more closely, and notice that darkness and pain are not all that is there. When hope's holy impatience gets into our bones, we start acting as if we all have waited long enough.

Bottom line: listening fully to hope, makes you dangerous, not just soothed! Hope reassures, but it also emboldens. It offers us a promise AND a push.

#### *From Rev. Julie*

Hope is being able to see possibilities.

In her book "Active Hope", Joanna Macy introduces the concept of 'discontinuous change'...sudden shifts that happen in unexpected ways. The fall of the Berlin Wall, the moment water crystallizes into ice, the snowflake that breaks the branch.

We don't very often see change as it happens...it's either too slow or takes place over too long a time to be noticed. So, it can seem naïve or irrational to hold out hope that our efforts are actually helping to bend the arc of the universe toward justice.

But, we have a choice...we can be cynics at the sidelines, convinced our efforts are meaningless, or we can keep returning to the work of love and justice again and again, ever hopeful that change will come. How would you prefer to live?

In many cases, hope is simply the willingness to see possibility...to hope that rather than hitting the same pothole again and again, something will change. A threshold will be crossed, and a new reality will break through. ★★

To receive these monthly packets by email, sign up to be on UFP's email list:

[office@peterboroughunitarian.ca](mailto:office@peterboroughunitarian.ca)

# A STORY *about* HOPE

~ as told in *A House for Hope:*

*The Promise of Progressive Religion for the Twenty-first Century*  
by John A. Buehrens, Rebecca Ann Parker

## Vedran Smailovic

In 1992, the principal cellist of the Sarajevo Opera, Vedran Smailovic, heard a mortar shell burst in the street near his home, quickly followed by screams. People had been standing in line to buy bread from one of the few remaining bakeries in the violence ravaged city. When he looked out his window, Vedran saw the carnage. The Shell killed twenty-two people. Grieved and shocked, he felt he must do something. But what? He did what he felt he, as an artist, could do. Dressed up in his formal concert clothes, he went out the next afternoon and sat where the shell had burst and played the plaintive Albinoni *Adagio in G Minor*. He played every afternoon for the next twenty-two days, one day of music for every person killed. Then he kept playing.

As Swati Chopra describes his discipline and his music: "He played to ruined homes, smoldering fires, scared people hiding in basements. He played for human dignity that is the first casualty in war. Ultimately, he played for life, for peace, for the possibility of hope that exists even in the darkest hour."

"We are not saints, we are not heroes. Our lives are lived in the quiet corners of the ordinary. We build tiny hearth fires, sometimes barely strong enough to give off warmth. But to the person lost in the darkness, our tiny flame may be the road to safety, the path to salvation. It is not given us to know who is lost in the darkness that surrounds us or even if our light is seen. We can only know that against even the smallest of lights, darkness cannot stand. A sailor lost at sea can be guided home by a single candle. A person lost in a wood can be led to safety by a flickering flame. It is not an issue of quality or intensity or purity. It is simply an issue of the presence of light. ~ Kent Nerburn

## My Hero

Jason Crowe, who first heard this story in 1997 wrote: "For him to take his cello and sit at the site of the mortar shell massacre playing, while bullets flew around him... painted a vivid picture in my mind...I thought how brave he was to do this alone...just one person all by himself making a difference in a dangerous world. Because of his action, news media was attracted to Sarajevo and a lot of the atrocities finally made the headlines."

"As I was thinking about his bravery, it also dawned on me how symbolic his response had been. His reaction was to answer war with harmony. This just really impressed me. I realized that the only reasonable answer to war is harmony.... If you answer violence with violence, you create a vicious, unending cycle. The answer to violence has to be creative energy, not more destructive energy." <https://myhero.com/vedrans>



## DEFINITION

**hope**  
**hōp/**  
**n.**

1. a feeling of expectation and desire for a certain thing to happen.
2. a person or thing that may help or save someone.
3. grounds for believing that something good may happen.
4. a feeling of trust (archaic)

**v.**

1. To want something to happen or be the case.
2. To intend if possible to do something.

**synonyms:** optimism, expectation, aspiration, desire, wish, dream, aim, intend, be looking, aspire, anticipate

**antonyms:** pessimism

## Word Roots

From Old English/Frisian: *hopa* meaning to wish for, to desire, to have confidence in the future. The word despair comes from the Latin root *de* - without, and *sper* - hope.

# INSPIRATIONS *on the theme of* HOPE

Hope is the thing with feathers / That perches in the soul / And sings the tune without the words / And never stops at all. ~ *Emily Dickinson*

Hope is a song in a weary throat. ~ *Pauli Murray*

To eat bread without hope is still slowly to starve to death. ~ *Pearl S. Buck*

Hope...is not a feeling; it is something you do. ~ *Katherine Paterson*

Hope does not necessarily have to take an object. ~ *Gail Goodwin*

Hope is the feeling we have that the feeling we have is not permanent. ~ *Mignon McLaughlin*

The very least you can do in your life is to figure out what you hope for. And the most you can do is live inside that hope. ~ *Barbara Kingsolver*

In the midst of winter, I finally learned that there was in me an invincible summer. ~ *Albert Camus*

Hope, unlike optimism, is rooted in unalloyed reality...Hope is the elevating feeling we experience when we see - in the mind's eye - a path to a better future. Hope acknowledges the significant obstacles and deep pitfalls along that path. True hope has no room for delusion. ~ *Jerome Groopman*

The grand essentials of happiness are: something to do, something to love, and something to hope for. ~ *Allan K. Chalmers*

Not only is another world possible, she is on her way. On a quiet day, I can hear her breathing. ~ *Arundhati Roy*

Hope begins in the dark, it's a stubborn hope that if you just show up and try to do the right thing, the dawn will come. You wait and watch and work! ~ *Anne Lamott*

Critical thinking without hope is cynicism. Hope without critical thinking is naïveté. ~ *Maria Popava*

Hope arouses, as nothing else can arouse, a passion for the possible. ~ *Rev. William Sloan Coffin*

**WE MUST ACCEPT  
FINITE  
DISAPPOINTMENT, BUT  
NEVER LOSE INFINITE  
HOPE.**

**MARTIN LUTHER KING, JR.**

Hope is the salve that keeps our broken hearts soft.

~ *Ann Voskamp*

Hope also has something to do with presence -- not a future good outcome, but the immediate experience of being met, held in communion, by something intimately at hand. ~ *Cynthia Bourgeault*

The day widened, pulled from both ends by the shrinking dark, as if darkness itself were a pair of hands and daylight a skein between them, a flexible membrane, and the hands that had pressed together all winter — praying, paralyzed with foreboding — now flung wide open. ~ *Annie Dillard*

Hope is a touch of graceful humor, no matter what's occurring. The ability to laugh, the ability to see the ridiculous, ...when things become impossible, just to face them anyhow...Let's say laughter through the flame... That's hope: Humor, guts, and courage, no matter the odds. ~ *Charles Bukowski*

I still value hope, but I see it as only part of what's required, a starting point. Think of it as the match but not the tinder or the blaze. To matter, to change the world, you also need devotion and will and you need to act. Hope is only where it begins. ~ *Rebecca Solnit*

There is no hope unmingled with fear, and no fear unmingled with hope. ~ *Baruch Spinoza*

Despair is often premature: it's a form of impatience as well as certainty. My favorite comment about political change comes from Zhou En-Lai, the premier of the People's Republic of China under Chairman Mao. Asked in the early 1970s about his opinion of the French Revolution, he reportedly answered, "Too soon to tell."

~ *Rebecca Solnit*

Look at the facts of the world. You see a continual and progressive triumph of the good. I do not pretend to understand the moral universe; the arc is a long one, my eye reaches but little ways; I cannot calculate the curve and complete the figure by the experience of sight; I can divine it by conscience. And from what I see I am sure it bends towards justice. ~ *Theodore Parker*

Hope comes from looking back and knowing we are on that arc... Hope comes from looking forward and knowing can we harness the collective power of [the community around us]... Hope comes from looking [deeply] and knowing we can change, and grow.

~ *Rev. Jay Wolin*

good  
desire for a  
hope. noun  
feeling of  
to want s

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 Hahn*

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*

Hope is like a road in the country; there was never a road, but when many people walk on it, the road comes into existence. ~ *Lin Yutang*

Hope is a memory of the future. ~ *Gabriel Marcel*

Hope is faith holding out its hand in the dark. ~ *George Lles*

# PRACTICING HOPE...*hopeful spiritual practices*

## Option A: Do Some Visioning Work

Our leaders and Rev. Julie are constantly casting visions for the Fellowship's mission and purpose in the world. You have a calling and a mission for your life too. Spend some time journaling about your own vision and calling. What are you most passionate about? What do you become most excited about when you consider work and the activities you enjoy? Where do your own interests and strengths intersect? Is there a class you would like to take, or a new skill you would like to learn? What do you hope for yourself? By asking yourself these questions and writing down your thoughts about them you will begin your own vision-casting.

Then, ask yourself what it would take to make your visions become a reality. How might you take a new class or pick up a new volunteer activity? When we live into our calling, we live more fully for both ourselves and others. What would it take to align your life with your highest sense of calling? Create a vision for the future and begin considering how you can live into that vision.

## Option B: Build Daily Hope

Each morning, sit down and write out five 'hopes' for yourself in the coming day. These hopes shouldn't include tasks, such as 'I hope to go to the grocery store,' or 'I hope to give a good presentation.' Rather, write down hopes of how you wish to conduct yourself throughout the day. For instance, you can hope to move through your day with compassion, gentleness, love, gratitude, and confidence.

All action begins with a thought and an intention. By naming these wishes for yourself at the start of your day, you are taking the time to be more intentional about how you live and move in this world. By planting the seeds, our hope can grow into reality. May hope perch in your soul and never stop at all. May it be so.

## Option C: A Week's Worth of Hopeful Words

Weave some poems into your daily meditation, journaling or walking practice. Focus on a different one each day. Consider the practice of reading through the poem 2-3 times, and then ask the poem some questions. For instance: What line or phrase pops out for me? Who or what am I in the poem? What is the poem asking me to do today? Who is the poem asking me to engage in a new way?

Here's the list some poems, but of course alter as needed:

### MONDAY

Hope, by Lisel Mueller

<https://tinyurl.com/y7cboj8m>

### TUESDAY

Sweet Darkness, by David Whyte

<https://tinyurl.com/y7l7dzen>

### WEDNESDAY

The Winter of Listening, by David Whyte

<https://tinyurl.com/y9l4gsh8>

### THURSDAY

Hope, An Owner's Manual, by Barbara Kingsolver

<https://tinyurl.com/ycbh587b>

### FRIDAY

Still the Moon Increases, by Nancy Shaffer

<https://tinyurl.com/yavqogel>

### SATURDAY

What is Hope? by Rubem A. Alves, Brazilian liberation theologian

<https://tinyurl.com/yd2q7m7q>

## Option D: Tell a Hope Story

Spend some time remembering how you've been saved by hope.

Hope rarely descends or magically appears. We don't find it, as much as we receive it. And almost always, that gift comes in the form of a story. Hearing tales of others finding their way through the dark helps us trust that light is waiting at the end our tunnels as well.

Hope spreads through our stories. Light doesn't travel through the dark on its own. It hitchhikes on the tales we tell each other.

This month, tell your stories of hope. Gift them to others. In the end, the details of the stories are less important than the act of bringing their light into the present moment.

For inspiration, watch some "It Gets Better" videos:

<http://www.itgetsbetter.org/>

## Option E: Make Your Own "Advent Calendar"

In the Christian tradition, Advent is the period of four weeks leading up to Christmas...a time of waiting and preparing for the 'light'. Advent calendars are creative ways of counting down the time, one day at a time, to make every day a little bit brighter than the one before.

Commonly, Advent calendars are made of paper or cardstock with 24 or 25 little windows cut out. A window is opened on every day in December and a picture, or a treat, is revealed. But you could create your own way to 'count off' the days.

Search on line for ideas and then craft a way to 'turn to hope' during this month. Ask yourself, What gives me hope? What would I like to open myself to each day this month?

For fun, check out this UU Advent Calendar!

<http://www.uua.org/worship/words/image/uu-advent-calendar>



## Option F: Create a Wish Tree

What are your wishes for yourself and for the world in the coming year?

Create a 'wish tree'...a place where you and your family can hang wishes for world peace, international understanding, love, compassion, health...slips of paper or cloth to grace the 'branches' of your tree. Perhaps name a wish each evening before going to bed.

Then, whenever you pass that tree, you will be reminded to offer up those wishes as little prayers to the universe.



## QUESTIONS for REFLECTION on the theme of HOPE



Pick the question that speaks to you most and let it lead you where you need to go. The goal of these questions is not to help you analyze what hope means in the abstract, but to figure out what being "a person of hope" means for you and your daily living.

So, which question is calling to you?

1. What if your darkness is not the darkness of the winter, but instead the darkness of the seedbed? What if this pain of yours is not about death and loss, but about new life trying to break through?
2. Who epitomizes hope for you? Whose way of being in the world helps you believe that tomorrow will be better?
3. What might it mean for you to "be hope"? How might you orient your everyday commitments and work

toward "bringing hope into the world"?

4. When do you encounter hopelessness? Do you allow others or circumstances to take away your hope?
5. Are you keeping your hopes too small? If so, how do your past experiences influence to you doing that?
6. When is cynicism called for? Has it ever been a help to you?
7. Does hope sooth your heart or disturb it? Is there a holy impatience inside you that is tired of waiting for things to change?
8. What's your question? Your question may not be listed above. As always, if the above questions don't include what life is asking from you, spend the month listening to your days to hear it.

To be hopeful in bad times is not just foolishly romantic. It is based on the fact that human history is a history not only of cruelty, but also of compassion, sacrifice, courage, kindness. What we choose to emphasize in this complex history will determine our lives. If we see only the worst, it destroys our capacity to do something. If we remember those times and places – and there are so many – where people have behaved magnificently, this gives us the energy to act and at least the possibility of sending this spinning top of a world in a different direction. And if we do act, in however small a way, we don't have to wait for some grand utopian future. The future is an infinite succession of presents, and to live now as we think human beings should live, in defiance of all that is bad around us, is itself a marvelous victory. ~ Howard Zinn

CHILDREN'S BOOKS *on* HOPE

**A Lamp in Every Corner**  
by Janeen K. Grohsmeyer

**Because Amelia Smiled**  
by David Ezra Stein

**Drum Dream Girl** by Margarita Engle

**Elijah's Angel: A Story for Chanukah and Christmas** by Michael J. Rosen

**Emmanuel's Dream: The True Story of Emmanuel Ofosu Yeboah**  
by Laurie Ann Thompson

**If You Plant a Seed** by Kadir Nelson

**Malala: A Brave Girl from Pakistan/Iqbal: A Brave Boy From Pakistan** by Jeanette Winter

**On That Day: A Book of Hope for Children** by Andrea Patel

**The Lion & the Mouse** by Jerry Pinkney

**The Storyteller's Candle**  
by Lucia Gonzalez

**The Tin Forest** by Helen Ward

RESOURCES *on* HOPE

## MUSIC

Music is often the key to opening us up. Here are some songs calling us to find hope within, in others and in life itself in new and larger ways. Which song is calling to you? And if none of these speak to you, do a little searching and find your "hope song."

**A Change Is Gonna Come** ~ Sam Cooke  
<https://tinyurl.com/ycno8gd7>

**Bird of Sorrow** ~ Glen Hansard  
<https://tinyurl.com/y7dr22vl>

"Even if a day feels too long,  
and you feel like you can't wait another one  
and you're slowly giving up on everything,  
love is gonna find you again  
Love is gonna find you, you'd better be ready then..."

**Dog Days Are Over**  
~ Florence + The Machine  
<https://tinyurl.com/p7xdwye>  
<https://tinyurl.com/yc5b6s9w>  
(offering the song as a gift)

"Happiness, hit her like a train on a track...  
The dog days are over  
The dog days are done..."

**Hey World (Don't Give Up)**  
~ Michael Franti  
<https://tinyurl.com/ybtzxv7z> (acoustic)

"Hey world, what you say  
Should I stick around for another day or two?  
Don't give up on me, I won't give up on you  
Just believe in me like I believe in you..."

**I Hope** ~ Dixie Chicks  
<https://tinyurl.com/y9qfbb9g>

**Here Comes the Sun** ~ The Beatles  
<https://tinyurl.com/k82vkz3>  
<https://tinyurl.com/y8bedkzj>  
(Nina Simone Cover)  
<https://tinyurl.com/y9g3j4e6>  
(Richie Havens cover)

**One Day** ~ Matisyahu  
<https://tinyurl.com/d26jeo2>  
<https://tinyurl.com/n4r7yzv> (acoustic)

**Sunshine** ~ Ryan Bingham  
<https://tinyurl.com/ycsecek3>

**Tyrants Always Fall** ~ The Nields  
<https://tinyurl.com/ybopkvny>

**We Shall Overcome**  
~ Mahalia Jackson  
<https://tinyurl.com/z7cdmrc>

**Hope Playlist:**  
<https://tinyurl.com/y8yop2cv>  
Each month, Soul Matters member Julianne Thompson Lewis, DRE at our congregation in

Saratoga Springs, New York, assembles a playlist of songs related to our monthly theme. No need to purchase a subscription to Spotify to listen; There is a free version available by simply following the link and logging in. Thanks Julianne!

## Seasonal Songs

**Within Our Darkest Night You Kindle a Fire that Never Dies Away** ~ Charles Pope (Taize)  
<https://tinyurl.com/y8td8jdd>

**The Christians and the Pagans** ~ Dar Williams  
<https://tinyurl.com/bjtz86g>  
Interview about the song: <https://tinyurl.com/y8xw4zy8>

**Solstice Carole** ~ Wyrld Sisters  
<https://tinyurl.com/y8ytsg3z>

**Solstice Night** ~ S J Tucker  
<https://tinyurl.com/y7f9l25c>  
"Our hearts bring back the light as all the earth must do.  
May stars fill up our sight with wishes coming true..."



## MOVIES

**Chariots of Fire** (1981/A) – Two British track athletes, one a determined Jew, and the other a devout Christian, compete in the 1924 Olympics.

**Children of Men** (2006/15) - In 2027, in a chaotic world in which women have become somehow infertile, a former activist agrees to help transport a miraculously pregnant woman to a sanctuary at sea.

**Freedom Writers** (2007/12A) – A young teacher inspires her class of at-risk students to learn tolerance, apply themselves, and pursue education beyond high school.

**Goodbye Solo** (2008/15) – Two men form an unlikely friendship that will change both of their lives forever.

**Hope Floats** (1998/PG) - Birdee Calvert must choose between her morals and her heart after her husband divorces her and a charming young man, who her daughter disapproves of, comes back into her life.

**Hope Springs** (2012/12A) - After thirty years of marriage, a middle-aged couple attends an intense, week-long counseling session to work on their relationship.

**In the Name of the Father** (1993/15) – A man's coerced confession to an IRA bombing he did not commit results in the imprisonment of his father as well. An English lawyer fights to free them.

**Life is Beautiful** (1997/PG) – When an open-minded Jewish librarian and his son become victims of the Holocaust, he uses a perfect mixture of will, humor and imagination to protect his son from the dangers around their camp.

**Love Actually** (2003/15) - Follows the lives of eight very different couples in dealing with their love lives in various loosely interrelated tales all set during a frantic month before Christmas

**Places in the Heart** (1984/PG) - In central Texas in the 1930s, a widow, with two small children, tries to run her small 40-acre farm with the help of two disparate people.

**Tender Mercies** (1983/PG) – A broken-down, middle-aged country singer gets a new wife, reaches out to his long-lost daughter, and tries to put his troubled life back together.

**The Pursuit of Happyness** (2006/12A) - A struggling salesman takes custody of his son as he's poised to begin a life-changing professional career.

**The Shawshank Redemption** (1994/R) - Andy says to Red, his friend and fellow prisoner, "You need it so you don't forget there are things in this world not carved out of gray stone. There is something inside that they can't get to - they can't touch - it's yours." Red asks, "What are you talking about?" Andy replies, "Hope."

**Time to Choose** (2015/Doc) - A hopeful and helpful look at the positive efforts all around the world to stop the progression of climate change.



## BOOKS

**A House for Hope** ~ Rev. Dr. Rebecca Parker and John A. Buehrens  
In lively, engaging language, lays out the theological house that religious liberalism has inherited and suggests how this heritage w to be spiritually and theologically transformed.

**Hope in the Dark: Untold Histories, Wild Possibilities** ~ Rebecca Solnit  
Counters the despair of radicals at a moment when they were focused on their losses and had turned their back to the victories behind them—and the unimaginable changes soon to come.

**Darkness Before Dawn: Redefining the Journey Through Depression** ~ Tami Simon (Editor)  
Sixteen exceptional and compassionate teachers who have faced profound depression themselves gather to radically shift the way that we perceive the experience.

**The Handmaid's Tale** ~Margaret Atwood  
A terrifying vision of patriarchal oppression, but it is also a story of rebellion and the indomitability of the human spirit.

**The Warmth of Other Suns: The Epic Story of America's Great Migration** ~ Isabel Wilkerson  
Against all odds, brave souls turned hope into action to create the best lives they could under difficult circumstances.

### TABLE GRACE on HOPE

**Hymn to the Light** ~ David Breeden

Our light is the light of the sun, keeper of all we love;  
Our light is the light of the earth, provider of sustenance;  
Our light is the light of all living things, life precious like our own.  
Our light is the light of each of us, bound together in need and hope;  
Our light is the light of the cosmos, keeper of all we know.

May this meal, and the sharing of it, remind us, with gratitude, of the light that dwells within and of which we are all a part.

**CHALICE LIGHTING on HOPE**

~ Laura Wallace

As frozen earth holds the  
determined seed,  
this sacred space holds our  
weariness,  
our worry, our laughter and our  
celebration.  
Let us bring seed and soul  
into the light  
of thought, the warmth of  
community,  
and the hope of love.  
Let us see together, hear together,  
love together.

**ON THE WEB****ooHope, Cynicism, and the Stories We Tell Ourselves** ~ Maria Popova

"Critical thinking without hope is cynicism. Hope without critical thinking is naïveté."

<https://tinyurl.com/y7jinctsh>

**Whether You Believe You Can or Believe You Can't, You're Right!**

~ Kyle Maynard (Big Think)

"When you have hope, you start looking for all the evidence as to why you are going to succeed; when you lack hope, then you start looking for all the reason as to why you're going to fail."

<https://tinyurl.com/ydz588sn>

**The Hopeful Darkness of the Womb**

~Valarie Kaur at Watch Night Service

"The future is dark. But my faith dares me to ask: What if this darkness is not the darkness of the tomb, but the darkness of the womb?..."

<https://tinyurl.com/ybsyp5p8>

**I Believe in Hope!** (some explicit language) ~ Joanna Hoffman

"The truth is I pretend to be a cynic, but I am really a dreamer who is terrified of wanting something she may never get..."

<https://tinyurl.com/cawva22>

**Video: What Is Advent Again?**

<https://tinyurl.com/ybwld7kv>

**The Hope for a More Simple & Meaningful Christmas** (through a Christian lens)

<https://tinyurl.com/y6upmzr7>

**Video: Hope Is an Action We Can All Take** ~ Cornel West (Big Think)

Hope is a force, not a feeling – a way of being in the world now, not just an imagination of what the world might be.

<https://tinyurl.com/yb9eu7hf>

**Blog: Hope Impedes Adaptation**

~ Eric Barker

Giving up hope makes sense when things seem very unlikely to get better and you decide you want to be happy.

<https://tinyurl.com/y86yz8gJ>

**Video: Overcoming Hopelessness**

~ Nick Vujicic (TED talk)

Nick Vujicic was born with a rare disorder characterized by the absence of all four limbs. He decided to concentrate on what he did have instead on what he didn't. <https://tinyurl.com/lpj8b6e>

**Video: Against Hope** ~ Dave Pollard

Tries to capture the essential ideas of complexity and why civilizations always collapse.

<https://tinyurl.com/ybsrbh36>

**Ten Things to Do When You're Feeling Hopeless**

Hopelessness requires a specific set of coping mechanisms.

<https://tinyurl.com/y7rxnnsr>

**Essay: Cynicism Hides Hurt**

~ Serene Hitchcock

<https://tinyurl.com/y7tyu8n5> "Everyone has been hurt. Many people have been hurt so deeply that their scars are vivid reminders of visceral pain. Yet, not everyone walks around with a vocal and

audacious negativity that can be harmful to others."

**Video: Beyond Hope** ~ Derrick Jenson

Reaching beyond hope to commitment <https://tinyurl.com/ycp68anj>

**Podcasts****A Time of Hope: Finding hope and beauty in Afghanistan** (The Moth)

"No matter what they say, there is music!" A story about when the music began again.

<https://tinyurl.com/y94xrmpg>

**Change and Hope Come From the Margins** ~ Vincent Harding (On Being)

"We are absolutely amateurs at building a democratic nation made up of many people of many kinds...from many convictions."

<https://tinyurl.com/ybzw73p7>

**Articles****The Place Beyond Fear and Hope**

~ Margaret Wheatley

"... those who endure, who have stamina for the long haul and become wiser in their actions over time, are those who are not attached to outcomes... This kind of insecurity is energizing..."

<https://tinyurl.com/yal5rqht>

**Hope, An Owner's Manual**

~ Barbara Kingsolver

A commencement address delivered at Duke University

<https://tinyurl.com/y7po2oj2>

**Reflection: We've Hoped Our Way Into Our Current Crisis** ~ Miguel Clark Mallet

"Too often hope has hardened into anticipation and expectation for specific outcomes..."

<https://tinyurl.com/ygxuvpzm>

**Christmas Comes Whether You're Ready or Not**

~ Cynthia Frado

Perhaps the real miracle of the season is that hope and possibility cannot be denied.

<https://tinyurl.com/yqh66dn>

The Unitarian Fellowship of Peterborough  
Sunday Services @ 10am @ 775 Weller St  
[www.peterboroughunitarian.ca](http://www.peterboroughunitarian.ca)  
[office@peterboroughunitarian.ca](mailto:office@peterboroughunitarian.ca)