**Hope**

**So the poor may have hope.**

***(Job 5:18)***

**For there is hope for a tree, if it is cut down,**

**that it will sprout again,**

**and that its shoots will not cease.**

***(Job 14:7)***

**And there is hope in your future, says the Lord,**

**and the children shall come back to their own land.**

***(Jeremiah 31:17)***

**Now hope that is seen is not hope. For who hopes for what is seen?**

***(Romans 8:24)***

**Hope is the ability to hear the music of the future. *(Submitted by Guideposts reader Jeannette Lawrensen)***

**Acronym: C hrist in me is my Happy, Optimistic, Positive, Energetic source of Glory. *(J. Sig Paulson, in Unity magazine)***

**Though Africa has the globe's highest poverty rate and shortest life expectancy, Africans are the most optimistic people in the world, with 57 percent of those polled saying they expected this year to be better than last. “The only thing keeping people going," said Nigerian political scientist Kayode  Fayemi, “is hope." *(The New York Times, as it appeared in The Week magazine, March 17, 2006)***

**Hope is a waking dream. *(Aristotle, Greek philosopher)***

**The ball that drops in Times Square every New Year’s Eve is named the Star of Hope. *(Uncle John’s Bathroom Reader: Extraordinary Book of Facts, p. 104)***

**Optimism is the belief that things are going to get better. Hope is the belief that we can make things better. (Rabbi Jonathan Sacks)**

**It would be foolish not to hope for the best -- but even more foolish to expect it. *(Ashleigh Brilliant, in Pot-Shots)***

**The biblical text that proves to be not only hopeful but healing is Psalm 34. It reads, in part, “This poor man cried, and the Lord heard him, and saved him out of all his troubles. The angel of the Lord encampeth ‘round about them that fear him, and delivereth them. . . The Lord is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit.” (6, 7, 18). *(The Christian Science Monitor)***

**There is no better or more blessed bondage but to be a prisoner of hope. *(Roy Z. Kemp, in Measure for Living)***

**A citizen of the German Democratic Republic gave new meaning to the age-worn saying “better late than never” when, the day after The Wall was opened, he appeared with books in hand at the American Memorial Library in West Berlin. The man brought back volumes he had borrowed 28 years ago, shortly before The Wall was built, and kept in the hope of some day being able to return them. *(The Week in Germany)***

**Take from me the hope that I can change the future, and you will send me mad. *(Israel Zangwill, English dramatist)***

**It is highly contagious. It banishes gloom and discouragement. Everybody needs it. Wicked men try to kill it. Wise men never hoard it. It can't be bought, not at any price, yet it is worth the whole world. The answer, in a word, is hope. *(Dr. Walter H. Campbell, in The Lion)***

**Never deprive someone of hope; it might be all he or she has. *(Between Us)***

**Despair is always rational, nut hope is human*. (Richard Flanagan, novelist)***

**Hope is that thing with feathers that perches in the soul, and sings the tune without the words and never stops at all. *(Emily Dickinson)***

**Why hope for a little, when you can just as easily hope for a lot? *(Ashleigh Brilliant, in Pot-Shots)***

**This is a dangerous moment in our national history, but there is still hope that the effort to undermine democracy ends as most failed conspiracies do: with the power-hungry opportunists turning on one another when the plot implodes. *(Mark Gimein, in The Week magazine, January 21, 2022)***

**What we call our despair is often only the painful eagerness of unfed hope. *(George Eliot)***

**There is no medicine like hope, no incentive so great, and no tonics so powerful as expectation of something better tomorrow. *(Orion Swett Marden)***

**Hope is putting faith to work when doubting would be easier. (*E. C. McKenzie)***

**I am not an optimist, because I am not sure that everything ends well. Nor am I a pessimist, because I am not sure that everything ends badly. I just carry hope in my heart. Hope is a feeling that life and work have a meaning. You either have it or you don’t, regardless of the state of the world that surrounds you. Life without hope is an empty, boring and useless life. I cannot imagine that I could strive for something if I did not carry hope in me. I am thankful to God for this gift. It is as big a gift as life itself. *(Vaclav Havel)***

**Of all the forces that make for a better world, none is so indispensable, none so powerful, as hope. Without hope men are only half alive. With hope they dream and think and work*. (Charles Sawyer)***

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**If you’re tired of jumping on and off the fad-diet bandwagon, check out a new philosophy on eating from Jane Goodall, the world-renowned scientist best known for her research with chimpanzees. In her book Harvest for Hope, she offers insights on how we can nix processed foods and make ourselves – and our world – healthier and happier. To get started: Switch to organic produce. You’ll avoid unnecessary chemicals. Install a water filter on your sink. If you don’t buy bottled water, you’ll be wasting less plastic. Steer clear of fast food. The lack of nutrients weighs down your mood, not to mention your bathroom scale. *(Woman’s Day magazine, September 12, 2006)***

**Why Goodall stays hopeful: Jane Goodall thinks today's environmentalists are too despairing, said David Marchese in The New York Times. Goodall, 87, first found fame for her paradigm-shattering work as a primatologist in the 1960s. Studying chimpanzees in Tanzania, she was the first to observe the animals eating meat and using tools. But her 44-year career as an activist may be her more important legacy, leading conservation efforts across the world and forging new eco-caretakers through her Roots & Shoots programs for young people. Goodall wants those youngsters to know that despite all the bleak headlines about climate change, there is hope for the planet. "We absolutely need to know all the doom and gloom because we are approaching a crossroads," she says, "but traveling the world I'd see animal and plant species being rescued from the brink of extinction, people tackling what seemed impossible." Those positive stories need more attention, Goodall says, "because they're what gives people hope." Without hope, "why should I bother to think about my ecological footprint if I don't think I (can) make a difference? Why not eat, drink, and be merry, for tomorrow we die?" It's why she has no plans to retire. "I don't know what the meaning of life is. The meaning of my life is to give people hope." *(The Week magazine, July 30, 2021)***

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**I know the world is filled with troubles and many injustices. But reality is as beautiful as it is ugly. I think it is just as important to sing about beautiful mornings as it is to talk about slums. I just couldn’t write anything without hope in it. *(Oscar Hammerstein)***

**He who has health has hope, and he who has hope has everything. *(Arabian proverb)***

**Just remember, if things look hopeless, maybe you're facing the wrong direction! *(Tom Wilson, in Ziggy comic strip)***

**Staying upbeat and hoping for the best can boost not only your mood, but your immune system as well. In a four-year study of 100 HIV patients, researchers found that those who turned to spirituality and kept a positive attitude after their diagnosis had a much slower disease progression than those who didn’t. *(2006 University of Miami study, as it appeared in Woman’s Day magazine, September 12, 2006)***

**I suppose it can be truthfully said that Hope is the only universal liar who never loses his reputation for veracity. *(Robert G. Ingersoll, American lawyer, politician)***

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**Hope is itself a species of happiness, and, perhaps, the chief happiness which this world affords. *(Samuel Johnson)***

**The natural flights of the human mind are not from pleasure to pleasure, but from hope to hope. *(Samuel Johnson)***

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**Every time a man stands up for an ideal, he sends forth a tiny ripple of hope. *(Robert Kennedy)***

**Hope is a good thing – maybe the best thing, and no good thing ever dies. *(Stephen King, in The Shawshank Redemption)***

**Everything that is done in the world is done by hope. *(Martin Luther)***

**We would not be interested in human beings if we did not have the hope of someday meeting someone worse off than ourselves. *(E. M. Cioran)***

**I bring you a message of hope: I hope you'll pay me what you owe me.  *(Ashleigh Brilliant, in Pot-Shots)***

**There was never a night or a problem that could defeat sunrise or hope. *(Bern Williams)***

**Nothing worth doing is completed in our lifetime; therefore, we must be saved by hope. *(Reinhold Niebuhr, American theologian)***

**Optimism and hope are not the same. Optimism is the belief that the world is changing for the better; hope is the belief that, together, we can make the world better. *(Jonathan Sacks, rabbi)***

**Hope is the gay, skylarking pajamas we wear over yesterday's bruises. *(Benjamin De Casseres)***

**The only thing left in the box after Pandora opened it was hope. *(Harry Bright & Jakob Anser, in Are You Kidding Me?, p. 59)***

**While I was living on Guam, it was necessary for me to phone Maryland occasionally. Because of the time difference, when I placed my call on Friday at 7 a.m. Guam time, it was still Thursday, 4 p.m. in Maryland. I was just starting what promised to be a very trying day at the office, but my mood was instantly changed for the better when I heard a cheerful voice on the other end exclaim, “I always like talking to someone on Guam. It lets me know that there will be a tomorrow.” *(J. Bock, in Reader's Digest)***

**The power of hope: Depressed people who believe that antidepressants will help them are more likely to get a lift from the medication, a new study has found. In fact, say researchers from the UCLA Laboratory of Brain, Behavior, and Pharmacology, the brain waves of people diagnosed with major depression start to change fort the better as soon as they’re told they will receive antidepressants – even though they’ve yet to begin treatment. The study, which measured the electrical activity in the brains of 51 patients diagnosed with major depression, found that optimism about treatment, or pleasant interactions with medical staff, positively altered brain waves. And patients who developed these changes responded better to antidepressants than those who didn’t. Scientists have long believed that while antidepressants can change brain chemistry, talk therapy cannot. But recent research has shown that cognitive-behavioral therapy creates physical changes in the brain, as does mere belief that one is on medication. “What’s so striking,” Steven Hollen, psychology professor at Vanderbilt University, tells The Wall Street Journal, “is there are clear biological changes as a consequence of psychological phenomena.” *(The Week magazine, August 18, 2006)***

**A prime function of the leader is to keep hope alive. *(John Gardner)***

**The word prosperity comes from the Latin root which literally translates: “according to hope" or “to go forward hopefully." Thus it is not so much a condition in life as it is an attitude toward life. *(Eric Butterworth, in Spiritual Economics, p. xiv)***

**Once you choose hope, anything’s possible. *(Christopher Reeve)***

**Hope, not despair, usually triggers revolt. *(L. M. Boyd)***

**I think it is difficult to say whether there is such a thing as hope or not. 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. *(Lusin, in The Wisdom of China and India)***

**There can be hope only for a society which acts as one big family, and not as many separate ones. *(Anwar Sadat, president of Egypt)***

**In 1897, with hope in her heart, a little girl wrote to the editor of The New York Sun to find out if there really was a Santa Claus. Here, in part, is the answer that she received: “Yes, Virginia, there is a Santa Claus. He exists as certainly as love and generosity and devotion exist, and you know that they abound and give to your life its highest beauty and joy. Alas! how dreary would be the world if there were no Santa Claus! ... There would be no childlike faith then ... The eternal light with which childhood fills the world would be extinguished ... Nobody sees Santa Claus, but that is no sign that there is no Santa Claus. The most real things in the world are those that neither children nor men can see." *(Unity School of Christianity, in The Promise of Christmas)***

**There is no hope for the satisfied man. *(Denver Post founder Frederick G. Bonfils)***

**A ship ought not to be held by one anchor, nor life by a single hope. (*Epictetus, ancient Greek philosopher)***

**There are no hopeless situations; there are only people who have grown hopeless about them. *(Clare Booth Luce)***

**Fear cannot be without hope not hope without fear. *(Baruch Spinoza, Dutch philosopher)***

**The day the Lord created hope was probably the same day he created spring. *(Bern Williams)***

**A Boston firefighter and the woman he rescued from a devastating blaze as a baby 40 years ago have been reunited. William Carroll, now 71, crawled through the flames on his stomach to rescue Evangeline Harper, then an infant. A photograph of the white firefighter emerging from the burning building, giving mouth-to-mouth resuscitation to a black child, became a symbol of hope during an era of racial upheaval. Only when Harper tracked Carroll down, though, did they finally reconnect, in an emotional meeting last week. “Thank you so much,” she said. “Thank you for remembering me,” he responded. *(The Week magazine, February 27, 2009)***

**Hope smiles on the threshold of the year to come, whispering that it will be happier. *(Alfred Lord Tennyson)***

**How can you tell if you really want to do something? Toss a coin. Literally. It works -- not because it settles the question for you, but, as the Danish poet and mathematician Piet Hein said, while the coin is in the air, “You suddenly know what you're hoping." *(Madeline Lee in Ms.)***

**One of my most frequent destinations was a peaceful town only two blocks long in the farm lands of southern Minnesota. My spirits never failed to rise when I saw the highway sign: “Hope, 1 mile." As I was approaching Hope once I saw a monarch butterfly just ahead, flying toward me on a collision course. I watched helplessly as it disappeared into the front of the car. The butterfly was wedged into a crevice along the hood, its wings sticking up over the top, a flutter of orange and black at the lower edge of my vision. I stopped in Hope to remove the butterfly. As least I could lay its body on the grass, or in a bush. But as I lifted the hood the monarch beat its wings, rose up and flew off. I watched the lilting light dance of that born-again butterfly and searched for some explanation. Maybe I shouldn't have been quite so surprised. A monarch's graceful wings, made for annual migrations as far away as Mexico, aren't as fragile as they appear. And I suspect a few aerodynamic principles could adequately explain why it was spared. Still, when I saw the butterfly take to the air in winged testimony to life's resiliency. To my mind, that’s a miracle – and my mind needs all the miracles it can get. *(Carol Howard)***

**I really feel like life will dictate itself. When you’re really desperate, you say a few prayers and hope for the best. That’s the way I’ve always lived my life. *(Shania Twain)***

**Is there any hope for the universe? It may be too early to tell. *(Ashleigh Brilliant, in Pot-Shots)***

**A vision without a task is but a dream; a task without a vision is drudgery; a vision and a talk are the hope of the world. *(Seen at a 17th century church in Sussex, England)***

**Hope, like faith, is nothing if it is not courageous; it is nothing if it is not ridiculous. *(Thornton Wilder)***

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