



PARISH NEWS LETTER FOR NOVEMBER 2017

OPTIMISM VS HOPE

In today's world with all the recent natural [?] disasters or effects of Global warming[?]: fires, floods, hurricanes, tornados, drought, earthquakes -we then add disasters of mass killings such as Las Vegas and people being affected with poisons from contaminated water from Fracking [which is also being sold to Ca farmers to water their crops] many are struggling with despair or depression (feeling hopeless)!

Let us think about the difference between HOPE and OPTIMISM: **HOPE** is a) an emotion that empowers us to see possibility of a BETTER FUTURE b) is courageous and takes action c) is creative d) is based on FAITH = TRUST [Sister Joan Mary Hartigan-speaker@ Sister Rita Jean Dubrey's Healing Touch Retreat-10/7]

OPTIMISM is saying "Things will get better" and *avoids responsibility*

Examples of HOPE>>> taken from [Kausar Noor](#), works at Trivium Education Services

*If you can look at the sunset and smile, then you still have hope
If you can find beauty in the colors of a small flower, then you still have hope*

*If the smile of a child can still warm your heart, then you still have hope
If you can see the good in other people, then you still have hope
If the sight of a rainbow still makes you stop and stare in wonder, then you still have hope*

*If you give people the benefit of a doubt, then you still have hope
If receiving an unexpected card or letter still brings a pleasant surprise, then you still have hope
If the suffering of others still fills you with pain and frustration, then you still have hope
If you still buy the ornaments, put up the Christmas tree or turkey, then you still have hope*

If, when faced with the bad, when told everything is futile, you can still look up and end the conversation with the phrase, ".....BUT....." you still have HOPE!

Pray about how you can bring HOPE to others-----such as: *smile at a stranger + send a card + "shake a hand with a gentle squeeze" (as per John Robinson) + visit or call a shut-in [join the Visitation Team] + donate to flood areas and to Puerto Rico + "pay it forward" in some creative way + look into someone's eyes when you ask "how are you?"*

10/8/17 Hymn, "My Hope is Built on Nothing Less"...

***"My hope is built on nothing less than Jesus' blood and righteousness; no merit of my own I claim,
but wholly lean on Jesus' name."***

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****12/5/17 @ 7PM** Healing Service & Blue Christmas Service

**** January 14, 2018 @ 11:30** following service [*winter educational program* addressing the #1 health concern = 46% of responders of the Health Needs Survey]: *obesity + weight loss + eating disorders* . *SPEAKER DR. MARK PETTUS returns!* Must RSVP for lite lunch 479-3432

**** 1/27/18** 8AM to 1 PM Red Cross Blood Drive --WALK-INS WELLCOME



Please note donations are requested to sponsor and relieve some of costs to Janet M. for making the dresses for Africa (and other countries in need) consider donating any of the following items:

- child print material or colorful print,
- white thread,
- extra wide double fold bias tape
- 45 inch wide material

To help her continue with this ministry. Also please consider joining her in this loving gift to both male and female children in needy areas of the world

Thank you,

Liz Macris, Faith Community Nurse