



**GERARD
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2016

100 RANDOM THOUGHTS ON HOPE

FOREWORD:

In my ninety four years on this earth, if I have learnt anything, it is that Passionists are called to be beacons of hope. The suffering, death and resurrection of Jesus and the sending of the Holy Spirit re the assurances that we have reasons for hope.

At the conclusion of the 15th General Synod of the Passionists, Fr Joachim Rego, CP, said:

“I would like to believe that the gift you will take back to your brothers and sisters in community and mission after this Synod will be one of **renewed hope** and positive energy. It is true that there are, at times, so many disappointing, de-energising and negative situations with which we are faced ... and, so often, we cannot find satisfactory solutions. But, “Be ready, for the Son of Man is coming at an unexpected hour.”

Surprise, fresh starts and new beginnings are always possible!”

I hope that this little book of 100 Random Thoughts on Hope might provide food for the journey, it they might be a catalyst for hope when there is the temptation to be hope-less and that it might inspire us as we continue to strive being a beacon of hope for others

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Feast of Our Lady of Holy Hope



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Photo: Taken 5th June 2016

1. Faith is the foundation of the structure; hope is the building itself; charity is the roof and completion.



2. Hope involves two factors: a realization of one's own insufficiency and a complete reliance on the generosity of God.



3. Hope gives birth to transformation.



4. Rejoice in hope, be patient in tribulation, be constant in prayer.

Romans 12:12



5. To forget our own helplessness and to reject all fear for our salvation would be presumption and pride: and to recognize our unworthiness without sufficient confidence in the divine mercy could easily lead to despair. We need both these elements of Christian hope



6. St Paul of the Cross wrote: "I have confidence in God. The foundation of the congregation is from him. My hope is in Him."





7. Hope is a positive and potent spiritual practice with the power to pull us through difficult times. It is usually described with light metaphors – a ray, a beam, a glimmer of hope; the break in the clouds, the light at the end of the dark tunnel. It is often discovered in unexpected places.

8. *'I will hope even against hope. I am confident that God, who has begun the good work, will finish it.'* (Philippians 1:6) With so many setbacks in establishing the Congregation, Paul of the Cross's trust became stronger.

9. May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit, you may abound in hope.
Romans, 15:13

10. Mary, Mother of Jesus, shows us hope. Not only did she believe the promise, she became pregnant with it, gestated it, gave it her own flesh, went through the pains of childbirth to give it reality, and then nursed a fragile new life in to a powerful adulthood that saved the world. *Ron Rolheiser*

11. Hope can be learned with practice.



12. Hope is rooted in the past but believes in the future. God's world is in God's hands, hope says, and therefore cannot possibly be hopeless.

Joan Chittister



13. We have hope when we can say, all will be well, and we mean it!



14. For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future. *Jeremiah 29:11*



15. Hope is the word which God has written on the brow of every person – *Victor Hugo*





16. Hope is the only bee that makes honey without flowers – *Roger Ingersoll*



17. Hope is a positive orientation to the future and it invites us to strive to move beyond where we are to a better, brighter future.



18. The resurrection of Jesus affirms that God's call is a call to transformation and new life. It is the event by which hope is put at the heart of human existence.



19. When I plant a seed or a bulb, I am reminded to plant hope in my heart.



20. A part of our obligation to our own being and to our descendants is to study life and our conditions, searching always for the authentic underpinnings of hope.

Wendell Berry in Hope, Human and Wild

21. And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us. *Romans 5:5*



22. Prayer is hope's breathing. When we stop praying, we stop hoping. *Dom Pedro Casaldaliga*



23. To hope is to look back on our lives and see no need to count the losses, underline the hurts, play the victim or stew in bitterness and losses because all our wounds and losses can be redeemed as part of God's promise. *Ron Rolheiser*



24. Where hope would otherwise become hopelessness, it becomes faith.



25. Once you choose hope, anything is possible.



26. Hope is some extraordinary spiritual grace that God gives us to control our fears, not to oust them. *Vincent McNabb*





27. An Irish proverb: "Hope is the physician of every misery."



28. God puts rainbows in the clouds so that each of us – in the dreariest and most dreaded moments – can see a possibility of hope. *Maya Angelo*



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



30. Hope is believing in the promise of God, believing that God has the power to fulfil that promise. *Ron Rolheiser*



31. Hope is a walk through a flowering meadow. One does not require that it lead anywhere. *Robert Brault*



32.The spiritual task of life is to feed the hope that comes out of despair. Hope is not something to be found outside of us. It lies in the spiritual life we cultivate within. *Joan Chittister*

33.You have to have hope. Without hope, life is meaningless. Without hope, life is meaning less and less.

34.To love means loving the unlovable. To forgive means pardoning the unpardonable. Faith means believing the unbelievable. Hope means hoping when everything seems hopeless. *G. K. Chesterton*

35.Hope is the antidote to despair. It is a matter of refusing to die at exactly the moment when we are offered new life.

36.I see people who die a few minutes after a doctor tells them there is no hope of a cure. They give up and go. Others get angry and find joy in proving the doctor wrong. Something within them is challenged and hopeful. Hope is the divine motivator. *Bernie Siegal*





37. Hope is not a denial of reality. Hope is a series of small actions that transform darkness into light. It is putting one foot in front of the other when we can find no reason at all.



38. Hope is faith holding out a hand in the dark. *George Iles*



39. Indeed, hope is not wishful thinking, the simple longing for something wonderful to happen to us. I can wish to win a lottery, marry the most beautiful person in the world, or score the winning goal in the world cup, but that isn't hope. It's pure wish. Similarly, hope is not optimism; a natural temperament, however pleasant, which is perennially upbeat and always sees the positive side of thing. ... One does not ultimately ground hope on whether the world situation seems to be improving or worsening. Hope does not go up and down like the stock market because, in the end, it is not based upon the empirical facts as these are reported on the news. Hope is believing in the promise of God and believing that God has the power to fulfil that promise. *Ron Rolheiser*

40. Hope is putting faith to work when doubting would be easier.



41. The purpose of hope is to make hopelessness bearable.



42. "Our time has a great need for hope! The young can no longer be robbed of hope. ... The young need hope. It is necessary to offer concrete signs of hope to those who experience pain and suffering. *Pope Francis*



43. Let the Church always be a place of mercy and hope, where everyone is welcomed, loved and forgiven." *Pope Francis*



44. "It's best to not confuse optimism with hope. Optimism is a psychological attitude toward life. Hope goes further. It is an anchor that one hurls toward the future, it's what lets you pull on the line and reach what you're aiming for" and head in "the right direction." Hope is also theological: "God is there, too." *Pope Francis*



45. And love is stronger than fear, life stronger than death, hope stronger than despair. We have to trust that the risk of loving is always worth taking." *Henri J.M. Nouwen*





46. "That is why 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 humanity. Those who hope in Christ can no longer put up with reality as it is, but begin to suffer under it, to contradict it. Peace with God means conflict with the world for the goad of the promised future stabs inexorably into the flesh of every unfulfilled present. *Jurgen Moltmann*

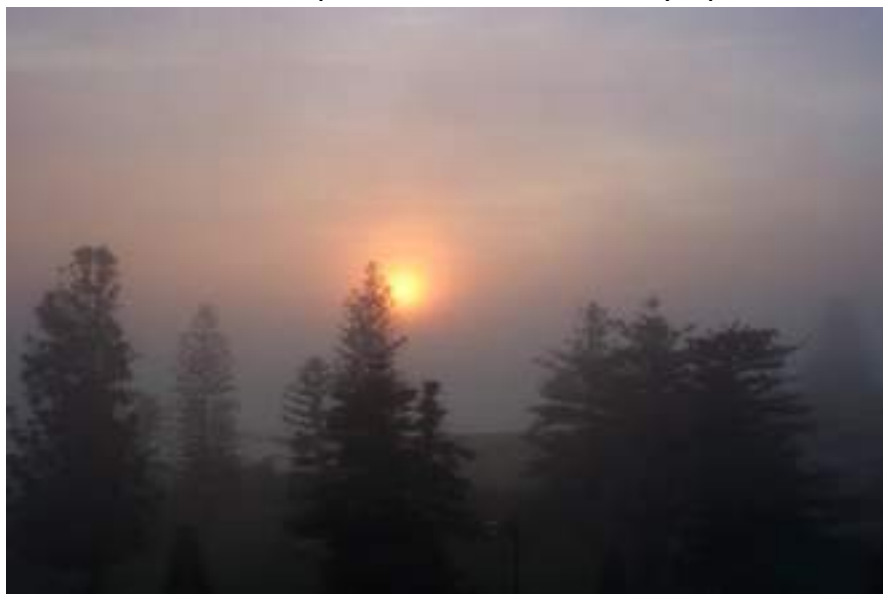
47. "I have found it very important in my own life to try to let go of my wishes and instead to live in hope. I am finding that when I choose to let go of my sometimes petty and superficial wishes and trust that my life is precious and meaningful in the eyes of God something really new, something beyond my own expectations begins to happen for me. *Henri J.M. Nouwen in Finding My Way Home*

48. All the great spiritual leaders in history were people of hope. Abraham, Moses, Ruth, Mary, Jesus, Rumi, Gandhi, and Dorothy Day all lived with a promise in their hearts that guided them toward the future without the need to know exactly what it would look like. Let's live with hope.

49. But hope is precisely to say, "I don't know how God is going to fulfil His promises, but I know that He will, and therefore I can live in the presence with the knowledge that He is with me." I can then know and trust that the deepest desires of my being will be fulfilled. This way keeps the future "But let us not put our sights too high. We do not have to be saviours of the world! We are simply human beings, enfolded in weakness and in hope, called together to change our world one heart at a time."

*Jean Vanier in *Becoming Human**

50. Are we people of hope or are we not? Constance FitzGerald tells us that John of the Cross defines hope as "the dynamic of being able to yield unconsciously to God's future. This posture of hope brings us to a new sense of relatedness and ultimate assurance, to a place of conversion that releases creativity and freedom for the limitless possibilities of God very open.





51. False hope can lead to intemperate choices and flawed decision-making. True hope takes into account the real threats that exist and seeks to navigate the best path around them.

Amiri Baraka in Cold Hurt and Sorrow

52. We are promised abundance of all good things – we are rich only in hunger and thirst. What would become of us if we did not take our stand on hope and if our heart did not hasten beyond the world? *John Calvin*

53. Help is the ballast that keeps us steady, that recognises where along the path are the dangers and pitfalls that can throw us off. Hope tempers fear so that we can recognise dangers and then bypass or endure them.

Jerome Groopman in The Anatomy of hope

54. Without a minimum of hope, we cannot so much as start the struggle. *Paulo Freire, Pedagogy of Hope*

55. Totally without hope, one cannot live. To live without hope is to cease to live. Hell is hopelessness. It is no accident that above the entrance of Dante's Hell is the inscription: "Leave all hope, you who enter here." *Jacob Moltmann in Theology of Hope*

56. If it were not for hopes the heart would break. *Thomas Fuller*

57. Hope is the basic ingredient of optimism, a tendency to dwell on the best possibilities. It is a frequent companion of another spiritual practice – enthusiasm. It, too, is energising. The greeting 'Be of good cheer' puts it well.

58. Hope for the best but prepare for the worst. *English Proverb*





59.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 is the essence of hope itself.



60.Hope is the golden thread that should be woven into every experience of life. *Bernie Siegel*



61.Neither should a ship rely on one small anchor, nor should life rest on a single hope. *Epictetus*



62.Hope just means another world might be possible, not promised, not guaranteed. Hope calls for action; action is impossible without hope. *Rebecca Solnit*



63. In terms of personal style, without hope, we find it difficult to be patient and are easily frustrated. We may lack the courage to continue struggling against adversity. We are faint-hearted and quickly discouraged. We really do expect the worst.

64. Hope begins in the dark, the stubborn hope that if you just show up and try to do the right thing, the dawn will come.

Annie Lamott

65. All it takes is one bloom of hope to make a spiritual garden.

Terri Guillemets

66. The gift of hope make every person, as well as the whole family of humanity, very valuable; the vision of future rightness sends back a stamp of rightness into the present. It also makes life a little more playful. What we cannot do in a million calendar squares, God will do in God's own time. *Lewis B Smedes*





67. The note we end on is and must be the note of inexhaustible possibility and hope. *Evelyn Underhill*



68. The one who lives in hope dances without music.

George Herbert



69. We have only begun to imagine the fullness of life. How could we tire of hope? So much is in the bud. *Denise Levertov*



70. Hope is the foundation for creativity, inspiration, joy and all those emotions which allow us to transcend ourselves.

Verena Kast



71. Hope is the thing with feathers – that perches in the soul – and sings the song without words – and never stops at all.

Emily Dickinson



72. Hope deferred makes the heart sick, but a dream fulfilled is a tree of life. *Proverbs*

73. As long as hope does not embrace and transform the thought and action of a person, it remains topsy-turvy and ineffective.

Jurgen Moltmann

74. Please do not misunderstand me. Any hope, no matter how thin it gets, is better than no hope at all. To lose all hope is to die, inside; on the outside you are a walking cadaver, no less dead for being on your feet. *Lewis B Smedes*

75. The deeper our faith, the more doubt we must endure; the deeper our hope, the more prone we are to despair; the deeper our love, the more pain its loss will bring: these are a few of the paradoxes we must hold as human beings. If we refuse to hold them in the hopes of living without doubt, despair, and pain, we also find ourselves living without faith, hope, and love.

Parker J. Palmer

76. Where there's hope, there's life. It fills us with fresh courage and makes us strong again." *Anne Frank, The Diary of a Young Girl*

77. For in hope we were saved. Now hope that is seen is not hope. For who hopes for what is seen? But if we hope for what we do not see, we wait for it with patience. *Romans 8: 24-25*





78. Since, then, we have such a hope, we act with great boldness ...

2 Cor 3:12



79. Hope restores us. What each of us hopes for will differ and change with time. I believe we need hope to go on living. Hope inspires us to reach for the future. It gives us something to look forward to and strive for on our path. *Bernie Siegel*



80. But if struggle is the process of evolution from spiritual emptiness to spiritual wisdom, hope is the process as well. Hope, the response of the spiritual person to struggle, takes us from the risk of inner stagnation, of emotional despair, to a total transformation of life. Every stage of the process of struggle is a call to move from spiritual torpor to spiritual vitality. It is an invitation to live at an antipodal depth of soul, a higher level of meaning than the ordinary, the commonplace generally inspires. The spirituality of struggle gives birth to the spirituality of hope.

Joan Chittister



81. If it is hope that maintains and upholds faith and keeps it moving on, if it is hope that draws the believer into the life of love, then it will also be hope that is the mobilizing and driving force of faith's thinking, of its knowledge of and reflections on, human nature, history and society. Faith hopes in order to know what it believes. Hence all its knowledge will be an anticipatory, fragmentary knowledge forming a prelude to the promised future, and as such is committed to hope. Hence also *vice versa* the hope which arises from faith in God's promise will become the ferment in our thinking, its mainspring, the source of its restlessness and torment. *Jurgen Moltmann*

82. The life of hope, then, is shot through with social influences at every level. We learn to formulate ideals in tandem with others. We pursue particular hopes, sometimes succeeding and sometimes failing, in the company of those we love. And as we develop habits of hope and the hopefulness which helps us weather our trials, we reach out to others, inspiring them, sharing our own hopes with them, and contributing our abilities as best we can to foster the growth of agency. *Patrick Shade in Habits of Hope*



83. Hope is necessary in every condition. The miseries of poverty, sickness and captivity would, without this comfort, be insupportable. *William Samuel Johnson*

84. The Latin word for hope, *sperare*, comes from the Indo-European root *spei*, which means to expand. "To be hopeful is not only to feel expansive, but to count on an ever-flowing bounty while to feel despair is to feel constrained, to fear that the springs of life are drying up." *Scott Russell Sanders*

85. There remains still the pilgrimage, the journey in hope and mutual caring toward the ultimate revelation of eternal Goodness. It is not for nothing that the symbols of that hope are a star still blazing in the heavens and a babe, newborn, sleeping in a manger with dumb and innocent animals for guardians. *Morris West in A View from the Ridge*

86. Hope, on the other hand, takes life on its own terms, knows that whatever happens God lives in it, and expects that, whatever its twists and turns, it will ultimately yield its good to those who live it well. *Joan Chittister*

87. Hope fills us with the strength to stay present, to abide in the flow of the Mercy no matter what outer storms assail us. It is entered always and only through surrender; that is, through the willingness to let go of everything we are presently clinging to. And yet when we enter it, it enters us and fills us with its own life — a quiet strength beyond anything we have ever known. *Cynthia Bourgeault in Mystical Hope*





88. "Hope is in short supply these days," writes *Sue Patton Thoele*.

"We look around and don't necessarily see a lot to be hopeful about. But the truth is, each of us carries within our hearts the seeds of enduring hope. Growing hope is an inside job. And like anything worth cultivating — happiness, success, peace of mind, a loving family — hope requires conscious effort and committed action to be able to grow deep roots in our heart and soul."

89. Many things are possible for the person who has hope. Even more is possible for the person who has faith. And still more is possible for the person who knows how to love. But everything is possible for the person who practices all three virtues.

Brother Lawrence

90. And you will feel secure, because there is hope; you will look around and take your rest in security. *Job 11:18*

91. "Optimism is a wish without warrant; Christian hope is a certainty, guaranteed by God himself. Optimism reflects ignorance as to whether good things will ever actually come. Christian hope expresses knowledge that every day of his life, and every moment beyond it, the believer can say with truth, on the basis of God's own commitment, that the best is yet to come." *J.I. Packer*

92. The great gift of Easter is hope – Christian hope which makes us have confidence in God, in his ultimate triumph and in his goodness and love which nothing can shake. *Basil C Hume*

93. Outside of the cross of Jesus Christ, there is no hope in this world. That cross and resurrection at the core of the Gospel is the only hope for humanity. Wherever you go, ask God for wisdom on how to get that Gospel in, even in the toughest situations of life. *Ravi Zacharias*





94. Easter was when Hope in person surprised the whole world by coming forward from the future in to the present. *N T Wright.*

95. It is so important that with Mary our Mother we cross over the threshold of hope, into a prayerful attitude of hope in God. For it is precisely in hopeless places and in hopeless situations that God wills to glorify his mercy, just like on Calvary.

Catherine Marie Schuhmann

96. In the gospels as documents of faith, we have Mary's experience of suffering presented in a context of faith, hope and love. Were the Gospels to chronicle her pain simply in a context of sadness, perhaps anger, a lack of resolution and ultimately without perceived hope, then she would not emerge as a pained, sorrowing yet faith-filled person but rather as a depressed person.

Louis J Cameli



97. Begin every day in prayer: “God, giver of hope, when I stand at the beginning of this new day, bless me with vision to see the best of things to come ... wisdom to make good decisions ... and most of all, faith to know that you are walking with me every step of the way. May I be a bringer of hope this day to all I meet along the way. Amen



98. For I know the thoughts I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope.”

Jeremiah 29:11



99. We must accept finite disappointment but must never lose infinite hope. *Martin Luther King*



100. The phrase, ‘*Do not be afraid*’, is written in the Bible 365 times – a daily reminder from God to live every day in hope.

