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Finding Hope In Despair

By Chaille DeFaria MCC, CDWF



The holiday season is usually a time of joy and celebration, so how do we hold all the pain going on in this world while we are also managing our own personal lives and struggles? If you are over age 50 like me, many of us have already experienced the loss of loved ones or will when our beloved elders leave us. I know this is life, but most of us aren't ready to say goodbye forever.

Combined with the evil in the world, the magnitude of pain can feel like too much to bear. Our common humanity is made up of strength and struggle, so how do we dig deep and find the willingness to keep believing when we feel such despair? I know for me, it's checking in with all that is good and all that is working in my life around me.

Here is where the importance of feeling loved and knowing that we belong is crucial. All we have when we are steeped in hopelessness is the opportunity to feel human connection. It is powerful and it *is* what saves us when our life is a mess, crumbling, or falling apart.

What can we do when we are stuck, paralyzed by overwhelming emotions and fear? We must pause... get present. Recognize that we are not alone and know that it is all perspective on how we choose to view our situation. I am not saying we can skip over grief. Absolutely not. In fact, we must fully allow that process to take place to begin again.

However, I am saying that if we step back and zoom out, we will have perspective to see all the good there is in this world. There is so much! We humans love our media and are experts at focusing on all that can be better rather than all that is working well.

We are here for such a short time. Let's think about the impact we can make being the best version of ourselves. Let's spread love and hope, not fear and doom. *Imagine.* We don't have the power to change evil and despair, but we do have the ability to change how we behave and respond towards the hardship in this world.

Consider stepping back for a minute. Instead of freezing and throwing our hands up. let's ask ourselves how can we do our part. The truth is, *we* matter. *Our* footprint counts.

Like the twinkle lights around a Christmas tree, we are all connected. We are one world, so let's stand together. Hold hands in peace and love and let the twinkle lights around our star, our wreath, our tree, light the way for all those suffering in darkness.

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