

October/November 2016

Dear Sustaining Partner,

***“LOVE...HOPES ALL THINGS...”*** (1 COR. 13:7)

Because hope is so critical to a healthy life, I've been thinking a lot about it over the last several months. I remember reading a book about depression many years ago wherein the author stated the loss of hope leads not to just destructive negative emotions, but is the motivation behind most every suicide. This is because often wounded people cannot conceive pain and despair will ever give way to times for rejoicing. It feels as if no relief will come and life will never get better. Despairing people have no hope to act as a buoy to keep from sinking to the bottom in troubled waters. HOPE FLOATS---it is what keeps us from falling into despair.

It's one thing to know this is true; another to actually have hope when it simply isn't in our range of emotions. How do you get something you don't have? These are important questions for those of us in ministry to ask because when it happens to us, and it will happen, we need to know a way out of the darkness to a place of hope. I cannot help someone else if I cannot help myself. The best example is instructions given by the flight attendant on an aircraft---get your own oxygen mask in place; then begin to care for others.

For Life!

Lisa J Stiefken  
Executive Director