

Cultivating Hope (Whatever the Circumstances!)

Presentation by Cambria Tortorelli
Holy Family Church
South Pasadena

Friday, February 26 at 7 p.m.



Fr. Bernard Haring, C.Ss.R.
(1912-1998)

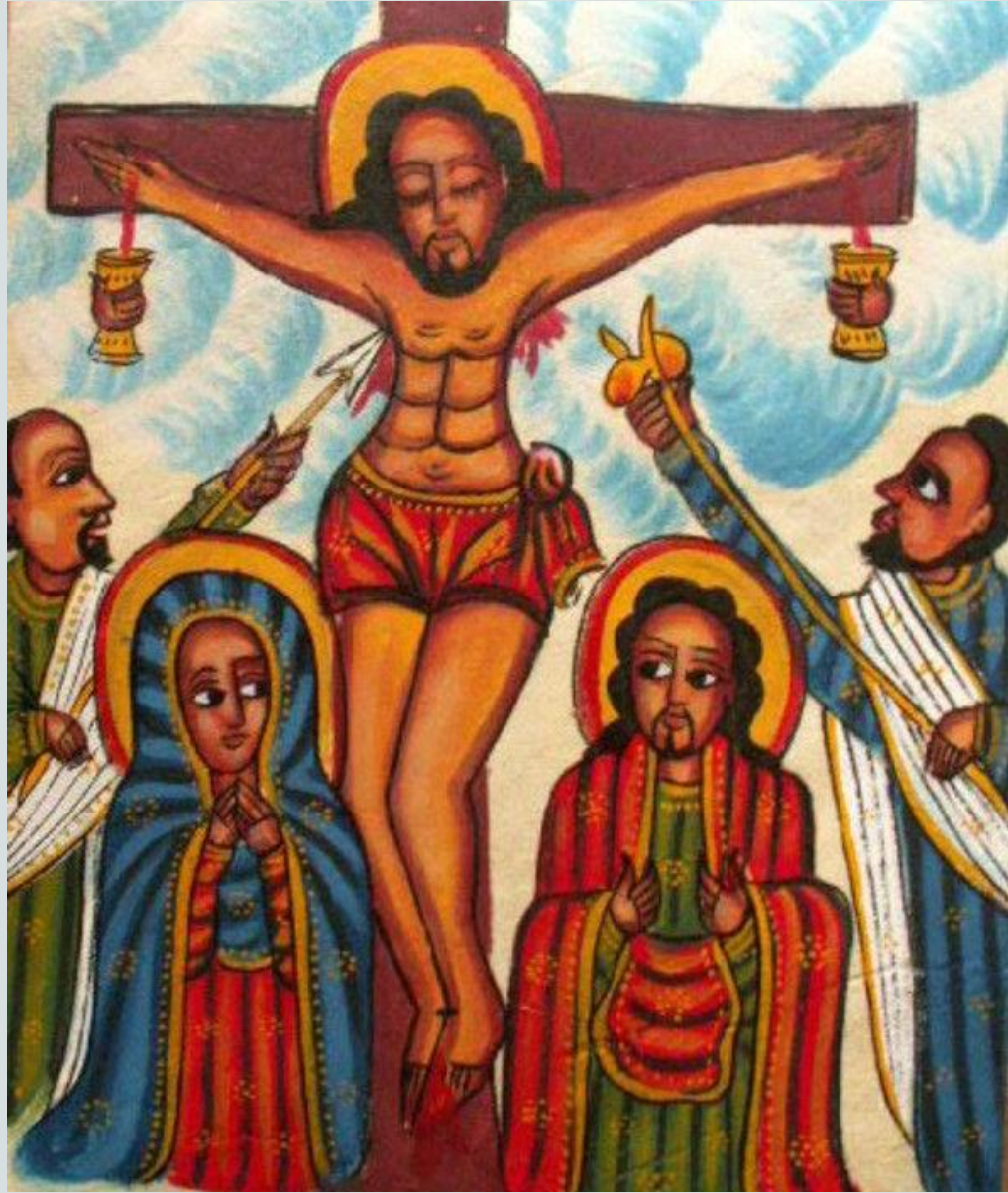
Hope = Love-Filled Confidence

"Hope is a kind of confidence inspired by love. We become bearers of hope when by a sort of "contagion" we stir up in others the confidence that they can draw upon the power of this love to reshape their lives and the world around them."

"The Virtues of An Authentic Life: A Celebration of Spiritual Maturity"

“We will achieve a full life when
we have full confidence that love
will ultimately conquer all....

*If we live on and in the divinely
given and assured hope for the
all-embracing kingdom of love
and peace, then we will always
be concerned with the whole—
with the victory of love, of
justice, and of peace for
everyone.”*



A close-up photograph of numerous smooth, rounded stones of various colors and sizes, each painted with different designs. The stones are scattered on a dark, textured surface. One prominent blue stone in the center has the word "HOPE" written in black, block letters. To its right, a stone features a vibrant rainbow arch. Other stones show patterns like polka dots, floral motifs, and abstract shapes. The lighting is soft, highlighting the textures of the paint and the smooth surfaces of the stones.

Living in Hope, Not
Optimism



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 —

AZ QUOTES

Hope is Not for Easy Times...

“Hope is the recall of good in the past, on which we base our expectation of the good in the future, however bad the present. *It digs in the rubble of the heart for the memory of God’s promise to bring good out of evil and joy out of sadness and, on the basis of the memories of the past, takes new hope in the future. Even in the face of death. Even in the fear of loss.*”



Sr. Joan Chittister

**Whatever the
Circumstances...**

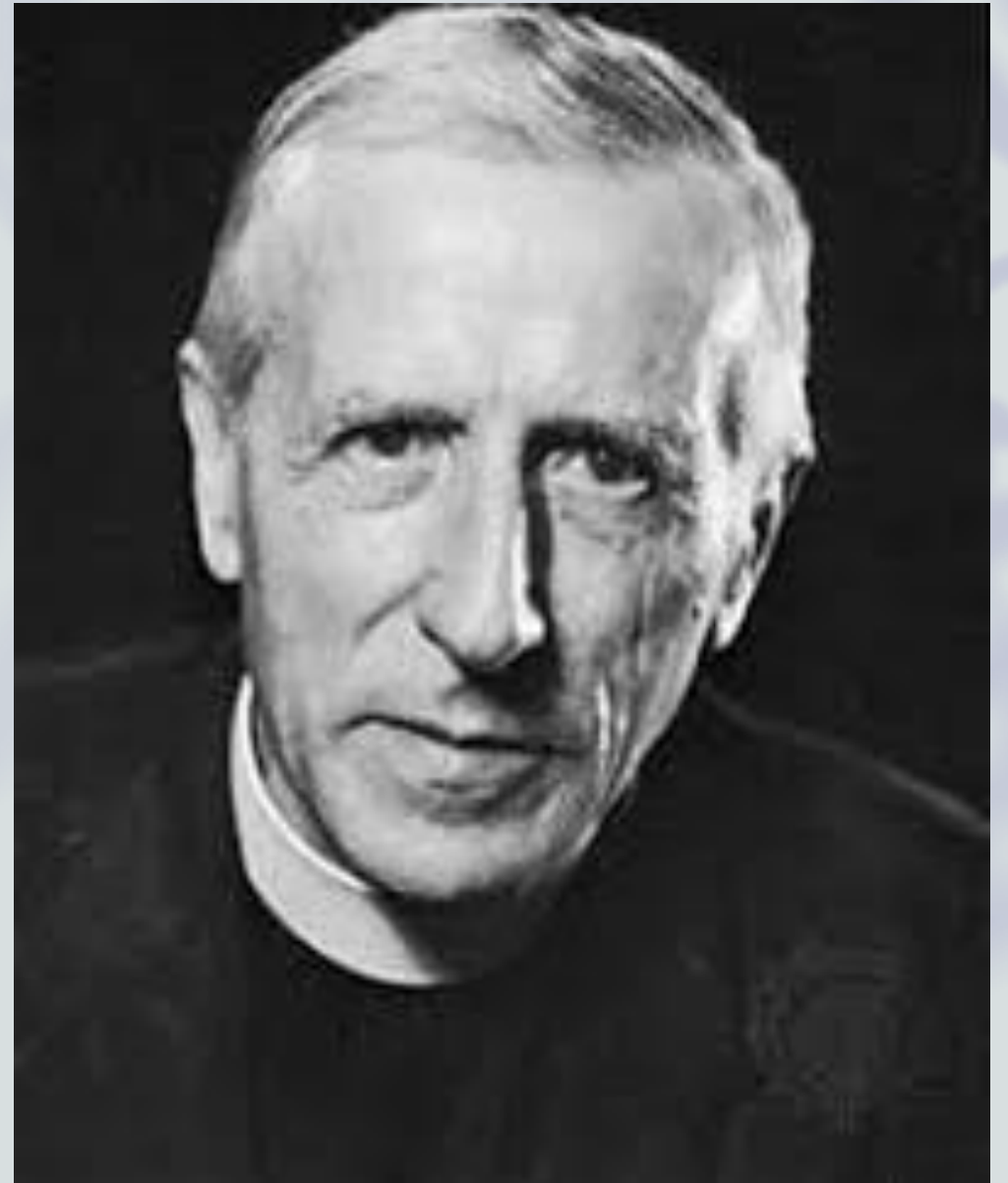


Whatever the Circumstances...



Whatever the Circumstances...

“If we blow up the world by nuclear bombs, that will set things back some millions of years, but eventually what Christ promised will come about, not because I wish it, but because God has promised it and, in the resurrection, God has shown that God is powerful enough to deliver on that promise.”



Pierre Teilhard de Chardin, S.J.
1881-1955

ALL SHALL BE WELL, AND ALL
SHALL BE WELL, AND ALL MANNER
OF THING SHALL BE WELL...FOR
THERE IS A FORCE OF LOVE
MOVING THROUGH THE UNIVERSE
THAT HOLDS US FAST AND WILL
NEVER LET US GO.

JULIAN OF NORWICH

Quotes Creator



How do we keep ourselves
anchored in hope?

“Hold fast to the hope that lies
before us. This we have as an
anchor of the soul, sure and
firm, which reaches into the
interior behind the veil.”

(Heb 6: 18-19)

**FOCUS ON WHAT YOU CAN CHANGE
THROUGH CHRIST'S LOVE...
WITHOUT LETTING GO OF THE
DREAM...**



God, grant me the

Serenity

to accept the things I cannot **change**;

Courage

to **change** the things I can; and

Wisdom

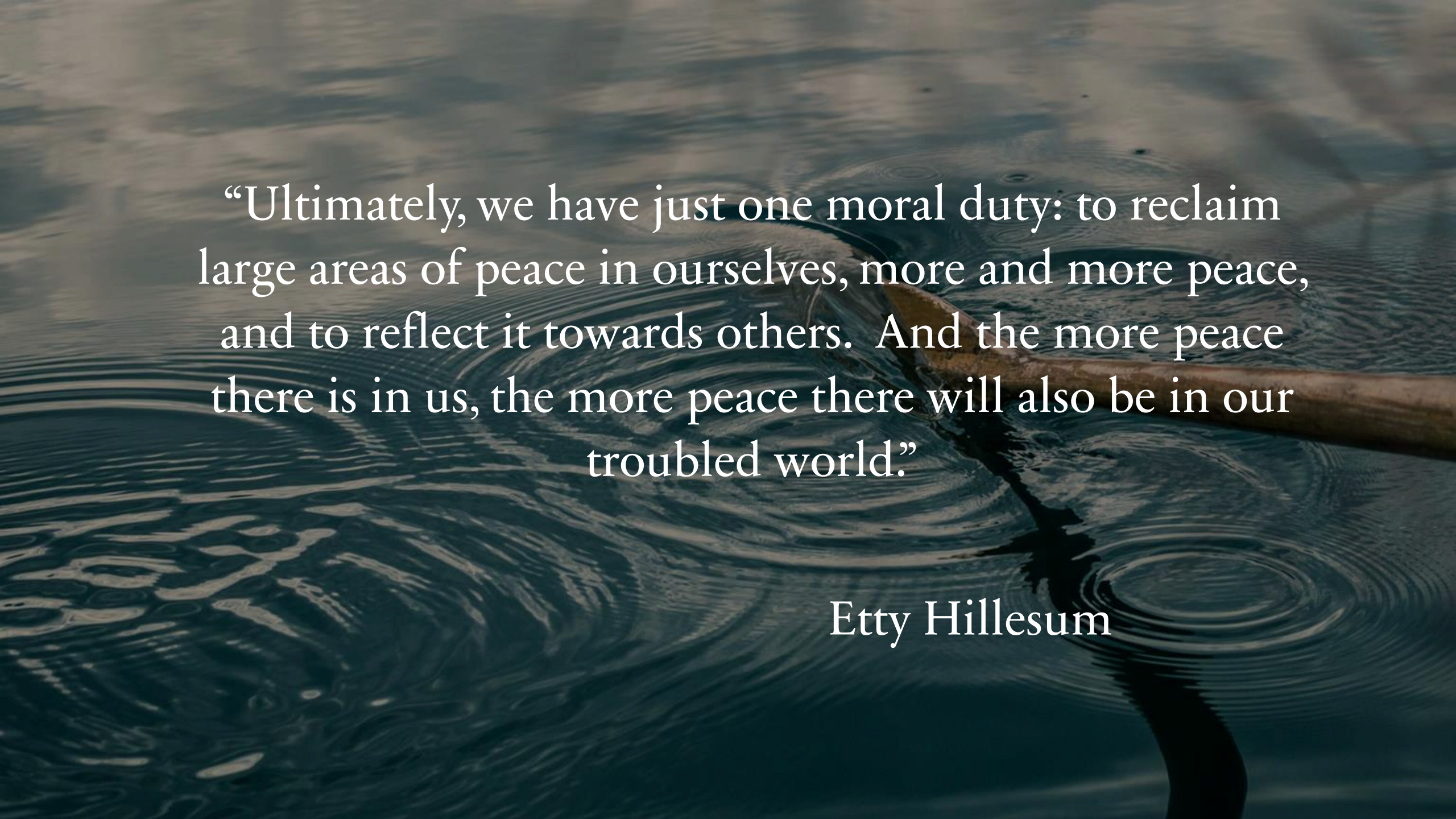
to know the
difference.



Etty Hillesum

"I no longer believe that we can change anything in the world unless we first change ourselves. And that seems to me the only lesson to be learned."

"An Interrupted Life and Letters from Westerbork"

A wooden oar floats horizontally across the middle of the frame on a dark, textured body of water. The water's surface is covered in numerous concentric ripples, suggesting recent movement or rain. The lighting is soft and diffused, creating a somber and reflective atmosphere. The oar is light brown and contrasts with the dark, blue-grey water.

“Ultimately, we have just one moral duty: to reclaim large areas of peace in ourselves, more and more peace, and to reflect it towards others. And the more peace there is in us, the more peace there will also be in our troubled world.”

Etty Hillesum

The background image is a soft-focus photograph of a field. In the foreground and middle ground, there are numerous tall, thin, green stalks. Each stalk has a dark, elongated, and slightly fuzzy seed head or flower head at the top. The background is a pale, hazy mix of light blue and pinkish tones, suggesting a sky or distant landscape. The overall mood is peaceful and contemplative.

You will keep in perfect peace all who trust in you,
all whose thoughts are fixed on you.

~ Isaiah 26:3

A full-page background image featuring a person standing on a dark, silhouetted hill or ridge, looking up at a vast night sky. The Milky Way galaxy is prominently visible, stretching diagonally across the frame from the bottom left towards the top right. The sky is filled with numerous stars, and the overall color palette is dominated by deep blues, purples, and oranges from the galaxy's light. The person's silhouette is positioned in the lower center, providing a sense of scale and contemplation.

Make Space for God

Make Space for God

- **Sit with the Scriptures**

- Daily scriptures (Give Us This Day, Magnificat)
- USCCB.org
- Word on Fire Bible: The Gospels
- Pray As You Go <https://pray-as-you-go.org/>
- 3 Minute Retreats <https://www.loyolapress.com/3-minute-retreats-daily-online-prayer/about-3minute-retreats/>
- Laudate – available wherever you get your apps!

- **Centering Prayer**

- https://www.youtube.com/watch?v=RvFneqPA8U8&feature=youtu.be&mc_cid=bc1b00ef3c&mc_eid=b2f49f1230

Praying with Icons



"The Trinity" by St. Andrei Rublev

Spiritual Reading

- Let us Dream by Pope Francis
- An Interrupted Life & Letters from Westerbork by Etty Hillesum
- Seven Story Mountain by Thomas Merton
- The Universal Christ by Richard Rohr
- The Holy Longing by Ronald Rolheiser
- Scarred by Struggle, Transformed by Hope by Joan Chittister
- Upholding Mystery: An Anthology of Contemporary Christian Poetry by David Impastato
- Love Poems from God by Daniel Ladinsky
- Poems by Mary Oliver and Denise Levertov

A close-up photograph of a pink lotus flower in full bloom, surrounded by large green lily pads on a dark, reflective pond. The text "Practice Mindfulness" is overlaid in a white serif font on the left side of the flower.

Practice Mindfulness



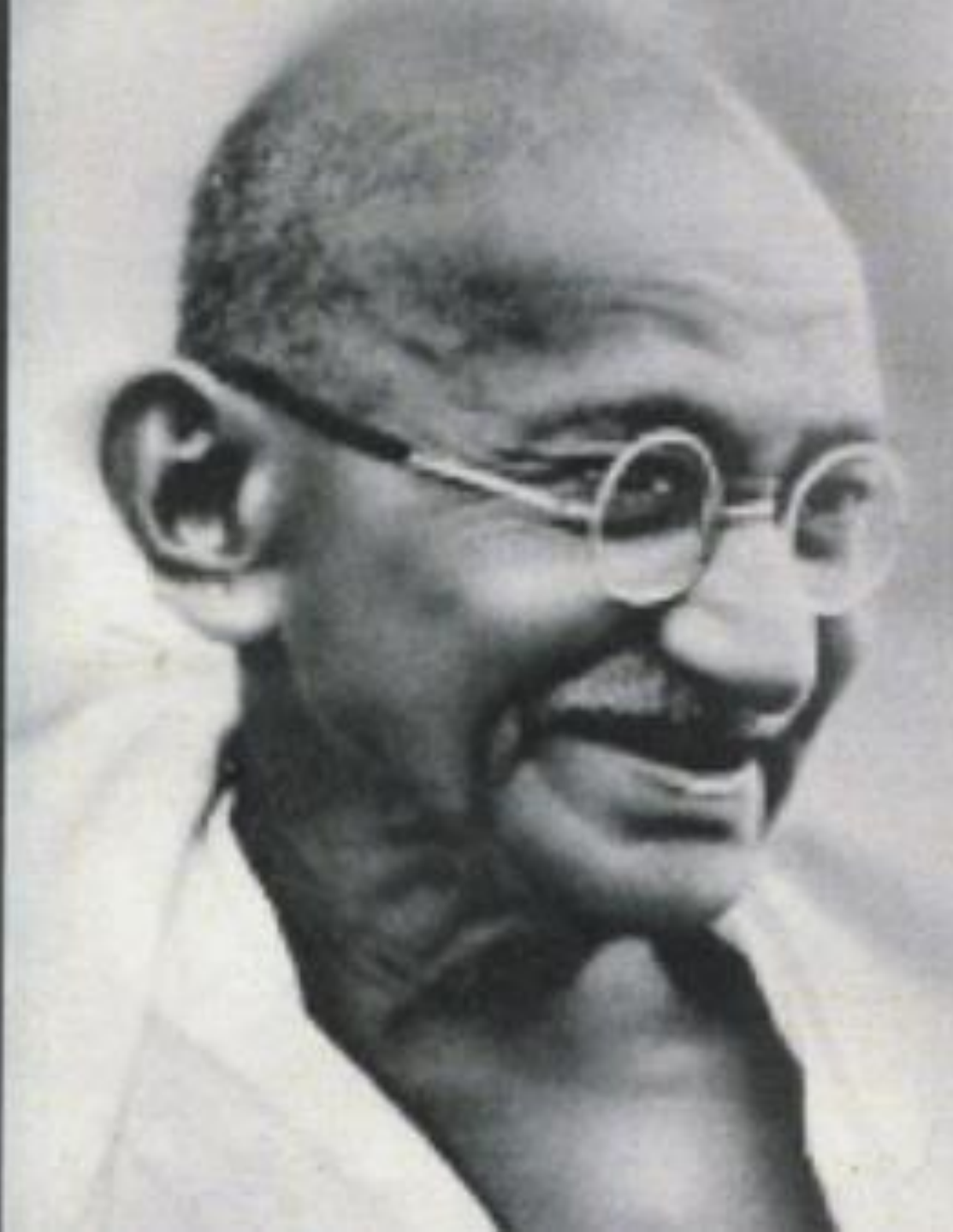
When I trust deeply that today God is truly with me and holds me safe in a divine embrace, guiding every one of my steps I can let go of my anxious need to know how tomorrow will look, or what will happen next month or next year. I can be fully where I am and pay attention to the many signs of God's love within me and around me.

— *Henri Nouwen* —

AZ QUOTES

Be of Service



A black and white portrait of Mahatma Gandhi, showing him from the chest up, wearing his characteristic round glasses and a white shawl. He is looking slightly to the right with a gentle smile. The background is a soft, out-of-focus light blue.

**"Be the
change
you wish
to see
in the world."**

~Mahatma Gandhi

Be of Service

Random Acts of Kindness

<https://www.randomactsofkindness.org/>

Random Acts of Kindness Ideas

1. Post **positive** notes around your community.
2. Randomly pick a small business/lesser known author to leave a **review** for.
3. Choose a friend and **celebrate** them.
4. Give **compliments** to the people you interact with.
5. Tip extra or put your loose change in **tip jars**.
6. Use sidewalk chalk to **write** out positive messages.
7. Send **letters** with tons of stickers to the kids in your life.
8. Buy a **gift** for a child in foster care.
9. Leave **change** in vending machines.
10. Connect a **charity** to your Amazon account.
11. See if your local **shelters** have Amazon wishlists so you can send essentials.
12. Pay for the person in line **behind** you.
13. Collect **litter** that you see on the ground when you're out.
14. Leave **food** out for the birds or wildlife in your area.
15. Make a **meal** for someone who might need one.

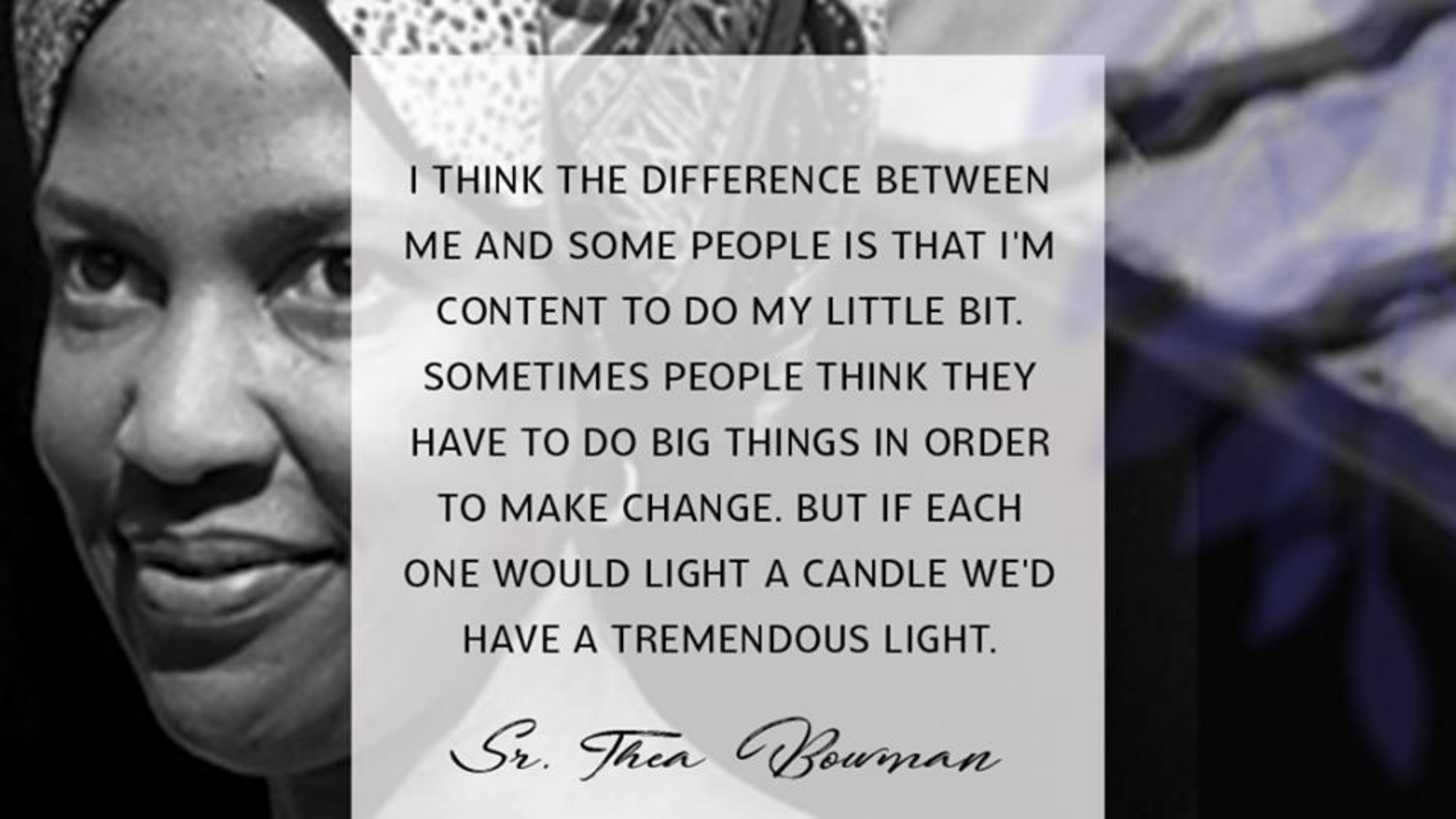
BlessingManifesting

**Become Part
of a
Movement**



Be Part of a Movement

- Environmental Justice
- Beginning and End of Life
- Anti Racism
- Immigration
- Health Care
- Immigration
- Human Trafficking
- Fair Trade
- Restorative Justice



I THINK THE DIFFERENCE BETWEEN
ME AND SOME PEOPLE IS THAT I'M
CONTENT TO DO MY LITTLE BIT.
SOMETIMES PEOPLE THINK THEY
HAVE TO DO BIG THINGS IN ORDER
TO MAKE CHANGE. BUT IF EACH
ONE WOULD LIGHT A CANDLE WE'D
HAVE A TREMENDOUS LIGHT.

Sr. Thea Bowman



“Still, what I want in my life
is to be willing
to be dazzled—
to cast aside the weight of facts

and maybe even
to float a little
above this difficult world.
I want to believe I am looking

into the white fire of a great mystery.
I want to believe that the imperfections
are nothing—
that the light is everything...”

MARY OLIVER (“The Ponds”)