



The Practice of Hope

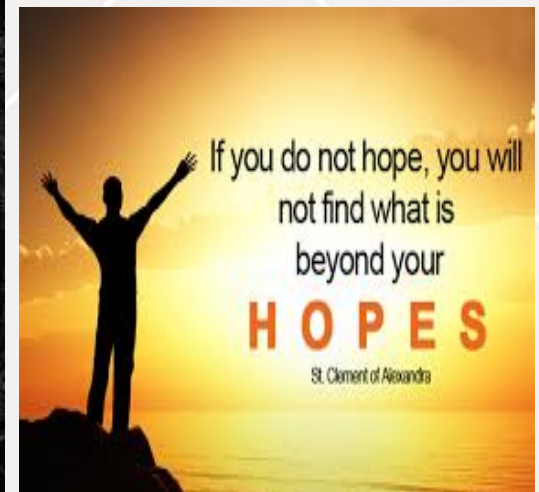
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The Practice of Hope

Common Language Around Hope



How We Typically Talk about Hope

Individually-Centered Hope (“**I’ve** got this!”)

- Grit/Resilience

- Optimism

- Desire

Community-Centered Hope (“**we’ve** got this!”)

- Understanding context

- Understanding linked struggles

- Taking action for and with others

Prayer of St. Francis

Lord, make me an **instrument** of your peace:

where there is hatred, let me sow love;

where there is injury, pardon;

where there is doubt, faith;

where there is despair, hope;

where there is darkness, light;

where there is sadness, joy.

O divine Master, grant that I may not
so much seek

to be consoled as to console,

to be understood as to understand,

to be loved as to love.

For it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying that we are born to
eternal life.

Amen

Gonzaga's Mission

"The Gonzaga experience fosters a mature commitment to dignity of the human person, social justice, diversity, intercultural competence, global engagement, solidarity with the poor and vulnerable, and care for the planet.

Grateful to God, the Gonzaga community carries out this mission with responsible stewardship of our physical, financial, and human resources."

How Beliefs Shape Hope

The focus of our hope – where does it come from?
Actions around hope can be belief-dependent

Beliefs about self

Beliefs about self-worth
Learned rules

Beliefs about others

Those I care about
Those I don't even know
What I can “rally” around
What I don't understand



“There cannot be faith, love, and hope for self ...where there is no hope, faith and love for others.”

Wallis, J. (2019, April 18). Moving From Pain to Hope this Holy Week. Retrieved April 2, 2020, from <https://sojo.net/articles/moving-pain-hope-holy-week>

The Necessity of Hope in this Moment: How Our Individual Struggles are Connected

- Loss
- Destabilized identities
- Destabilized social networks
 - Inability to be around others
 - Fear of solitude
- Redefining a sense of purpose
- The way we read the world and live in it will never be the same
- Being in the midst of a history-defining event

Hope with and for Others

- Awareness about our collective weaknesses (materialism, self-centeredness, ...);
- Reflection about what we value;
- Re-evaluation of what we care about in relationship to one another;
- Building solidarity;
- Thirst for community;
- Creative action toward building community;
- Seeing others with new eyes – giving ourselves permission to be *the hands and feet*.

*We are beginning to understand the **sacred** in caring for others... populations are experiencing this event in different ways yet all are deeply connected to it. Hope comes into play when we see ourselves in one another – in our pain, in our anxiety, in our humanity...*

Poverty, Equity and Vulnerability

*Marginalized communities disadvantaged because of social inequity

*The neglect of these communities has placed everyone in danger

- No or little access to medical care
- Need to work while sick
- Living with others who may have compromised immune systems (more likely where lack of resources is an issue) are at greater risk
- The health-care system is overwhelmed, thus fewer people can be served

The Practice of Hope

Scientists are collaborating in unprecedented and selfless ways on a global scale to address the pandemic...

- Normal imperatives like academic credit have been set aside
- Online repositories make studies available months ahead of journals

"I never hear scientists — true scientists, good quality scientists—speak in terms of nationality...my nation, your nation.

My language, your language. My geographic location, your geographic location. This is something that is really distant from true top-level scientists."

(Dr. Francesco Perrone)

Matt Kapuzzo and David D. Kirkpatrick NYT, Published online - April 1, 2020



Sustaining the Practice of Hope

Examples of enduring practices of hope...

- Teachers
- Healthcare Workers
- Social Workers

What can we learn from those who have engaged in enduring practices of hope?

Thinking about Hope During Holy week

*“In this is love, not that we loved God, but that He loved us and sent His Son.”
1 John 4:10*

*“By the tender mercy of our God,
the dawn from on high will break upon us,
to give light to those who sit in darkness and in the shadow of death,
to guide our feet into the way of peace.”
-Luke 1:78-79*

*“God is not unjust; he will not forget your work and the love you have shown him
as you have helped his people and continue to help them.”
Hebrews 6:10*

*A new commandment I give to you, that you love one another;
as I have loved you, that you also love one another.
By this all will know that you are my disciples, if you have love for one another
John 13: 34-35*

True love for others is being evidenced – this is what Jesus gave his life for on the cross, so that we would learn and understand that love for others is why His sacrifice was made in the first place.

IN LAK'ECH

- *Tú eres mi otro yo.*
- You are my other me.
- *Si te hago daño a ti,*
- If I do harm to you,
- *Me hago daño a mi mismo.*
- I do harm to myself.
- *Si te amo y respeto,*
- If I love and respect you,
- *Me amo y respeto yo.*
- I love and respect myself.

The meaning of the phrase is affiliated with the Mayan definition of the human being, which they called “*huinik’ilil*” or “vibrant being.” In this regard, we are all part of the same Universal love and hope.

From the Mayan-Inspired poem, Pensamiento Serpentino written by Luís Valdez in 1971.

Things to Consider

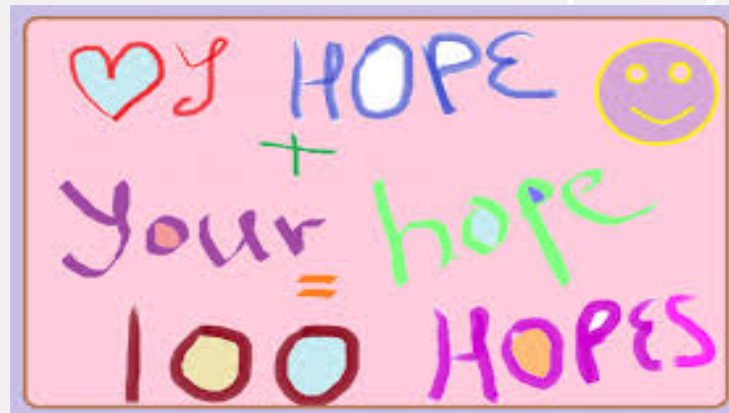
- Hope for self and hope for others is associated with beliefs;
- Our lives, stories, biographies, etc. are connected;
- Hoping for and with others will always elevate hope for self;
- We are living in a moment of unity;
- Hope with and for others must continue even after the crisis is over; it must be sustained.

Hope Challenge! *Hope* with others, *Pray* with others, *Act* with others

1. Think about the most urgent hope you have for yourself.
2. Challenge yourself to think about how your hopes are linked to others' hopes.
3. What long-lasting actions can you take part in now and in the future?
4. Record how your hopes evolve/change over time.

If your hope can be a prayer, please add it to the Gonzaga Prayer board. A link to this Prayer Board will be sent to you in a follow-up email.

<https://www.gonzaga.edu/about/our-mission-jesuit-values/gonzaga-community-prayer-board>



Questions?
