

Happy New Year from Sue Patton Thoele!

To those who are
committed to
wholeness
In the midst of
chaos,
acrimony
and ignorance,
Thank You...

To those who fan
the embers of
compassion
With unwavering
acceptance,
inclusion
and service,
Thank You...

You are the
Light Bearers.
You are our
Hope...

Dedication in Sue's book
Growing Hope.



Upcoming Interviews

*January 9, 2010
@ 11:05am EST
(9:05am MT), Sue
will be online with LaVerne
Baker
Hoptep. The program will be
available to hear later that day
by going to the radio station
archives via the following link:
[WellWoman Radio Retreat](#)

*January 27, 2010
@ 4pm EST (2pm MT), Sue
will be live online with Andrea
Mathews on:
[Authentic Living](#)



Dear Friends,

Sometimes hope is all that gets us from one moment to the next. Yet, hope can also be extremely hard to come by when we're faced with bleak news and sad circumstances, both personally and globally. This month I'd like to share a few ways that help me keep hope afloat. Hopefully, one or more

will also resonate

with your heart.

Keeping Hope Afloat

Hope is an inside job. Like anything worth having--happiness, success, peace of mind, a loving family, self-esteem--hope requires conscious effort and committed action.

Hope is not expectation. Hope is about looking for the good, or growthful, in all situations and believing it will eventually be revealed; expectation, on the other hand, has certain *outcomes* in mind. Hope keeps our spirits up while expectation can set us up for frustration and/or self-criticism.

Five Hope-Floaters

* Gravitating to Gratitude

Be mindful of the "good stuff" (there's almost always good stuff) and intentionally be grateful for it.

* Spending Time with The Divine

It doesn't matter what form our belief in the Divine takes. What does matter is that we remember to spend time with Spirit and allow the energy of divine love to enfold us. I experienced a few little snippets of one-on-one divine time this Christmas season. One was the result of simply remembering. Before getting out of bed on a December morning, I was mentally tallying up all the Christmas chores that still needed doing. Suddenly, a thought popped into my mind and I said out loud, "Oh, yipes, I forgot! This is all about you, isn't it, Jeshua?" (Jesus' Aramaic name). As soon as the thought formed in my mind, I felt a chuckling, loving Presence beside me. The energy from those few misty-eyed moments spent with the "birthday boy" sweetened countless other aspects of the holiday. Spending time with the Divine helps keep hope alive in your heart.

* Opting for Optimism and Optimists

As much as possible, hang out with optimistic people and fill your mind with uplifting thoughts. Make the choice to believe in half-full to overflowing at least a good part of the time.

* Finding Freedom in Forgiveness

If there are people whom you want to forgive, doing so will bring you immeasurable freedom. Forgiveness opens a gateway to your heart through which hope can enter. If the time is not yet ripe to forgive another, forgive yourself for that reality. It's okay. For you, forgiveness of self may be the first essential step toward eventual forgiveness of others.

* Treating Yourself & Others with Gentle Kindness

Giving and receiving gentle, loving kindness is a primary way to keep hope afloat.

May hope lift your spirit
May peace live in your heart
May kindness be your guiding light...

With Love,

Sue