



TESS Newsletter

Accordance to Article 7
Section 3 of its Constitution

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Episode 139

“ Turning Possibilities into Realities ”

Building a Global Movement for Change [UNSG]: The Promise (part 71)



"Working Hard at Working Smart" (part XCI)

2016: Understanding Reconciliation: The Value of Hope



'To plant a garden is to believe in tomorrow.'

(Audrey Hepburn)

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I love the man that can smile in trouble, that can gather strength from distress, and grow brave by reflection. 'Tis the business of little minds to shrink, but he whose heart is firm, and whose conscience approves his conduct, will pursue his principles unto death.

Thomas Paine - English-American Political Activist, Philosopher,
Political Theorist and Revolutionary - February 9, 1737 to June 8, 1809

The future we want: The Promise: The Force Beyond

The Importance of Purpose and How to Find It

By Joe Wilner

“Ever more people today have the means to live, but no meaning to live for.” – Viktor E. Frankl

It seems as if everyone is searching for their purpose in today’s world. Though, with so many conflicting messages being constantly presented to us, it can be confusing to know who we are, what to connect with, and what we’re meant to do.

When we are able to connect with a **sense of purpose** it adds significant value to life.

Research has revealed that a sense of purpose is actually related to increased psychological well-being and can help people recover from and cope with stressful life events.

If you are looking for more life-satisfaction and clearer direction for your future consider the ideas below.

How to find purpose

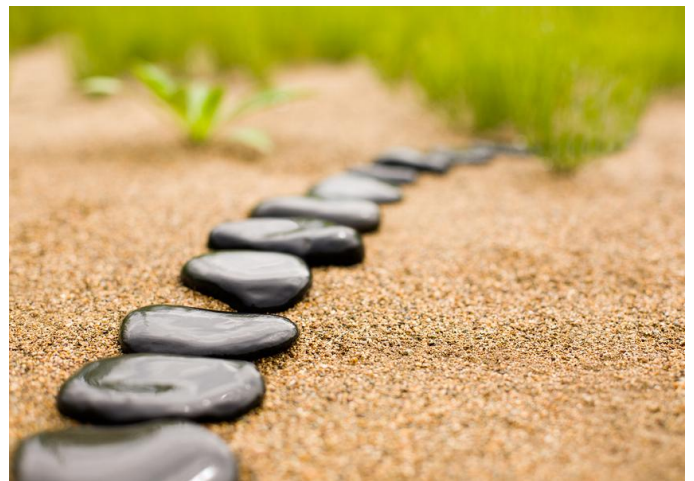
Developing and growing spiritually has been shown to relate to a sense of life-purpose. Research has shown that people who rated their level of spirituality higher tended to have a greater sense of purpose.

Spirituality gets us in touch with something greater than ourselves and opens our eyes to why we’re here and what we’re meant to do.

Engaging in passionate pursuits is another effective way to feel a sense of purpose. When we have something important and enlivening to work towards, we will be more engaged and fulfilled by life’s pursuits.

Consider what you love to do and what you feel good about. Begin developing goals you can work toward based on these pursuits.

Uncovering your values and what’s most important to you will help you find a sense of purpose. Uncovering our values gives us a sense of direction and helps us live more intentionally. It helps us have more integrity and aligns what we do with what we believe in.



Values can be based on different domains of your life, such as: relationships, career, spirituality, family, and finances, or on more personal characteristics, like trust, reliability, humor, or courage. What do you value?

Feeling a sense of purpose can ultimately increase our psychological well-being. If you’re struggling with a sense of life purpose, discover what you value and what you’re passionate about, and grow your spirituality and connection to something greater than yourself.

The Value of Hope

By Dee Bowman

The Scriptures have considerable to say on the subject of hope. And yet I am convinced that many of us are not enjoying and appreciating our hope as we should, simply out of a failure to really understand what it is and how it affects us.

Hope is that which reaches off into the future and attaches itself on to that which we both desire and expect to receive. It is not necessarily affected by externalities, but is a mental persuasion which, even in the face of extreme persecution or intense pain, remains strong and active. As such, it becomes at once a strong and vital force in fighting such things as discouragements, failures of various sorts, frustrations, even death itself. Is it any wonder that the Hebrew writer calls it "the anchor for the soul"?

Hope is composed of two ingredients -- desire and expectation. In the absence of either, there is no real hope. For instance, I may desire a thing which I cannot possibly expect to receive; such would not be hope. I may expect a thing which is not at all desirable; such, likewise, would not be hope. But when I greatly desire a thing and have a warm expectation of receiving that thing, that is hope. And what a blessing!

It is hope which keeps us on the right course. Just as an electronic homing signal keeps the pilot of the aircraft on course, our hope keeps us following the proper heading. It is our hope which gives us the point of fixation needed to "keep our bark aright." Without it we would not have the goal we need to look to.

Hope lightens our load. It is our hope which makes us unaware of even the hardest burden. The presence of hope makes it possible for us to overcome seemingly insuperable obstacles, It causes us to have a healthy disposition toward trials and hardships, too, giving us the fuel to overcome and the virtue to persevere. When a person can see



Christine Baer (Switzerland) and Marc Marengo

the journey's end, the path toward it somehow seems far less severe. And even though the path may be strewn with obstacles of various sorts, hope makes it possible for us to see far less of them than we do the light at the end of the way.

And hope intensifies our desires, too. When we conclude that a thing is possible, we suddenly realize the strength to carry on so as to achieve the goal. In fact, our conviction becomes a far more workable tool once we have realized the possibility of success. Hope is like a "second wind" to an athlete who needs it to finish a long and difficult run. Is it any wonder that hope and faith are connected together (Cf. Hebrews 11:1)?

Hope provides confidence. In II Peter 1:4 Peter says, "*Whereby are given to us exceeding great and precious promises, that by these ye might become partakers of the divine nature....*" Notice that it is the promises which provide us with the confidence we need. What a balm for the weary!

And hope is our connection to heaven. Without it we would not be able to visualize the joy that awaits the faithful. Truly, "hope springs eternal"!

Value, Virtue, Trust and Hope

By James Holly

Hope is the basis for all human effort. In the face of futility — the vacuum of hope — men and women become acquiescent. But what is hope? Obviously, there are elements of hope that are a matter of faith. Many of us have strong beliefs that undergird, inform and give substance to our sense of and definition of hope. Yet there are common elements of hope that are universal.

The ten elements of hope are:

1. The affirmation that the future is positive and good.
2. The confidence that if I make a change, it will make a difference.
3. That it is my actions that can make a difference, i.e., the result of hope is not an accident.
4. The confidence that I can personally make a change that will make a difference.
5. The determination that I am willing to persist in the change until it makes a difference. Relentlessness is a character trait birthed of hope.
6. The knowledge that while changing does not make me a better or more valuable person, it can make a difference in my personal health.
7. That our exercise of hope always impacts others whom we love and care about. Here is the ultimate payoff in community terms of hope and its result. We get to influence for good those we love because hope is contagious.
8. That we do not hope alone; people who have significant and efficacious hope do so as a part of a community, while despair is often experienced alone.
9. That it is personal.
10. That our future is not competitive, i.e., for me to win, you don't have to lose.

Value

The beginning of hope is the belief that I have personal worth; I have value. This is the foundation of hope. Where does hope come from? How is hope created? First, hope is founded upon the intrinsic value of the individual. “Intrinsic” means “belonging to the essential nature or constitution of a thing.” In other words, a person’s value is not a result of what they have, what they do, or who they are; **the value of a person is as a result of their being a “person.”**

This is a foundational principle of western civilization and particularly of the value system of the United States of America. It is not the state that is of ultimate value; it is the individual, and it is not the individual as a “concept” but as a person, as an individual. There is no doubt that some are honored more than others because of what they have and/or of what they have accomplished, but objectively in our culture, **we do not value the life of one above another.**

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