



www.hopefromthebottomup.com

Hope Newsletter February 2024

Story of Hope:

Continuing the story of Attitude of Gratitude which was in the January 2024 Hope Newsletter, below is a message I received from one of our subscribers to the Hope Newsletter. The writer of the message is, among many things, a spiritual guide who works with many individuals and groups of people. In this instance, the group he is talking with are men who are or have been engaged with the criminal justice system.



Hi Bob----

Thought you would appreciate this in light of the theme of this month's newsletter. 😊

At yesterday's session the five men and I read this together:

Lakota author and activist Doug Good Feather is committed to sharing Native American wisdom and practices with nonnative audiences as a way to help and heal humanity. He writes that no matter what our circumstances, gratitude is available to us:

Each and every morning offers us a chance to start anew, fresh, and to begin again. Each morning when we wake—if we choose to listen—is a message from the Creator to remember the privilege we were given of waking up. It's a reminder to get up and prepare us, to honor ourselves, to connect with Mother Earth and the hearts of other beings, to inspire and encourage those who cross our paths, and most importantly, to enjoy life.

Gratitude moves stagnant energy when we're feeling stuck in life. The simple act of practicing gratitude disrupts negative thoughts and changes our mindset to see the world in a positive way. Not only are we more attractive to others when we live in gratitude, but the most ordinary things can become extraordinary, creating a fuller, more beautiful expression of our life.

After reading this I asked the men if they knew what the word gratitude meant. All of them said "no." I said it's what you feel when you feel grateful about something. (My wife laughed at that part---she thought my explanation was pretty lame. 😊) One of the men asked, "Is it like appreciation?" I said, "Yes, gratitude is like feeling appreciation for something."

I was reminded how important words are. Without knowing the word "gratitude," one might be less able to experience it. I felt blessed to be able to share that with the men.

Story of Hope:



DailyGood was born in 1998, when a college student started sharing inspiration with a half a dozen of his friends by sending them an enriching quote every day.

Today, DailyGood leverages the internet to promote positive and uplifting news around the world to more than 100,000 subscribers through the daily and weekly newsletters. Readers receive a news story, an inspiring quote, and a suggested action that each person can take to make a difference in their own lives and the world around them.

Often times, watching the nightly news and reading mainstream newspapers it's hard to remember the presence of good in the world. And yet it is constantly around us. The world is full of everyday heroes and true stories of transformation. They have helped sustain life down the ages in a multitude of ways, small, simple and profound. DailyGood aims to shine a light on these stories and in doing so to change the nature of our conversations. If it can spread a few smiles along the way, its purpose is served.

Our philosophy is quite simple: "Be the change that you wish to see in the world." The entire project is fully run by dedicated volunteers who contribute hundreds of hours finding the right stories and quotes. All of our content is distributed and syndicated for free. We don't advertise or promote any products. We don't ask for anything with the trust that whatever is needed will come.

And in the end, we are thankful that so many benefit from DailyGood because it gives us a meaningful opportunity to serve.

Thank you for your partnership in spreading the good.

The DailyGood Team

To learn more about the DailyGood Team and their work, click on this link: [DailyGood: News That Inspires](#)

Hope-Filled Organization:



GivingTuesday is a Movement that Unleashes the Power of Radical Generosity Around the World.

Radical Generosity is defined as the concept that **the suffering of others should be as intolerable to us as our own suffering.**

GivingTuesday reimagines a world built upon shared humanity and generosity.

Our global network collaborates year-round to inspire generosity around the world, with a common mission to build a world where generosity is part of everyday life.

Whether it's making someone smile, helping a neighbor or stranger out, showing up for an issue or people we care about, or giving some of what we have to those who need our help, every act of generosity counts, and everyone has something to give.

History of GivingTuesday: GivingTuesday was created in 2012 as a simple idea: a day that encourages people to do good. GivingTuesday was born and incubated at the 92nd Street Y and its Belfer Center for Innovation & Social Impact in New York City. GivingTuesday is now an independent nonprofit and a global movement that inspires hundreds of millions of people to give, collaborate, and celebrate generosity.

Our Vision: We pursue radical generosity, defined by the transformational powers of empathy and solidarity, not a series of transactions or discrete interactions. Radical generosity creates a world in which the collective recognition of humanity fundamentally respects what each of us can give, receive, and learn from one another. If we were to arrive at any destination, having fulfilled our mission, that world would be built upon a foundation of shared humanity. To view a 1 minute, 23 second about Radical Generosity, click on this link: [The Power of Radical Generosity on Vimeo](#)

Generosity is uplifting, generative, equalizing, and connecting. We believe that each and every act of generosity is a worthy act in and of itself. In this work, generosity is the primary means and the primary end : GivingTuesday

unleashes generosity to drive generosity. Generosity is GivingTuesday's universal rallying cry and the foundation of our strategies.



One of over 300 Giving Tuesday groups around the world. There may be one near you. To learn more about Giving Tuesday and find a group near you, click on this link: [Home - GivingTuesday](#)

Story of Hope:

Over 550 RUSD middle school girls attend GEMS conference

Racine Journal Times, Article and photos by Ryan Patterson Jan 14, 2024



Temple Lester gives the keynote address during the Girls Empowered by Math and Science Conference at the University of Wisconsin-Parkside. Lester was occasionally made fun of for her interest in science, but she did not let that deter her.

SOMERS — As the only girl at a science camp in elementary school, Temple Lester was initially told she would be a princess.

After talking with her mother, Lester stood up for herself the next day.

“I don’t want to be a princess,” she told camp counselors. “I want to be a scientist just like all the boys.”

That is when Lester learned the importance of self-advocacy, a lesson she shared Thursday during the 11th annual Girls Empowered by Math and Science Conference at the University of Wisconsin-Parkside.

Lester, the GEMS conference keynote speaker, was occasionally made fun of for her interest in science, but she did not let that deter her.

“I used to not like telling people what I did in fear of their judgment, but I had to learn that it’s OK to be myself, and there’s people out there who will celebrate me no matter what,” Lester said.

That stood out for Jada Lue, an eighth grader at the R.E.A.L. School.

“Most people told (Lester) no; she still did what she believed she could do,” Lue said.

Lue was one of more than 550 Racine Unified middle school girls, nearly all of whom were eighth graders, who attended the GEMS conference.

Students were from all seven RUSD buildings with middle schoolers: Gifford, Gilmore Fine Arts, Jerstad-Agerholm, Mitchell, R.E.A.L, Starbuck and Walden.

The girls spent the day at UW-Parkside’s campus. After hearing from speakers in the morning, students participated in several workshops and listened to a panel discussion.

Workshops included students building Bluetooth speakers, making jewelry and learning about brains.



Having fun! Students laugh with one another during the Girls Empowered by Math and Science Conference at the University of Wisconsin-Parkside. (Photo, Ryan Patterson) To learn more, click on this link: [GEMS conference draws more than 550 RUSD middle school girls \(journaltimes.com\)](https://journaltimes.com)

Story of Hope:

‘I’m going to do everything I can to help them land on their feet.’ How one Chicagoan is helping a family navigate this sanctuary city

By Heidi Stevens and Tribune News Service. Published: Jan 05, 2024



*Brad Zibung and the Torres family outside of their new apartment, which he helped them secure.
(Courtesy of Brad Zibung)*

Brad Zibung, a Chicago real estate agent, was heading east on the North Avenue bus to see a play at the Steppenwolf Theatre. It was November. The play was “Sanctuary City,” Martyna Majok’s story about the uncertain future of two undocumented teenagers brought to the United States as children.

Zibung noticed a family — mom, dad and two young kids — carrying a lot of items and dressed in clothes that wouldn't stand up to Chicago's cold. They got off the bus at the same stop as Zibung and he watched them struggle to carry a large vinyl bag filled with, it turned out, canned goods. He offered to help. The family accepted.

They were headed to the Red Line station and Zibung walked with them. Together they carried the bag down a long flight of steps to the train. The family only spoke Spanish, so Zibung and the father made conversation by texting each other's phones and hitting Google translate while they waited for a train.

The family, named Torres, was from Venezuela, Zibung learned. They were heading south to 95th Street and then west to a shelter.

"Turns out it was the same day of the Northwestern-Iowa game at Wrigley," Zibung said, "so the train rolls up and it's packed with drunk fans."

A Red Line rite of passage.

The family of four squeezed in a train car. Zibung assured them the crowds would thin out after the downtown stops and asked them to text him when they arrived at the shelter. They obliged.

The texts continued through the holidays. The family was staying in Dolton where the parents were finding odd jobs.

Zibung visited with winter clothes that his sister picked out for them during her holiday shopping. Zibung took them grocery shopping and Target shopping.

What began as a bit of kismet — guy heading to a play called "Sanctuary City" gets off the bus with a family trying to navigate life in an actual sanctuary city — was budding into a friendship. They went to the Billy Goat. They swung by the Church's Chicken near the United Center one day and Zibung watched the dad give some of his cash to a woman standing outside asking for help. To read more, click on this link: [Heidi Stevens: One Chicagoan helps a family navigate our sanctuary city \(chicagotribune.com\)](http://chicagotribune.com)

Share this Newsletter!

If you find this Newsletter to be a positive contribution to promote Hope and positive changes for now and in the future, please forward this Newsletter to people you think would enjoy it and who may want to share their hopeful stories and programs for future Newsletters. They can sign up for the monthly Newsletters by doing the following:



Hope From the Bottom Up website link: <https://hopefromthebottomup.com/>
Or send me an email (robert@robertbeezat.com) with the name and email address of the person you think would be interested. I will then contact them.

Thank You