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### Newsletter #1, September 1, 2020

Since the website went on-line on August 6, 2020, a number of items have been added to the website.

You can read, see, and/or listen to them by going to the website listed above. Or you can click on the links below to connect to the new additions directly or by sections on the website.

**SHARING IDEAS: Second question in August: In the midst of the pandemic and racial issues/challenges in our country, what are you doing to bring hope and change from the bottom up? What do you think could or should be done?** Below are responses to that question:

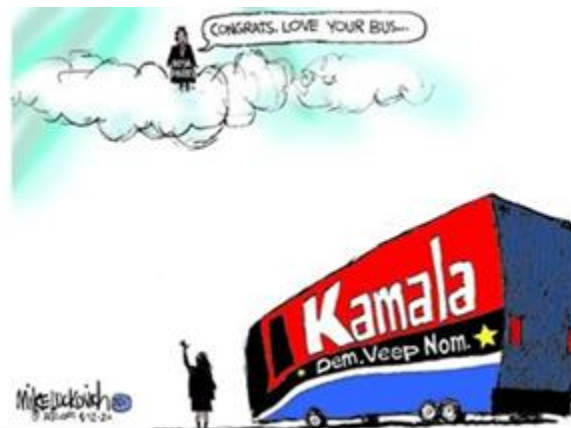
- Here is an article written by U.S. Representative John Lewis a few days before his death. Mr. Lewis was one of the original Freedom Riders in the early 1960's who helped bring about major changes to improve racial justice in our country. He offers positive ideas and encouragement on how to fight against racism. [Read More](#)
- "One Person Can Really Make a Difference. Camille Mays is an activist, mother, and fighter for justice." Of the many heroes in our city, Camille Mays stands out because of the tireless work she has committed to violence prevention and speaking out for our city's underrepresented neighborhoods. She is a hero because dedicates every free moment she has to helping others. Whether she is supporting families of victims of gun violence, organizing a protest or assisting people to register to vote, she puts her community first. [Read More](#)
- "On the site where a looted liquor store once stood, teens now run Austin Harvest, an open-air market stocked with produce, flowers, and hope." It started with healing circles. George Floyd had just been killed, and former Chicago Bears linebacker Sam Acho approached [By The Hand Club For Kids](#), an after school program in the Austin neighborhood, looking for ways to help push the growing fallout in a positive direction. Donnita Travis, By the Hand Club's executive director, suggested healing circles to get

young people talking — about what Floyd’s death meant in their lives, in their communities, in the way they move through the world. [Read More](#)

## STORIES OF HOPE

- Rosa Parks and Kamala Harris editorial cartoon by Mike Luckovich of the Atlanta Journal-Constitution newspaper which appeared on August 12, 2020 shortly after Democratic Presidential Joe Biden selected Senator Kamala Harris as his running mate as the Democratic Vice-Presidential candidate in the November 3, 2020 election. I particularly like the editorial cartoon because it reminded me that sometimes it takes a long time (in this case 65 years since Rosa Parks was arrested for refusing to give up her seat on the bus) for a positive change to happen in the future which you never thought would happen. Rosa Parks' efforts were very instrumental in spurring on many positive racial justice changes in the 1960's. But what she sparked then continues to help bring about change for many years to come.

Thank you, Rosa Parks.



- Rep. John Lewis was one of the original Freedom Riders who helped end segregated buses and bus facilities in the early 1960's. Mr. Lewis died on July 17, 2020. Here is link to President Barack Obama's eulogy of John Lewis <https://www.youtube.com/watch?v=nCU1SpKPPWE>
- A Mother's Hope For Her Son: "My son, Adam, was 23 when he and a few friends decided to commit a series of robberies in Philadelphia. They were caught and arrested. Due to circumstances, he was sentenced under Federal law, which used "mandatory minimum" criteria. He wound up with a sentence of 213 years to be served in a maximum secure facility. Read More as the last story in the Stories of Hope section of the website <https://hopefromthebottomup.com/node/31/layout>

## HOPE FILLED ORGANIZATIONS

- Paulette Flynn, is the former Executive Director of *Share* and is a member of the Milwaukee Food Council. She and her team are partnering with local ministers to make peanut butter and jelly sandwiches for the homeless in Milwaukee. So far, over 3,000

sandwiches and hundreds of dozens of cookies were distributed. Here is a link to an article and radio interview with Ms. Flynn and another volunteer, Max Ramsey. [Hear and read more!](#)

## THE FUTURE

- Commentary: "After George Floyd's death, remedy for apathy is equity in civics education" By Caleb Dunson, a recent high school graduate from Chicago. "Six years after I began to fear for my life, I now see equity in civics education as the path forward. It's time we build a future where students like me are not the exception, but the rule. [Read More](#)
- "The Danger of a Single Story." Here is a link to video which was sent to me by an activist woman in Wisconsin. She said that this is a great perspective that Americans need to hear. I put it on this website because it tells us how important it is to open our minds to the stories and ideas of other people. <https://youtu.be/D9Ihs241zeg>

## QUOTES

- *"Ask not what your country can do for you. Ask what you can do for your country."* **John F. Kennedy**
- *"While the world is filled with suffering, it is filled also with the overcoming of it."* **Helen Keller**
- *"I charge you all that each one of you concentrate all the thoughts of your heart on love and unity.  
When a thought of war comes, oppose it by a stronger thought of peace.  
A thought of hatred must be destroyed by a more powerful thought of love."* **Baha'u'llah**
- *"Somewhere, something incredible is waiting to be known."* **Carl Sagan**

## THE ARTS

- This poem was submitted by one of the websites readers. Here is the beginning. You can read the entire poem on the Hope website in the Poetry section of The Arts section: <https://hopefromthebottomup.com/arts>

### Scavenger of Delight

Miriam Brown, OP  
I am a scavenger.  
I have been one  
Ever since  
As a child of eight  
I found one day a  
Bright shiny  
Something—  
Like a rock  
But  
That got all rainbow-y  
When I tilted it  
In the Sun.  
I kept it in a small matchbox  
And flashed it

Before my friends David and Freddy  
Till the day it was  
Swept away in a storm  
And lost forever—  
Except,  
I still remember...

- A woman from Wisconsin said the ceiling of the Sistine Chapel in Rome as painted by Michelangelo in the early 1500's has always been for her a work of art which inspires hope.



Here is a 2.5 minute video about the painting of the ceiling of the Sistine Chapel

<https://www.bing.com/videos/search?q=sistine+chapel+ceiling&docid=608043949026115723&mid=7C8BE3E5B84B36FFF7987C8BE3E5B84B36FFF798&view=detail&FORM=VIRE>

## **PRAYERS & SPIRITUALITY**

Some thoughts and a picture from a thoughtful woman in Wisconsin:

I am familiar with a hymn since Elementary school. In the past 10 years or so, I was pleasantly surprised that it would come to mind, seemingly without provocation. I'd "hear" the words when it came to my mind, and I'd sing, "Praise God from Whom All Blessings Flow," and usually just stop after that, even though there are a few more lines of lyrics. It seems to have become more like a mantra for me, often coming to mind while I was driving or walking in the morning. It continues to surface as a surprise to me. No formal Meditation time set aside to focus on it. It's just a simple, yet powerful string of words; the first sentence of a hymn, which reminds me of the Spiritual basis of life and centers me. "Praise God from Whom All Blessings Flow." I only need

the first sentence, sung soulfully, aloud, or silently, if others are around. It comes naturally, raising my consciousness of the blessings and goodness surrounding me in my life. My HOPE is that everyone will be able to see the beauty and blessings in their lives and have HOPE that the goodness WILL prevail. Peace ☮



**SHARING IDEAS** New Question for September: Who do you know and what do they do for and with others to make this a more hopeful and better world? Please submit your response through the Sharing Ideas section of the website. <https://hopefromthebottomup.com/news>

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