

The Advent of Hope

By Bob Auger, p. 40

Reopening positive pathways in a quarantine that feels endless

1. What traditions and celebrations have you had to cancel or adapt in 2020?
2. How is hope connected to your own attitudes and mental health?
3. Which of the five pathways to hope described in the article resonates most with you?
4. What is communal hope and how might it redeem some of the loss and anxiety of the past year?
5. How might the imagery of Advent candles bring hope to those struggling with grief and uncertainty?