

Hope and Zest

If Zest and Hope is in the air,
Smiling faces will surely be there.
For Hope is always better than Hate and
so many of us can surely relate
from prison yards in every state,
add some zest and what else will we need,
The Loop to read will be fine indeed.
Through all our trails and every test.
Our lives are so much better
when they're filled with Hope and Zest.

Jackson W.
North Carolina

Thank You FOR READING!

Below are some questions to reflect on from this piece. Feel free to also use one as a conversation starter with a fellow reader, or even a loved one on the outside!

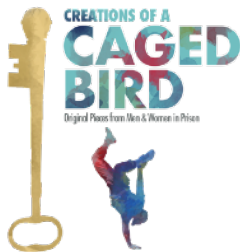
"Hope is always better than hate," Jackson writes – a fundamental truth shared "from prison yards in every state." Have you noticed that you are more hopeful when something, or someone, has restored your zest for living?

Think about a time when a happy moment or experience also helped you feel hopeful.

We'd love to hear what you thought of the piece, or if you've had any meaningful conversations as a result. Or perhaps you'd like to share an expression of your own (visual art or creative writing). You are always welcome to write to us at Shining Light at P.O. Box 267, Annville, PA 17003.

**Note: We will not be able to provide a response to your letter or receipt of your submission, but know that we value your feedback and contributions and will take them seriously.*

OTHER SHINING LIGHT COURSES ON EDOVO YOU MAY WANT TO CHECK OUT:



(Volume 1 & 2)



(Issues as far back as Sept '21!)



For these courses, you have the opportunity to receive a certificate directly from Shining Light if you send in a written copy of your work to the address above.