

in this issue >>>

- From the Founders*
- Story of the Month*
- Supporting Small Business*
- Tips for February*
- Ask the Experts*
- Building Together*



Issue
ONE

The Hope Dealer Network



current topics >>>

How to Stay Hopeful When it Feels Like Everything is on Fire.

I spent most of the 80s thinking I was going to be set on fire at any moment. I didn't know how it would happen, but they prepared us daily to STOP, DROP, and ROLL.

I've yet to need this skill in my life. At no point have I spontaneously caught fire, been lit on fire, or even near a fire that prompted the Stop, Drop, and Roll. As an educator it seems a shame to let such good training go to waste. Let's think of the Stop, Drop, and Roll in a new way. Our thoughts and feelings dominate our lives, determine our level of Hope. When negative thoughts or feelings show up, just STOP, DROP them, and ROLL on over to a new, positive thought.

You've been training your whole life for this. **STOP, DROP, and ROLL!!**

From the Founders What the World Needs NOW is Hope.

Everything that is done in this world is done by hope. Hope is the companion of power, and mother of success; for who so hopes strongly has within him the gift of miracles.

Once you choose hope, anything's possible...

Being in the business of hope draws more awareness to the topic in my daily life. Whether sitting at a Starbucks, at dinner with family, at work, church, or on the bleachers during a sporting event, I'm looking and listening for hope. The more I can find the better I can help others to find it. When I see it, I acknowledge it, study it, and try to absorb its lesson.

In the reverse, the hopelessness out there also serves its lesson and reflection time. It appears in many ways hope has been traded for fear and anxiety. It's harder to get people to smile and engage. The joy in the world doesn't show up every few feet as you walk through a mall. You have to actively search it out. When you can't find it, you have to be it, and that too is riddled with challenge. There are days we don't want to get out of bed much less hold a hopeful attitude. What's left

to be hopeful for? A question I've heard from many clients and young adults.

What the world needs now is Hope. We need

*Thank you for
believing in hope,
seeking more, and
giving it away.*

resources and communities we can turn to for support. We need things to look forward to and build toward. We need the Hope that the world will not crumble, that light will outshine darkness, that there will be something great to leave our children. We need hope that neighbors will

turn toward each other in love, rather than away in anger. See commonalities, not just differences. We must hope for a day that hate will not be the leading human emotion. WE MUST HOPE. Everything happens through hope. It has power and leads to success. The miracle we need is possible. Thank you for believing in hope, seeking more, and giving it away. May the Hope Dealer Network be a safe haven of hope for you.



Story of the month >>>

Meet Megan Welsh Certified Hope Dealer

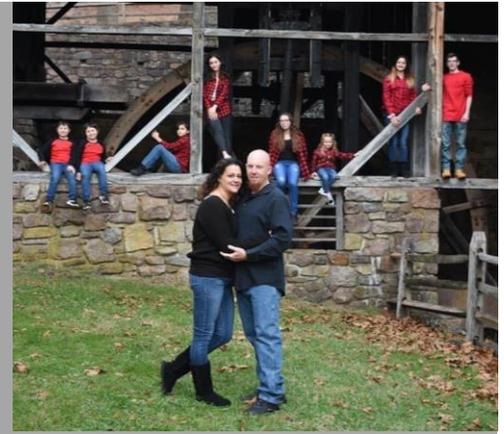
“We all have a victory waiting inside us, we just need the tools and support to bring it to life.”



of God, and the grace of others, that she found her way out of dark and destructive patterns. With the help of her support system and in using the tools available to her, she climbed from the depths of hell to the ladder of success. Not an easy or speedy road; Megan did the work and saw the rewards.

Mental illness and drug addiction plagued Megan’s life for many years. Consequently, many people she loved were hurt along the way; even losing her children. When she had lost it all and there was almost no hope, she found Recovery in Berks County. Megan will tell you it was only by the grace

After treatment, and walking the long road to sober life, Megan’s children now live safely and happily under her roof; all out of the foster care system. It’s been six years and Megan is living the life she



used to dream about from rehabilitation. She had to learn to be an advocate for herself, her mental well-being, treatment, and medication. She became a warrior as she used her own therapy tools to create a brand and message to touch others. The battle for mental health and addiction is not actually a battle. It’s a war. And Meg intends to continue shaping soldiers to not just fight, but to win.



Shop small business >>>

Support Meg. Wear the Brand.

Megan is the owner and creator of Hope Dealer Designs. Megan has combined her love of homemade custom creation with her passion for advocacy in the war on negative stigmas toward mental illness and addiction.

Hope Dealer Designs is where hope meets passion. A company founded on the idea that people are stronger than they think, able to do far more than they dream, and capable of beating addiction and mental illness. This company is about raising awareness that hurtful stigmas are just that, hurtful stigmas.

Hope Dealer Designs is the official apparel company of The Hope Dealer Network. Visit our website and click APPAREL from our drop-down menu to see all the uniquely inspired designs. Megan is happy to work out a custom order for you!

GET YOUR HOPE DEALER SHIRT!



Dozens of designs. ALL AVAILABLE FOR YOU!

Giving back.

A portion of all sales from the “STAY Tomorrow Needs You Shirts” go directly in the hands of those in need. Your purchase means someone battling addiction may get a small step closer to recovery.

CONTACT MEG:
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www.hopedealernet.com
Click on Apparel

Essential Tips for Staying Hopeful

February is about creating a clean slate. Many people attempt this at the start of the year only to find themselves more hopeless as resolutions fail within days. This approach ensures a more long-term success.



Each week of February we have an opportunity to start again on an area of life by creating a clean slate. An empty, blank, fresh, clean slate. As we focus in on one hopeful step at a time, we create a path and begin a journey that will lead to our greatest desires. By enjoying the scenery and appreciating the necessary navigation as we go, the trip will be more hopeful and uplifting.

Our inspirational workshops will focus on creating a clean slate in four main areas: physical, mental, emotional, and spiritual. Each week you can explore the area that speaks to you. There will be techniques to help you clean the slate and take action in your life to generate more hope and less chaos. Take away from it what resonates with you and use it to help yourself.

As Certified Hope Dealers we are not just focused on ourselves but others. It is our goal to find more hope and spread more around. Each topic area will also have helpful information on how to encourage others to put on their best sneakers and join the journey.

Workshop Videos are sent out via YouTube private link on a monthly basis. If you have not received yours, please check your spam folder or contact us to have it sent again.

The True Cost of Hopelessness

During February 21–March 20, 2021, suspected suicide attempt ED visits were 50.6% higher among girls aged 12–17 years than during the same period in 2019; among boys aged 12–17 years, suspected suicide attempt ED visits increased 3.7%.

The power in foot washing...

Foot washing isn't just about the teachings we find in organized religion. It is an ancient practice that can provide dignity and even healing. The foot washing of another can be a sign of hospitality, considered an act and symbol of humility and service, or an act of ritual purification. When washing another person's feet, we are engaging in an act of selfless love which resonates hope to others.

Expenses to expect when increasing hope

Hope is not generally expensive but there are a few things it will cost you if you embrace it completely. You'll find some areas are firm and others there is room to negotiate. The price for Hope often comes in giving up our bad attitude, learning to control our emotions, modifying our reaction to others, distancing ourselves from negative influences, seeking hopeful resources, making new friends, changing. Pay as you go, invest wisely.

ask the experts >>>

Q: *How can I be more hopeful in the morning?*

A: *When you open your eyes*

You set the tone for the entire day. It all begins in those first few seconds. Here are some quick tips to make that experience better. Set an alarm sound you like or laugh at. No one wants to wake to an annoying sound. Begin reciting what you are thankful for the minute your eyes open. See the day as an opportunity, not a burden of tasks. Pray, meditate, or journal first thing to set the tone of intention for your day. Hope is sometimes a choice.



finalthoughts...

Everyday we wake up to a new world. Things are moving exponentially in many areas of life. This can feel overwhelming and chaotic; fear is contagious and rampant. It is important to remember what we can control, ourselves. All we have is this moment. Use thankfulness to find joy one moment at a time.

All we have is now. This day, this moment. Yesterday is gone and tomorrow is never promised. Yet living for the day, living for the moment, can be hard when we look at the world around us.

The Hope Dealer Network was created for that very reason. To bring hopeful people together with the goal of filling them up to go into the world and give it away.

One thing we'll try to do this year, is be here to fill your tank. Every penny we make right now, goes directly into doing that. Each Certified Hope Dealer that joins the network ensures our mission can be met as we use

those funds to provide resources to those in need of hope.

We need more Certified Hope Dealers, and you can help. Who do you know that would like more hope? Who wants to feel better, happier, more inspired? Who wants to be part of something bigger than themselves? Make a list and send them our way!!

There are numerous benefits of being a CHD as we've outlined on this page. Tell your friends. Encourage others to join you in our activities and promotions. Use our resources to feel more hopeful in your life and motivated to help others feel that way too.



coming soon >>>

In The Next Issue

Tips for March

Focus Groups

Send your "Ask the Expert" questions

New Partnerships/Collaborations

Increasing Prosperity

Building Together >>>

Certified Hope Dealers

We need warriors willing to fight to keep the light on in the darkness or the darkness wins. As Certified Hope Dealers we choose to work together to accomplish good in the world in whatever avenues touch our hearts. We want to have more hope and do more with it. We want to feel inspired and have the right resources to keep us uplifted. We want to be part of a community of likeminded people and businesses who find the brightside and strive to create more ways to shine. You know people like this and people who need this. Businesses, too. For the cost of ONE fast food meal a month, they can JOIN OUR MISSION TODAY.

MEMBERSHIP BASICS:

- ✓ *Featured on the Network Including Photo*
- ✓ *Monthly Inspirational Workshop/Training*
- ✓ *Monthly Hope Deal Activities Calendar*
- ✓ *Monthly Network News*
- ✓ *Network Business Discounts*
- ✓ *Weekly Surprises*
- ✓ *Prayer Warrior Team Available 24/7*
- ✓ *Opportunities:*

Servant Leadership, Focus Groups, Content Contribution, Fundraising, Committees, Gift Sharing, Business Promotion, Partnerships/Collaborations, Donation Allocations

Only
7.99*



Contact us at
hopedalerteam@gmail.com
www.hopedalernet.com

2896 Constellation Drive
Chambersburg, PA 17202

*Offer based on new CHD only, 7.99 based on monthly digital membership, offer expires 2/28/22