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Issue
TWO

networknews

current topics >>>

Remember this?

*We're goin' on a bear hunt,
We're going to catch a big one,
I'm not scared
What a beautiful day!
Oh look! It's some long, wavy grass!
Can't go over it, Can't go under it,
Can't go around it, **Got to go through it!***

I still remember clapping my hands in rhythm on my lap when we got in a circle for this song as a child. I loved this song. As an adult, I have equal love not just in memory, but in its message. It's become a tool for helping others find their way out of the darkness. Sometimes when we face hard times, grief, broken hearts, conflict, so many things...we will do anything and everything to avoid going **through** it. All that dodging takes lots of energy and only intensifies the negative emotions and toxicity surrounding it. Yet we avoid the straight path out. We all do it. Be reminded today that you can't go over, under, or around. Choose to go through. Each step will get you closer to the healing you desire.

From the Founders Mother Nature Offers her Wisdom

Nature is man's teacher. She unfolds her treasures to his search, unseals his eye, illumines his mind, and purifies his heart; an influence breathes from all the sights and sounds of her existence. Nature does not hurry, yet everything is accomplished. Take a quiet walk with Mother Nature. It will nurture your mind, body, and soul.

The Network had an amazing February as we added both Hope Dealers and Certified Hope Dealers to the team. February Hope Boxes were also a huge hit and we loved hearing the stories about how you gave your goodies away. The March box will be on its way this week.

Also coming this week and in the next month, is better weather, more sunshine, and longer days. We implore you to take advantage of all the beauty Mother Nature will be sharing with you over the next few weeks. This includes those occasional snow days and ice storms that could still find their way to us. We all know that feeling of a week in the 60s followed by a weekend of snowplowing. The change of seasons is a great reminder to us all. Change isn't always easy, immediate, or even permanent. Even Mother Nature, one of the greatest forces we

know, can't shift overnight or flawlessly. It's a process, a necessary process of change. Yet, it never fails. The shift always completes.

When we are shifting to new jobs, new relationships, new goals, new mindsets, and attitudes, new ANYTHING, stay aware it's a process. All of us will have great weeks where our sunshine and warmth are fully in control, only to fall to an ice storm or snow squall on the weekend. Change, growth, movement in our lives is an ebb and flow, a give and take, three steps forward, one step back reality. When you can maintain your awareness of this process, you can focus on getting yourself through the process. You can plan for these moments, be kinder to yourself, and back in the game faster, wiser, and more determined. New seasons bring varied weather. Trust, be steadfast, and know, Spring always comes.

*Trust, be steadfast
and know, Spring
always comes.*



Story of the month >>>

Meet Lindsay Roberts Certified Hope Dealer

On August 28, 2015, after 13 years of drug addiction and insanity, I checked myself into a psychiatric ward. I had just come off a dangerous 2-month binge. In that time, I was drugged repeatedly, pipped out while incoherent, my car & phone were stolen multiple times. I went missing for 52 excruciating hours. When I arrived at the ward completely broken, I met with a counselor and was taken to my living quarters. When I got inside my room and the door closed behind me, I fell on my knees, tears streaming from my face, and prayed to God.



I cried out for healing. I begged for my demons and addictions to be cast away. I didn't have one high left in me. I knew this was it, I was going to die.

Born and raised a Christian, I got up and turned to the bible in the room. My life changed that day by the verse Genesis 2:7. In that passage, God gave me life. I realized then and there, I had been gravely abusing it and not as it was intended. That moment was like the restoration I had prayed for only moments before. I walked out of that place 5 days later,



with no withdrawals or cravings. I have been completely sober for six and a half years now, and I have served God every day since. I use my testimony to help others, in hopes it will save another. I am currently a Substance Abuse Therapist for the State of West Virginia in a local regional jail facility. I also have a street outreach ministry, Hope Dealers, in Montgomery West Virginia. Every day is a gift, and everyone can have it! Thank you, God!



Shop small business >>>

Support Lindsay. Read her Story.

Lindsay has shared her story in the anthology, *Beneath the Surface, Life Under the Mask*. Your support can help Lindsay, her ministry, and may even bring healing to you.

Beneath the surface is a deep dark place where one cannot see. Your emotions are there, but they are hidden so well it often feels like you are residing in the very pit of hell. You are broken, you are wounded, and as you hide behind that mask, you are fighting for your soul. Who are the distressed souls? They are doctors, teachers, nurses, and preachers, they are your next-door neighbor who are willing to be set free. They consist of every ethnicity, and they look like you and me. *Beneath the Surface: Life Under the Mask* consists of 15 authors who lived beneath the surface and found victory.

GET A COPY TODAY!!!

Giving back.

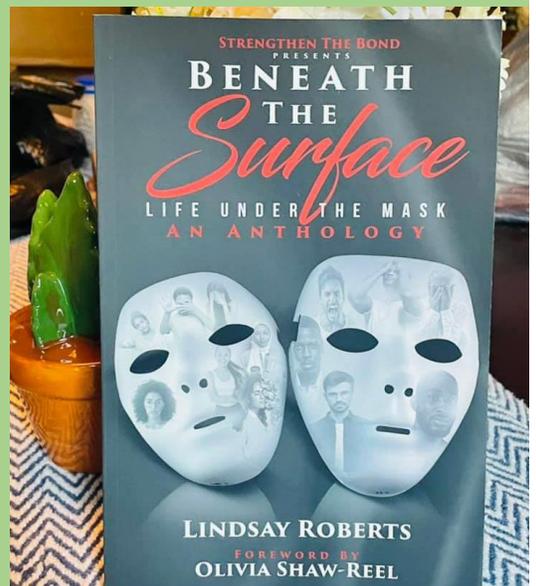
Lindsay's street ministry, *Hope Dealers*, in Montgomery West Virginia, operates solely on donations. All financial blessings are used to make kits, purchase hygiene products, groceries, and meet immediate needs of the community. Lindsay serves souls right where they are, and you can help.

Please contact Lindsay to buy a book, donate, or support her anyway you can.

CONTACT LINDSAY:

HopeDealer0815@gmail.com

On Facebook: Lindsay Roberts



Essential Tips for Staying Hopeful

Changing our mindset and harnessing our emotions is a tough job. Add in the chaos of the world around us and it feels hopeless. March is about learning to pivot. It's about taking control of the small moments we can control. 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.



Our inspirational workshop will continue to address all four areas: physical, mental, emotional, and spiritual. Each technique is easy to do with effective and impactful results. Don't miss this month's dose of all things Hope. You have the power to change your reality!

There is Power in Prayer and Positive Intention

Another of the many benefits of the Hope Dealer Network is our prayer program, centered around sending positive thoughts of healing, support, and inspiration to those in need. Prayer warriors are committed to keeping this list in their intention no less than twice a day. If you have someone who needs prayer, healing, a good thought, or intention sent their way, please email us and we'll see the need is added to our list. Anonymous requests are welcome. Prayer warriors are always welcome, please reach out!

A few from our list to add to yours:

- Ukraine and All World Leaders
- Innumerable Unspoken Requests
- All Members and Network associates, families, and friends
- HopeDealer Designs
- Families dealing with loss & grief
- Medard's House
- ONE80 Ministries
- Grandparents for Parents (GAP)
- Those battling addiction, depression, and trauma

ask the experts >>>

Q: How do I stop the fear I feel about the world?

A: First, you need to realize fear

is just a feeling in response to a set of thoughts about an issue. We think about it and our thoughts gather into an attitude about it. That attitude is displayed in our emotions. It's really that simple. This means we need to focus on what we CAN control. Our thoughts and what we let impact them. For instance, avoid the news, set limits on your intake. Leave conversations about subjects that encourage fear and create boundaries for what you allow yourself to think. Remember, happiness is conditional. Joy is always available, and gratitude will get you there.



The Hope Hour

March 13th brings daylight savings time, more sun, and the promise of Spring. USE THIS TIME! Intentionally shake off the winter blues. Ride with your windows down, eat on the deck, dance to your favorite song, and smile in the joy it brings. This ONE hour is a game changer if you choose it.

Take a dip...

Different cultures and religions from all over the world use water in ritual and ceremony. Water can be used as a symbol or metaphor and has countless healing and philosophical properties. We can take advantage of the power of water in our own lives and not just by drinking it. Our brain and nervous system benefit from submerging in a bath or pool. Water also reduces pain and inflammation, decreases stress and anxiety, while lifting our mood.

Prayer changes things.

Building Together >>>

Certified Hope Dealers

Some days when I wake up, I just don't want to get out of bed. If by chance I catch a glimpse of the news, my spirit dips even further. As I talk to clients, co-workers, and friends, the feeling of hopelessness and despair I woke with, only intensifies. I feel like I move through the day on autopilot, numbed out, going through the motions. Routine bleeds into emptiness and fills days, then weeks. Before long that pit of negative energy is all consuming. The ability to see the light becomes so foreign we stop looking for it. Then we take a few more steps and we've stopped shining it, too. That's a big deal because darkness is all that remains.

I have felt this way more times than I care to admit. I understand the weight and the volume of the burdens we carry, the fears we try to escape and overcome. That rat race for some consistent peace,

It's a huge part of the reason I created this Network. To give others a way to choose HOPE that does some of the work for them. A way to GIVE HOPE that does the work for them, too. A network of hopeful people, businesses, organizations, and resources. What are you waiting for? Join today!

You're always
one decision
away from
a totally
different life.

MEMBERSHIP BASICS:

- ✓ *Featured on the Network Including Photo*
- ✓ *Monthly:*

Personal Hope Box

Inspirational Workshop/Training

Hope Deal Activities Calendar

Network News Newsletter

Personal Hope Box

- ✓ *Network Business Discounts*
- ✓ *Weekly Surprises*
- ✓ *Prayer Warrior Team*
- ✓ *Opportunities in Servant Leadership:*

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

**GIVE THE GIFT OF HOPE! ENCOURAGE OTHERS
TO SIGN UP AND JOIN THE TEAM!**

WWW.HOPEDEALERNETWORK.COM

Only
7.99*

What is a Hope Box?

Our goal for Certified Hope Dealers is to keep you feeling hopeful, to provide resources to do so, and the tools to spread it around. This is a piece in the fulfillment of those promises. Certified Hope Dealers receive a Hope Box every month.

Inside our Hope Boxes you will find special gifts of hope for you to enjoy and give away to people who you think need a little hope. Use it to brighten the day of your favorite Starbuck's barista, or for Service man that goes the extra mile to fix your tire. Whatever inspires you.

As we work on Pivot Power this month, we are working on setting our thoughts toward success. Pivoting our mind to serve US and not the other way around. One of the greatest tools we have to help us is the power of gratitude and generosity. The ability to make someone feel noticed, hopeful, acknowledged, and important is like a superpower and people have forgotten to use it.

Some days it feels hard to make it to the store or to find time for our family; much less time to feel hopeful and be generous. Our Hope Box ensures you have the tools to actively promote more hope in your life and others. Let us be a resource you can count on.

March's box is AMAZING and it's on the way! Get yours TODAY on the network!!

March Hope Box Sponsored by CHD Brenda Helsley Bladen!



You Have Two Hands. One to help yourself, the second to help others.

Building Together >>>

40-Day Challenge

A great way to embrace change is to make room for it. This can be in our minds, our hearts, our car, our bank account, or our closet, and home. Think of all the places in your life you are holding onto things that no longer serve you.

For the next 40 days, challenge yourself to let go of one item a day you don't need or use anymore. In getting rid of it, you open new space for new things. As you add to your bag be sure to give each item thanks for its time with you. A Gratitude Attitude leads to more things to be grateful for. After 40 days, donate your items to an organization that can use it! Make two bags and bless two places!

Let Go and Donate:

Foods in the home you aren't going to eat.

Something you've saved in the garage.

An old item from the basement/attic.

Things sent to be forgotten in the shed.

Toiletries/Towels/Sheet Sets

Kitchenware/Small appliances/Gadgets

Jewelry/Clothing

FOR EXTRA ZEST, LET GO OF:

Resentment, Suffering, Sadness, Anger, Forgiveness, Grudges,

Judgments, Fear, Shame, Guilt, Disappointment, Frustration



final thoughts...

The word inflation is smeared all over mainstream media.

Filling up the gas tank leaves us feeling hopeless as the amount rises almost daily.

The empty shelves drive consumers to new levels of fear.

And the price of simple things like eggs and hamburger are skyrocketing.

In The Next Issue

Tips for April

Focus Groups

Send your "Ask the Expert" questions

New Partnerships/Collaborations

The Boomerang Effect



Some would tell you that money is the root of all evil, yet it's a necessary evil. We can't find shelter, food, clothing, or any of the things we need to survive without it. Unless you live self-efficient, isolated somewhere from the world, you need money.

Money makes the world go round. It can also bring a world crashing down. It has tremendous power in our lives. We find its impacts in our mindset and emotional wellness. The stress of not having enough can promote physical stress and disease. Money matters. It drives politics and ideologies. It can fund things that save lives and things that obliterate them. It comes down to whose hand

the money is in and how they use it.

Our opinion about money and our thoughts about its value in our lives is very important to how it flows to us or away from us.

Be sure to open your awareness to a positive relationship with money. Always focus on the funds you do have and the promise of more to come. Keep your money neat and organized showing it respect. Practice writing checks for things you want and imagine the feel of a stack of hundred-dollar bills in your hand. Count the money. See it, smell it, hear it. Take pride in paying your bills, getting gas, buying from a store. You are helping their staff earn and income and your helping money circulate

through the world. What circulates out will circulate back.

When our mind is focused on lack, lack is what we attract. When we set our mind on ideas of abundance and prosperity, we change the money game in our lives. Practice gratitude for every penny you spend and create a positive relationship with money.

As you do this, your energy relationship with money will change and the benefits are priceless.

Until Next Time,
Gretchen Sortzi
Master Hope Dealer
The Hope Dealer Network



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