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WELCOME TO OUR HOPE PROJECT'S

# Newsletter

We're so glad you're here!

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What we are about.....

## HOPE!

This newsletter aims to bring hope and joy to your daily life by sharing my family's journey through unexpected challenges. We firmly believe that a positive outlook, faith, and the right circle of friends will help you tackle any obstacle with resilience and a smile. In the upcoming editions, we will candidly share our recent experiences dealing with Parkinson's Disease and Esophageal Cancer.

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### Meet the Parker Family

From right to left: my wife, hero, and best friend, Trina; our youngest, Anna; and oldest daughter, Grace; and me (Nick)..

Photo from Luke & GiGi F.'s wedding

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*(Lessons learned continued...)*

## "Look and you'll find...."



### Election Day 2024!

A great day to be alive. Election Day 2024! I know I'll get some flack about this, but I still unapologetically believe in this country. If memory serves me correctly, The U.S. Constitution, in its current form, has existed since June 21, 1788, making the United States of America the longest-standing democracy (technically a Presidential Constitutional Republic).

Choosing to leave politics aside for a moment, I thought I'd share some photos that accurately depict the endearing qualities of human civility, and some photo's of the E. TN Veterans Memorial of the few to pay the ultimate price for our privilege to have a political, religious and civil opinion.

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## Thompson Cancer Survival Center, Race Against Cancer

Because I didn't have permission to use this picture, I have masked the faces. The photo is of an older gentleman, (I'll call "Mack") and a younger lady crossing the finish line of the Thompson Cancer Survival Center, Race Against Cancer, 5k walk/run. Great photo, right? Wait until you hear the context. About .25 miles into my run, I passed the gentlemen as he shuffled along, by himself. At the 2.5-mile mark I, again, caught him. (Not sure how that happened). The route was compressed at this point so without much room to pass, I jogged behind him for a while. Now running with the younger woman in the photo I listened to their conversation. The young lady, judging by the color of her "race bib" was a cancer survivor and had come back to help Mack. The greenway had several benches and she was saying, Mack, I came back because I didn't want you to fall and get hurt. She kept urging him to sit and rest. Mack, refused to quit, and kept shuffling toward the finish line. As the path widened, enabling me to pass, I mustered a "great job, sir" as I proceeded to the line. After waiting some time in the finish area without seeing them, I began to walk back down the course, hoping Mack didn't fall. Then, in the distance, I saw Mack still shuffling with the lady clutching his arm, supporting him for the last half mile. As they crossed the finish line and I snapped the photo, I heard them announce Mack's real name and at age eighty-two the oldest participant in the Race Against Cancer. Wow!



What a picture of all that is good. Endurance-Mack crossed the line. Not only as a participant in a 5k, but he is still participating in life. He chose, in spite of his diminished stride to participate in something that benefited others. The young lady crossed the line too, as a cancer survivor, as an encourager, and as an inspiration to me and Mack. Despite their circumstances and differences each had to sacrifice something individually for a cause they are passionate about (Race Against Cancer). This is the embodiment of the America I believe in. Thanks Mack and young lady, for your example! Despite your differences, in age, gender, ability... you chose to participate and also sacrifice for the betterment of another.

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## East Tennessee Veterans Memorial

A sobering reminder to us all. Election days come at a cost. That cost was the blood of Democrats, Republicans and Independents. Every Race, Religion paid with their blood. So to Mr. or Madam President, Senator, Congressman or Congresswoman, and the rest of us: please revere the blood tomorrow.



I'd say there is a lesson to be learned here on this election day. So get out and vote your heart. I did. Tomorrow morning, don't talk about them, commit to pray for them, by name. Don't get bitter, get better! Look for the good. You can find it here.

## Thought of the day

The first thing I want you to do is pray. Pray every way you know how, for everyone you know. Pray especially for rulers and their governments to rule well so we can be quietly about our business of living simply, in humble contemplation. This is the way our Savior God wants us to live. 1 Timothy 2:1-4 (MSG)

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## Coming Next Week

*lessons learned continued...*

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Huge thanks to all those who donated to "TEAM HOPE" and to those who participated in the Race Against Cancer. I Can't wait to do it again next year.

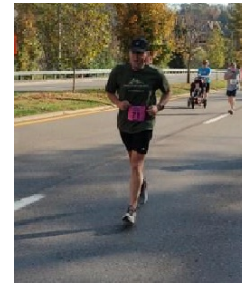




CROSSING THE FINISH LINE



Team Hope participants:  
L-R. L. IVY, T. PARKER, ME, E.  
FREESLAND, L. PARKER, K. "Greased  
Lightning" PARKER, B. PARKER



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