
WELCOME TO OUR HOPE PROJECT'S

Newsletter

We're so glad you're here!

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.



Nick, Eddie, Daniel

Meet the Parker Family

From left to right- my wife, hero, and best friend, Trina. My oldest daughter, Grace. My youngest daughter, Anna. I



Trusting His Plan (continued...)

Lessons of Trust & Dependency

During this season of my life, I've often found that if I look hard enough, even squinting and straining at times, I can see the fingerprints of a loving God amidst terrible circumstances. Because I believe nothing catches God off guard and He loves me, then it is easier to mine the good from any of life's circumstances. At some point, this belief must leave theory in our minds, and become practical, if we are ever to achieve peace and joy in the years we have on this planet. My experience in Parkinson's diagnosis and defeating cancer, have led me to the conclusion that we can choose, to a large extent, our emotional response to our situation, and our choice influences our environment for better or worse.



Surround yourself with HOPE FILLED people. Trina (my wife) full of hope.

Through some basic studies, I have learned the following: The body responds the same way, biologically, to fear, as it does to excitement. The difference is how the mind interprets these triggering events.

Practically, emotionally, relationally, and as both faith and science agree, we can retrain our mind's perspective to positively affect our surroundings by choosing HOPE,



which is the joyful anticipation of a good outcome. ***Mother Teresa said, “Be happy in the moment, that’s enough. The moment is all we need, not more.”***

Yes, as crazy as that sounds, we get to choose our response, and that choice has a profound consequence on our future and the future of those we influence. I could go down the dark hole that is the dread of a Parkinson’s diagnosis or the 50% chance of being alive and cancer-free right now, but I choose to “be joyful in the anticipation of a GREAT outcome”.

"See, God has come to save me. I will trust in him and not be afraid. The Lord God is my strength and my song; he has given me victory." Isaiah 12:2

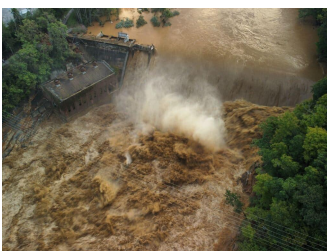
This approach allows me to appreciate today more and perhaps make the day better for those within my sphere of influence. Why spend life being so consumed by fear and dread? Let's focus on living without letting fear hold us back!

Thought of the week

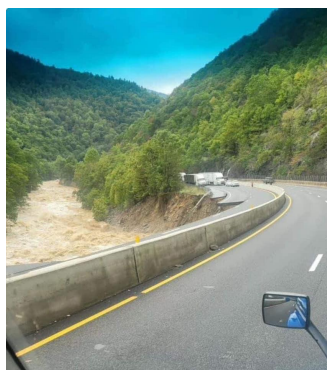
"There are two possible outcomes to what we don't understand about our circumstances:
greater faith or greater bitterness"

Pastor Bill Johnson on the passing of his wife.

Please remember those suffering from **Hurricane Helene**. Let's stand in prayer for those suffering great loss at this moment.



Nolichucky Dam



Unicoi Hospital

Coming Next Week

Lessons learned (continued)

Click "Visit our Website" to see archives of Tuesday Newsletters.

Click [HERE](#) to sponsor Team Hope in Thompson Cancer Survival Center's- Race Against Cancer

Visit our Website

Subscribe



Nick Parker | 216 Wahoo Court | Seymour, TN 37865 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!