
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.



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

(Lessons learned continued...)

Dream Restoration



Barrier-breaking thoughts could be / should be our reality

As a young person, what did you dream your adult life would look like? You know, the “lid-off” life, uneroded by circumstances or day-to-day events that steal the imagination of

our child-selves.

Why was it so easy to dream of flying an F-14 Tomcat for the United States Navy as a youngster? Or becoming an F.B.I. Agent, or even more in-the-

moment things like playing Evel Knievel (dating myself) on our bicycles, setting up ramps, and jumping ditches (resulting in the occasional trip to the emergency room). How was the high of the potential outcome so much more enticing to me than the low of the probable outcome? At what point did my perception of a “less than” probable outcome dampen my willingness to dream outside the box?

Stop saying "No!" to yourself, to loved ones, and to God! "No" is a dream killer.

During our run this morning, as I discussed my diminished capacity to dream/believe big with my friend and running coach, Eddie D., he made some great points. Eddie, an engineer by trade and education, helps keep it real for me. In essence, he said most of us begin unlearning/unbelieving from well-meaning parents, friends, teachers, coaches etc. We say “no” way too often as role models in an attempt to protect, shelter, and increase the chance of survival. Consciously, I know I’ve told my daughters “Be careful” many more times than “Have fun” as they walked out the door. I ignorantly squashed my youngest daughter’s interest in drawing and painting early on in her life with one statement, “Art is a great profession if you want to live under a bridge.” Thank goodness Anna was only detoured and not derailed by my statement and now passionately pursues art in another format (*photo above*) with my full support.



Life vs. Living

If survival is our goal, life becomes risk-averse, routine, and boring. Predictable. Safe. Exactly, none of my heroes played it safe. Did yours?

At age fifty-four, will I ever pilot an F-14 Tomcat in the U.S. Navy? No! For about 1000 reasons: age, health, F-14 was decommissioned in 2006... I do believe had I not had the dream of being a Naval Aviator, I would never have become a

U.S. Marine. Had I not had the dream of becoming an FBI Agent, I would never have become a TBI Agent. So, if I focus forward with hope bolstered by the dreams of the past, I’ll be stretched further toward those “F-14” dreams than had I never stretched and dreamt.

Please, do NOT take this as me condoning irrational/illegal thinking, behavior, or

irresponsible parenting. Do take this as an opportunity to allow your soul (mind, will, emotions) to chase after thrilling things in your life. Maybe we'll change how we see ourselves, how we see risk, how we see our circumstances, how we see faith, and how we see God. What dream can you rekindle today? How might God modify the dreams of our past to shape our hope for a great future?

Thought of the day

Commit your way to the Lord; trust in him, and he will act.

Psalms 37:5

Coming Next Week

lessons learned continued...

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