



## Palm Beach Fellowship of Christians & Jews 2019 Essay and Creative Arts Competition

### Essay Honorable Mention

Brooke Barboni, St. Mark's Episcopal School (Grade 8)

Have you ever been in a situation that seemed to have no solution? I was once in that position, drowning in hopelessness. The key to gaining hope is believing everything will get better. Without hope, one can be lost in darkness. The Dalai Lama states, "When we meet real tragedy in life, we can react in two ways – either by losing hope and falling into self-destructive habits, or by using the challenge to find our inner strength." When a tragedy occurs, many people's lives spiral downwards, but the Dalai Lama is trying to explain that people's first reactions to a tragedy can determine how they recover. Hope is a feeling of expectation and desire for a certain action to happen. Hope saved me from my sorrow over losing my grandpa.

In life, there have been some events that have left me shocked. Not once did it ever cross my mind that my grandpa could be taken from me so quickly. My mother's words repeated in my head while my vision became blurry as she said, "Brooke, grandpa passed away in an accident an hour ago. Someone ran a red light and hit his car." At first, my mind could not process that my grandfather was dead. As my whole family gathered together, I noticed everyone was silent and lost in thought. The happiness of each and every person, including me, had disappeared as if it never existed. Hope was nonexistent and it seemed as if there was no solution.

As time passed, hope grew within me, giving me strength and confidence to move on. Our family reached out and opened up to each other, helping one another through the pain. We knew that we needed hope to heal from our loss. With time, people began smiling and laughing again, for we knew grandpa would always be with us. I had hope that we would get through this maze of sorrow, and hope helped show me my way out.

Gradually, hope mended the broken hearts in my family. As hope was alive in me, I was still longing to have my grandfather back. Thankfully, hope is far more powerful than sadness. Life for me began to shape into what it had been before. In the end, I realized I could take on anything in the future if I had hope on my side. I learned that one should always have hope to give them strength throughout life. If it had not been for hope, my heart would never have been restored.

In the end, hope helps brighten the world. It helps people get through hardships, as well as giving people courage to try or do new actions. Cultures, ideas, and religions that shape the world have formed through hope. When there are problems, people formed actions and ideas to believe in a solution. In all, I am truly thankful beyond words for the power of hope that keeps each and everyone of us whole.