HOSPICE
Greater Saint John
Providing Comfort, Care and Hope

There is Hope

The dictionary defines hope as *"a feeling of expectation and desire combined; a desire for certain events to happen."*

A diagnosis of a life threatening illness may seem *"hopeless – without hope."* The fact is that even in the face of death, there is hope. There is always hope and it is okay to be hopeful. Hope is a very powerful force that can bring lightness to the darkest situation and give us purpose and reason to go on.

While your illness may be beyond a cure, there is hope:

- Hope to feel better and be comfortable.
- Hope to live out the remainder of your life without pain or discomfort;
- Hope to live long enough for that special occasion – an anniversary, the birth of someone special, a wedding, a trip, to see loved ones from away, etc.
- Hope to share what is important to you with others, to tell someone special how much they mean to you, to spend time with those you love, etc.
- Hope to make ammends with someone who you are estranged from, to bring people together, etc.
- Hope for peace, dignity, love, support, etc.

Try and identify what it is you are hoping for. Talk about your hopes - to those who are caring for you and to your loved ones. They may be able to help you achieve some of your hopes.

Never give up hope for what is important to you and re-shape your hopes as time goes by.

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