

NEWSLETTER

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Imagining Change

In *Star Trek: Picard*, Patrick Stewart's character delivers this powerful line "Giving up on hope is an admission of not having any imagination". This quote, though delivered in a fictional context, holds a powerful truth that resonates deeply with our real world. It reminds us that

hope and imagination are not only interconnected but also essential tools for navigating life's challenges. In a rapidly changing world, it is crucial to hold on to hope, no matter how dim things may seem. As young people we must keep in mind that while the past has been written, the future is ours to write.

Hope as a Driving Force

At its core, hope is an unwavering conviction in the possibility of a better future. For young adults, this is particularly relevant as they stand at the threshold of their careers, relationships, and personal growth – it is the reality we will inherit. Whether it's hoping for a fulfilling job, a loving relationship, or simply the chance to make an impact, hope is what propels us forward.

However, hope can be difficult to maintain, especially in times of uncertainty. The world is facing complex challenges - economic crises, climate change, wars, political unrest, and societal pressures. When facing obstacles like these, it is easy to feel that giving up is the only option. But that is precisely where Patrick Stewart's words come into focus. By abandoning hope, we are essentially surrendering our belief that change is possible. And, as he rightly points out, doing so reveals a lack of imagination - a failure to envision the many ways that things could improve and a failure to envisage that we have a part to play in bringing this change about. Giving up hope is a sure way to let those that plunder humanity's treasures for egoistical reasons have the upper hand. We cannot and must not normalise these people's actions.

Imagination as an enabler

Imagination enables us to think beyond what is and dream about what could be. Imagination is a critical skill for everyone, especially young adults. It is the tool that enables us to picture a future where our struggles have meaning and where our efforts lead to real progress. It is a tool to envisage the impossible made possible, a tool to free us from the status quo, a tool that enables us to be authors of that future we yearn for.

Consider some of the greatest innovators, activists, and leaders throughout history. People like Martin Luther King Jr. and Malala Yousafzai all dared to imagine a world that was different from the one they inherited. Against all odds they did not give up on hope. Instead, they leaned into their imaginations to energise their efforts for change. Imagination allowed them to see possibilities where others saw darkness. As young adults, we have the same capacity to use our imagination to energise our dreams and ambitions.

Overcoming Adversity with Hope and Imagination

Life will not always go according to plan. You will face setbacks, disappointments, and failures along the way. In these moments, it's easy to lose hope but this is where imagination becomes essential. If you can picture an alternative to your current struggles - if you can imagine a way out, a new path, or a better outcome - then you still have hope. And with hope comes the motivation to keep going.

The point is that by using your imagination, you can begin to see opportunities that you might not have considered before.

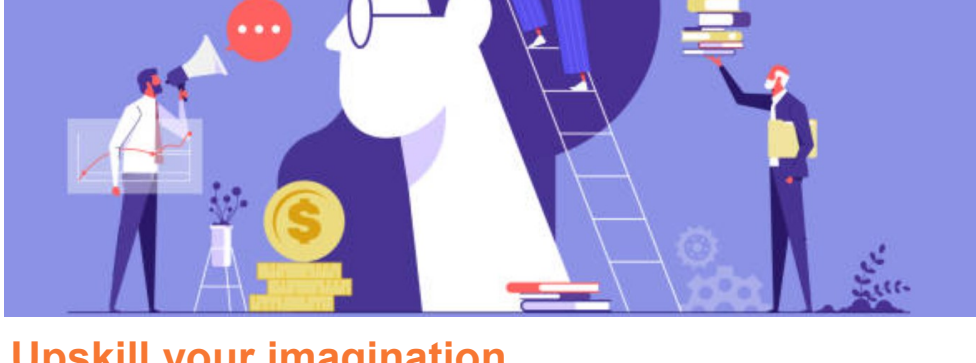
Building a Better Future

Ultimately, the message behind Patrick Stewart's quote is one of empowerment. By holding on to hope and using your imagination, you give yourself the power to change your circumstances. You refuse to be limited by the present and instead open yourself up to the endless possibilities of the future. This is particularly important for young adults, who are at a critical stage in life where many key decisions are being made. It's a time filled with uncertainty, but also with incredible potential.

Hope and imagination are the driving forces that will help you navigate the ups and downs of life. They allow you to keep moving forward, even when the path ahead isn't clear. So, the next time you find yourself feeling hopeless, remember that giving up is not an option. Instead, tap into your imagination, think creatively, and allow hope to guide you toward a brighter future. If you can imagine something better, hope will never be lost.

In the end, it's not just about surviving difficult times - it's about thriving by envisioning and creating a world worth living in. Never underestimate the power of your imagination, because with it, change for the better becomes inevitable.

Be the change you want to see. Be that change today.



Upskill your imagination

Some people find it first nature to be imaginative and creative. But for most it's an acquired skill that must be nurtured. Here are a few tips to get you started.

Read a lot. Any genre but mix it up, whether its books of fiction, autobiographies, technical material. Read to challenge your perceptions and pre-conceptions. 'Don't wait for your pre-conceptions to face you, face them first'. Podcasts work as well, but books have the advantage of slowing you down which in turn gives you time to process and think.

Spend time with creative friends. If your friends are always moaning and groaning, ditch them. Find good friends that have an open mind, that are open to new ideas, that challenge you in a positive way.

Embrace the creative arts. Whether by tuning into your artistic self or by visiting a creative arts event, immerse yourself in the artistic message artists old and new are trying to convey. Try and interpret their work from the lense of your everyday experience and challenges.

Leave your comfort zone. Invest time to experience something new and challenging. Its ok to live for a while in that which is familiar, but every now and then we need to try something new to help us grow. It doesn't have to be a trek up Mount Everest, even small things matter.

Turn off your TV and mobile. That series is not going anywhere. Be still, be quite and listen to your mind thinking. You will be surprised how much a bit of quite me time, maybe with some relaxing background music, can reveal about what information your brain is recycling in the background.

Anchor yourself. To find the who we are we need to understand from where we came. It is important to have an understanding at some level of human history, geography and world politics. You will find that most problems we face are not new. History can be a good teacher of what to do or not to do to overcome these challenges.

Tune in with your inner you. Find some time to pray and meditate. You need to get in tune with yourself, to discover and imagine your true self.



Prayer Intention

Every month of the year the Pope encourages all faithful to pray as one family, the family of God, the Church, with a common intention. You can follow the monthly intentions in this [website](#).

The intention for this month is '**For a shared mission**'.

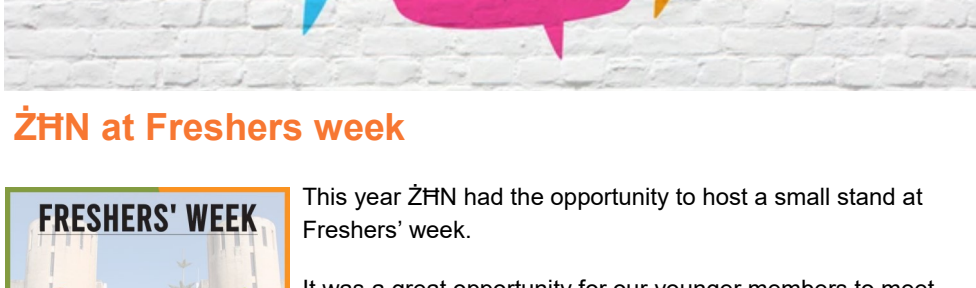
We all have a sense of mission and purposefulness, a drive to do something meaningful. This feeling transcends any faith system. It's a feeling that can only be addressed in the context of the human story - we are but one small piece of a tapestry not the tapestry itself.

Our mission cannot be fulfilled through egoistical and exclusive inward looking objectives. This mission is not about *me* or about accumulating wealth and slaving for power.

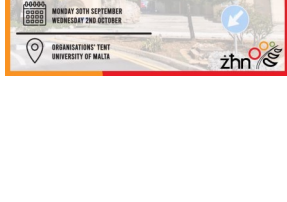
A fulfilling mission is one which gives more than it receives. A mission that centres around a yearning to make the world a better place.

Prayer of the month

"We pray that the Church continues to sustain in all ways a Synodal lifestyle, as a sign of co-responsibility, promoting the participation, the communion and the mission shared among priests, religious and lay people"



ZHN at Freshers week



This year ZHN had the opportunity to host a small stand at Freshers' week.

It was a great opportunity for our younger members to meet with students starting their learning journey at University, as well as an opportunity to share our movements ethos.

Follow us on [Instagram](#) and [Facebook](#) to learn more.