

Melanie Benson
Voices of Hope

The past few months have introduced many changes into my life: coming home from my freshman year at Gonzaga University, taking online classes from my dining room table, and leaving my house every third week on an exciting, yet perilous trip to Costco. During this time, I have experienced fear about this virus and about the world which seems to be changing rapidly around me. However, these past few months have also been an abundant blessing, a reset, and a time for hope.

I have been able to find hope in many areas of my life during this time. One of the most powerful questions I have asked myself over the past few months is, “what is the good news here?” I love this question because it attracts my attention toward the positive side of any situation, instead of focusing on the negatives. Keeping a positive attitude and continuing on in my life has been extremely helpful for me.

One way that I keep a positive outlook is through truly appreciating everything, even when I may at first classify something as bad. This has turned my life around, and allowed me to be grateful for everything that is in my life. I appreciate the sun on a beautiful day, the smell of ground coffee, playing cards with my family, and my mom’s delicious homemade pizza. I also have learned to appreciate these past few months, slowing down, and spending extra time with my parents. Applying the question about what is the good news here has given me hope that there is good news even in what appears to be a very uncertain and scary time.