

Sharing this week in our column is Stella Harberd. She'll be an 8th grader this year at Missoula International School and she's a life-long Episcopalian.

My name is Stella Harberd. The definition of **hope** means different things to different people. Hope may be found as the sun rises each day, or being blessed with clean water and healthy food or perhaps it is as simple as being thankful for the breath we take in that moment. Hope to me is when I see a person helping someone in need, and focusing on that person not on themselves. Hope to me is seeing our Missoula community wearing masks, helping to protect those around us. Hope is the feeling you get when your heart is feeling anxious about getting sick, but hope sneaks in and whispers "you're going to be ok Stella..."

Whatever your personal definition of hope is, I do believe that it is a universal feeling that brings love and light to our hearts and joins us as a community. Throughout these challenging times, hope needs to be forefront in our minds. Although so much of what the world is facing is out of our control, what we do have power over is our mindset. I choose hope. And I HOPE that you do too! May God bring you your definition of **hope** to help you through these strange and sometimes scary times.