



Peace Of Mind Pacific County

Hope Letter # 1



Listening frog rocks in Ocean Park,
photo credit: Candy Rutledge

that a neighbor I didn't know was watching over me. I hope to learn her name sometime soon and thank her for this bright spot of hope today. - Candy Rutledge

My normal routine is to walk every day, often stopping to chat with neighbors. Now my neighbors and I just wave as I pass by. Sometimes we shout across the driveway, asking each other if we are doing all right and shouting out phone numbers in case we might want to talk. I don't know many of their names, though I do know their dog's name as I carry treats. It gives me hope that we are watching out for each other.

Yesterday on my walk I discovered a little shrine saying "Ocean Park Strong," painted rocks tucked away by the side of the road. The note

said to take home a listening frog as a symbol that we will survive this collective trauma together. I smiled to think

To submit photos or other signs of HOPE in our community, email them to info@pompc.org.





Entrance to local community
off of Pacific Highway.
Photo credit: Nikki Fortuna

**“For I know the plans I
have for you, declares the
Lord, plans to prosper
you and not to harm you,
plans to give you hope
and a future.”**

Jeremiah 29:11

OR based Warm Line
1.800.698.2392

WA based Warm Line
1.877.500.9276

Pacific County Covid-19
News and Info

360.642.9407 South County
360.875.9407 North County

Mobile Crisis 1.800.224.2289

POMPC local 360.244.5566

Join us for our virtual coffee hour every
Wednesday from 1:00 until 2:00 pm.
Zoom meeting ID: 651-369-196
Call 360-244-5566 or
email info@pompc for more information.



- It's long been known that when people feel hopeful they have much less risk of suicide and a better response to treatment.
- From Susan McDonald: “Hope grows from constantly reaching out and looking for help. And when you have hope, you get support.”
- From Rev. Charles Sigman: “Hope lies in your ability to rise above. And when you can see the beauty, you begin to find the hope.”
- From Matt Chinman of the Veterans Administration: “When the people we work with see they have someone in their corner, they become more hopeful.”

***Words from
“The Power of Hope”
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