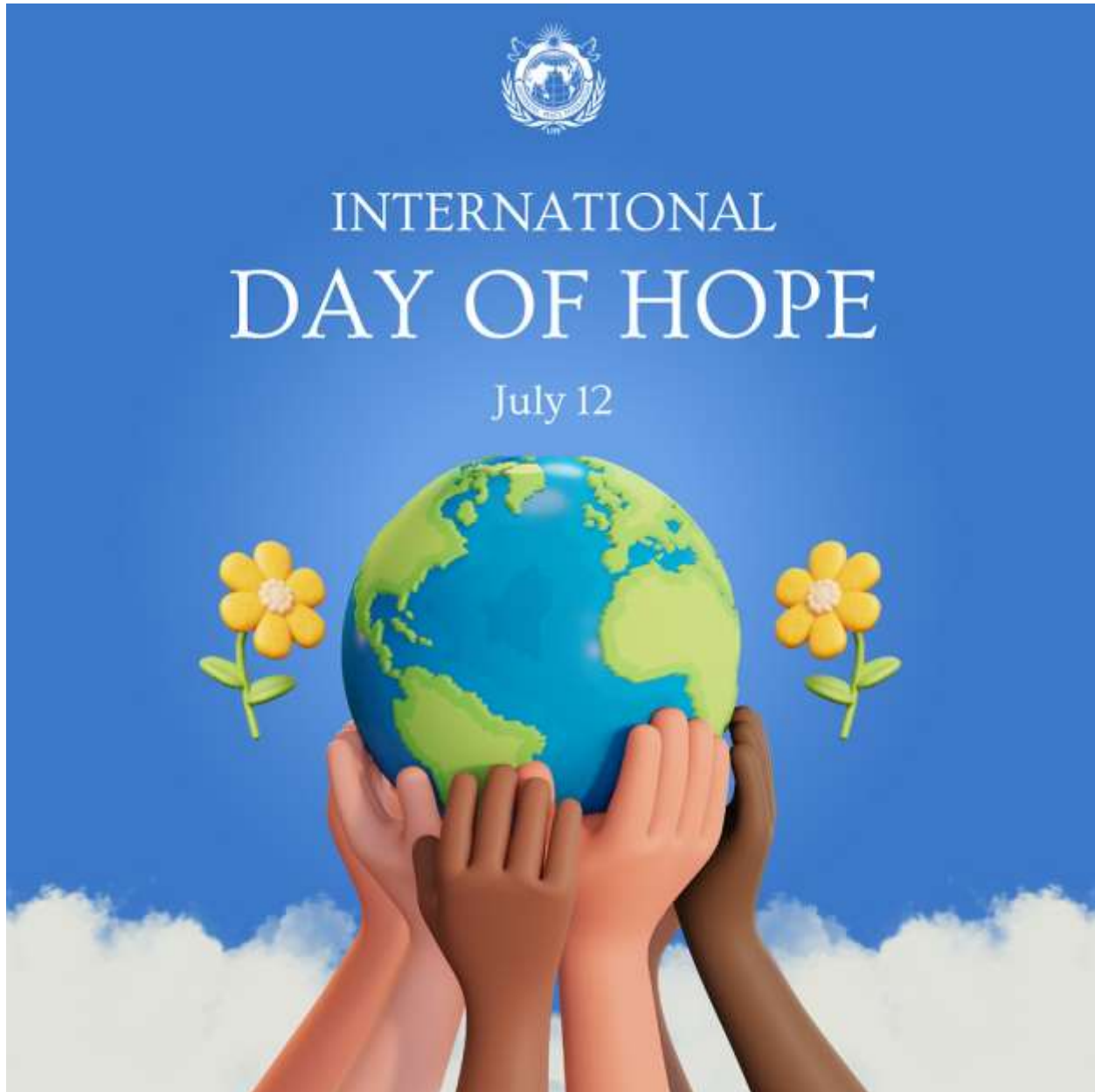


UPF International: International Day of Hope Boosts Aspirations for Peace

Tageldin Hamad

July 12, 2025

President, UPF International



On the [International Day of Hope](#), the Universal Peace Federation joins the world community in affirming the profound role of hope in advancing mutual understanding and lasting peace among all peoples. Established by the United Nations, this day underscores the universal aspiration for a future marked by unity, compassion, and shared prosperity.

Hope empowers individuals to seek higher ideals and happiness, even amidst adversity and challenging

circumstances. Every person strives to become a harmonious and fulfilled individual, build a joyful family, and live in balance with the natural world. This resilience and aspiration enable humanity to transcend difficulties and envision a brighter, more peaceful future.

Recognized across all world religions, this shared aspiration calls humanity to embrace our common identity as one family under God. This foundational belief prompted UPF to create the "[World Scripture](#)" project, an anthology of sacred texts highlighting common spiritual insights and promoting mutual understanding among diverse faith traditions.

Throughout history, visionary leaders have embodied and carried forward hope, guiding humanity toward brighter futures. Mahatma Gandhi inspired freedom through peaceful resistance and nonviolence, Nelson Mandela fostered equality through forgiveness and reconciliation, and Mother Teresa spread compassion and service among the marginalized. Among such inspirational figures are Dr. Hak Ja Han and the late Rev. Sun Myung Moon, [founders](#) of the Universal Peace Federation, whose lifelong dedication to peace and unity continues to profoundly inspire international harmony.

Today, UPF calls upon religious leaders, educators, government officials, and civil society to actively nurture hope through specific actions:

Religious leaders: Foster unity and healing through interfaith dialogue and shared spiritual practices.

Educators and youth leaders: Equip young people with values-based education to cultivate peace, reconciliation, and confidence in their ability to improve the future world.

Governments and policymakers: Develop initiatives addressing poverty, injustice, and conflict, creating environments where aspiration and renewal can take root.

UPF Ambassadors for Peace continue to embody this spirit of renewal by engaging in peacebuilding, humanitarian aid, and community empowerment worldwide. On this meaningful day, let us collectively renew our dedication to shaping a future rooted in dignity, shared values, and cooperation.



United Nations

International Day of Hope
12 July



PHOTO: AI-generated illustration by Sadek Ahmed



“ The United Nations is the product of hope.
— UN Secretary-General António Guterres

A Universal Need in Uncertain Times

In a world facing growing unrest, widening social divisions, and persistent economic and environmental challenges, the global community continues to seek values that unite rather than divide. Among these, hope stands out as a deeply powerful and universally resonant force. Recognizing this, the United Nations General Assembly has designated **12 July as the International Day of Hope**—a day to celebrate and promote hope as a guiding principle for individuals, communities, and nations alike.

This resolution draws upon the enduring values of the United Nations Charter and the Universal Declaration of Human Rights, which call for peace, dignity, tolerance, and shared progress. It builds on earlier UN initiatives—such as the International Day of Conscience—by highlighting the essential role hope plays in promoting well-being, mutual respect, social stability, and sustainable development.

The declaration of the International Day of Hope is more than symbolic—it is a global invitation to act. It calls on Member States, regional and international bodies, civil society, and individuals to cultivate environments where hope can thrive. These efforts may include public education, awareness campaigns, community outreach, acts of kindness, and the promotion of forgiveness and reconciliation. By embracing these values, societies can foster inclusion, empathy, and resilience.

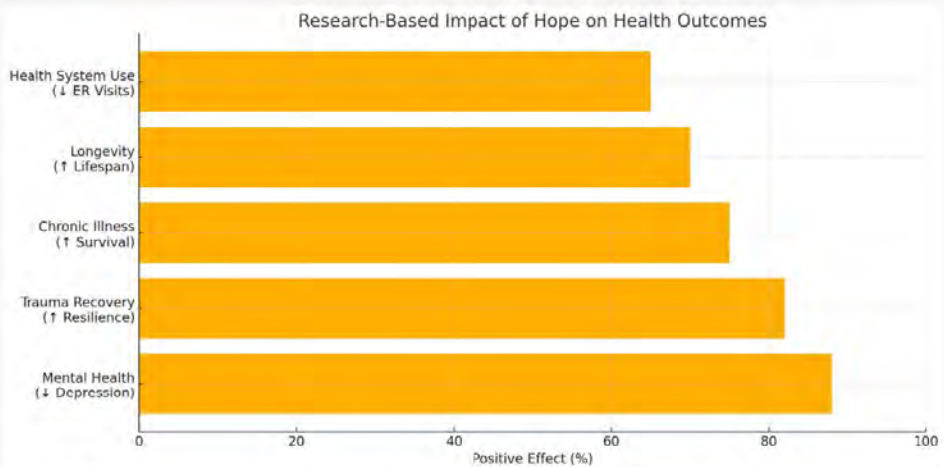
Ultimately, this day is a reminder that even in difficult times, hope remains a transformative force. It can bridge divides, drive progress, and uplift the human spirit. The International Day of Hope invites all of us to pause, reflect, and recommit to a future built not on despair or division, but on shared humanity and the unwavering belief in a better tomorrow.

Scientific Foundations, Health Impact, and Measurement

Psychologist **C. R. Snyder** defines hope as a combination of agency and pathways thinking—in other words, the motivation to pursue goals and the perceived ability to find ways to achieve them. Neuroimaging research shows that hope activates reward and motivation centers in the brain, such as the ventral tegmental area, which is also linked to relief from depressive symptoms.

The **World Health Organization** defines mental health as the ability to manage stress, work productively, and contribute to one’s community. Research consistently shows that higher levels of hope are associated with lower rates of depression, anxiety, and trauma-related stress.

These psychological benefits are mirrored in physical health: cancer patients with higher hope report better survival rates and stronger adherence to treatment. Hope in early adulthood is associated with healthier long-term outcomes, and sustained hope correlates with fewer emergency room visits and reduced short-term mortality.



Impact of Hope on Mental and Physical Health

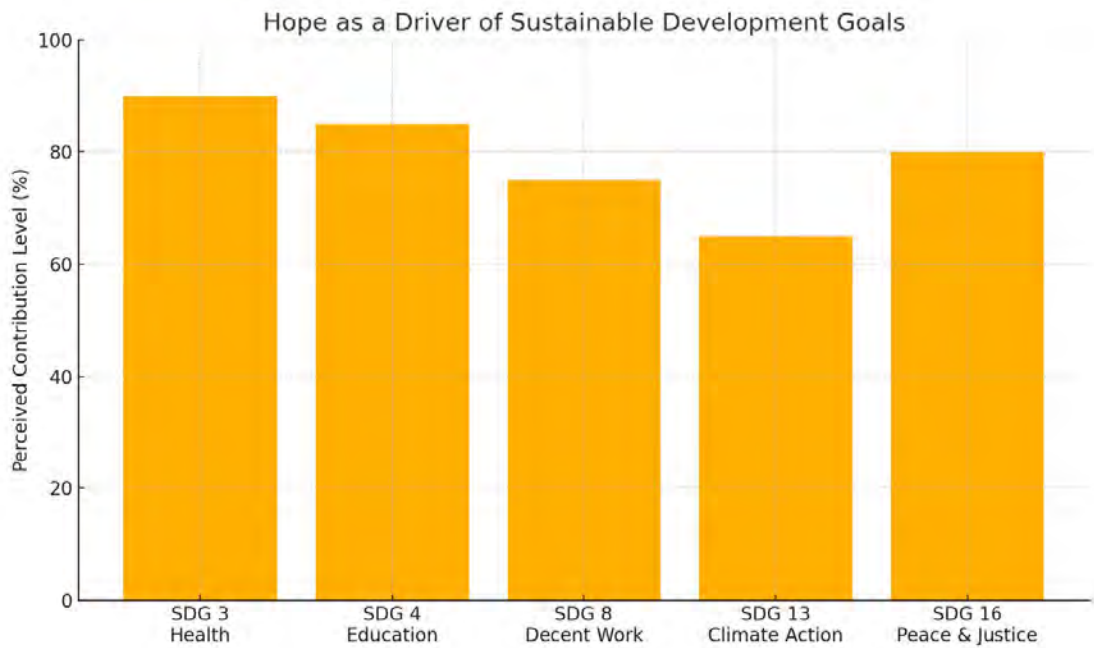
Hope is also measurable. The **Adult Hope Scale (AHS)**, developed by Snyder, is a validated instrument that separately assesses the agency and pathways components of hope. Building on this framework, the **United Nations** is supporting the development of a **Voluntary Hope Index** to guide national and global progress tracking.

A Foundation for Sustainable Development

Hope plays a vital role in advancing the **Sustainable Development Goals (SDGs)**:

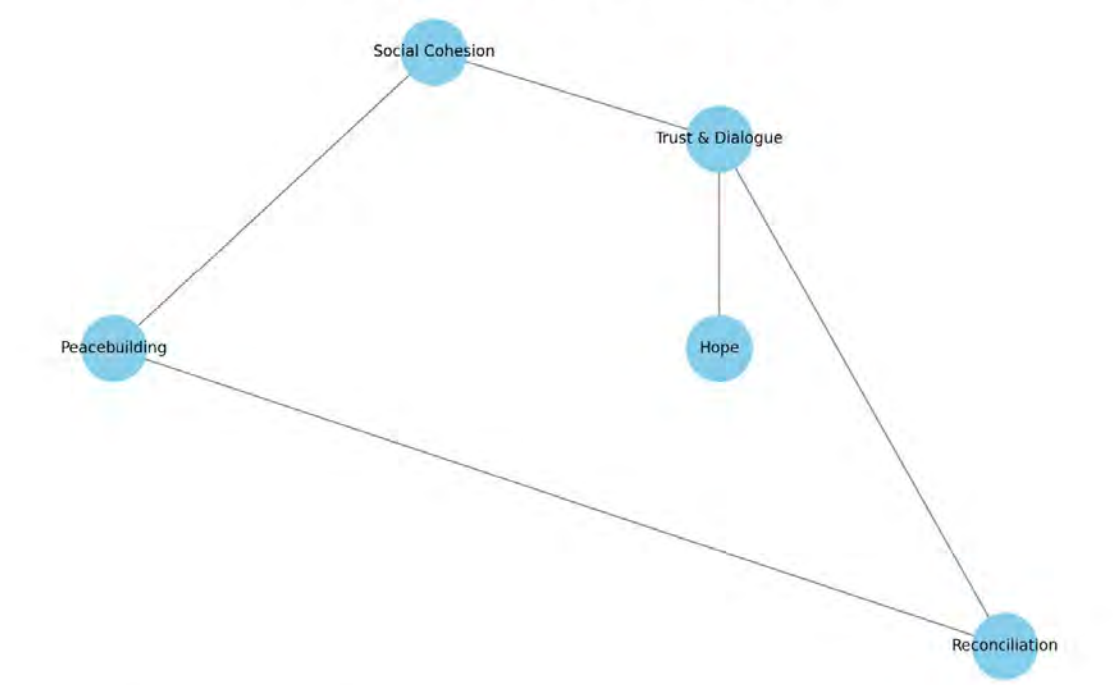
- **SDG 3:** Health – Hope improves mental well-being and supports treatment engagement.
- **SDG 4:** Education – Hope enhances student motivation and academic outcomes.
- **SDG 8:** Economic Inclusion – Hope drives ambition, savings, and entrepreneurship.
- **SDG 13:** Climate Action – Hope sustains long-term commitment to environmental efforts.

Development programs that integrate hope-building strategies—such as coaching and mentoring—yield improved results for people living in poverty.



Hope and Peacebuilding

Hope supports peacebuilding by fostering trust, encouraging dialogue between groups, and empowering young leaders.



Hope Contributes to Peacebuilding by:

- initiating the process through the promotion of trust and dialogue, and
- fostering greater social cohesion and reconciliation.

Together, these two pillars of community healing create a strong foundation for lasting peace.

Hope and the Common Good

Hope is a powerful force for both personal recovery and collective resilience. It fosters social trust, encourages civic participation, reduces polarization, and strengthens a shared sense of identity. These qualities support inclusion, peace, and sustainable progress—core aspects of the public good and central to **SDG 16**: Peace, justice, and strong institutions. The International Day of Hope reminds us that hope is not only a personal virtue—it is a collective responsibility.

“There is no peace without hope, no development without trust, and no future without belief in one.” — UNESCO Dialogue on Peace and Human Rights

Ways to Observe the Day

1. **Education and Awareness:** Organize talks, school activities, or public campaigns to promote understanding and inspire hope.
2. **Community Engagement:** Launch initiatives such as Hope Hubs, mentoring programs, or support groups that foster connection and resilience.
3. **Cultural Expression:** Host art exhibits, performances, or storytelling events that celebrate shared values and diverse experiences.
4. **Service and Reconciliation:** Participate in interfaith gatherings, peace dialogues, or volunteer efforts that build bridges and heal divisions.

Ways to Get Involved

Who	How They Can Contribute
Educators	Teach lessons that promote resilience, agency, and emotional literacy.

Local Leaders	Host community events that promote inclusion, connection, and mutual support.
Media	Highlight inspiring stories of recovery, cooperation, and positive change.
Health Professionals	Integrate hope-centered approaches into care and therapy.
Philanthropies	Fund community-based initiatives that build hope and resilience.

Turn Hope into Action



Celebrate Hope-Day by turning optimism into meaningful action. Gather friends, colleagues, or students for a short “Circle of Hope” conversation to discuss local challenges and imagine solutions. Dedicate an hour to service—mentor a young person, clean up a public space, check in on an elderly neighbor, or volunteer for a mental health helpline. Incorporate reflections on hope into lessons, meetings, or faith gatherings to spark ongoing dialogue. Every small gesture—whether a heartfelt conversation, an act of kindness, or a moment spent teaching—helps spread the spirit of hope that this day is meant to inspire in communities everywhere.

Related Observances

- **International Day of Peace** (21 September)
A global day of ceasefire and non-violence that fosters reconciliation and the hope for peaceful coexistence.
- **International Day of Conscience** (5 April)
Encourages ethical reflection and compassion—foundations for hope, empathy, and healing social divides.
- **International Volunteer Day** (5 December)
Celebrates selfless acts that uplift communities—demonstrating how collective goodwill sustains hope.
- **International Day of Happiness** (20 March)
Promotes life satisfaction and inclusivity—highlighting that hope flourishes when well-being is prioritized.
- **World Day of Social Justice** (20 February)

Advocates for equality and dignity—integral to nurturing hope among marginalized groups.

- **International Day of Living Together in Peace** (16 May)
Urges unity and inter-cultural dialogue—essential pathways to rebuilding hopes across divisions.
- **World Interfaith Harmony Week** (1–7 February)
Promotes understanding among faiths—offering hope through mutual respect and shared values.
- **International Human Solidarity Day** (20 December)
Celebrates unity in diversity and shared responsibility—anchoring hope in global cooperation.
- **International Year of Peace and Trust** (2021)
Reinforced global faith in dialogue and trust—cornerstones for rebuilding hope in divided societies.



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WORLD SCRIPTURE ORDER PAGE

Book Store

Tuesday, September 20, 2011

UPF is pleased to announce that copies of *World Scripture and the Teachings of Sun Myung Moon*, which sold out and had been out of print, are now available for purchase by individuals and institutions on a first come, first served basis.

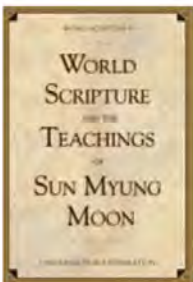
The first book in the series, *World Scripture: An Anthology of Sacred Texts* was published in 1991 and has been a steady favorite ever since.

You may place orders for both books below.

The Rev. Dr. Sun Myung Moon has said that he commissioned the World Scripture series based upon the firm conviction that religions have a key role to play in building a world of lasting peace in the twenty-first century. Indeed, in compiling an authoritative selection of his own teachings, Rev. Moon has insisted on the inclusion of the sacred writings of the world.

For the many people who have come to know and respect Rev. Moon for his interreligious work and his efforts for world peace, these pages offer a doorway into his thought. For those who are already well acquainted with his teachings, this book reveals the rich connections between his thought and the universal heritage of the world's religions.

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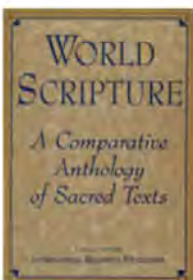
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We are an international and interreligious network of individuals and organizations, including representatives from religion, government, civil society and the private sector dedicated to achieving world peace. UPF supports the work of the United Nations, particularly in the areas of interfaith peacebuilding, peace education, and the strengthening of marriage and family.

Universal Peace Federation is an NGO in General Consultative Status with the Economic and Social Council of the United Nations
We support and promote the work of the United Nations and the achievement of the Sustainable Development Goals

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"ONE FAMILY UNDER GOD"

We must harbor the awareness that all people are our brothers and sisters.

We must think of all the world's problems as our own and have a pioneering spirit to solve them.

A global citizen who embraces the world and lives for the sake of others will feel pain in his heart over the hunger in the world and will try to help others, even it if means sharing the food that is already on his spoon.

Rev. Sun Myung Moon and his wife, Dr. Hak Ja Han Moon, founded the Universal Peace Federation (UPF) in 2005.

Rev. Moon was born a farmer's son on January 6, 1920, in what is now North Korea. He began his ministry after World War II and was later imprisoned in a communist labor camp for three years before being liberated by UN forces during the Korean War in 1950.

He came to the United States in 1971. On September 3, 2012 (July 18, lunar calendar), he passed away at the age of 92.

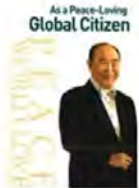
Rev. and Mrs. Moon have proposed a revitalized, renewed United Nations. More than 50,000 diplomats, clergy, civic leaders, current and former heads of state have been appointed as Ambassadors for Peace. Among the programs of UPF are leadership conferences and regional peace initiatives. UPF promotes the UN's Sustainable Development Goals and encourages people to work for peace through serving their communities. Rev. and Mrs. Moon's lifelong goal has been "One Family Under God".

For highlights of Rev. Dr. Sun Myung Moon's life, [click here.](#)
For highlights of Dr. Hak Ja Han Moon's life, [click here.](#)

[Read an excerpt](#) of Rev. Moon's autobiography, As a Peace-Loving Global Citizen.
[Read an excerpt](#) of Dr. Hak Ja Han Moon's autobiography, Mother of Peace.

Learn about The Memorial Ceremony of [Rev. Dr. Sun Myung Moon and his Legacy of One Family Under God.](#)

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an Autobiography by Sun Myung Moon



Mother of Peace,
a Memoir by Hak Ja Han Moon



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