

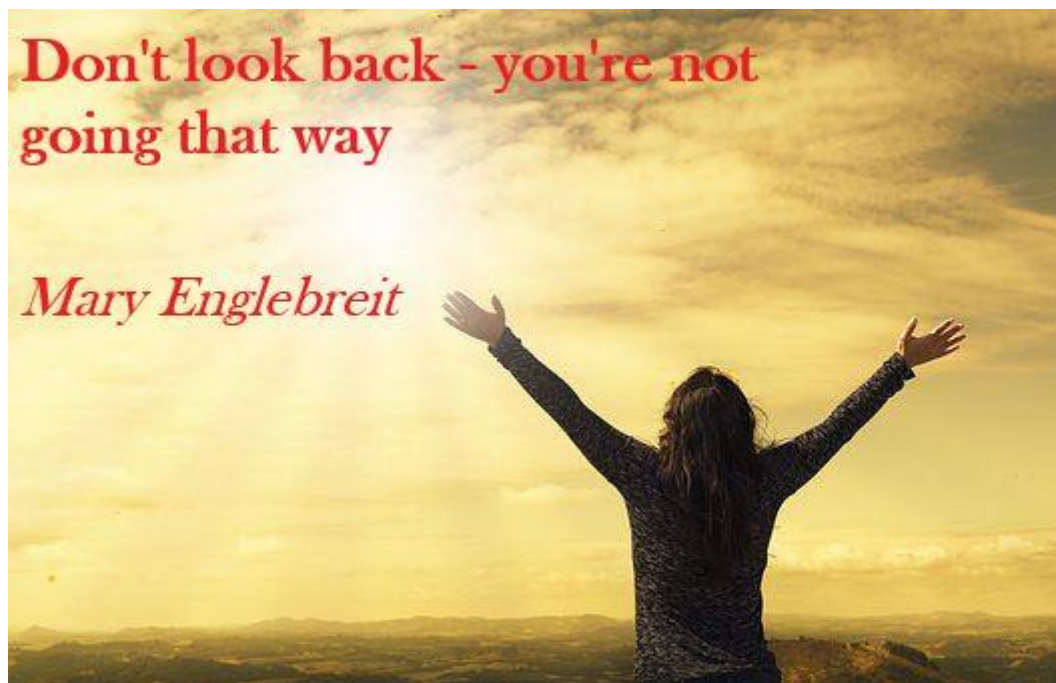
## Thoughts For June 2019



*Children are likely to live up to what  
you believe of them.*

*Lady Bird Johnson*

*June 1<sup>st</sup> – International Childrens Day 2019*



*Don't look back - you're not  
going that way*

*Mary Englebreit*

*June 2<sup>nd</sup> – International Cancer Survivors Day 2019*



*Together we can change  
the world, just one  
random act of kindness at  
a time*

*Ron Hall*

*June 3<sup>rd</sup>*



**The greatest gift we can give  
our children is to raise them  
in a culture of peace.**

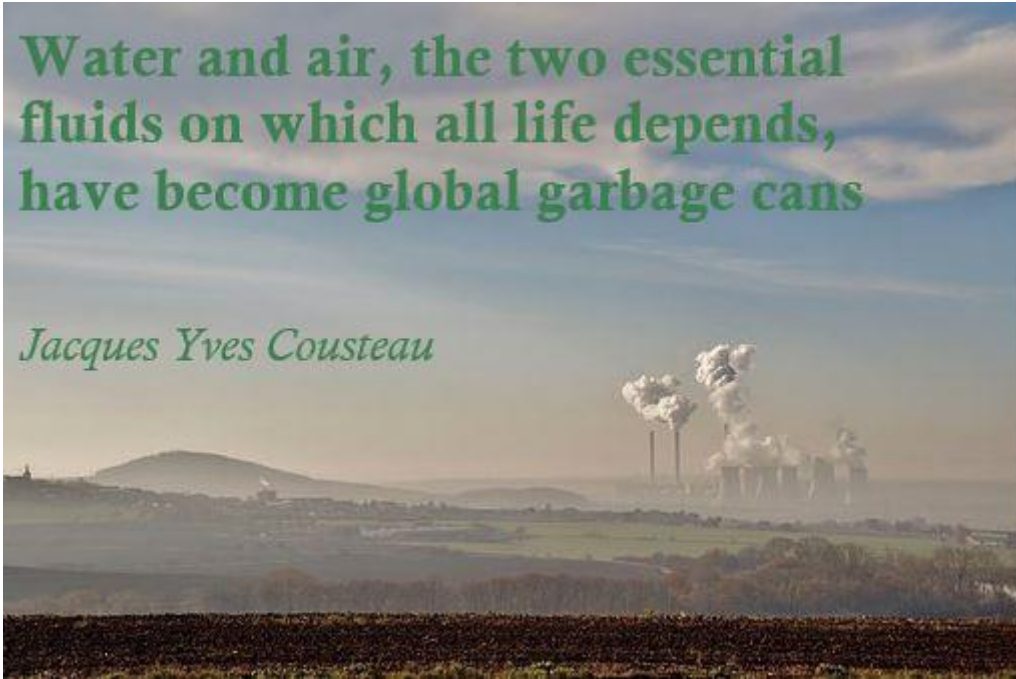
Louise Diamond

*June 4<sup>th</sup> – International Day of Innocent Children Victims of Aggression*



**Water and air, the two essential fluids on which all life depends, have become global garbage cans**

*Jacques Yves Cousteau*



*June 5<sup>th</sup> – World Environment Day 2019*

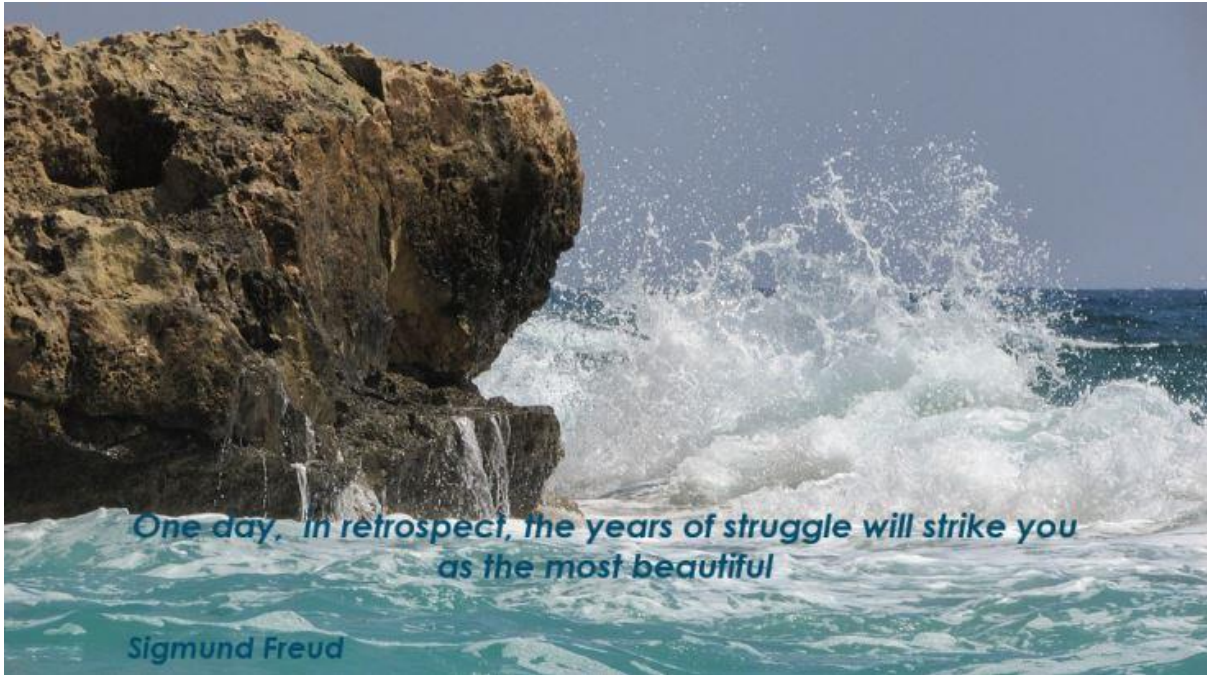
***Life sends rain...***

***Hope dances in the puddles until the sun comes out again.***

***Holley Gerth***



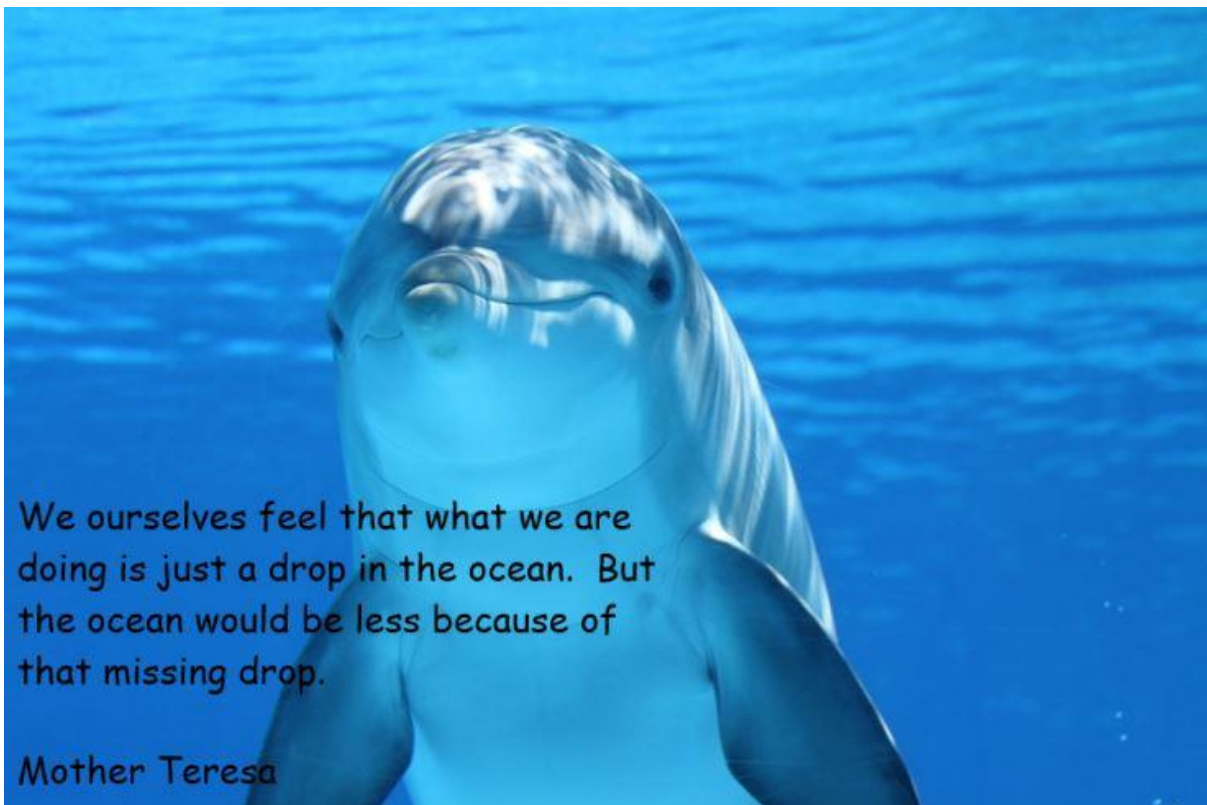
*June 6<sup>th</sup>*



*One day, in retrospect, the years of struggle will strike you  
as the most beautiful*

*Sigmund Freud*

*June 7<sup>th</sup> – International Tourettes Awareness Day*



We ourselves feel that what we are  
doing is just a drop in the ocean. But  
the ocean would be less because of  
that missing drop.

Mother Teresa

*June 8<sup>th</sup> – World Oceans Day 2019*

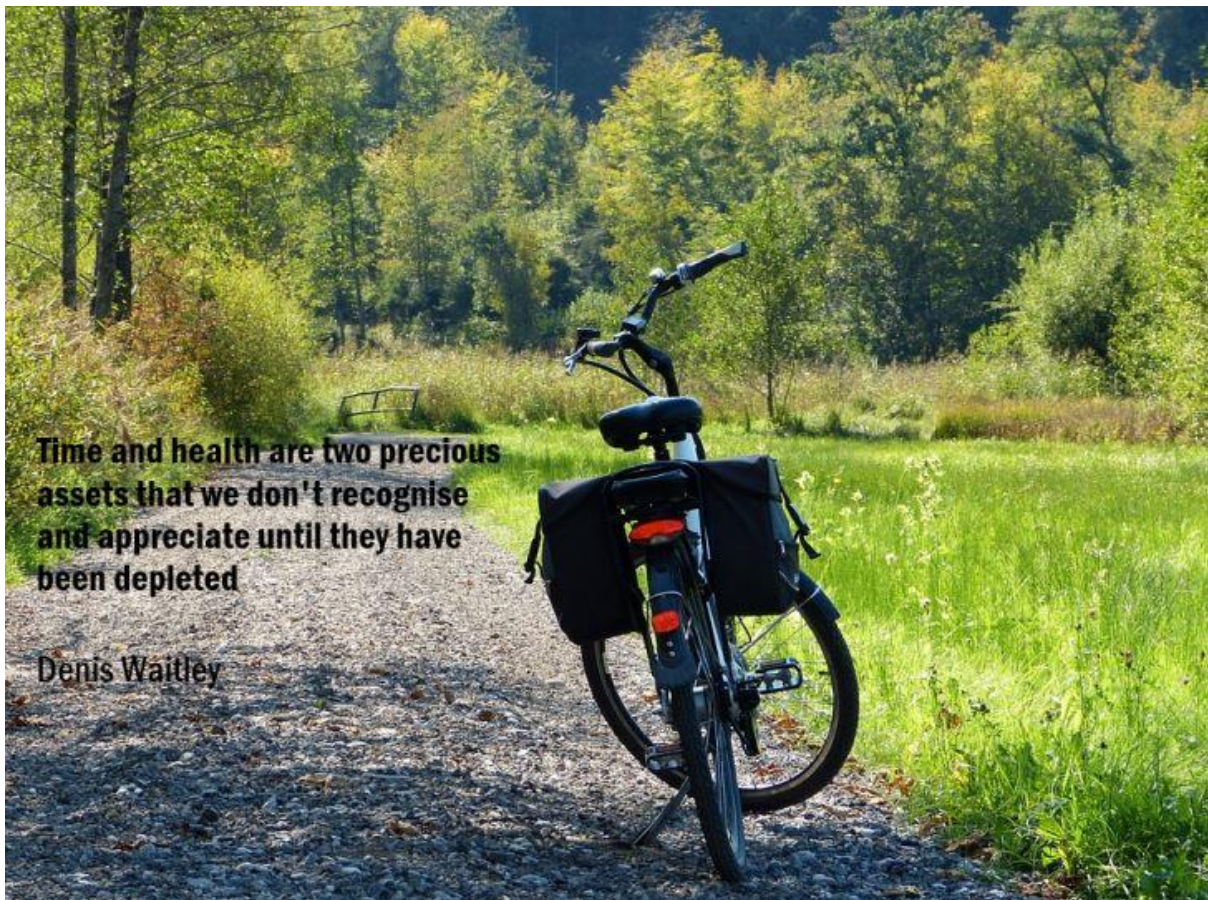




Put your heart, mind and soul into even your smallest acts. This is the secret of success

Swami Sivananda

*June 9<sup>th</sup>*



**Time and health are two precious assets that we don't recognise and appreciate until they have been depleted**

Denis Waitley

*June 10<sup>th</sup> – International Men's Health Week*



*Happiness radiates like  
the fragrance from a  
flower and draws all  
good things towards  
you.*

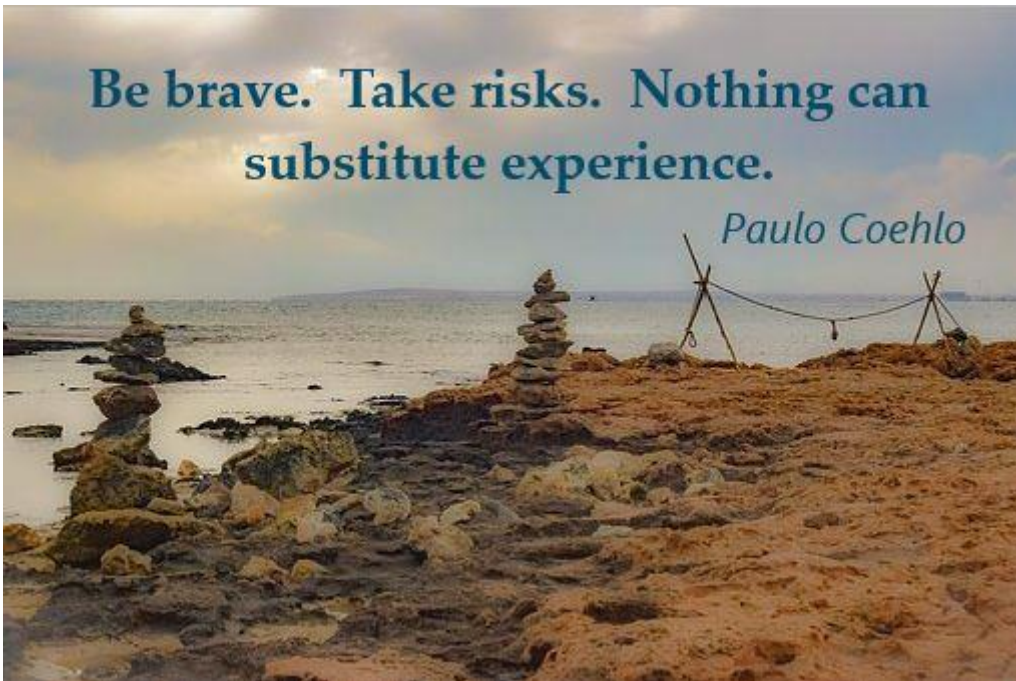


*Maharishi Mahesh Yogi*

*June 11<sup>th</sup>*

**Be brave. Take risks. Nothing can  
substitute experience.**

*Paulo Coelho*



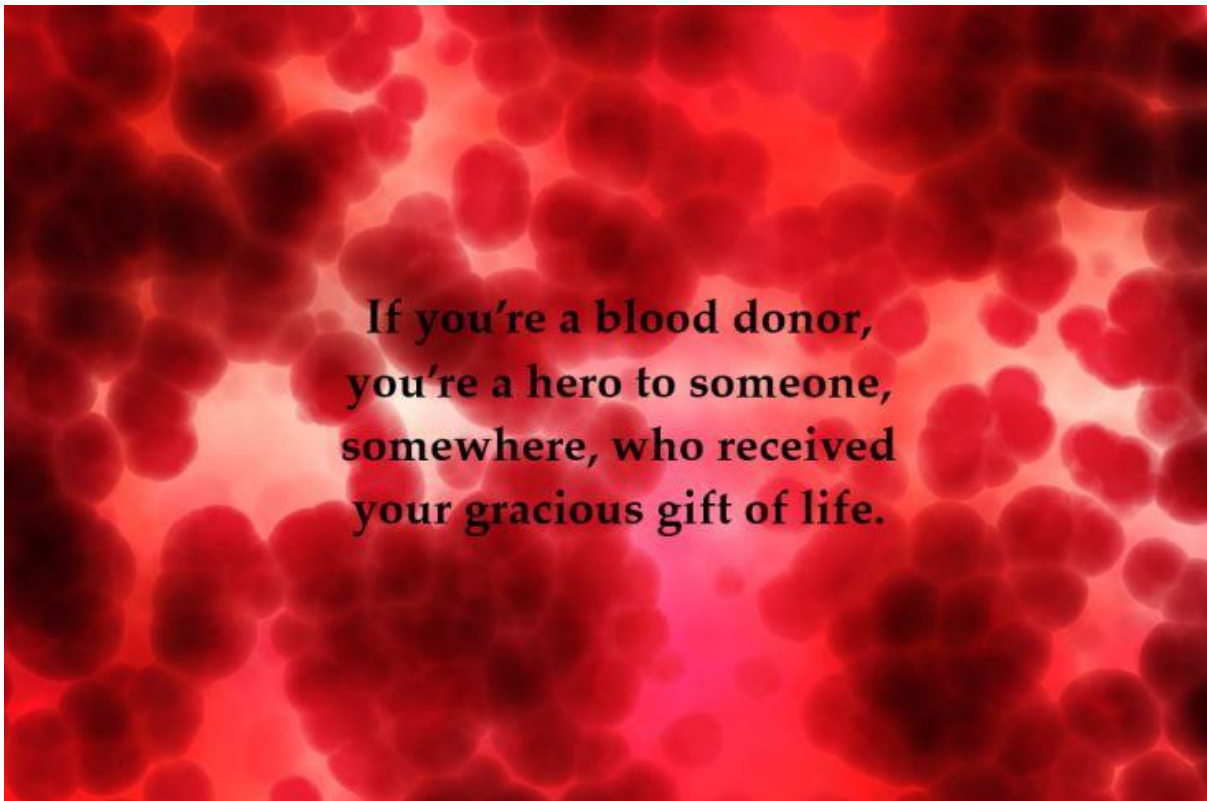
*June 12<sup>th</sup>*



**It doesn't matter who you are, where you come from.  
The ability to triumph begins with you. Always.**

**Oprah Winfrey**

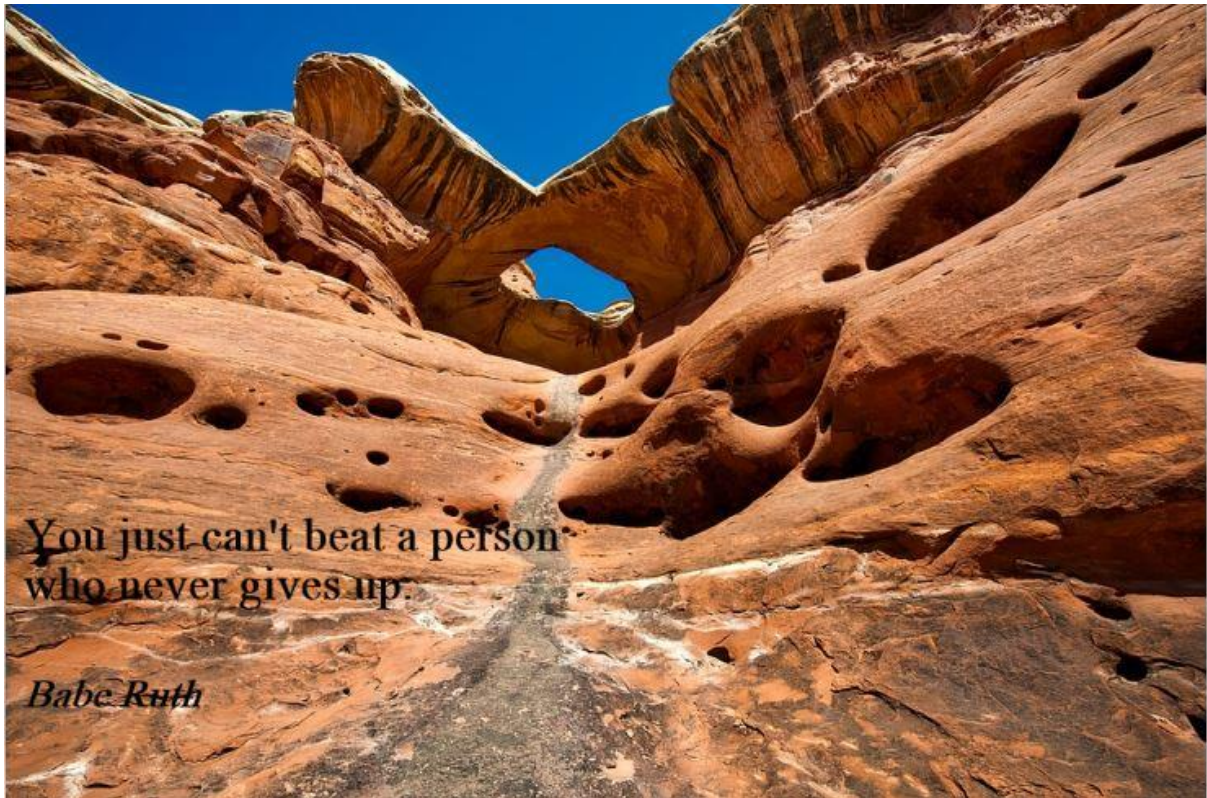
*June 13<sup>th</sup> – International Albinism Awareness Day*



**If you're a blood donor,  
you're a hero to someone,  
somewhere, who received  
your gracious gift of life.**

*June 14<sup>th</sup> – World Blood Donor Day*





You just can't beat a person  
who never gives up.

*Babe Ruth*

June 15<sup>th</sup>

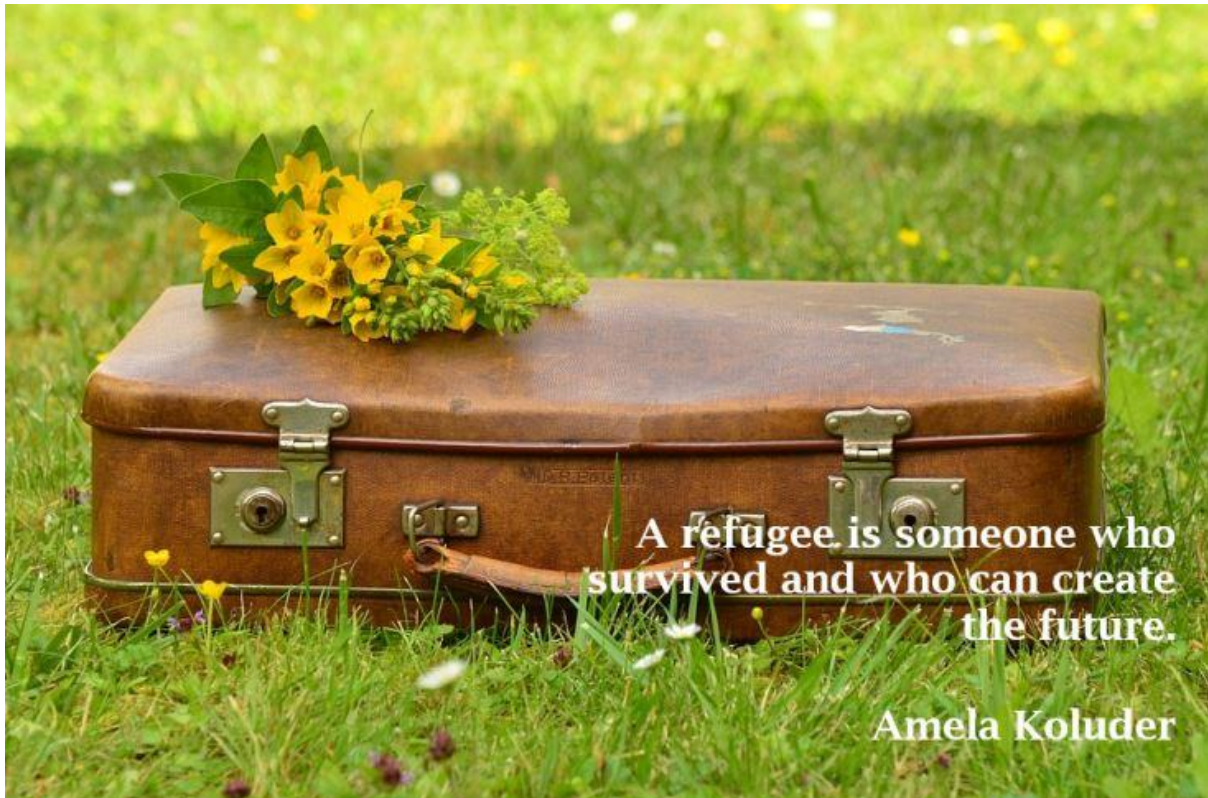


*A little thought and a little kindness are often  
worth more than a great deal of money.*

*John Ruskin*

June 16<sup>th</sup>





**A refugee is someone who survived and who can create the future.**

**Amela Koluder**

*June 17<sup>th</sup> – International Refugee Week 2019*



**All together, we are creating a community, and this community can truly create a revolution in the food world and beyond. We have to feed the world, we have to fight waste.**

**Massimo Bottura**

*June 18<sup>th</sup> – Sustainable Gastronomy Day*



There is no such thing as 'AWAY'.  
When we throw anything away it  
must go somewhere.

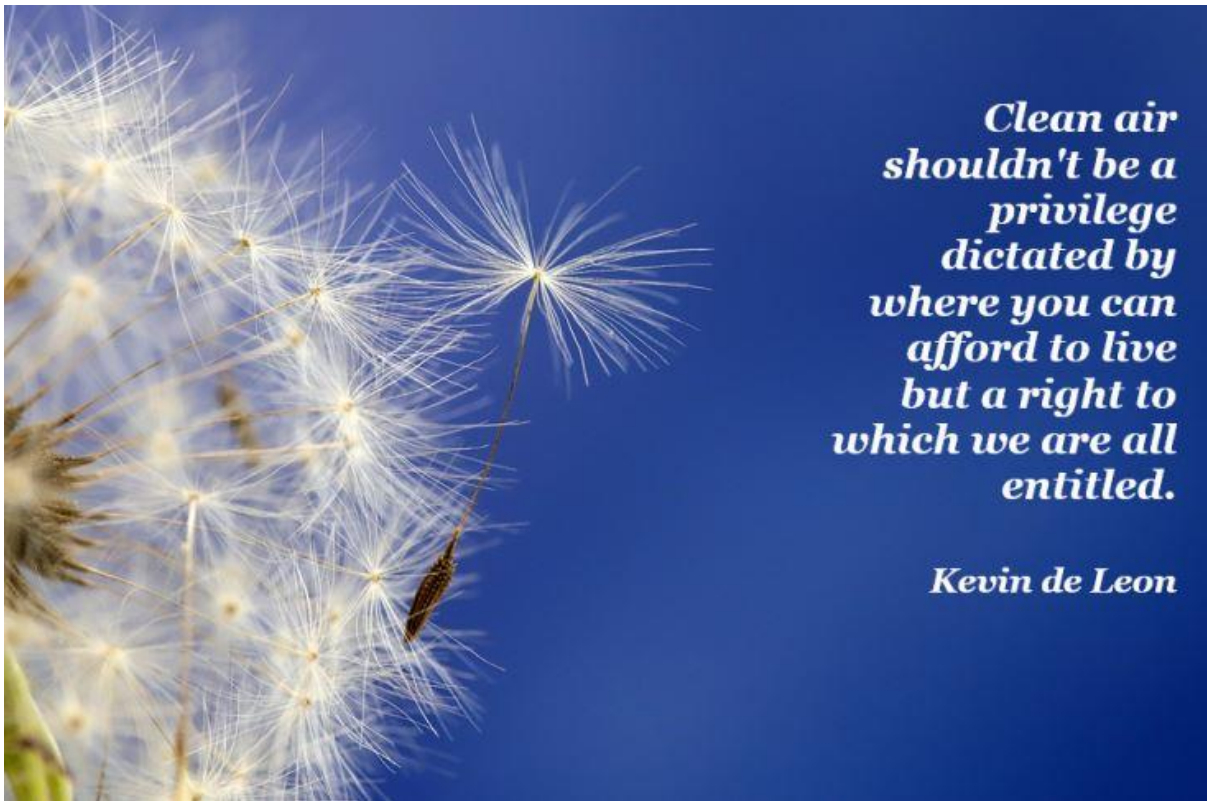
*Annie Leonard*



*June 19<sup>th</sup> – International Refill Day*

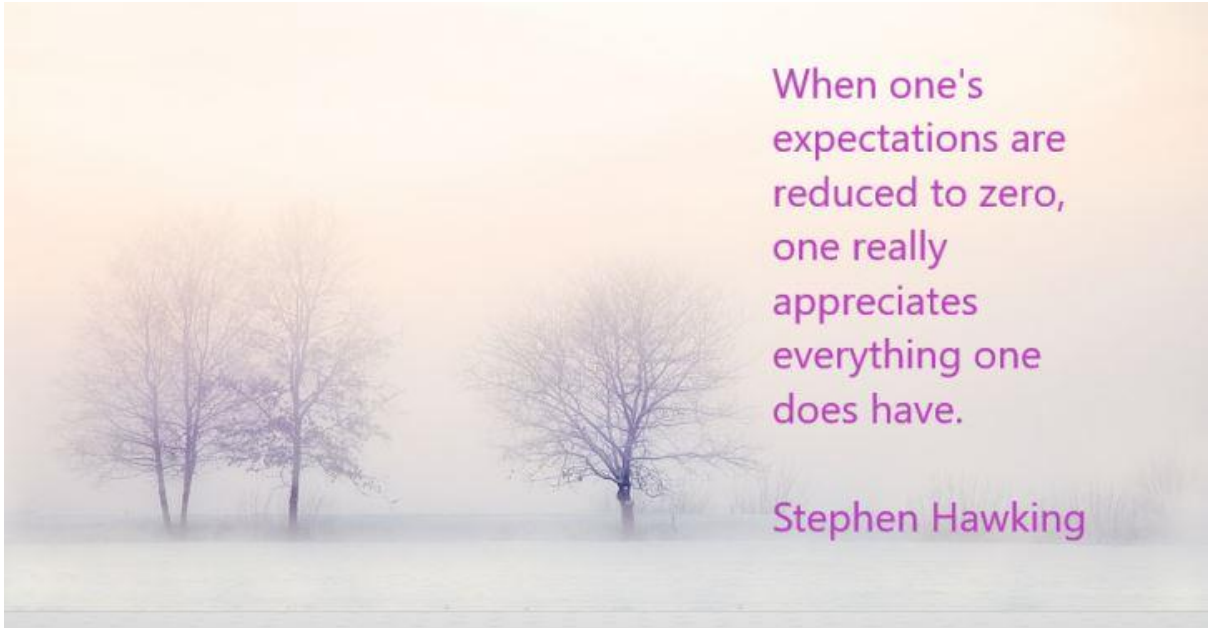
*Clean air  
shouldn't be a  
privilege  
dictated by  
where you can  
afford to live  
but a right to  
which we are all  
entitled.*

*Kevin de Leon*



*June 20<sup>th</sup> – International Clean Air Day 2019*





When one's expectations are reduced to zero, one really appreciates everything one does have.

Stephen Hawking

*June 21<sup>st</sup> – Global MND Awareness Day 2019*



*I like to listen. I have learned a lot by listening carefully. Some people never listen.*

*Ernest Hemingway*

*June 22<sup>nd</sup>*



Courage isn't having the strength to go on. It's going on when you don't have the strength.

Napoleon Bonaparte



*June 23<sup>rd</sup> – International Widows Day*

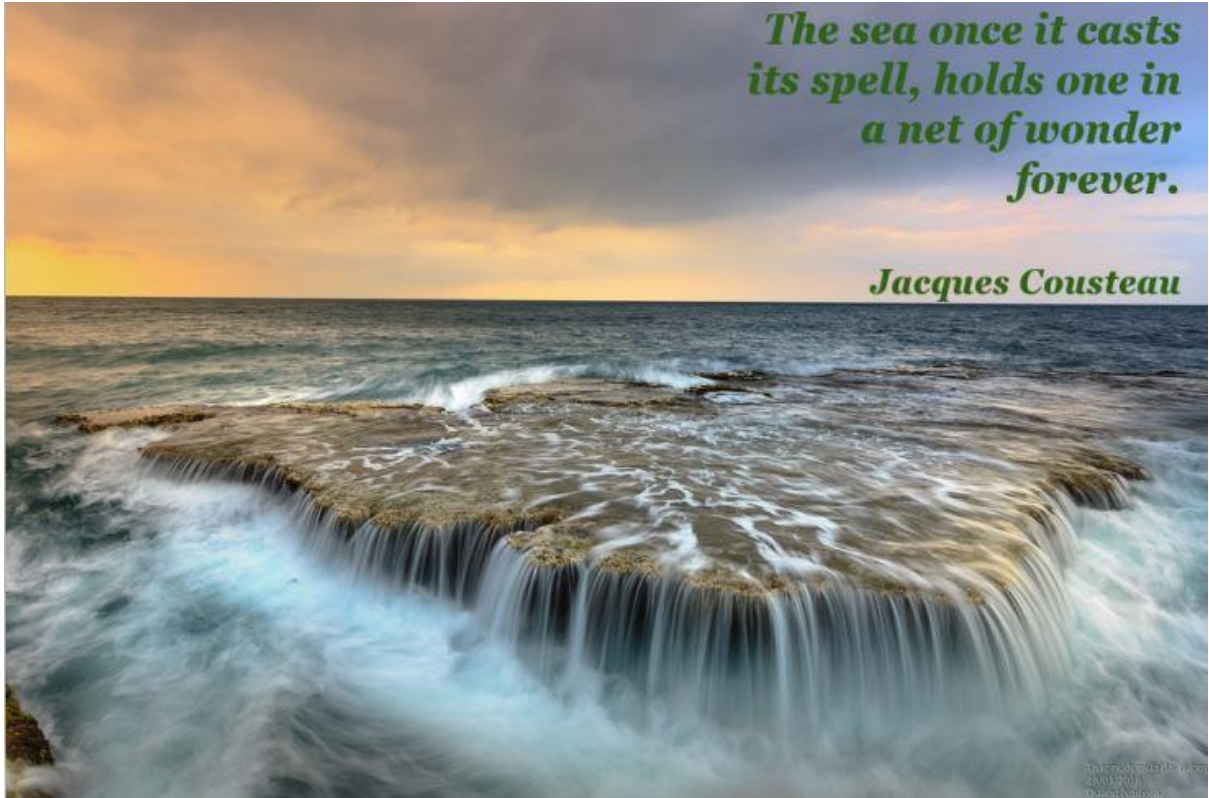
The strongest people are those who win battles we know nothing about.

Unknown



*June 24<sup>th</sup> – World Wellbeing Week*





*The sea once it casts  
its spell, holds one in  
a net of wonder  
forever.*

*Jacques Cousteau*

*June 25<sup>th</sup> – Day of the Seafarer 2019*

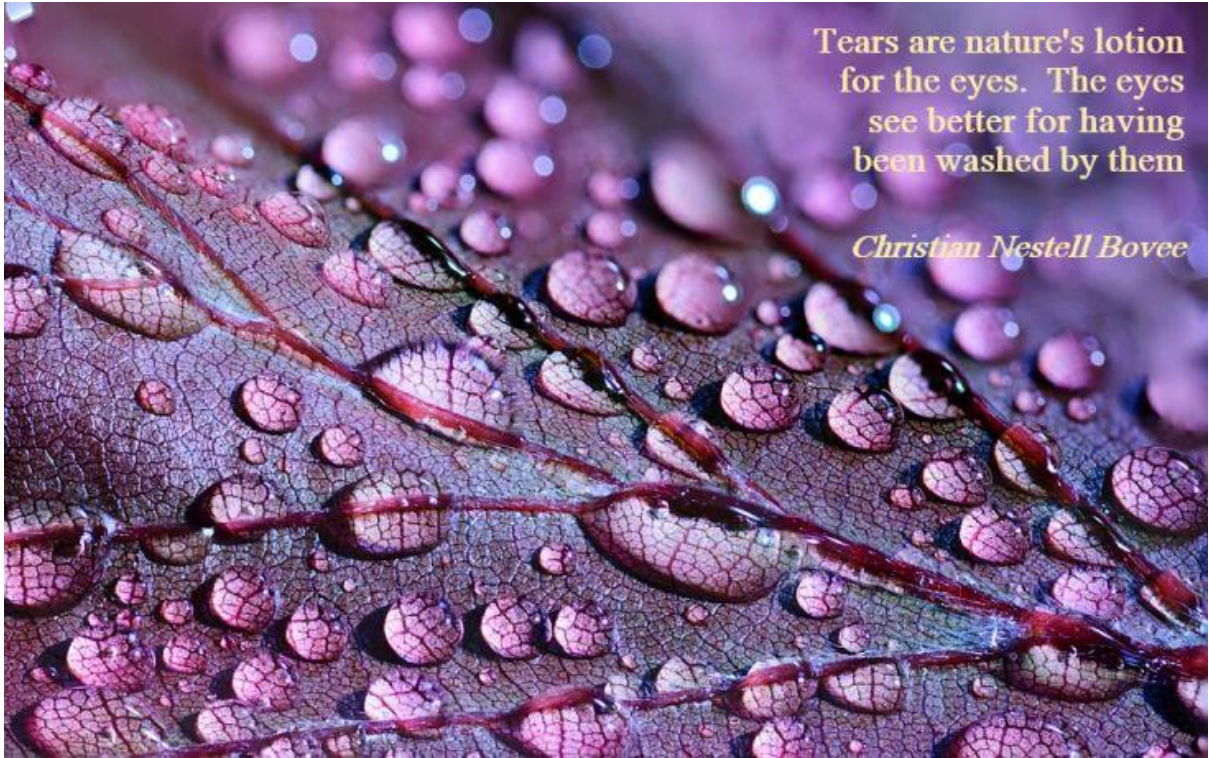


**The purpose of torture is not getting  
information. It's spreading fear.**

*Eduardo Galeano*

*June 26th - International Day In Support Of Victims Of Torture*

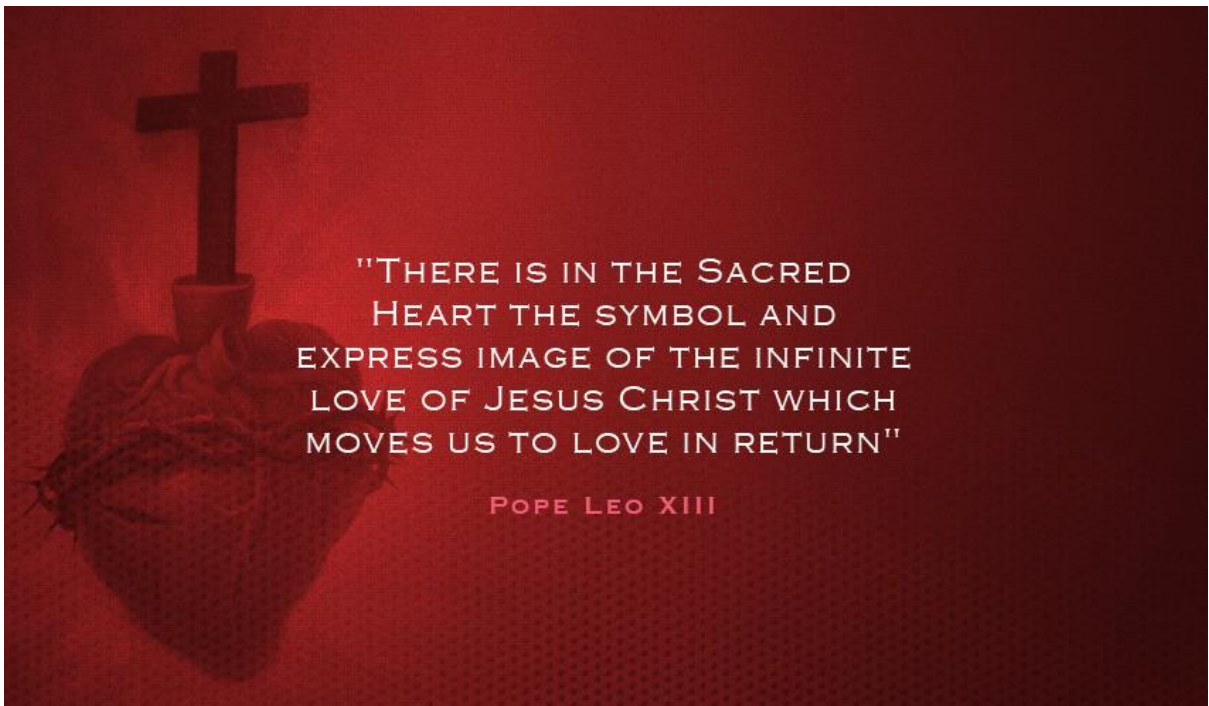




Tears are nature's lotion  
for the eyes. The eyes  
see better for having  
been washed by them

*Christian Nestell Bovee*

*June 27<sup>th</sup>*



"THERE IS IN THE SACRED  
HEART THE SYMBOL AND  
EXPRESS IMAGE OF THE INFINITE  
LOVE OF JESUS CHRIST WHICH  
MOVES US TO LOVE IN RETURN"

POPE LEO XIII

*June 28<sup>th</sup> – Sacred Heart Of Jesus*





*Quality of life actually begins  
at home – it's in your street,  
around your community.*

*Charles Kennedy*

*June 29<sup>th</sup>*



*The best and most beautiful things in the  
world cannot be seen or even touched -  
they must be felt with the heart.*

*Helen Keller*

*June 30<sup>th</sup>*