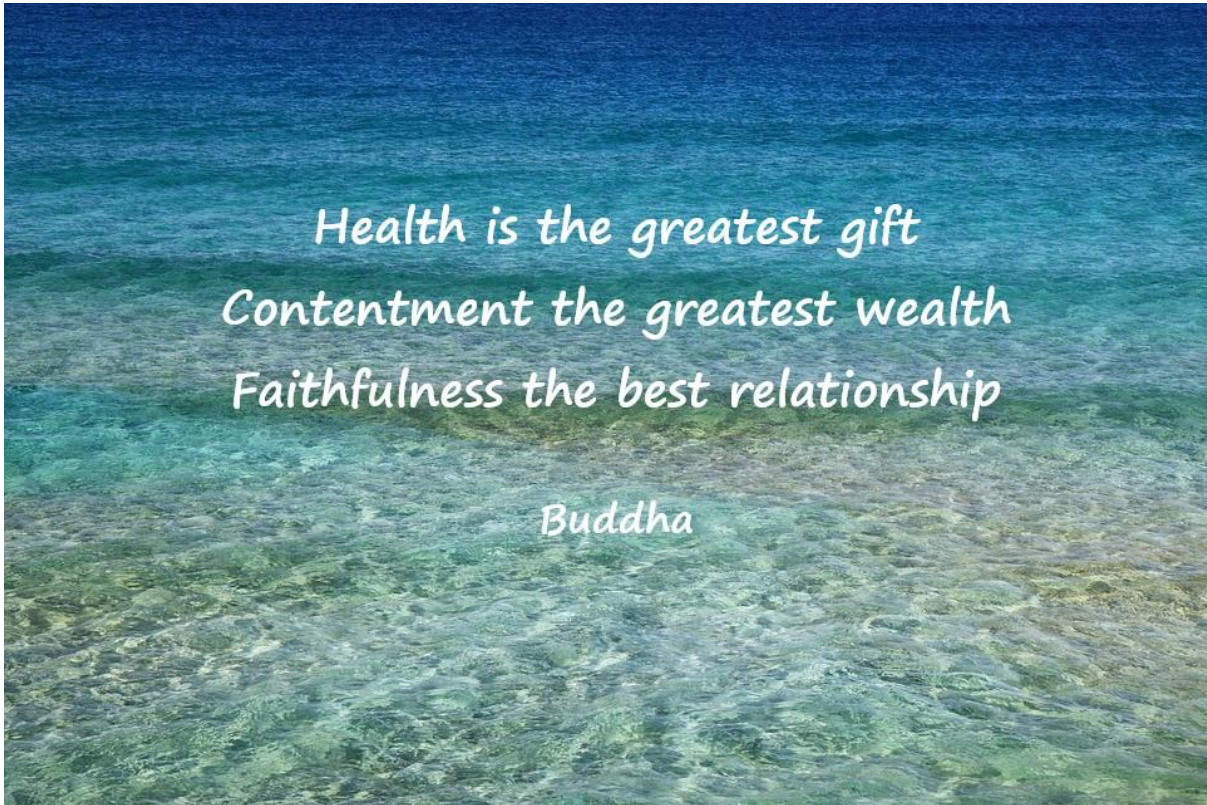


**Thought For The Day – November 2019**



*Health is the greatest gift  
Contentment the greatest wealth  
Faithfulness the best relationship*

*Buddha*

*November 1<sup>st</sup> – November 2019 Men's Health Awareness Month*



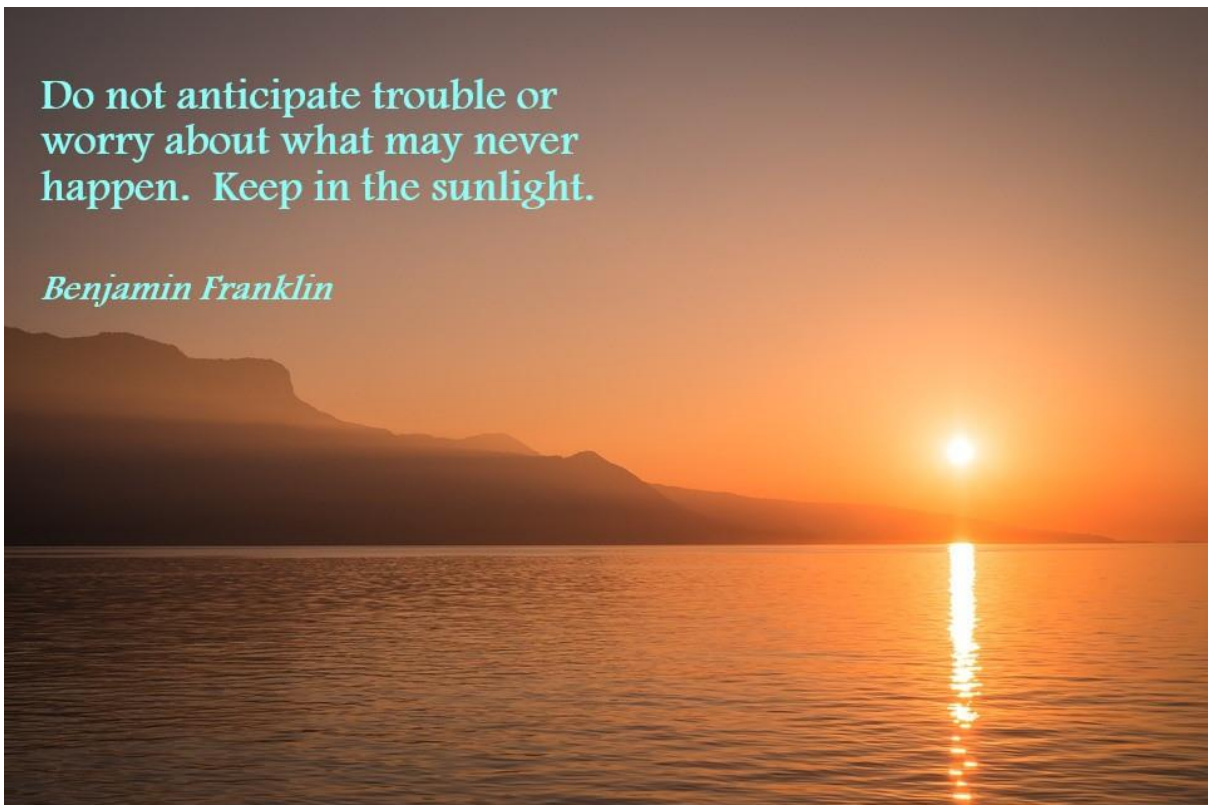
**We remember you**

**Rest in the light**

*November 2<sup>nd</sup> – All Souls Day*



*November 3<sup>rd</sup>*



*November 4<sup>th</sup> – International Stress Awareness Week*



*Laugh a lot.  
It clears the lungs.*

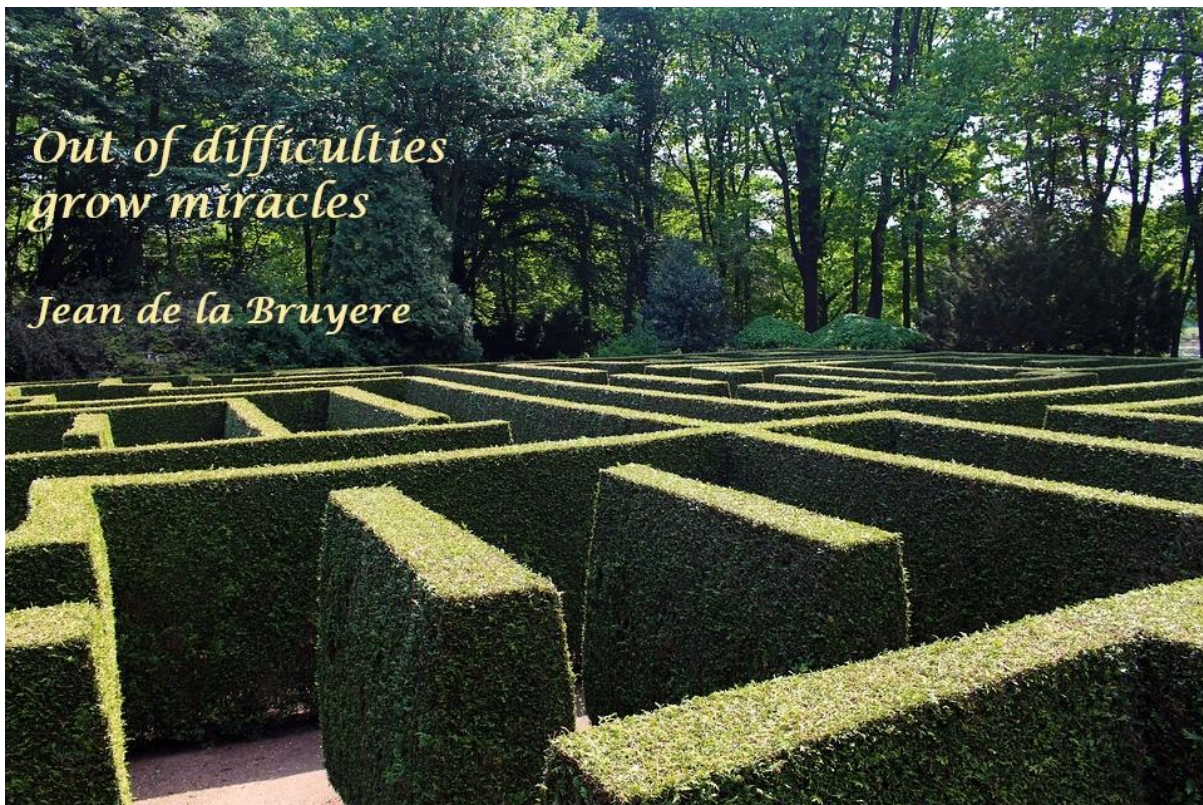
*David Hockney*



*November 5<sup>th</sup> – COPD Awareness Month 2019*

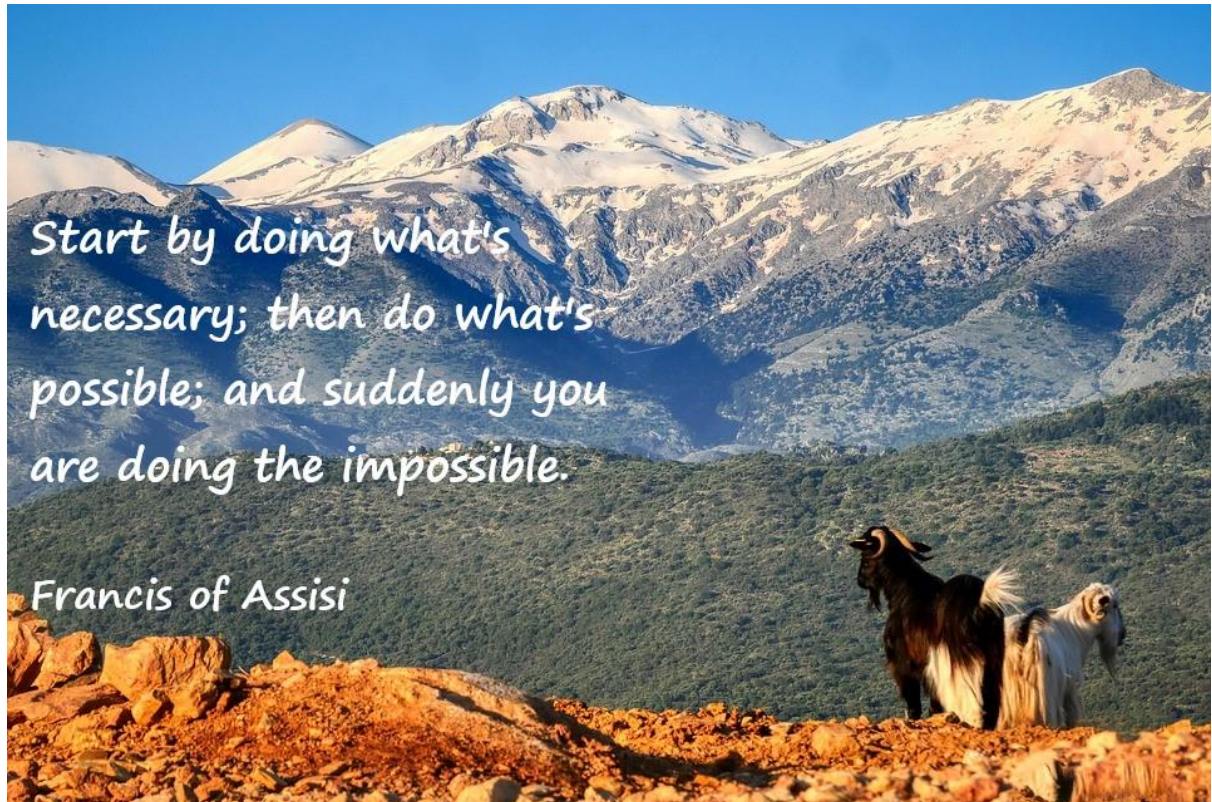
*Out of difficulties  
grow miracles*

*Jean de la Bruyere*



*November 6<sup>th</sup>*

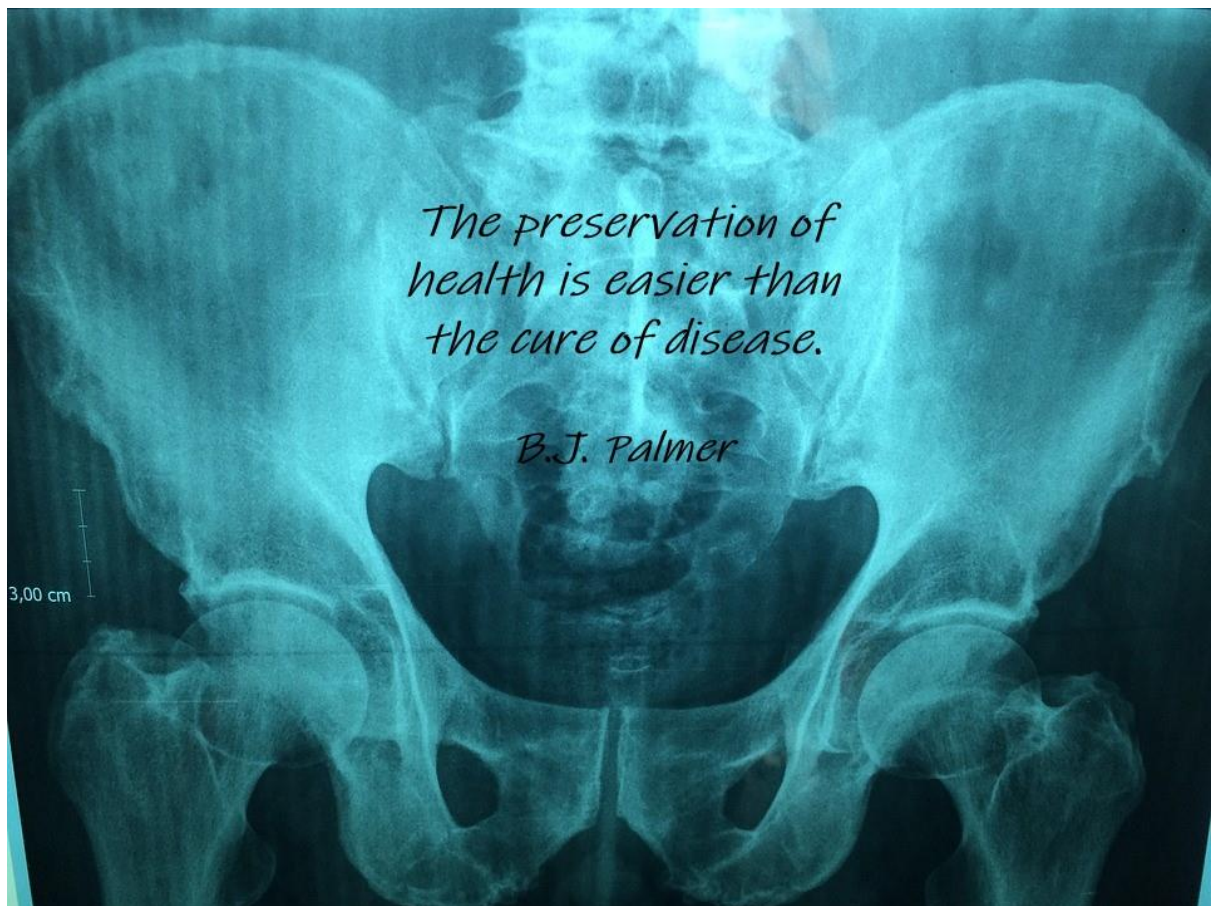




*Start by doing what's  
necessary; then do what's  
possible; and suddenly you  
are doing the impossible.*

*Francis of Assisi*

November 7<sup>th</sup>



*The preservation of  
health is easier than  
the cure of disease.*

*B.J. Palmer*

November 8<sup>th</sup> – World Radiography Day 2019

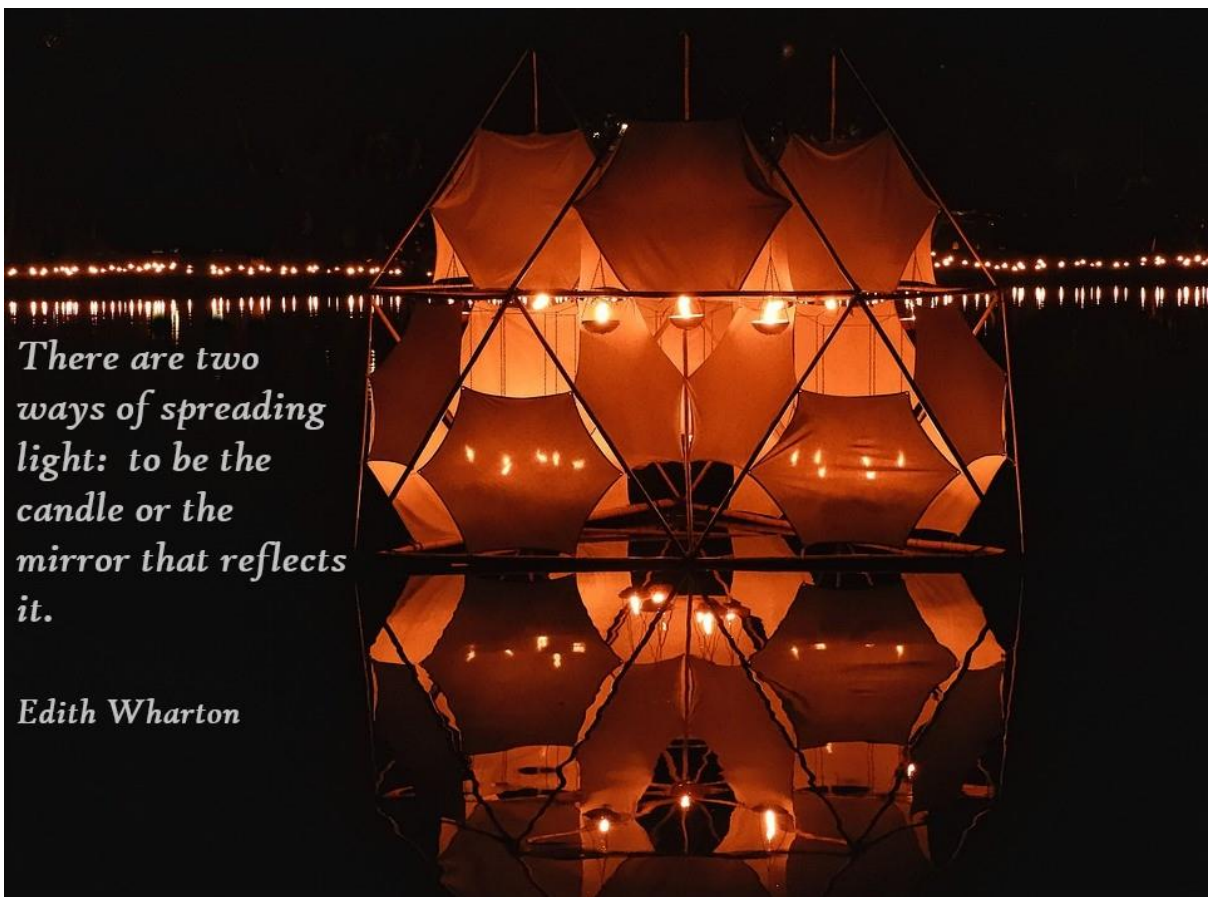




*The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart.*

*Helen Keller*

*November 9<sup>th</sup> – World Freedom Day 2019*



*There are two ways of spreading light: to be the candle or the mirror that reflects it.*

*Edith Wharton*

*November 10<sup>th</sup>*



*My God, I am  
yours from now  
until eternity.*

*Catherine McAuley*

*November 11th – Anniversary of the death of Catherine McAuley in 1841*



*Each day  
provides its  
own gifts.*

*Marcus Aurelius*

*November 12<sup>th</sup>*



The catch phrase for the day is  
'Do an act of kindness.  
Help one person smile.'

*Harvey Ball*



*November 13<sup>th</sup> – World Kindness Day 2019*



*We can't help  
everyone, but  
everyone can help  
someone.*

*Ronald Reagan*

*November 14<sup>th</sup>*





*Change your thoughts  
and you can change your  
world.*

*Norman Vincent Peale*

*November 15<sup>th</sup>*



*God made the horse from the  
breath of the wind, the beauty of  
the earth, and the soul of an angel.*

*Unknown*

*November 16<sup>th</sup> – World Horse Appreciation Day 2019*



*November 17<sup>th</sup>*

**A man who wants to lead the  
orchestra must turn his back on the  
crowd.**

*Max Lucado*



*November 18<sup>th</sup> – International Leadership Week 2019*

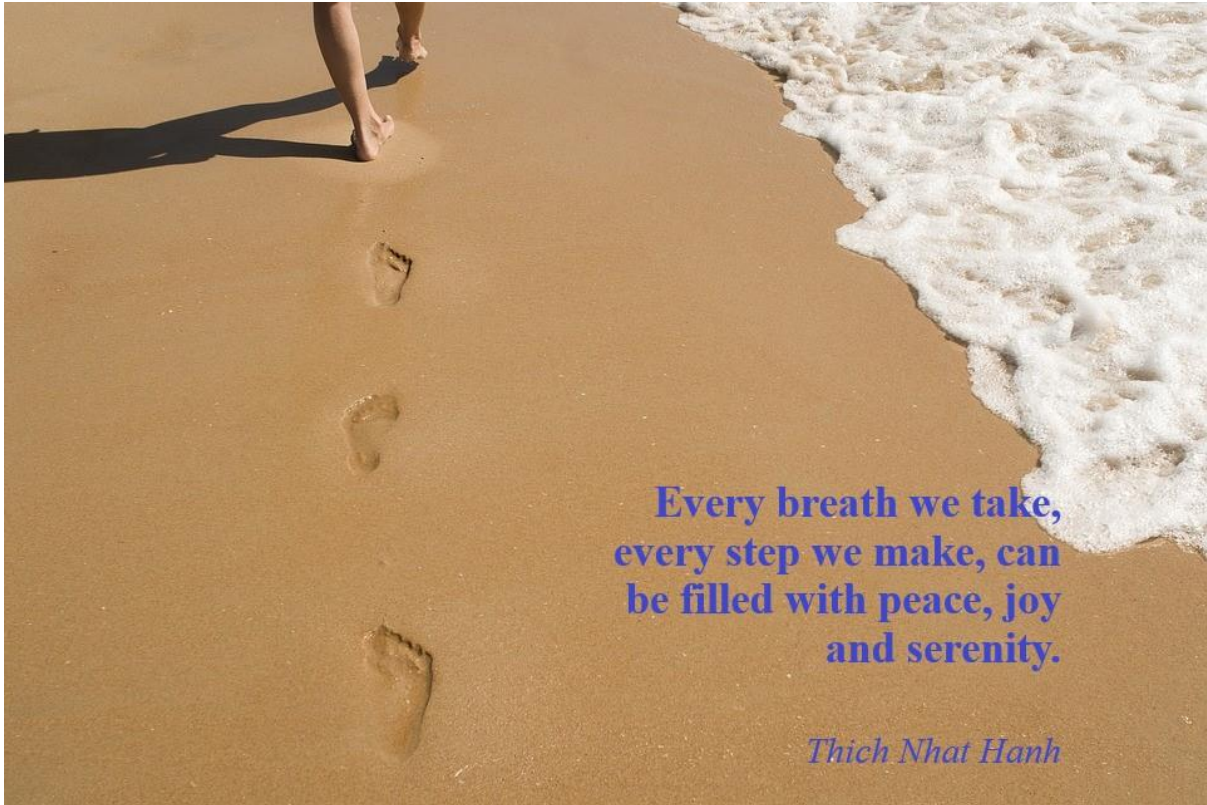




*November 19<sup>th</sup> – International Men's Day 2019*



*November 20<sup>th</sup> – Universal Children's Day 2019*



Every breath we take,  
every step we make, can  
be filled with peace, joy  
and serenity.

*Thich Nhat Hanh*

November 21<sup>st</sup> – World COPD Awareness Day 2019

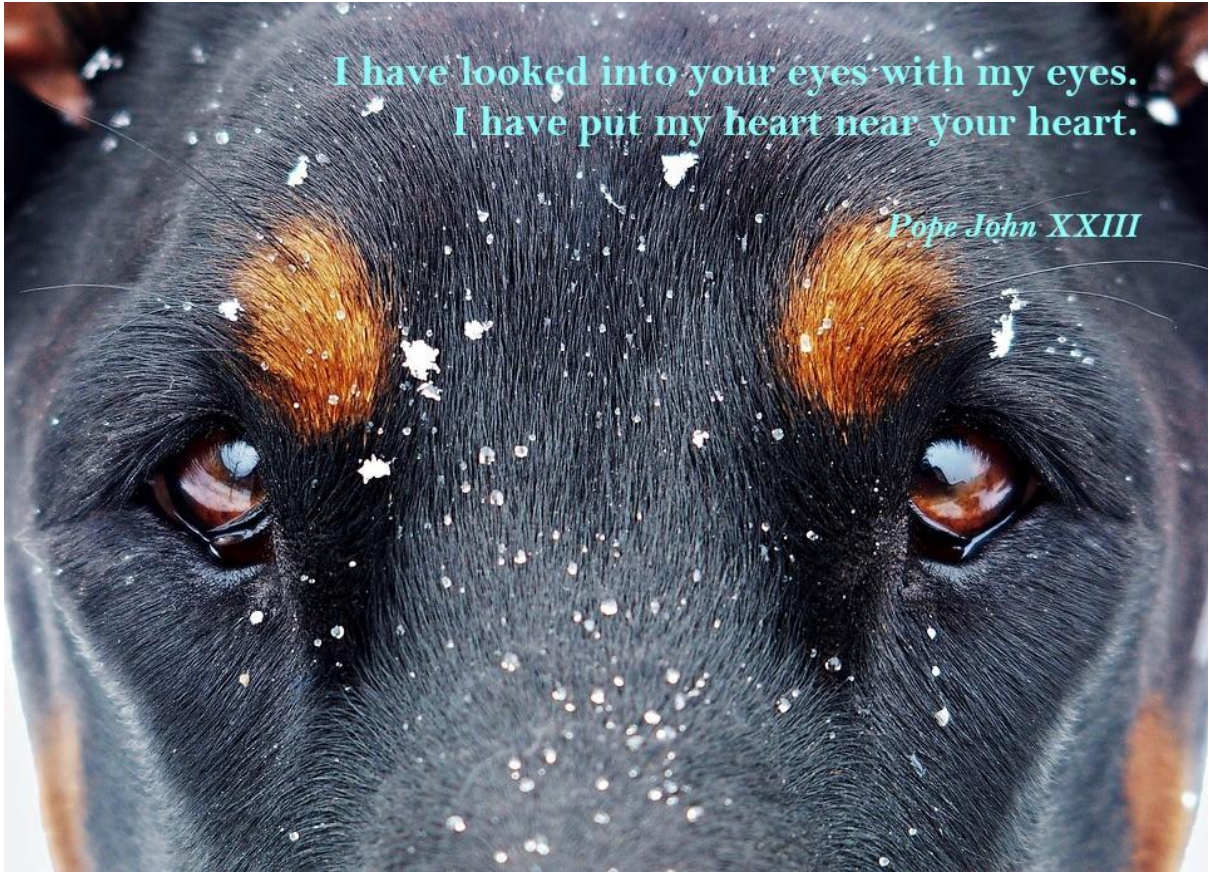


If we did all the things we are  
capable of, we would literally  
astound ourselves.

*Thomas A. Edison*

November 22<sup>nd</sup>

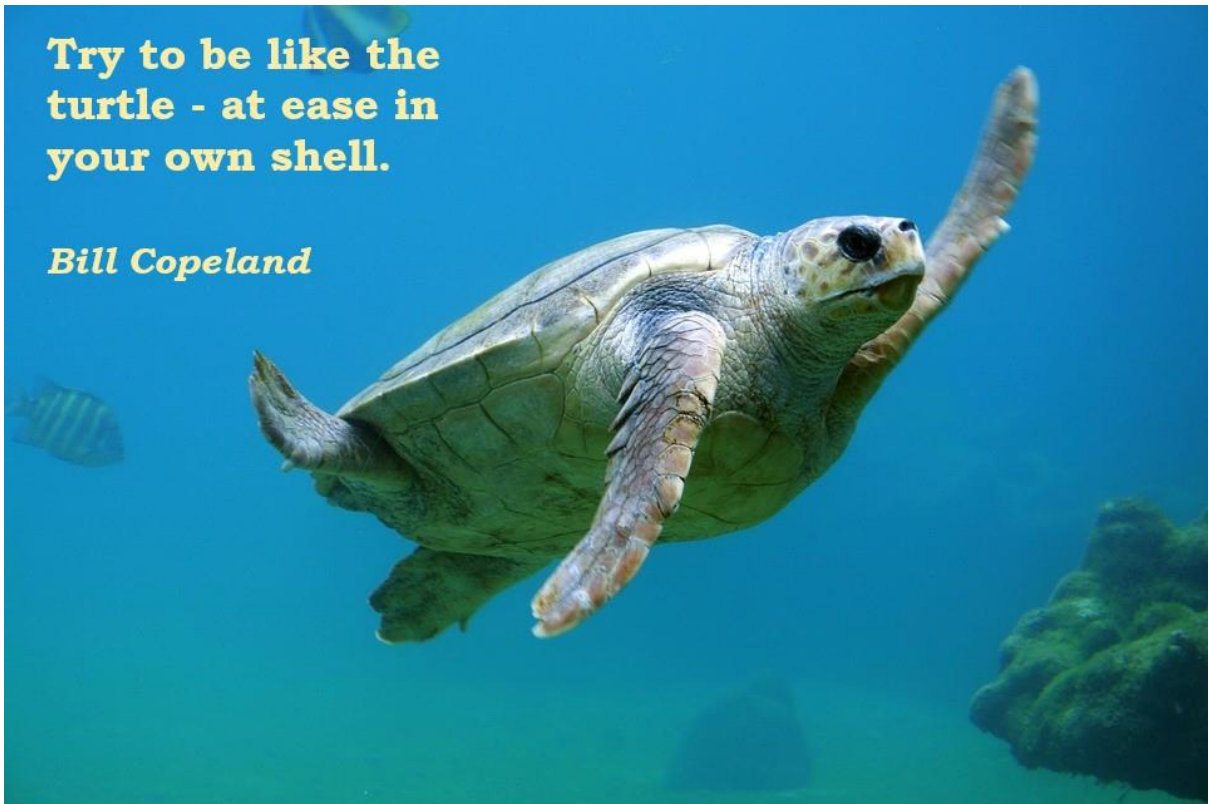




I have looked into your eyes with my eyes.  
I have put my heart near your heart.

*Pope John XXIII*

*November 23<sup>d</sup>*



Try to be like the  
turtle - at ease in  
your own shell.

*Bill Copeland*

*November 24<sup>th</sup>*

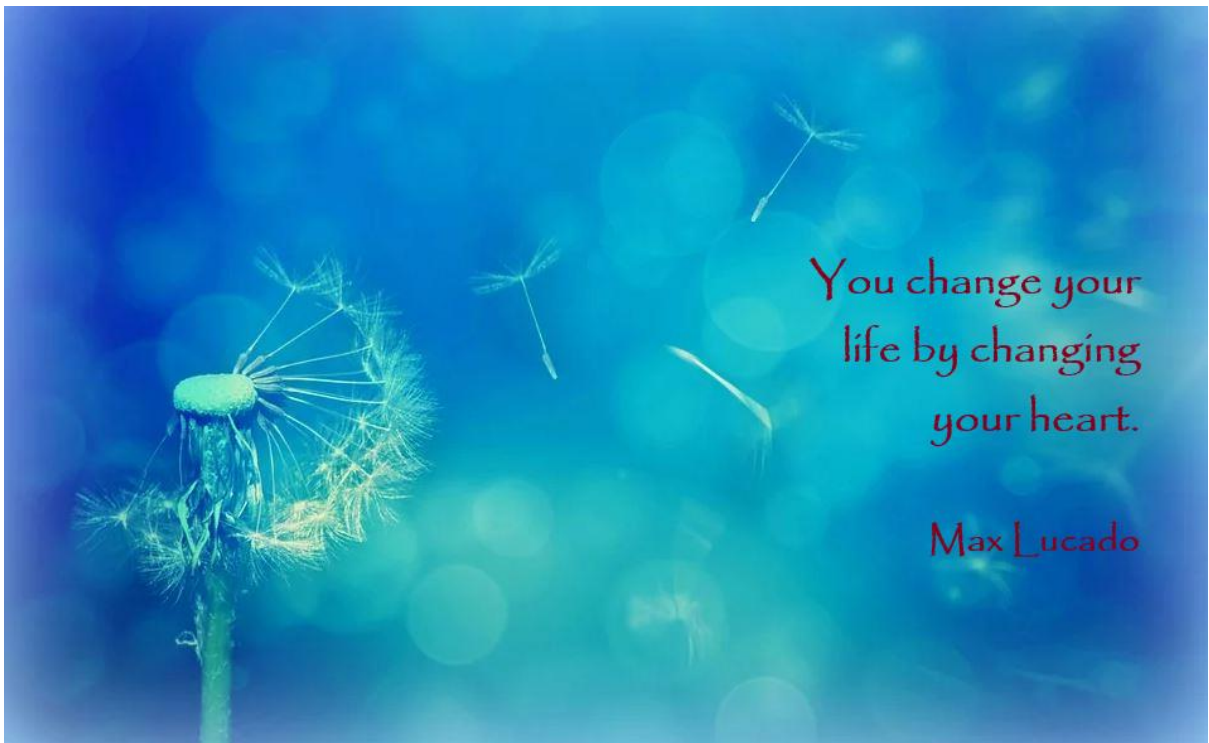




**For every wound there is a scar.  
And every scar tells a story.  
A story that says I survived.**

*Fr. Craig Scott*

*November 25<sup>th</sup> – 16 Days of Action Against Domestic Violence 2019*




**You change your  
life by changing  
your heart.**

**Max Lucado**

*November 26<sup>th</sup>*

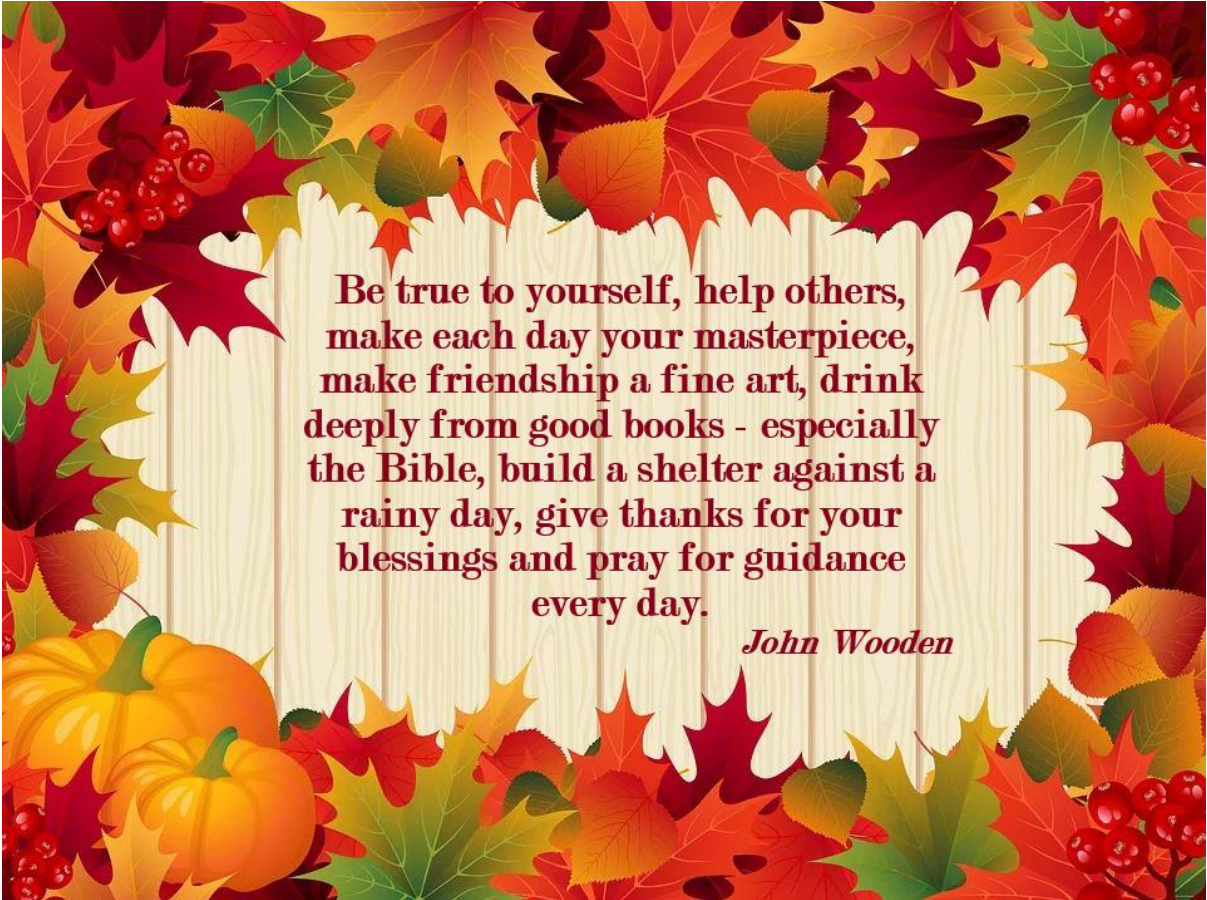




When we seek to  
discover the best in  
others, we somehow  
bring out the best in  
ourselves.

*William Arthur Ward*

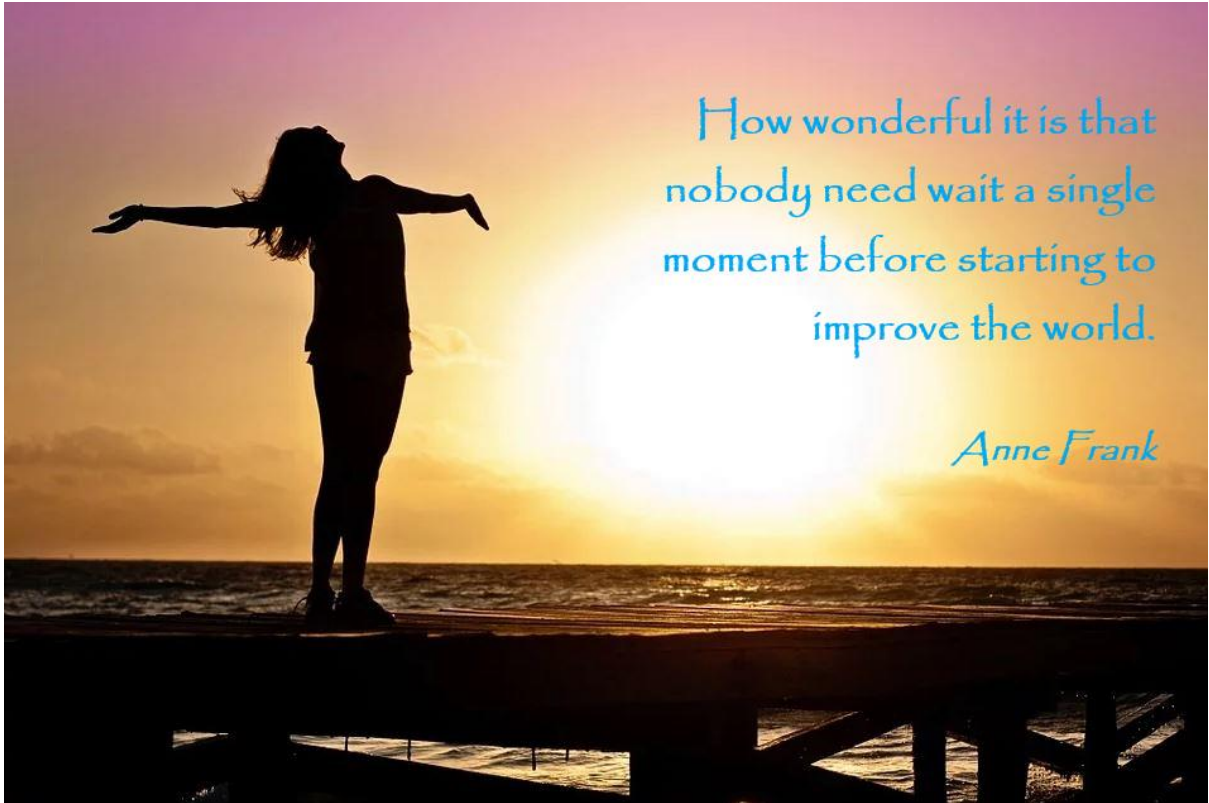
November 27<sup>th</sup>



Be true to yourself, help others,  
make each day your masterpiece,  
make friendship a fine art, drink  
deeply from good books - especially  
the Bible, build a shelter against a  
rainy day, give thanks for your  
blessings and pray for guidance  
every day.

*John Wooden*

November 28<sup>th</sup> – Thanksgiving 2019



How wonderful it is that  
nobody need wait a single  
moment before starting to  
improve the world.

*Anne Frank*

*November 29<sup>th</sup>*



There is nothing stronger in  
the world than gentleness.

**Han Suyin**

*November 30<sup>th</sup>*