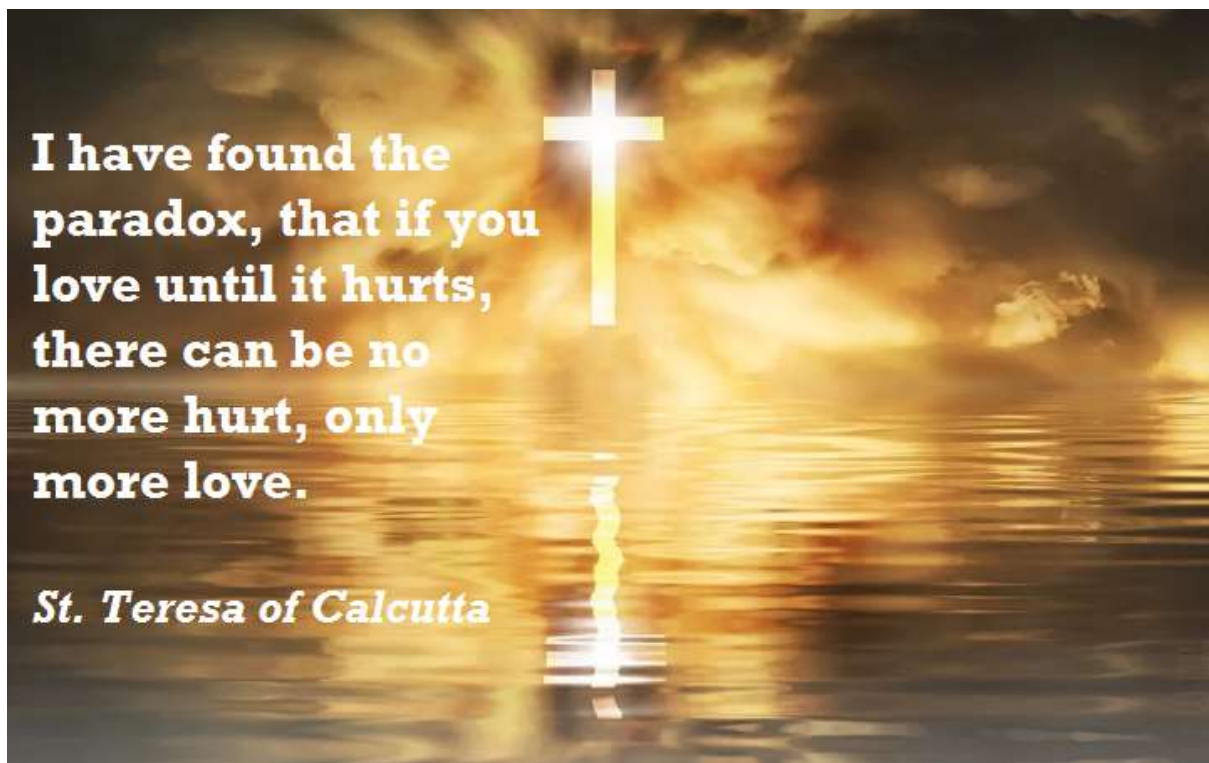


Thought For The Day – November 2020



I have found the paradox, that if you love until it hurts, there can be no more hurt, only more love.

St. Teresa of Calcutta

1st November – All Saints Day



We remember you

Rest in the light

2nd November – All Souls Day

**Mental health
needs a great deal
of attention. It is
the final taboo
and needs to be
faced and dealt
with.**



Adam Ant

November 3rd – November 2020 Men's Health Awareness Month

**Do not anticipate trouble or
worry about what may never
happen. Keep in the sunlight.**

Benjamin Franklin



November 4th – International Stress Awareness Week



Butterflies can't see their wings. They can't see how truly beautiful they are but everyone else can. People are like that as well.

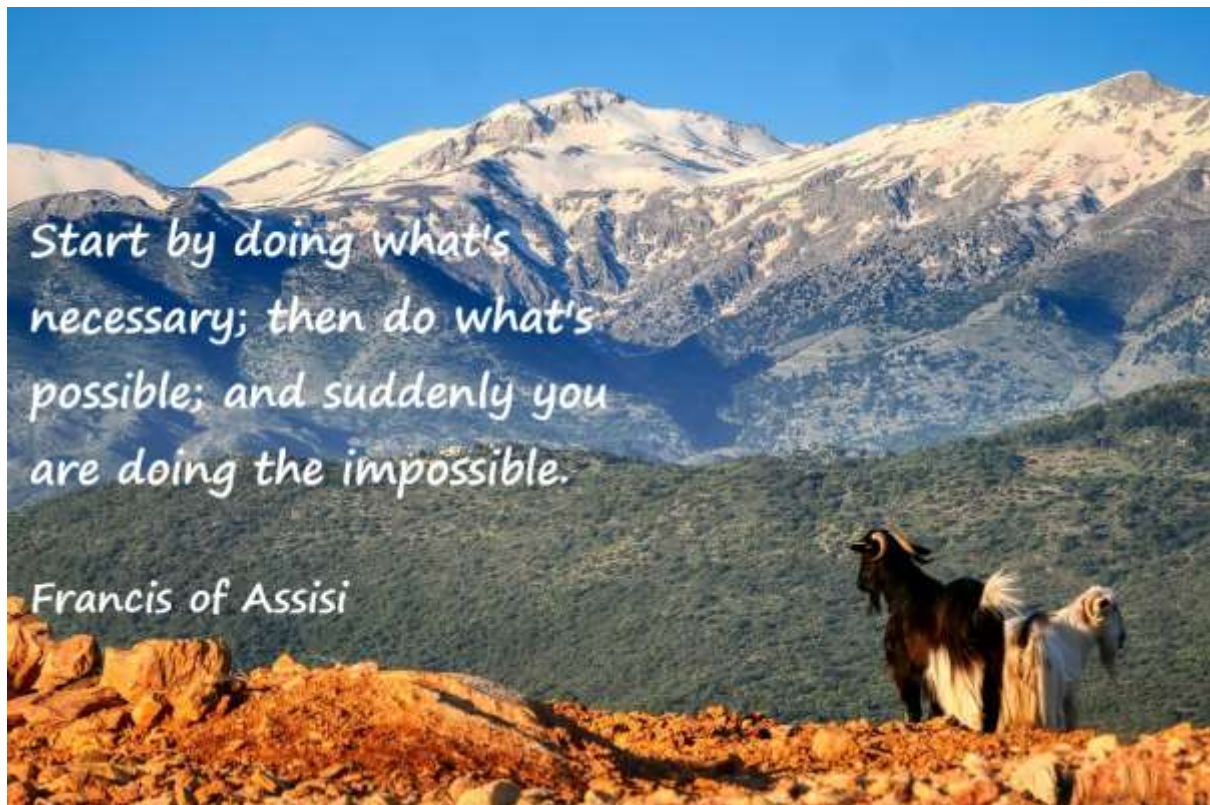
November 5th



The best preparation for tomorrow is doing your best today.

H. Jackson Brown Jr.

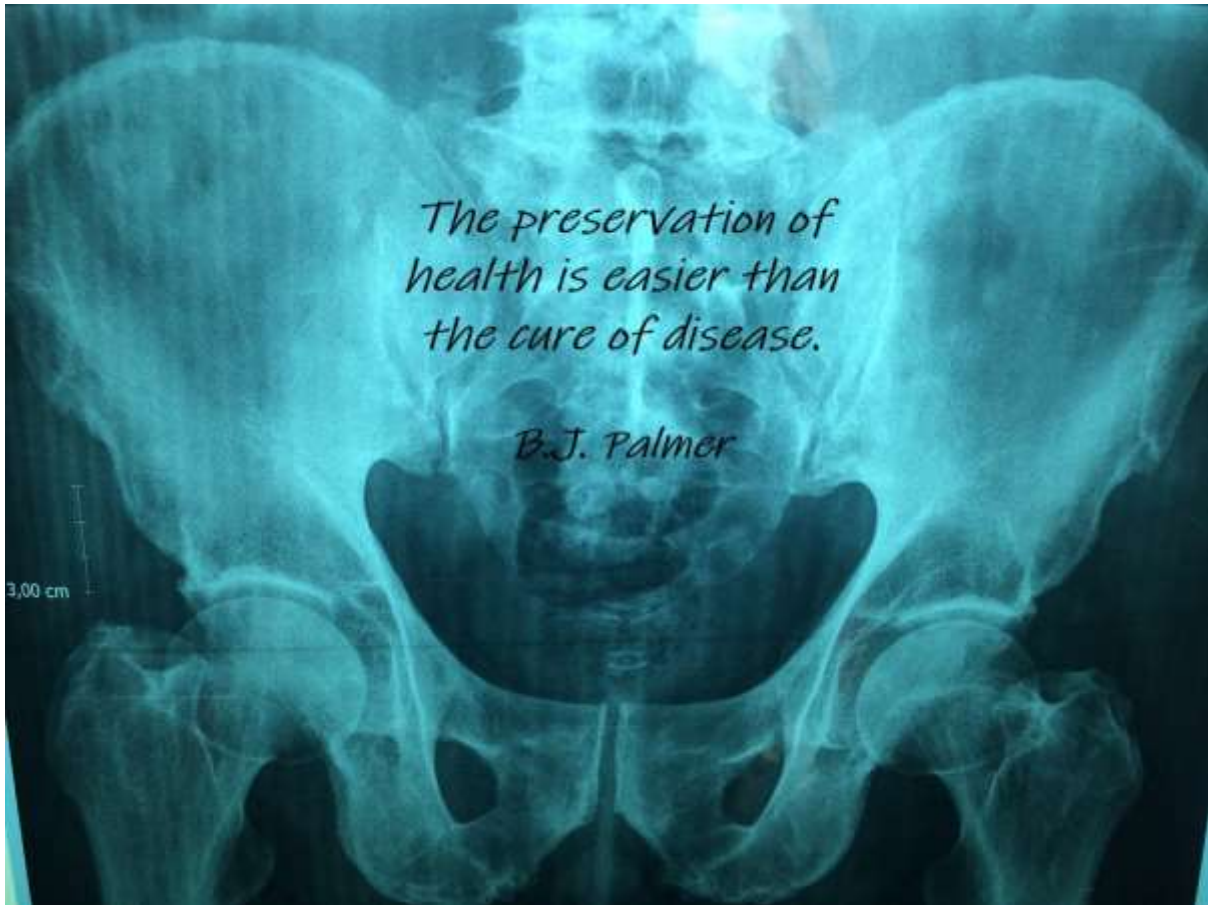
November 6th



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

Francis of Assisi

November 7th



November 8th – World Radiography Day



November 9th – World Freedom Day

Be sure to have a comfortable cup of tea when I am gone.

Catherine McAuley



November 10th – Mercy International Cup Of Tea Week



***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 12th

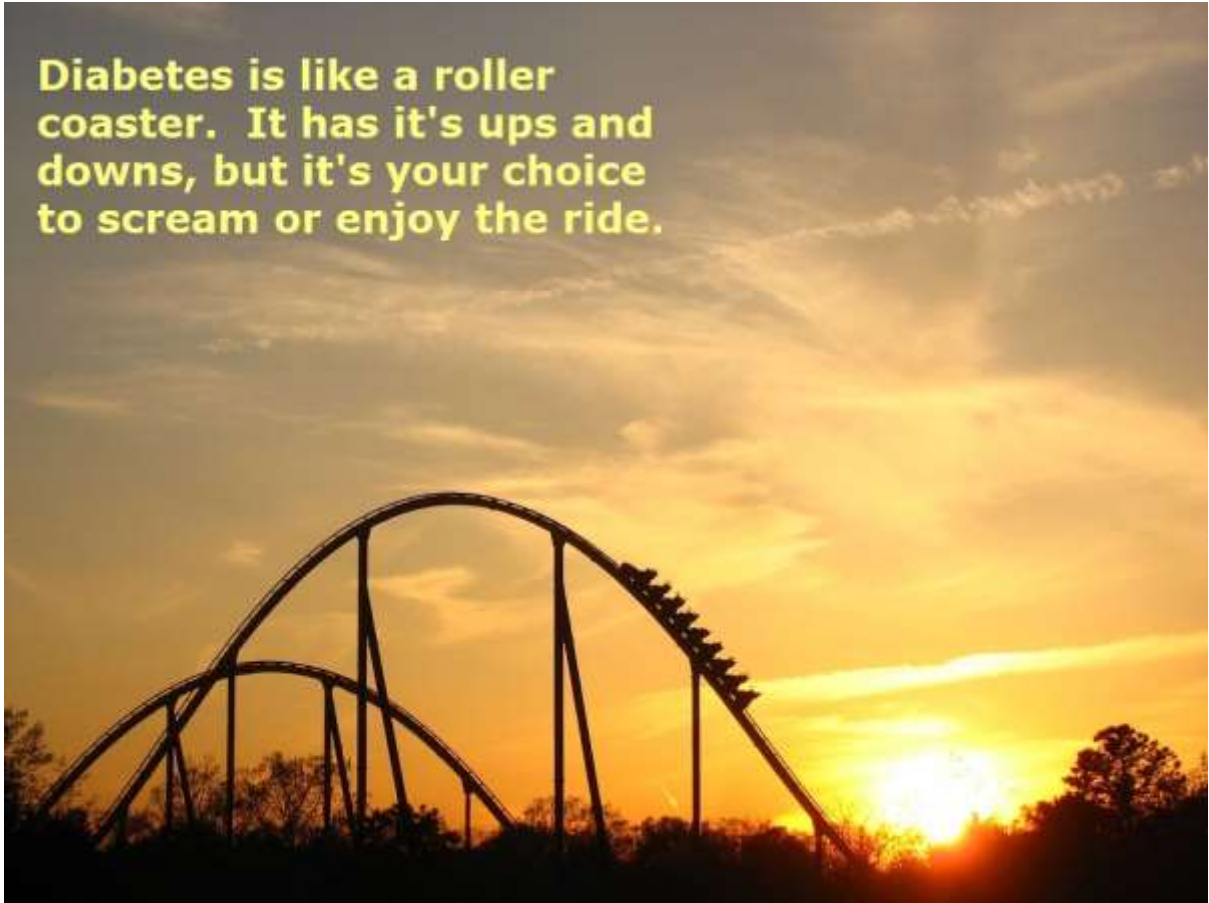


The catch phrase for the day is
'Do an act of kindness.
Help one person smile.'

Harvey Ball

November 13th – World Kindness Day

Diabetes is like a roller coaster. It has its ups and downs, but it's your choice to scream or enjoy the ride.



November 14th – World Diabetes Day



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

Ronald Reagan

November 15th



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

Unknown

November 16th – World Horse Appreciation Day

Laugh a lot.
It clears the lungs.

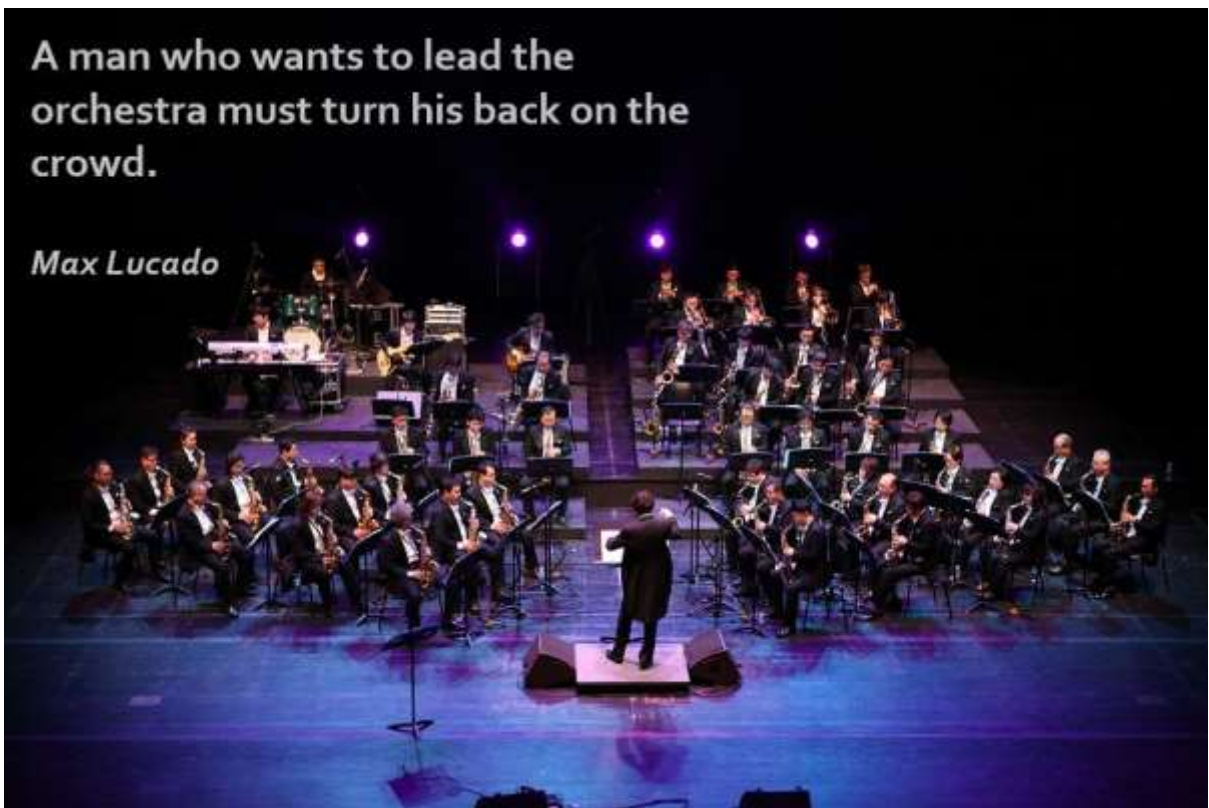
David Hockney



November 17th

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

Max Lucado



November 18th



You, yourself, as much
as anybody in the
universe, deserve your
love and affection.

The Buddha

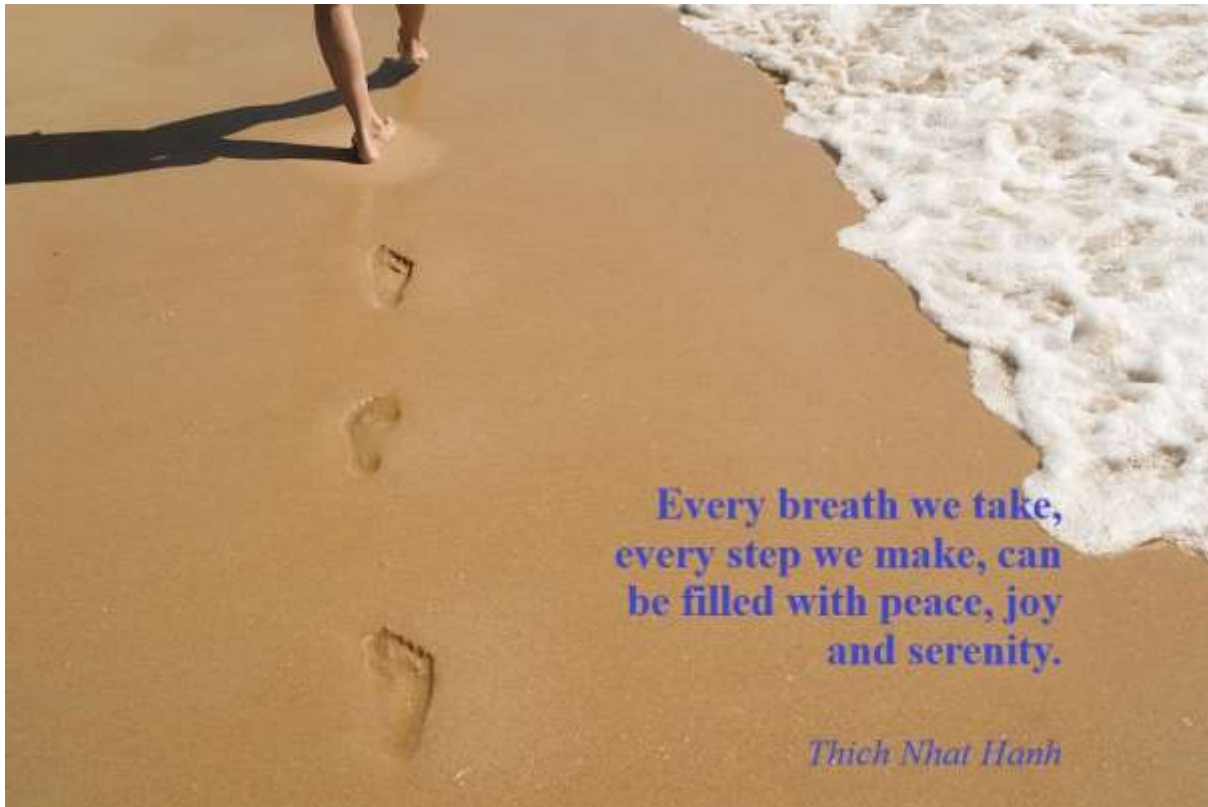
November 19th – International Men's Day



**A person's a
person, no matter
how small.**

Dr. Seuss

November 20th – Universal Children's Day



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

Thich Nhat Hanh

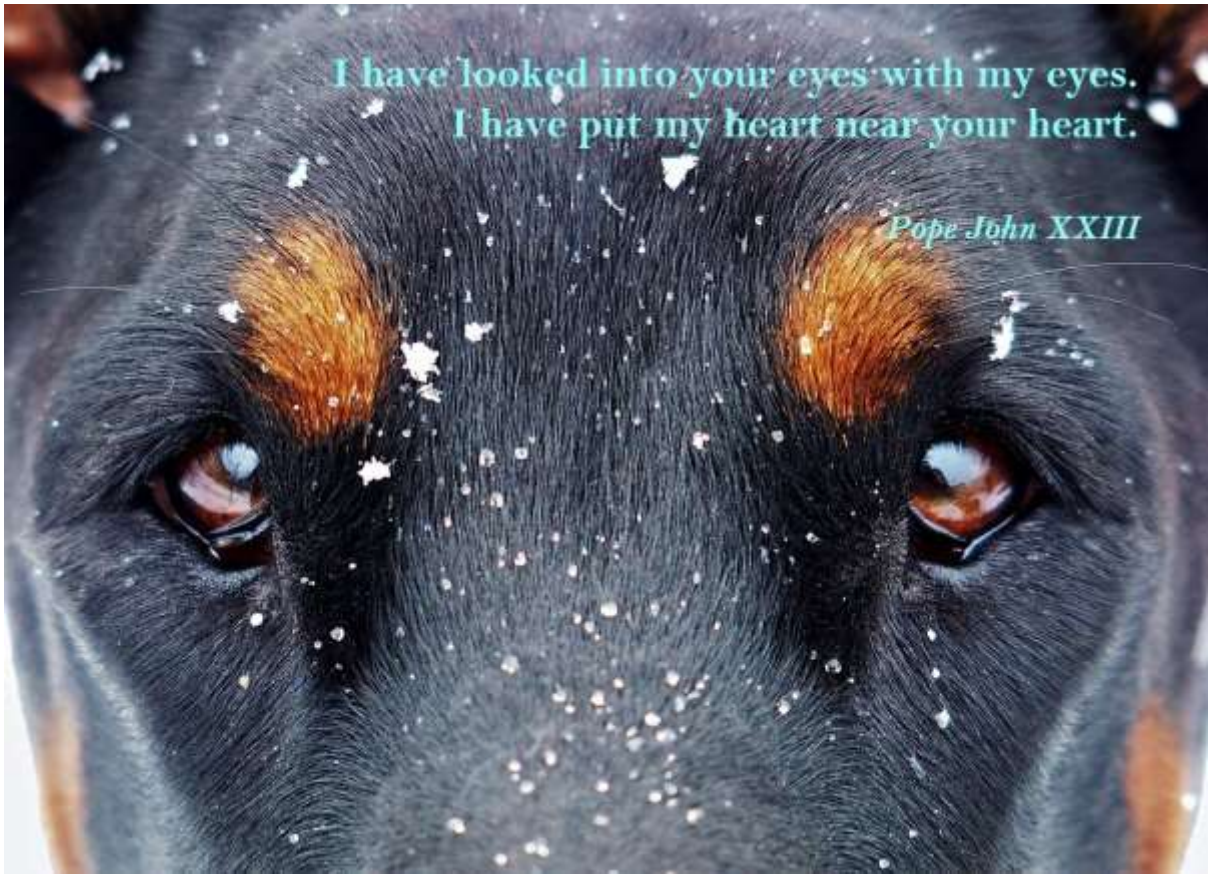
November 21st – World COPD Day



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

Thomas A. Edison

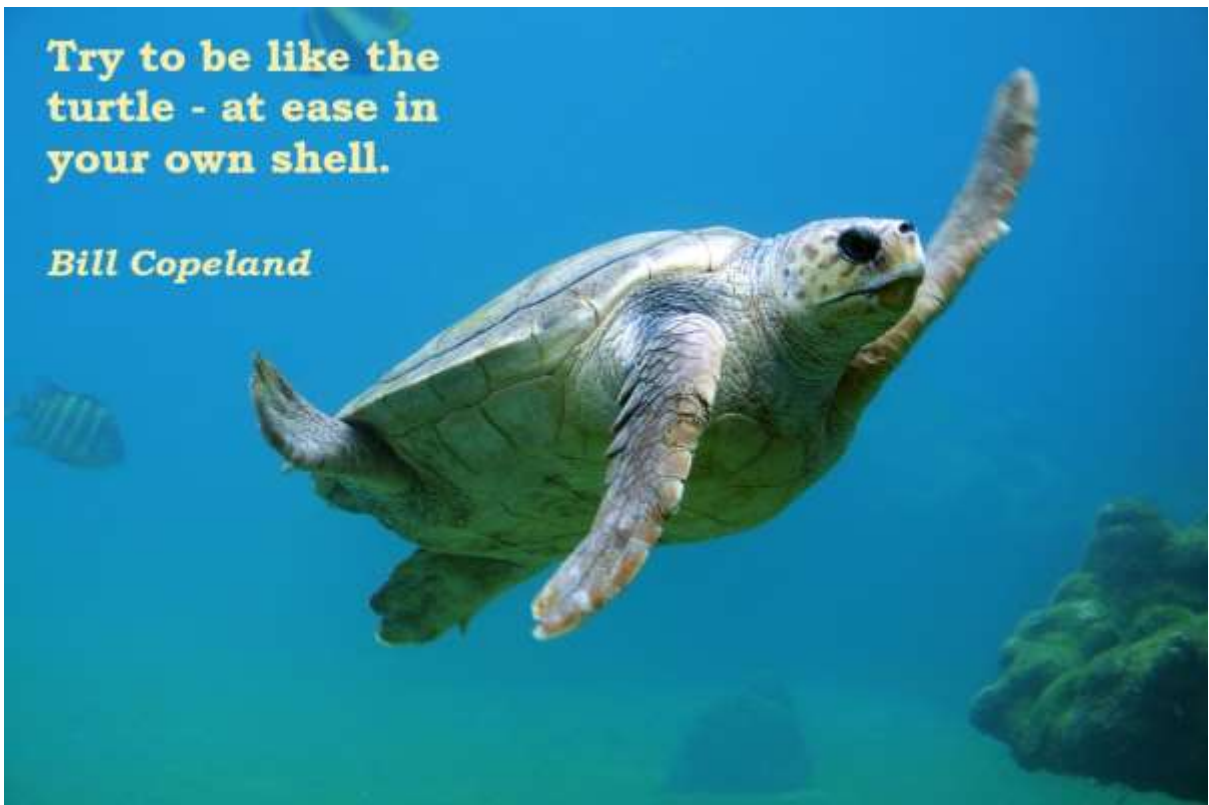
November 22nd



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

Pope John XXIII

November 23rd



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

Bill Copeland

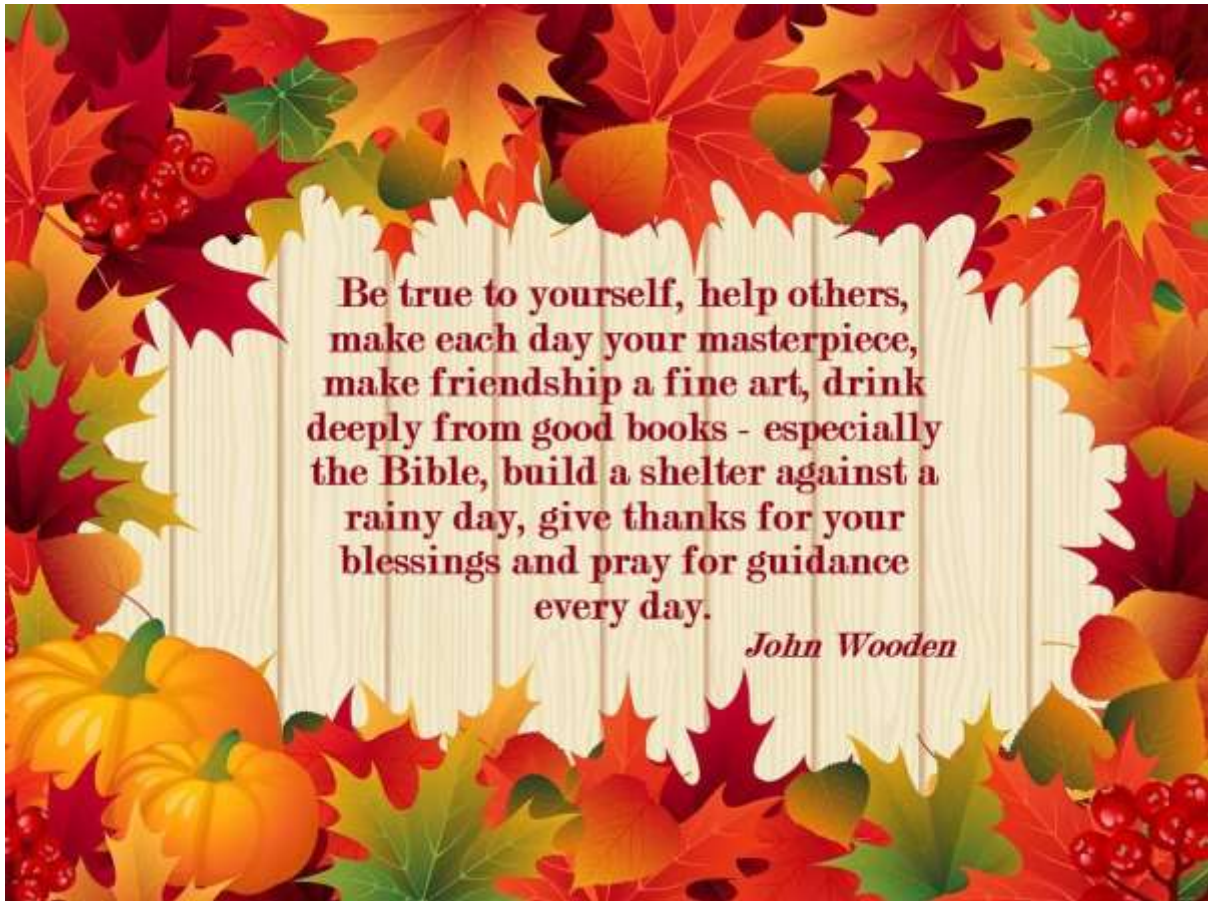
November 24th



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

Fr. Craig Scott

November 25th - International Day for the Eradication of Violence against Women



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 26th – Thanksgiving



You change your
life by changing
your heart.

Max Lucado

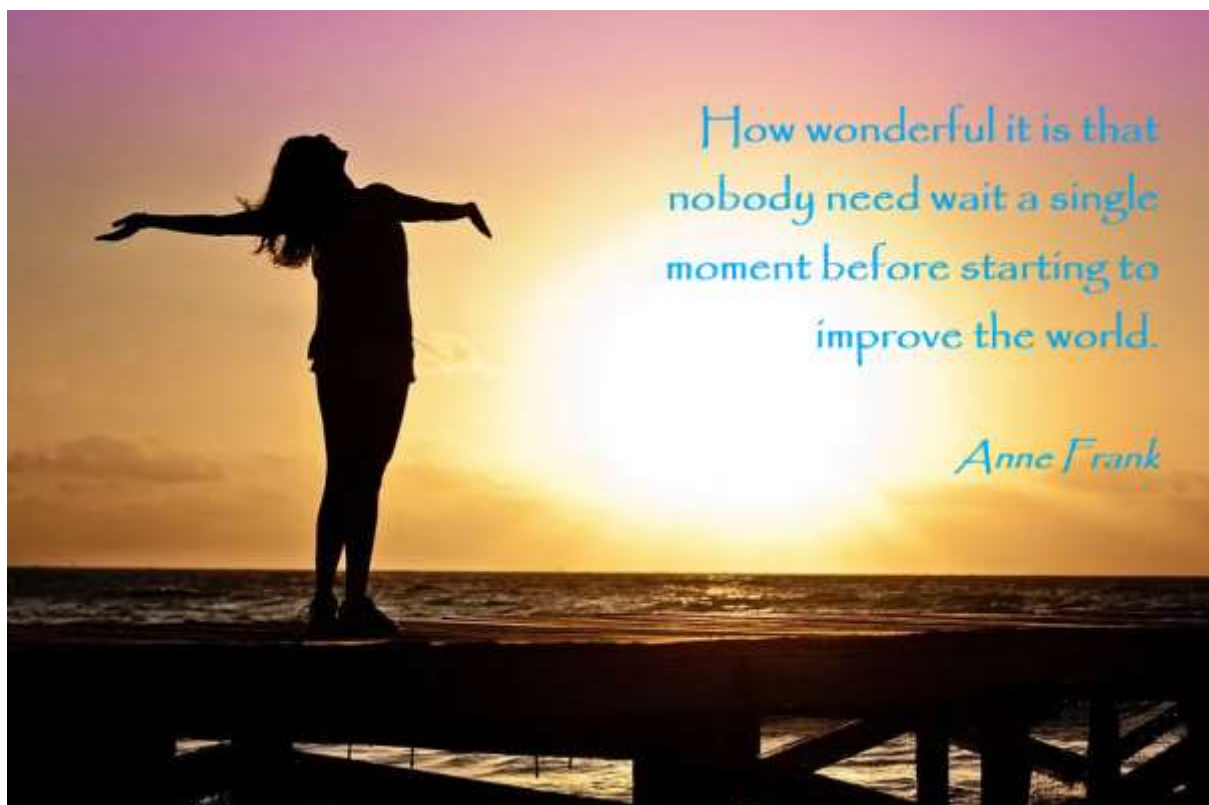
November 27th



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

William Arthur Ward

November 28th



November 29th

**There is nothing stronger in
the world than gentleness.**

Han Suyin



November 30th