

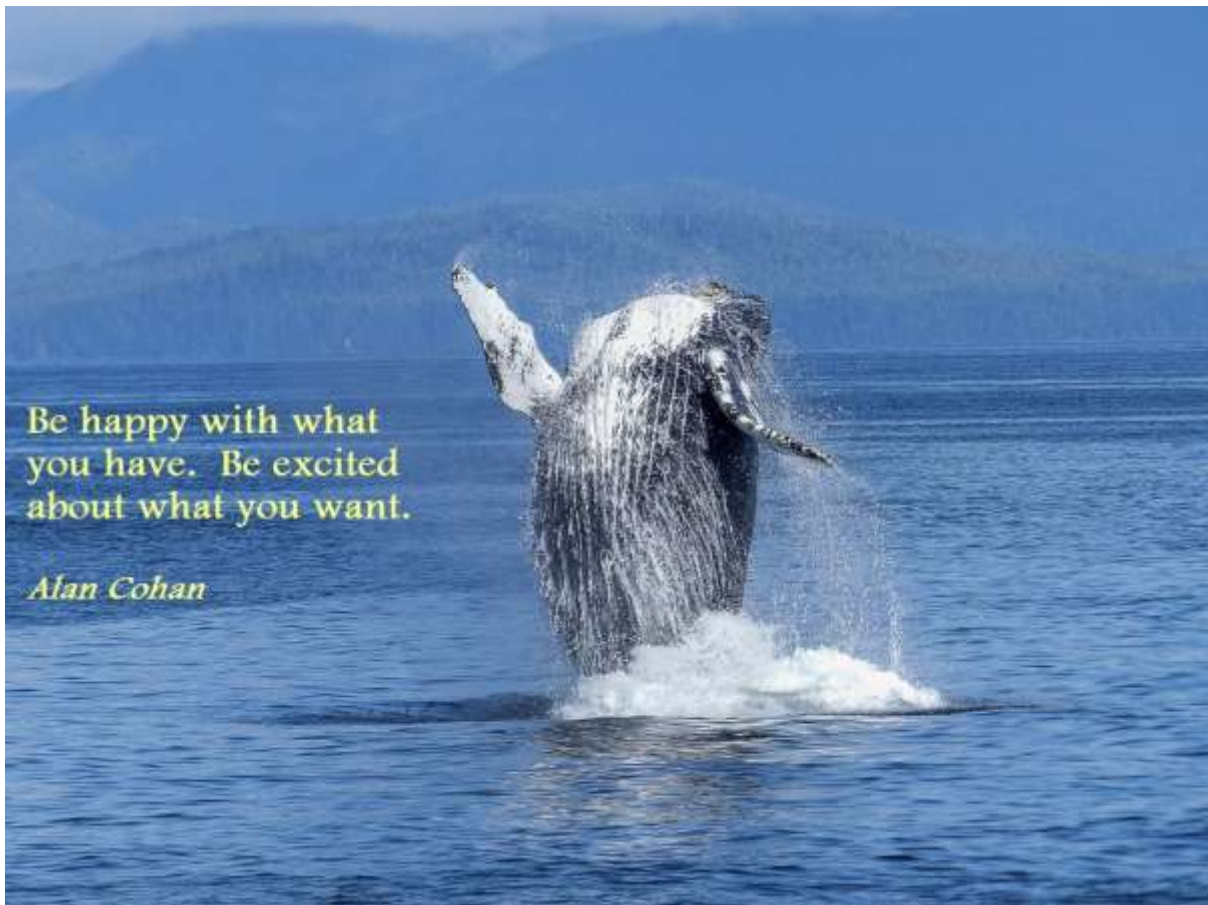
**Thought For The Day – July**



**When it rains, look for rainbows.**

**When it's dark, look for stars.**

*July 1<sup>st</sup> - Sarcoma Awareness Month*



**Be happy with what  
you have. Be excited  
about what you want.**

*Alan Cohan*

*July 2<sup>nd</sup>*



Only we humans make  
waste that nature can't  
digest.

*Charles Moore*

July 3<sup>rd</sup> – International Plastic Bag Free Day



Let freedom reign. The sun  
never set on so glorious  
achievement.

*Nelson Mandela*

July 4<sup>th</sup> – Independence Day in the USA

Everyone needs to  
be valued.  
Everyone has the  
potential to give  
something back.

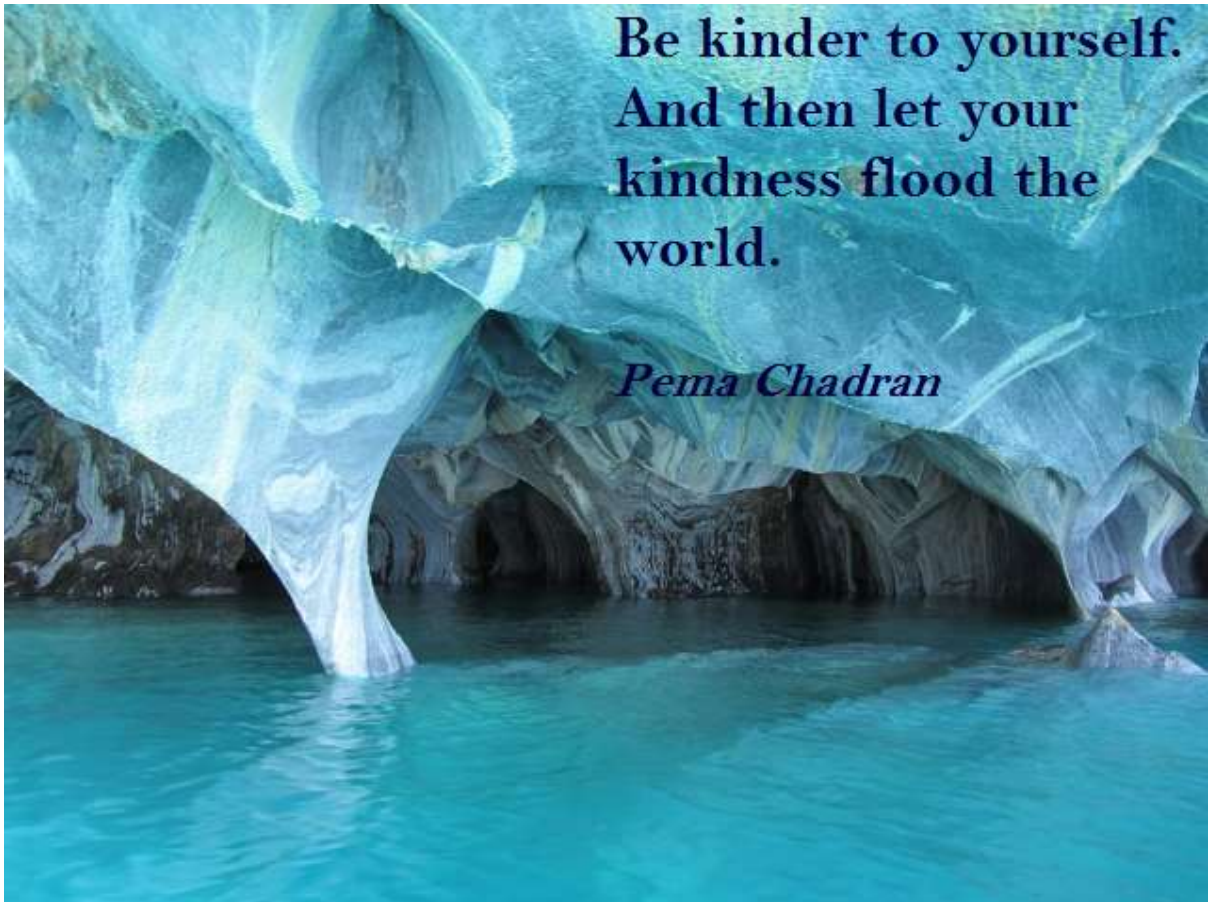
*Princess Diana*



July 5<sup>th</sup>

Be kinder to yourself.  
And then let your  
kindness flood the  
world.

*Pema Chadran*



July 6<sup>th</sup>



**Friendship is  
....sharing the last  
piece of chocolate.**

*July 7<sup>th</sup> – International Chocolate Day*



Those who teach the most about  
humanity aren't always human.

Donald L. Hicks

*July 8<sup>th</sup> – SPANA'S World Tea Party*

It never hurts to keep  
looking for sunshine.

*Winnie The Pooh*

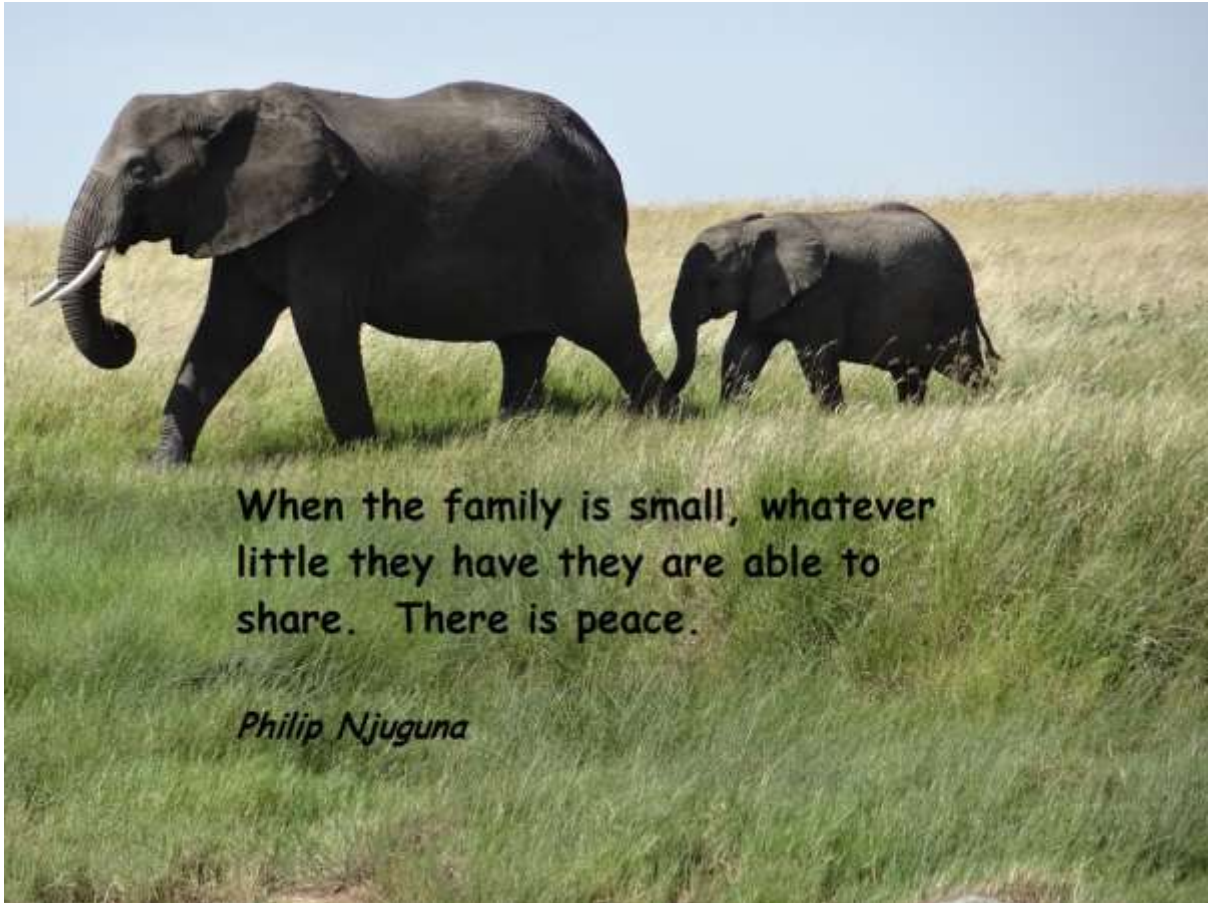


July 9<sup>th</sup>



Words are like  
bees - some  
create honey and  
others leave a  
sting.

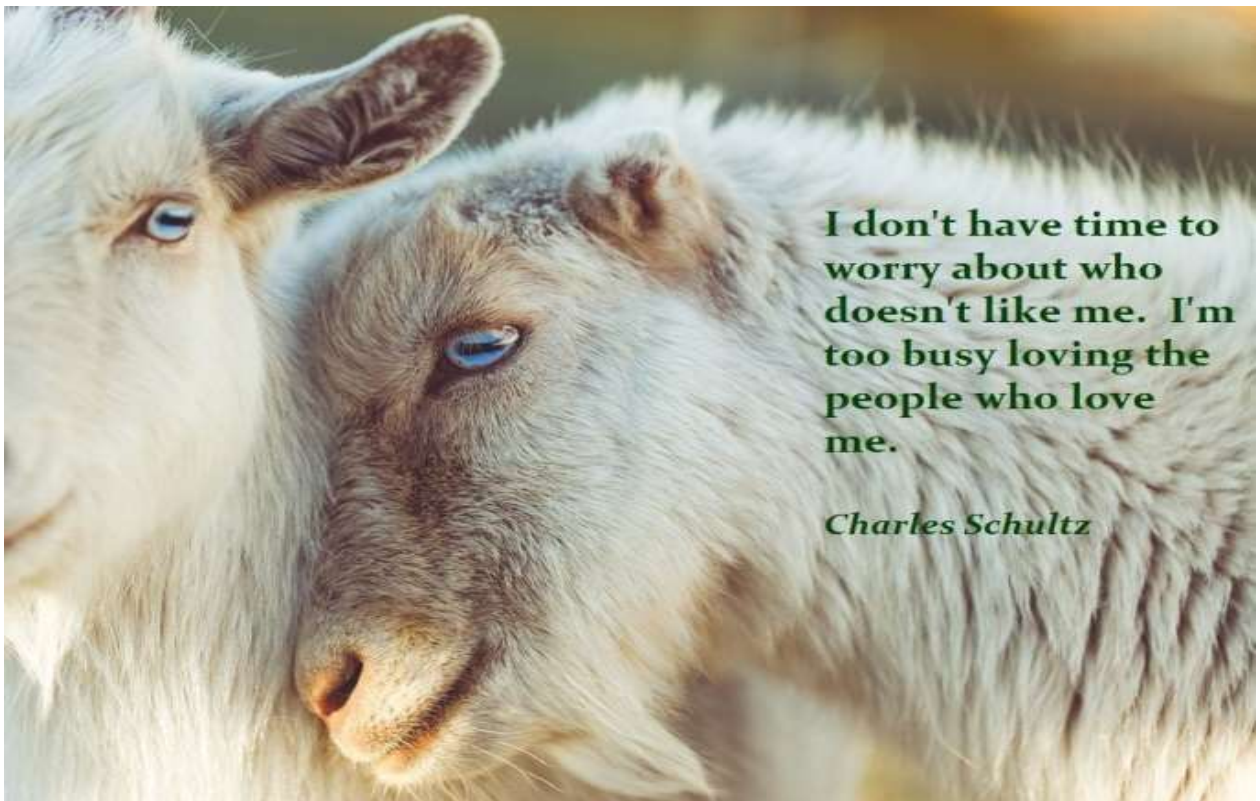
July 10<sup>th</sup> – Don't Step On A Bee Day 2021



When the family is small, whatever little they have they are able to share. There is peace.

*Philip Njuguna*

July 11<sup>th</sup> – World Population Day



I don't have time to worry about who doesn't like me. I'm too busy loving the people who love me.

*Charles Schultz*

July 12<sup>th</sup>



You must be cheerful  
and happy, animating  
all around you.

*Catherine McAuley*

July 13<sup>th</sup>



**Hurra for foundations,  
makes the old young and  
the young merry.**

*Catherine McAuley*

July 14<sup>th</sup> – Mercy Sisters Foundation Day



The more we give importance to skill development, the more competent will be our youth.

*Narendra Modi*

*July 15<sup>th</sup> – World Youth Skills Day*

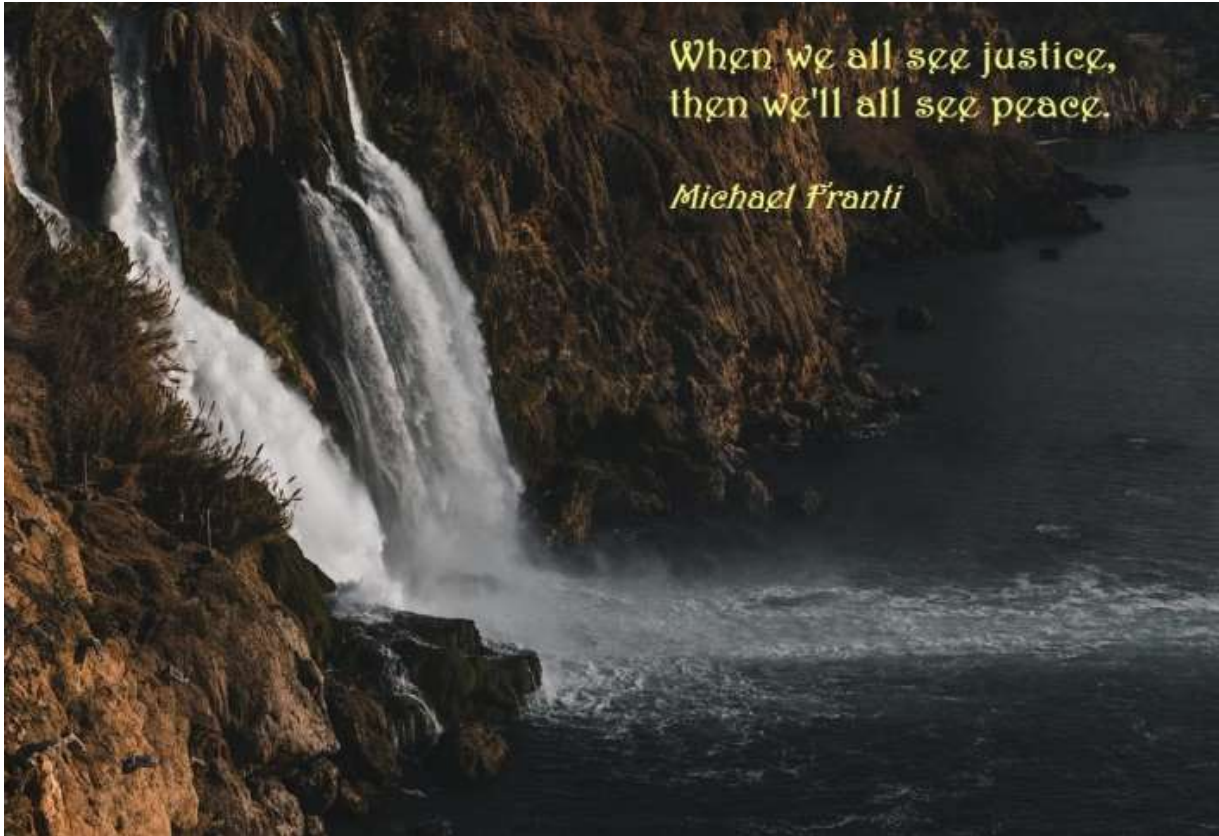


Kindness is the language that the deaf can hear and the blind can see.

*Mark Twain*

*July 16<sup>th</sup>*

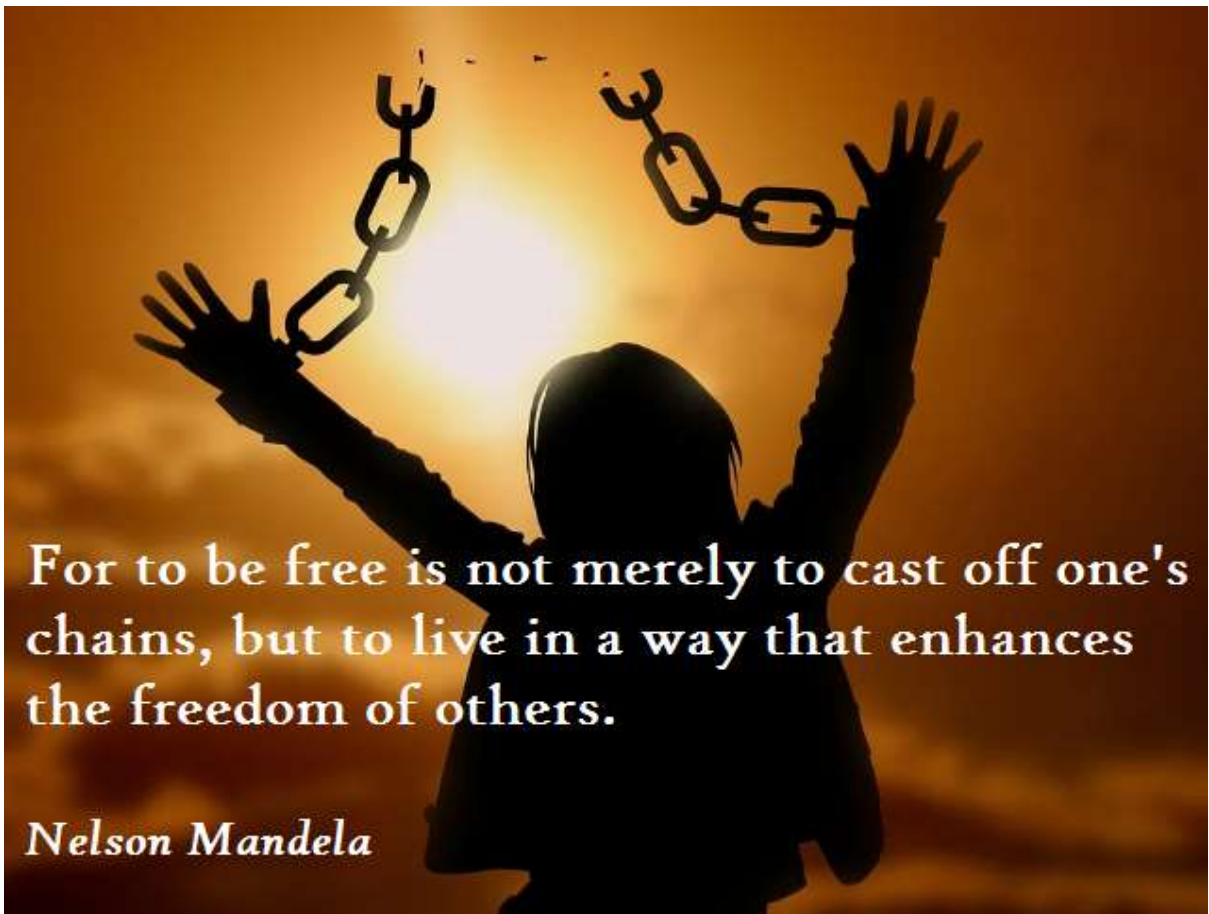




When we all see justice,  
then we'll all see peace.

*Michael Franti*

July 17<sup>th</sup> – World Day of International Justice



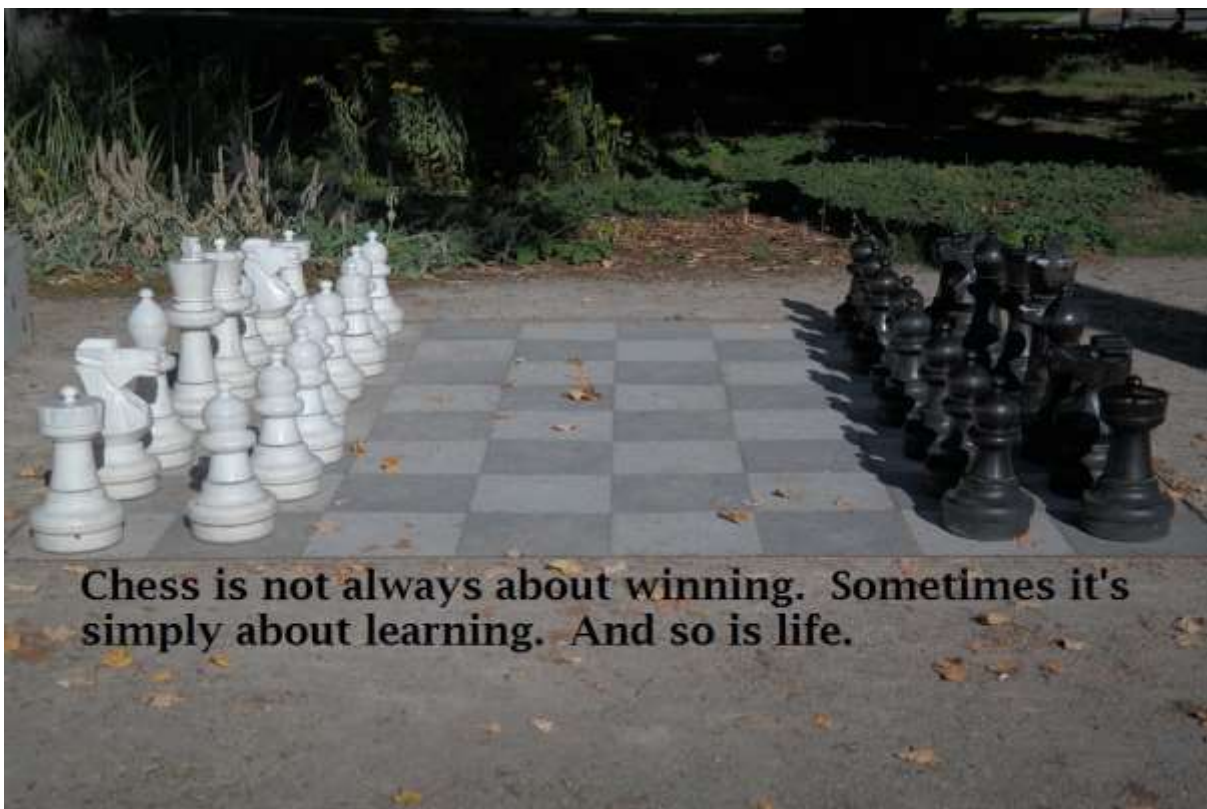
For to be free is not merely to cast off one's  
chains, but to live in a way that enhances  
the freedom of others.

*Nelson Mandela*

July 18<sup>th</sup> – Nelson Mandela Day



*July 19<sup>th</sup>*



*July 20<sup>th</sup> – World Chess Day*

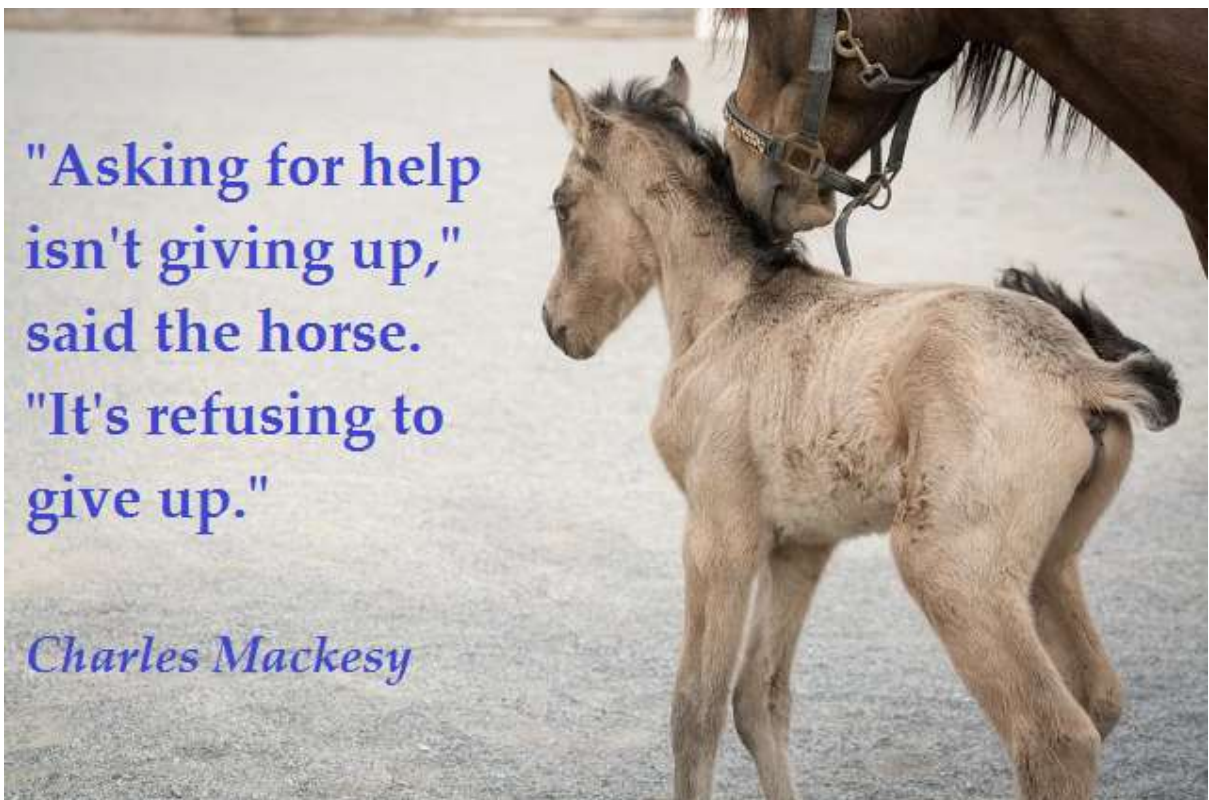


Beauty is everywhere.  
You only have to look to  
see it.

*Bob Ross*

July 21<sup>st</sup>

*Photograph of Knockalough Lake, Co Clare, courtesy of Mary Lillis rsm, South Central Province*



"Asking for help  
isn't giving up,"  
said the horse.  
"It's refusing to  
give up."

*Charles Mackesy*

July 22<sup>nd</sup>



If you have good thoughts they will shine out of your face like sunbeams and you will always look lovely.

*Roald Dahl*

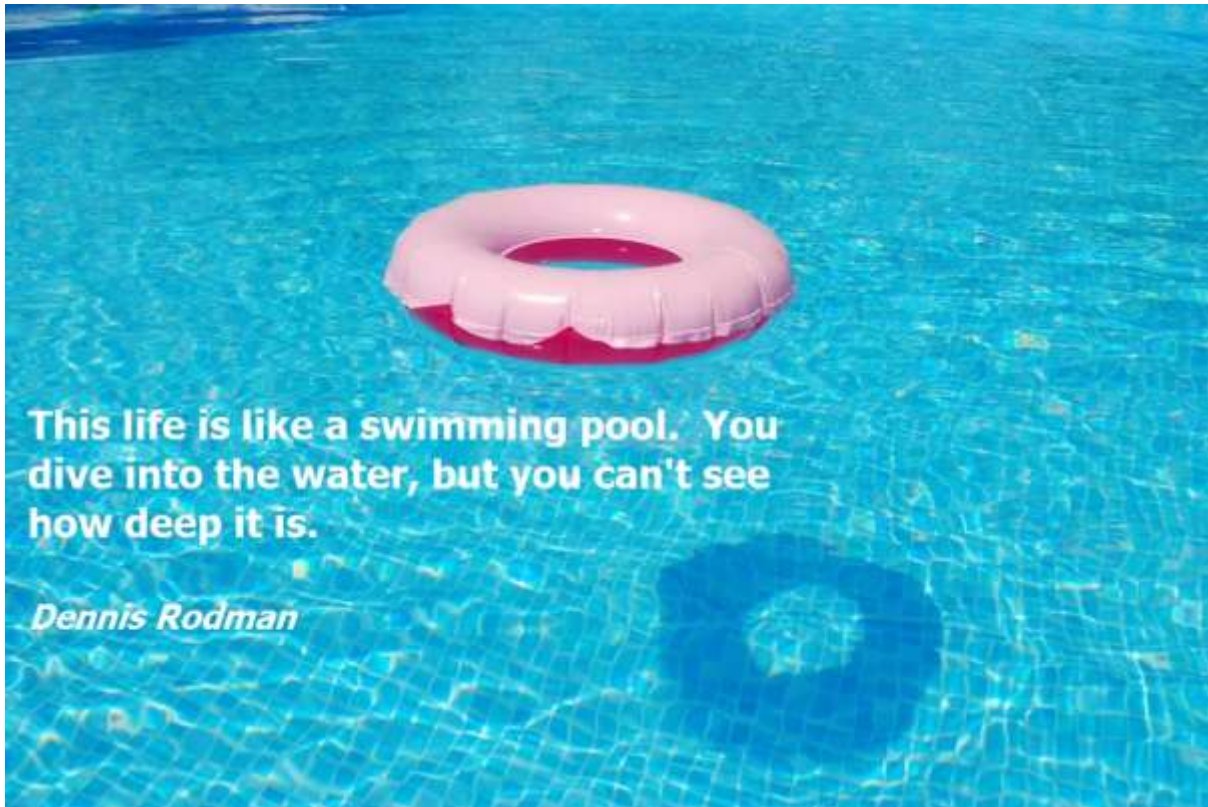
July 23<sup>rd</sup>



**Adventure is worthwhile in itself.**

*Amelia Earhart*

July 24<sup>th</sup>



**This life is like a swimming pool. You  
dive into the water, but you can't see  
how deep it is.**

*Dennis Rodman*

*July 25<sup>th</sup> – World Drowning Prevention Day*



**If your ship  
doesn't come in,  
swim out to it.**

**Jonathon Winters**

*July 26<sup>th</sup>*

**Sometimes when  
you're in a dark  
place you think  
you've been buried,  
but actually you've  
been planted.**

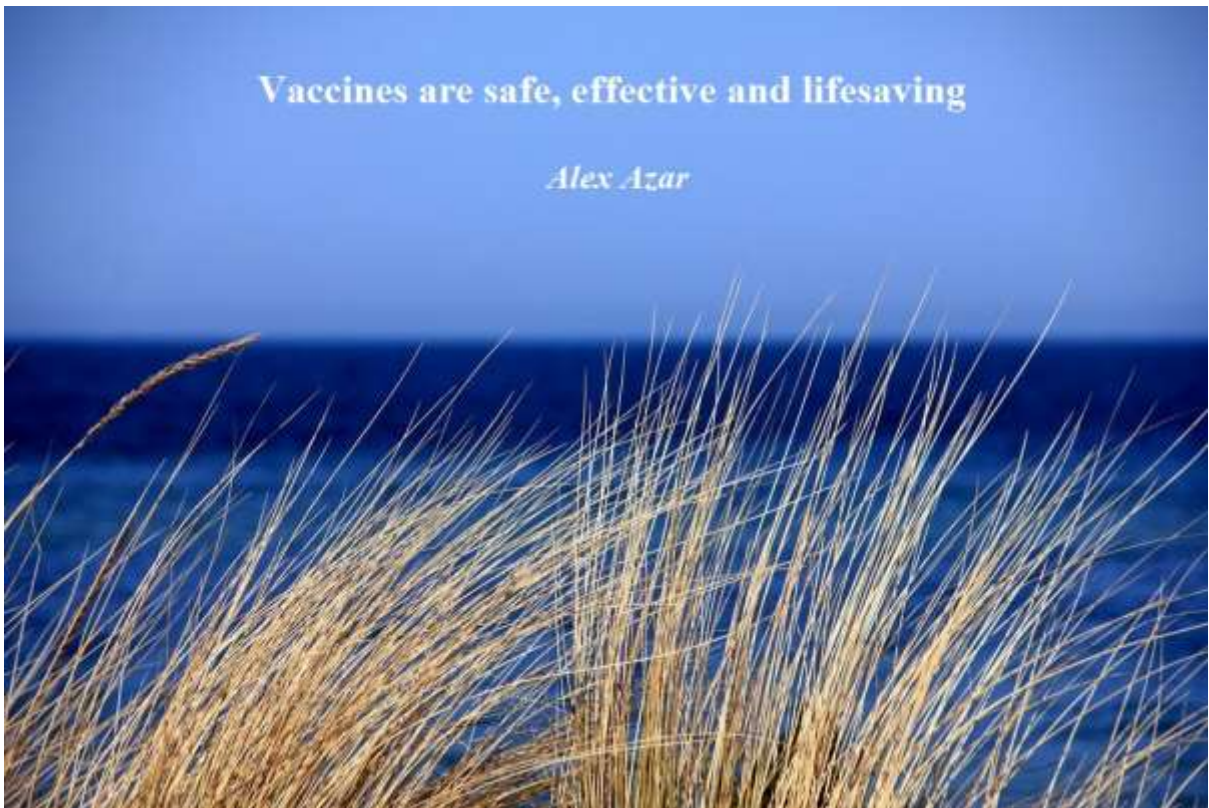
*Christine Caine*



*July 27<sup>th</sup>*

Vaccines are safe, effective and lifesaving

*Alex Azar*

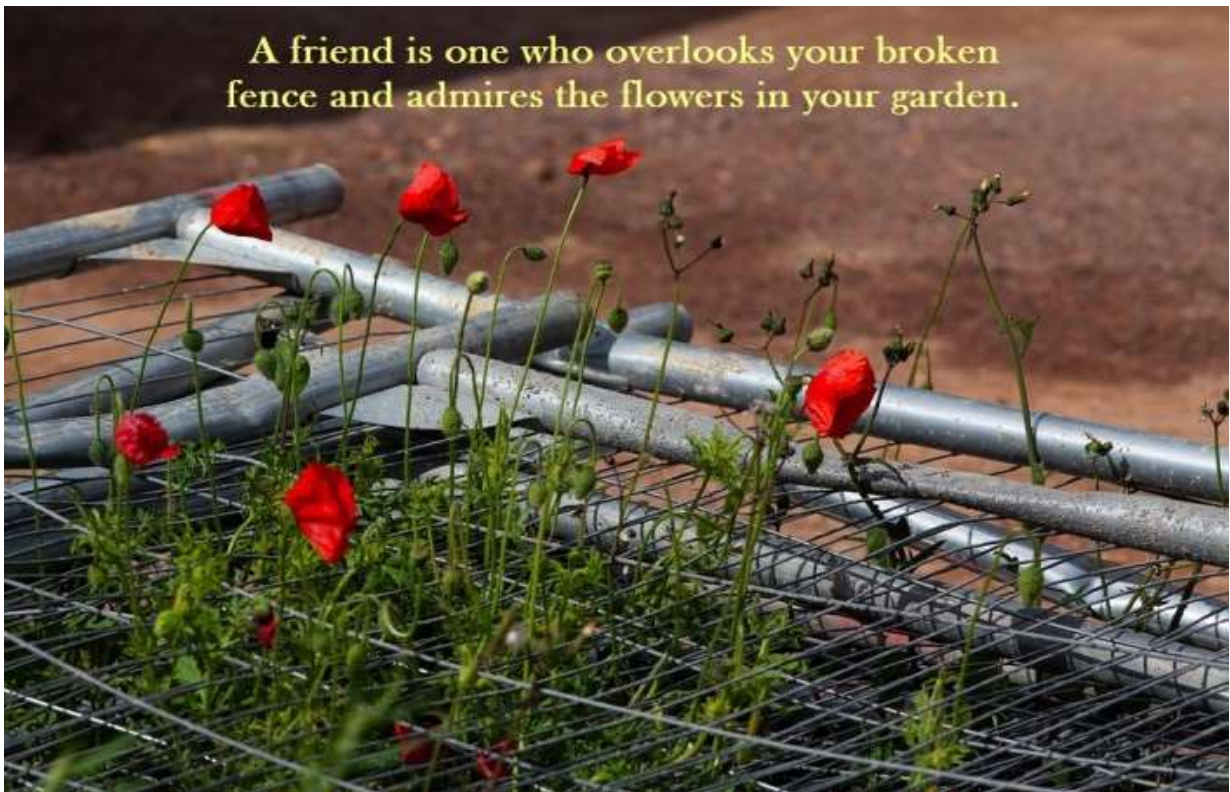


*July 28<sup>th</sup> – World Hepatitis Day*



**It's okay to  
be scared. It  
only means  
you are going  
to do  
something  
brave.**

*July 29<sup>th</sup> – International Tiger Day*

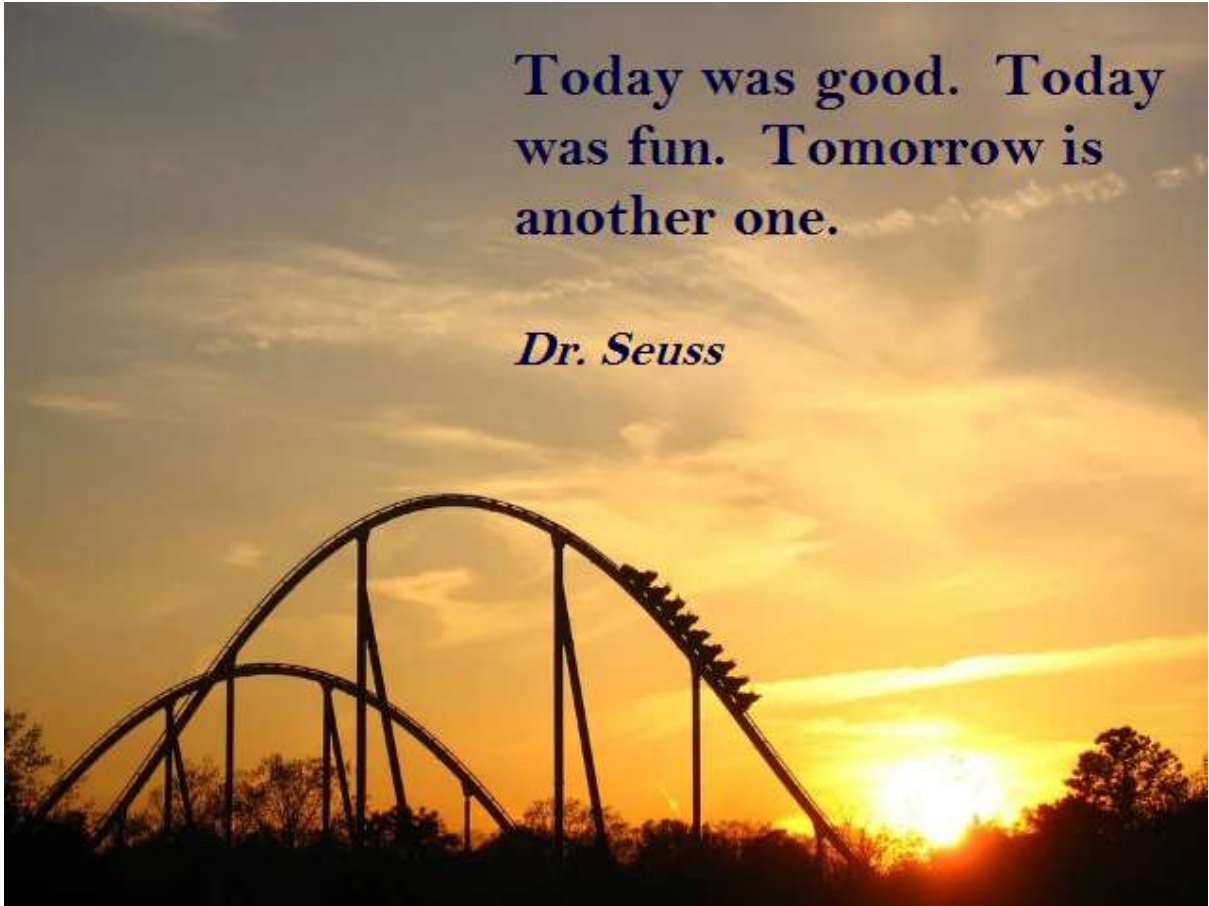


**A friend is one who overlooks your broken  
fence and admires the flowers in your garden.**

*July 30<sup>th</sup> – International Friendship Day*

Today was good. Today  
was fun. Tomorrow is  
another one.

*Dr. Seuss*



*July 31<sup>st</sup>*



