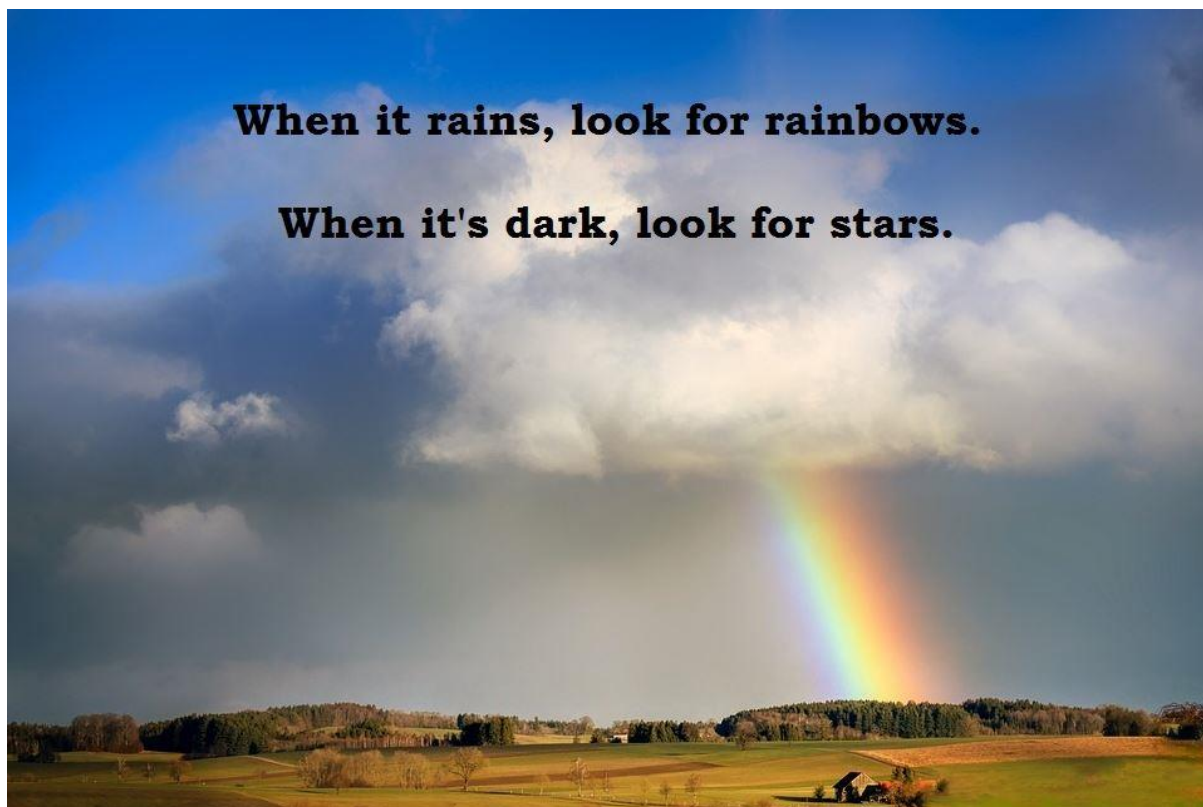


**Thought For the Day – July 2022**



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

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

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



**If we don't all row the boat won't go**

*July 2<sup>nd</sup> – International Day of Co-Operatives*

Plastic will be the main  
ingredient of all our grand-  
children's recipes.

*Anthony T. Hincks*



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

Freedom is the atmosphere in  
which humanity thrives.  
Breathe it in.

*Richelle E. Goodrich*



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





**There is no path to happiness; happiness is the path.**

*Buddha*

*July 5<sup>th</sup>*



**It is never too late to be who you might have been.**

*George Elliot*

*July 6<sup>th</sup>*





Your diet is a bank account, good food choices are good investments.

July 7<sup>th</sup>



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

Donald L. Hicks

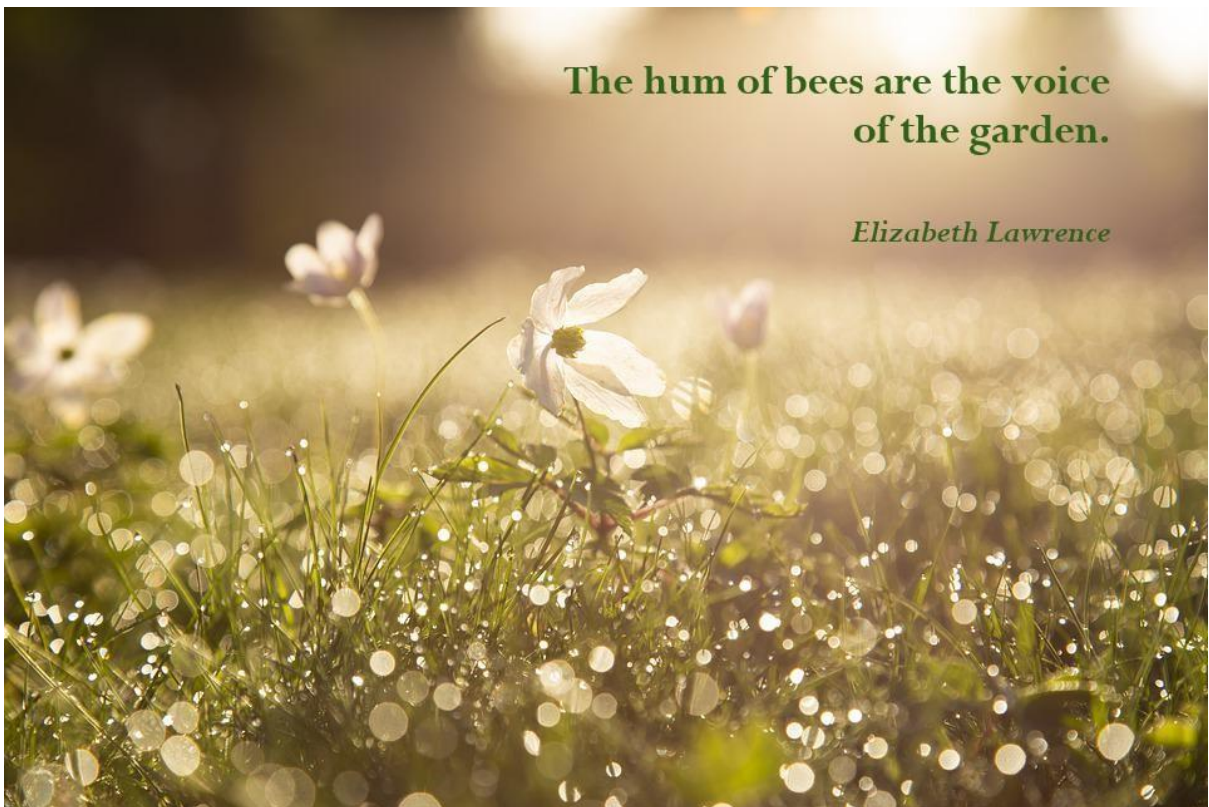
July 8<sup>th</sup> – SPANA's World Tea Party





Happiness is like jam. You  
can't spread even a little  
without getting some on  
yourself.

*July 9<sup>th</sup>*



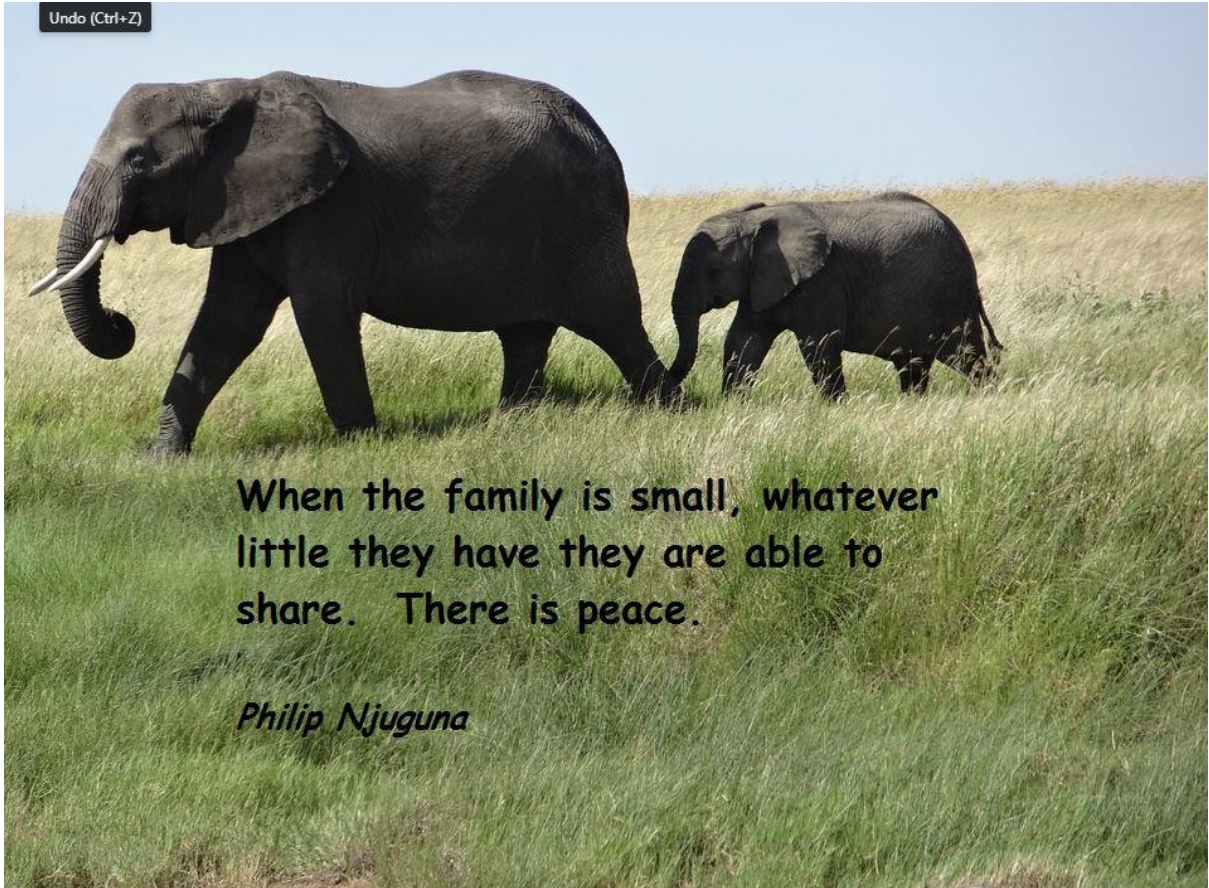
The hum of bees are the voice  
of the garden.

*Elizabeth Lawrence*

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



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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

Life is not about how fast you run, or how high you climb but how well you bounce.

*Vivian Kamari*



July 12<sup>th</sup>

**Never give up on anything  
that makes your heart  
soar.**



*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*



**A single act of kindness  
throws out roots in all  
directions and the roots  
spring up and make new  
trees.**

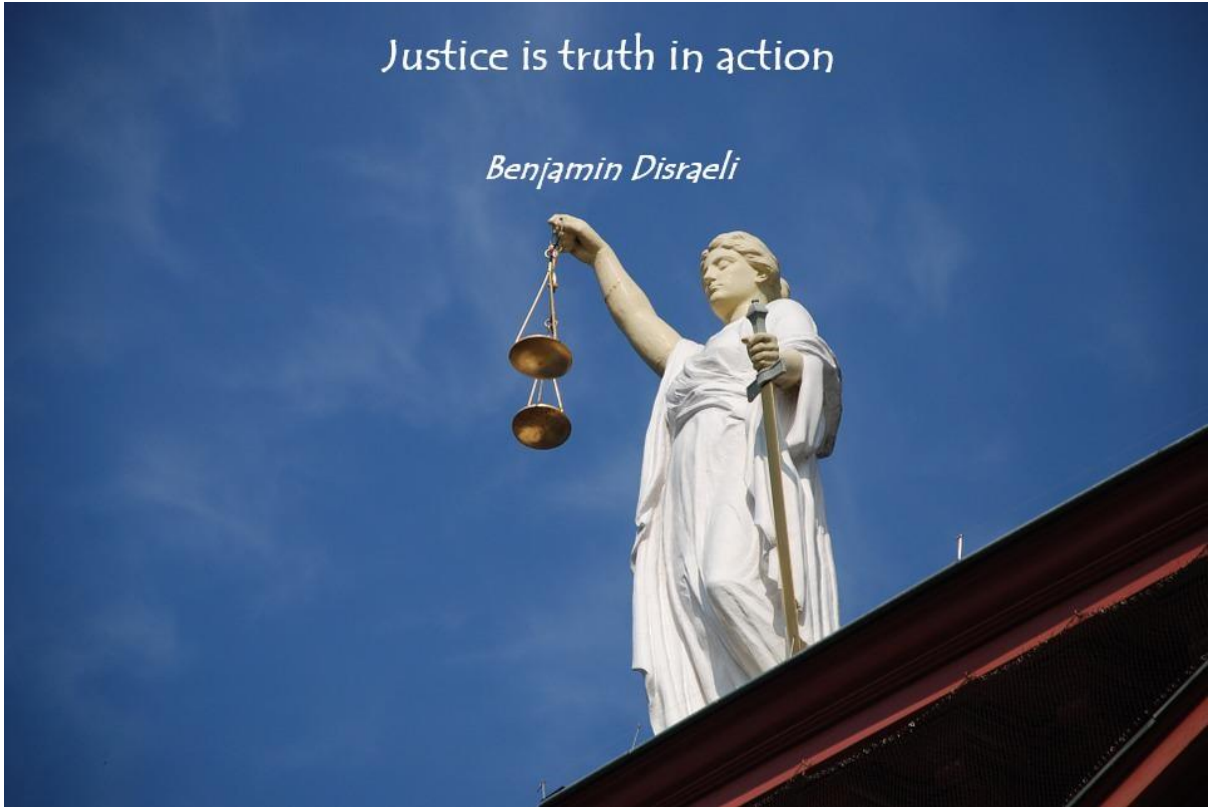
***Amelia Earhart***

*July 16<sup>th</sup> – Photograph courtesy of Colleen Wilkinson, South African Province*



*Justice is truth in action*

*Benjamin Disraeli*



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



**We must use time creatively, and forever realise that the time is always ripe to do right.**

*Nelson Mandela*

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





Today I shall behave as if this  
is the day that I will be  
remembered.

*Dr. Seuss*

July 19<sup>th</sup> – Photograph courtesy of Mary O'Connor, US Region



**Chess is not always about winning. Sometimes it's  
simply about learning. And so is life.**

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



**We are made wise not by the recollection of  
our past, but by the responsibility for our  
future.**

*George Bernard Shaw*



*July 21<sup>st</sup> – Photograph courtesy of Ann Lenihan, Southern Province*



**Respect yourself and others will respect you**

*Confucius*

*July 22<sup>nd</sup>*





Never love anyone who treats  
you like you're ordinary.

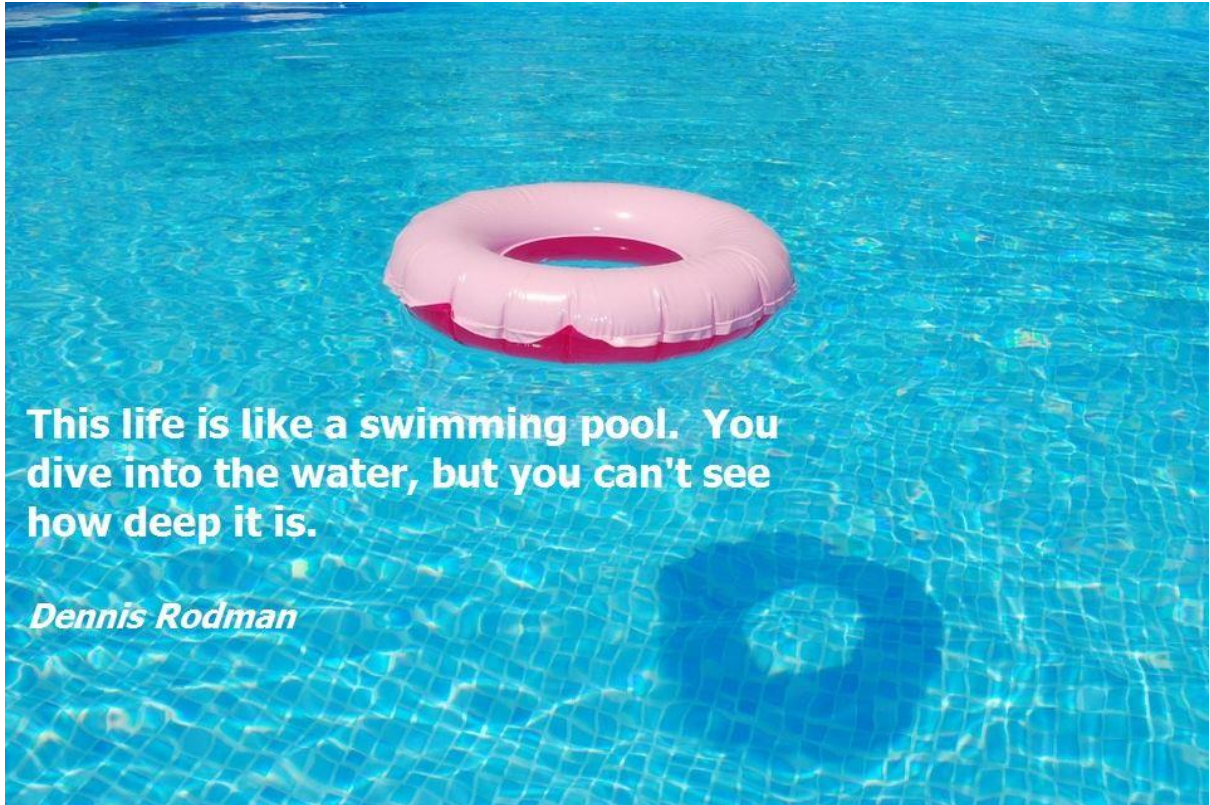
*Oscar Wilde*

*July 23<sup>rd</sup>*



**Friendship is one of life's  
greatest treasures.**

*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*



**Courage is the magic  
that turns dreams  
into reality.**

*Aster & Richter Abend*

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



**A mind is like a parachute. It doesn't work  
if it is not open.**

*Frank Zappa*



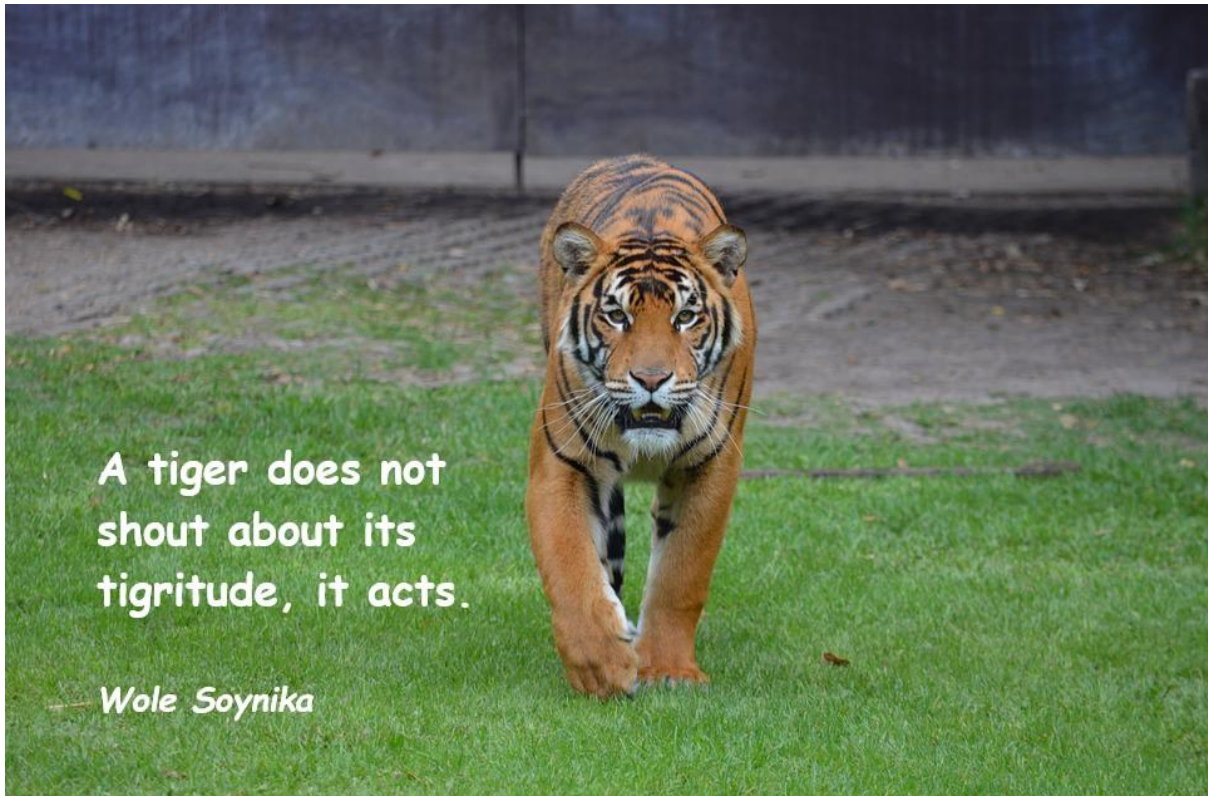
*July 27<sup>th</sup>*

**Vaccines are safe, effective and lifesaving**

*Alex Azar*



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



A tiger does not  
shout about its  
tigritude, it acts.

*Wole Soyinka*

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



Let it not be said that I  
was silent when they  
needed me.

*William Wilberforce*

July 30<sup>th</sup> – Word Day Against Trafficking in Persons



Happiness is a  
journey not a  
destination.

*Ben Sweetland*



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