

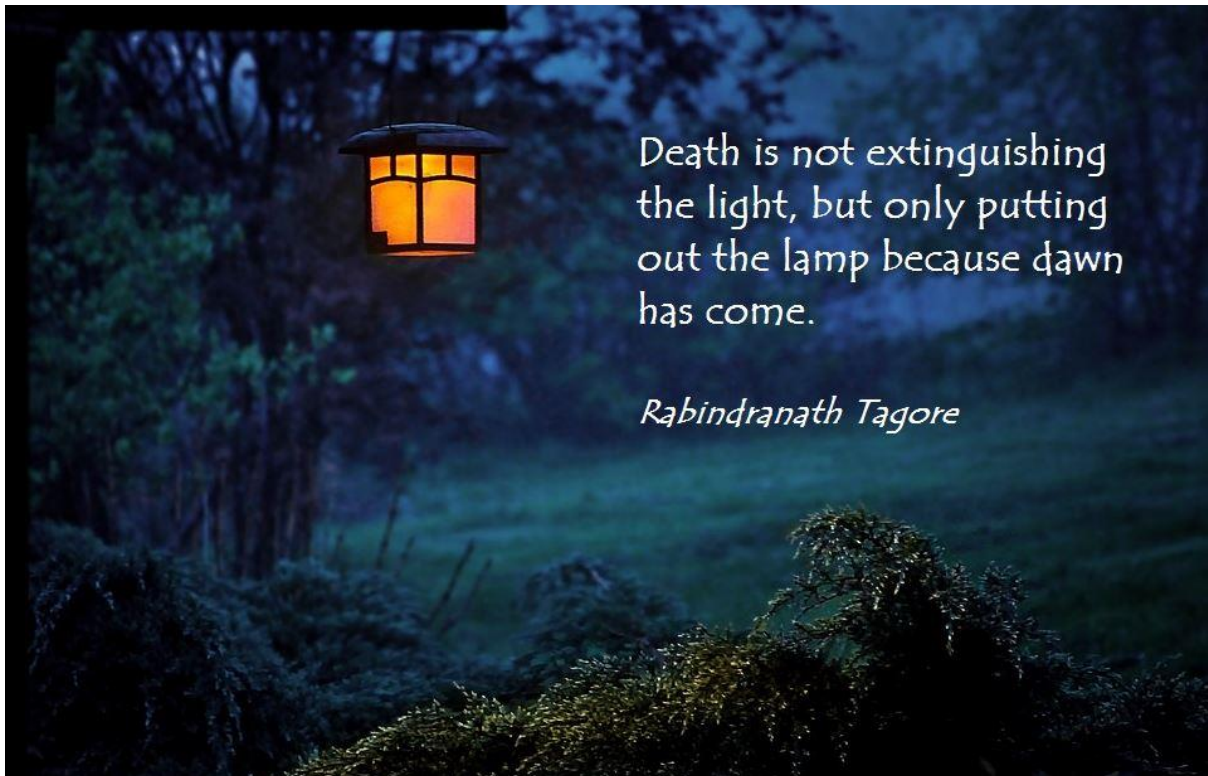
Thought For The Day – November 2022

Saints are not  
"Supermen" who are  
"Born Perfect," but  
rather are ordinary  
people who  
followed God  
"With All Their  
Heart."



*Pope Francis*

*November 1<sup>st</sup> – All Saints Day*



Death is not extinguishing  
the light, but only putting  
out the lamp because dawn  
has come.

*Rabindranath Tagore*

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

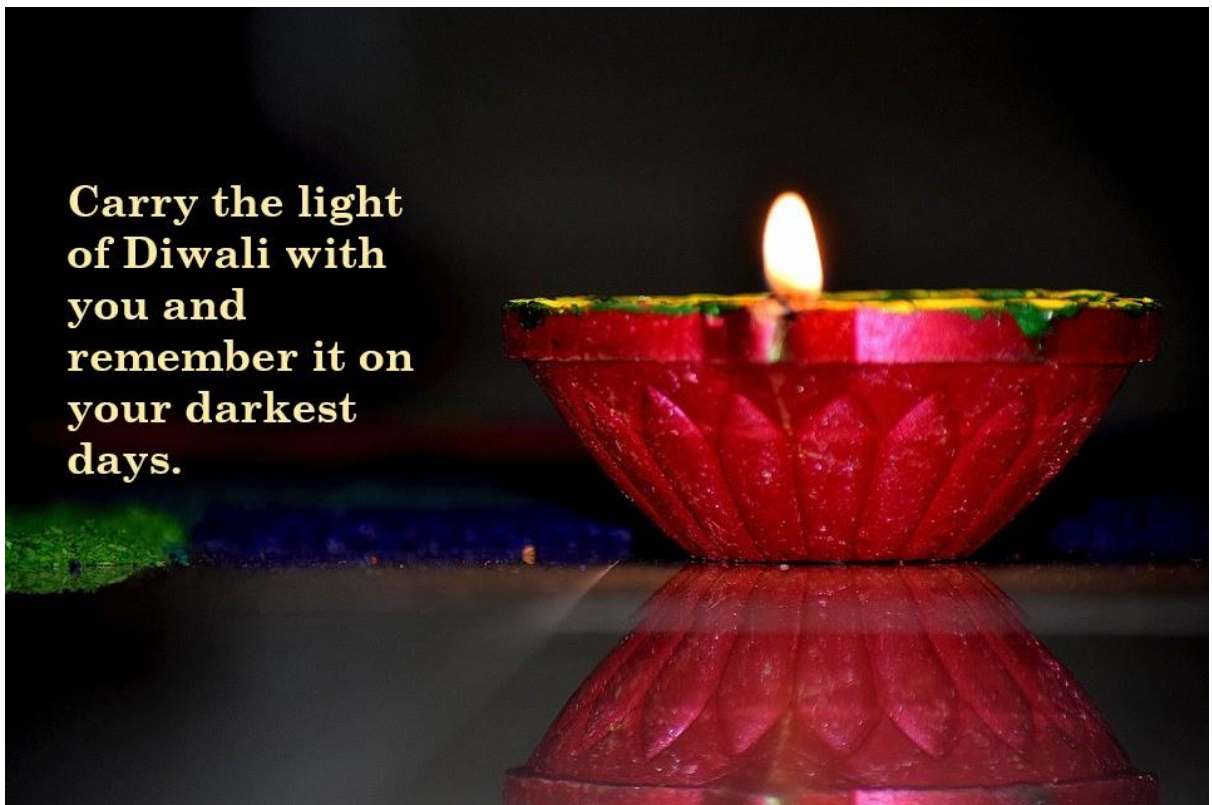
Life is a beautiful  
magnificent thing,  
even to a jellyfish.

*Charlie Chaplin*

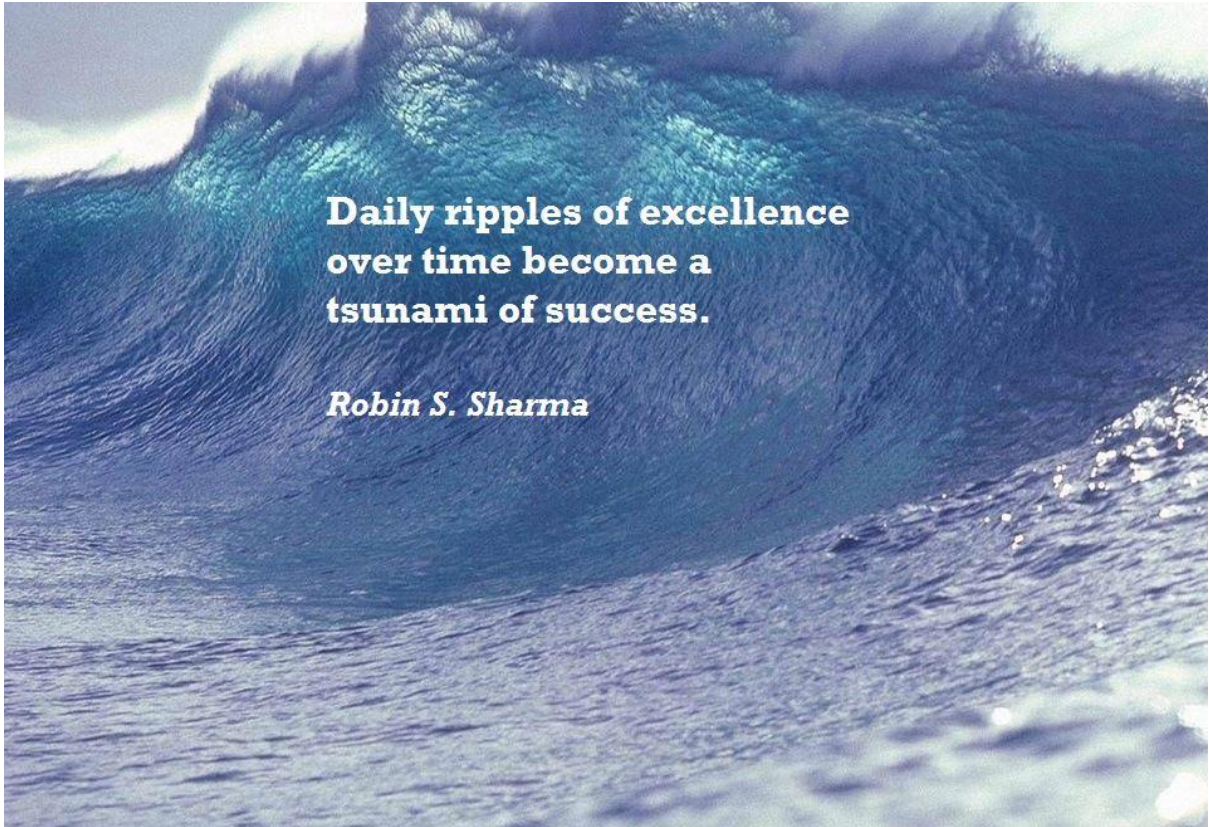


*November 3<sup>rd</sup> – World Jellyfish Day*

Carry the light  
of Diwali with  
you and  
remember it on  
your darkest  
days.



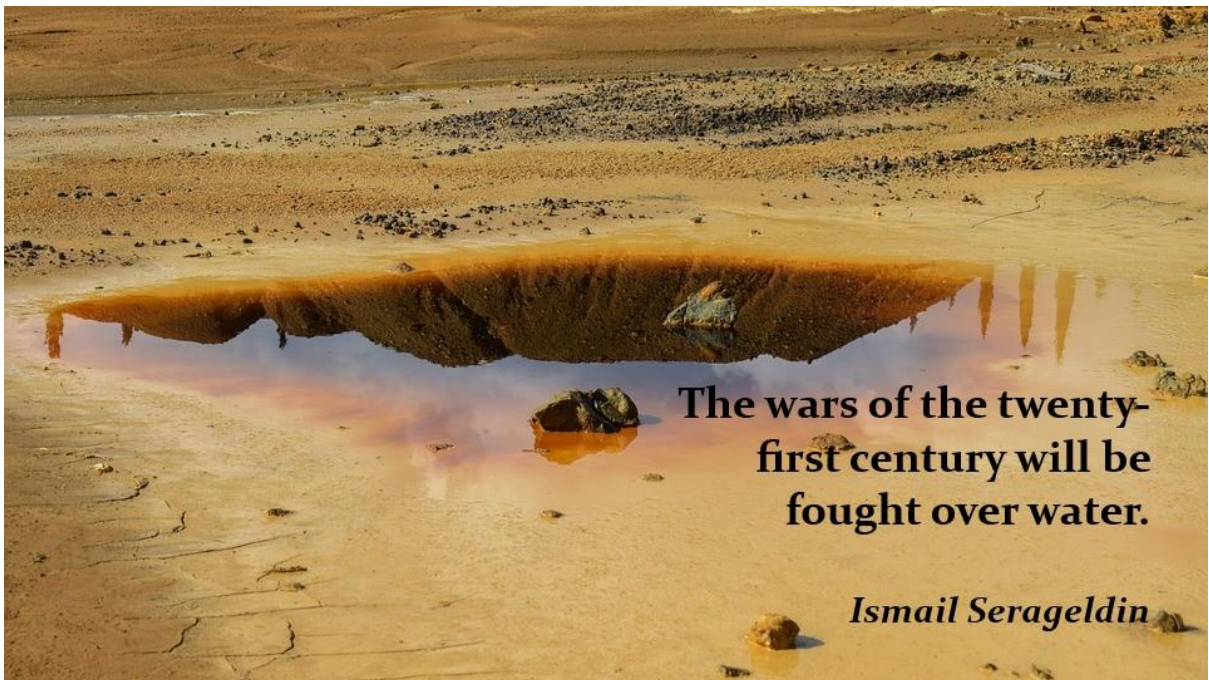
*November 4<sup>th</sup> – Diwali*



**Daily ripples of excellence  
over time become a  
tsunami of success.**

*Robin S. Sharma*

*November 5<sup>th</sup> – World Tsunami Awareness Day*



**The wars of the twenty-  
first century will be  
fought over water.**

*Ismail Serageldin*

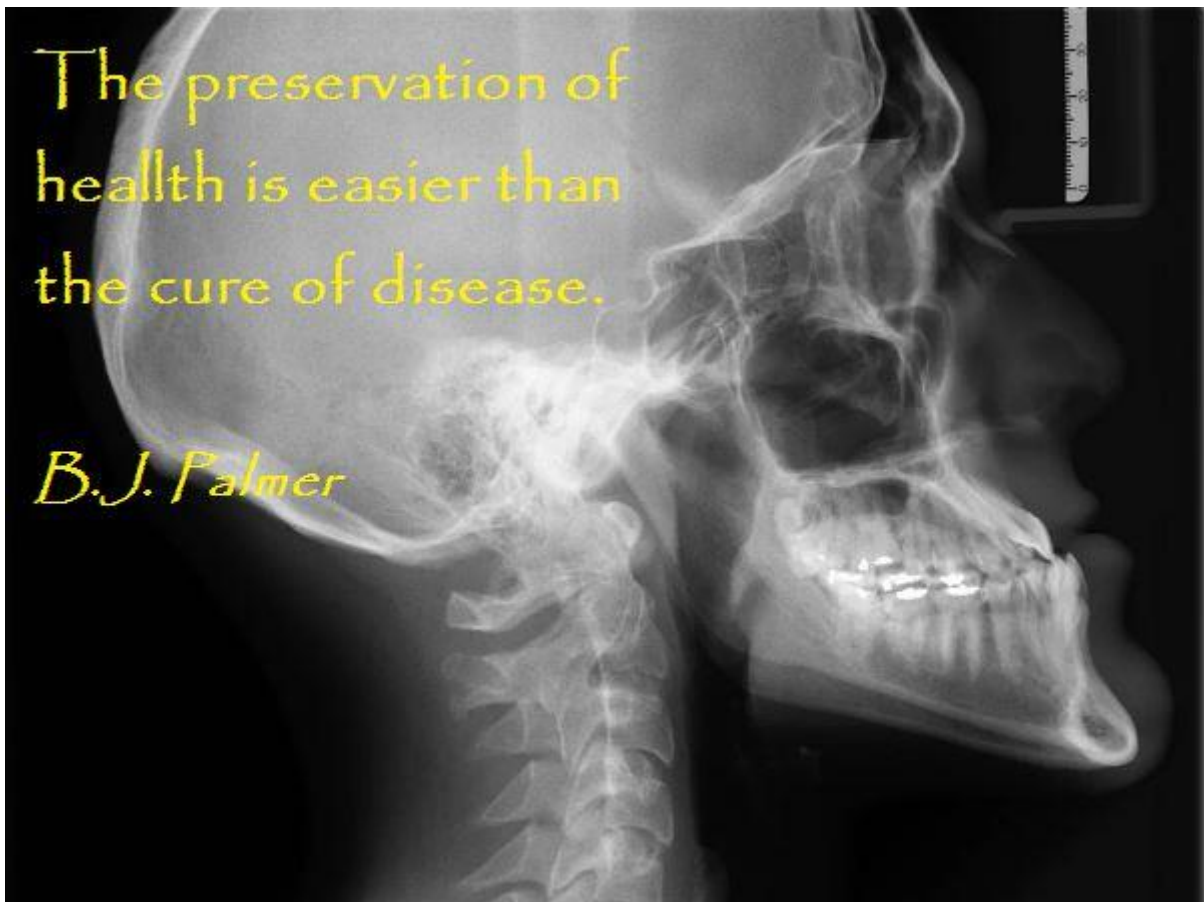
*November 6<sup>th</sup> - International Day for Preventing the Exploitation of the Environment in War and  
Armed Conflict*



**Give your stress  
wings and let it fly  
away.**

*Terri Guillemets*

*November 7<sup>th</sup> – International Stress Awareness Week*



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

*B.J. Palmer*

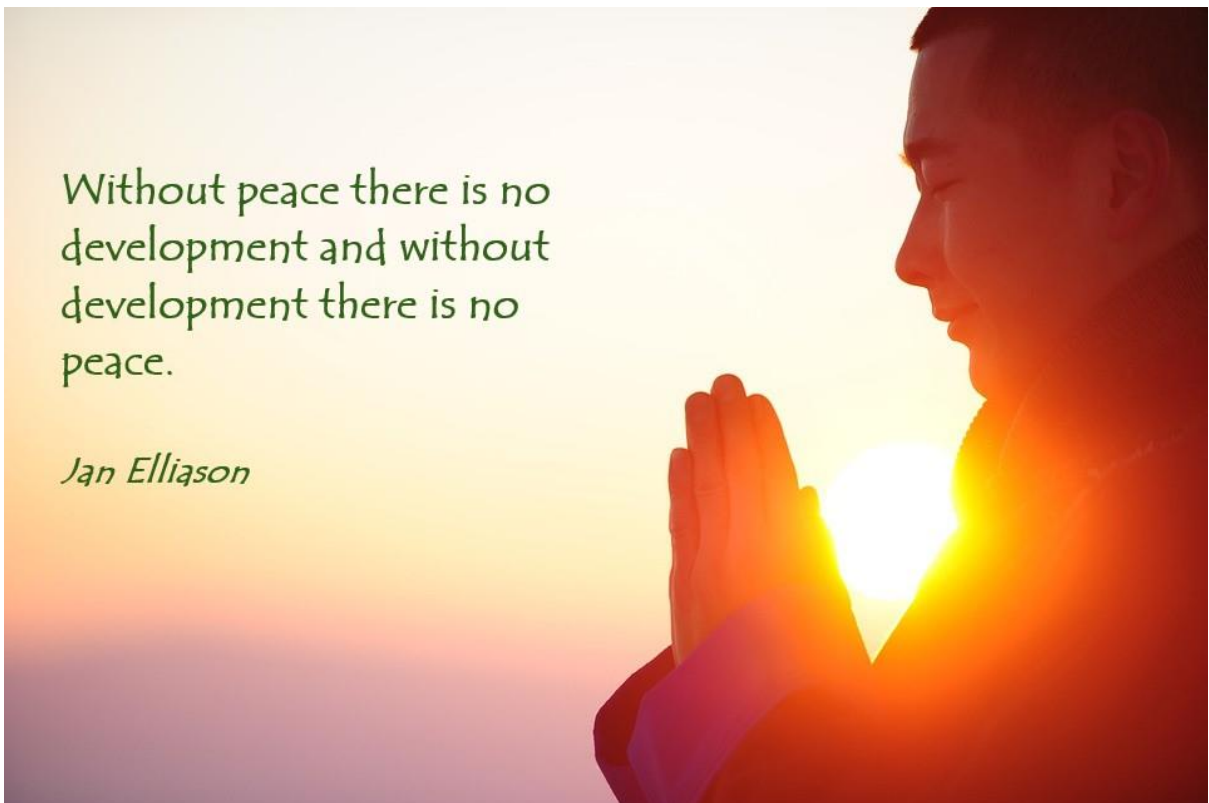
*November 8<sup>th</sup> – International Radiology Day*



**If you have the heart for  
adoption, don't let fear stand  
in the way.**

*Doug Chapman*

*November 9<sup>th</sup> – International Adoption Day*



Without peace there is no  
development and without  
development there is no  
peace.

*Jan Eliason*

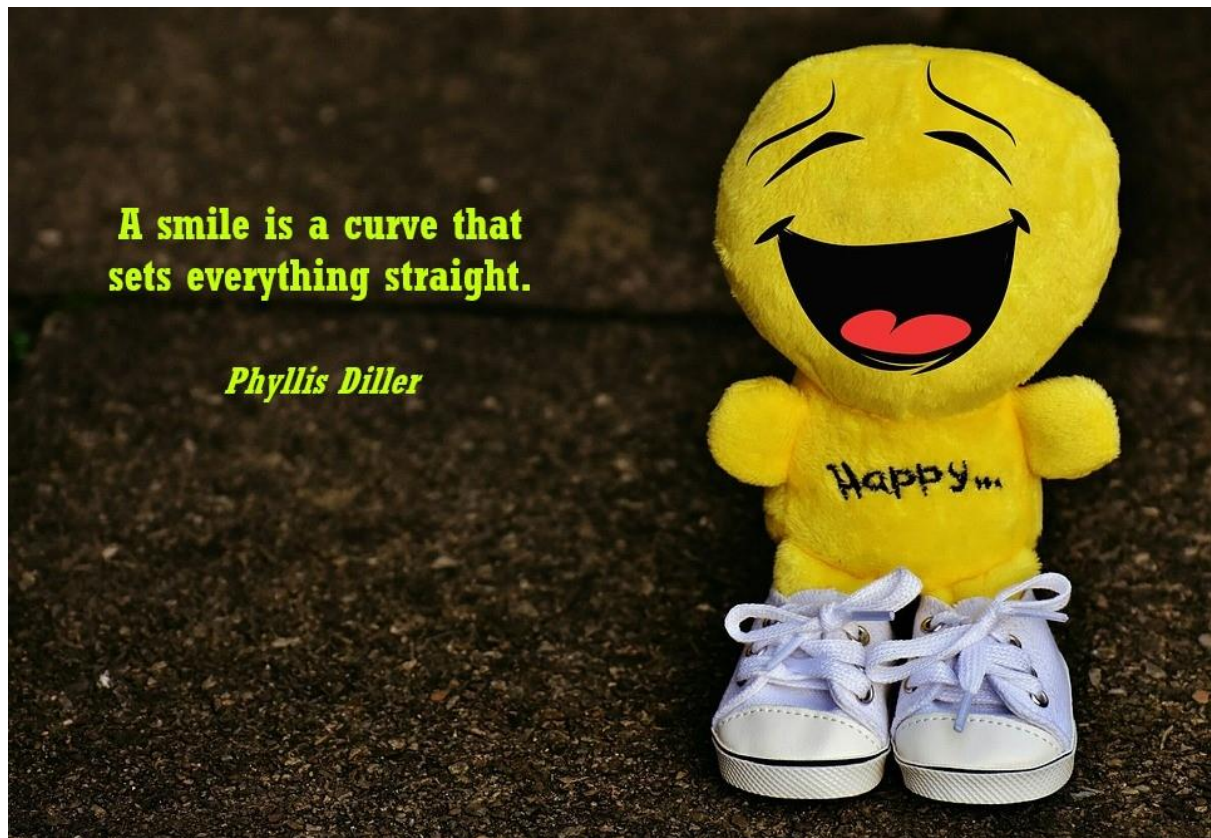
*November 10<sup>th</sup> – World Science Day for Peace and Development*



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

*Catherine McAuley*

November 11<sup>th</sup> – Anniversary of the death of Catherine McAuley in 1841



November 12<sup>th</sup>



Kindness is free.  
Sprinkle it everywhere.

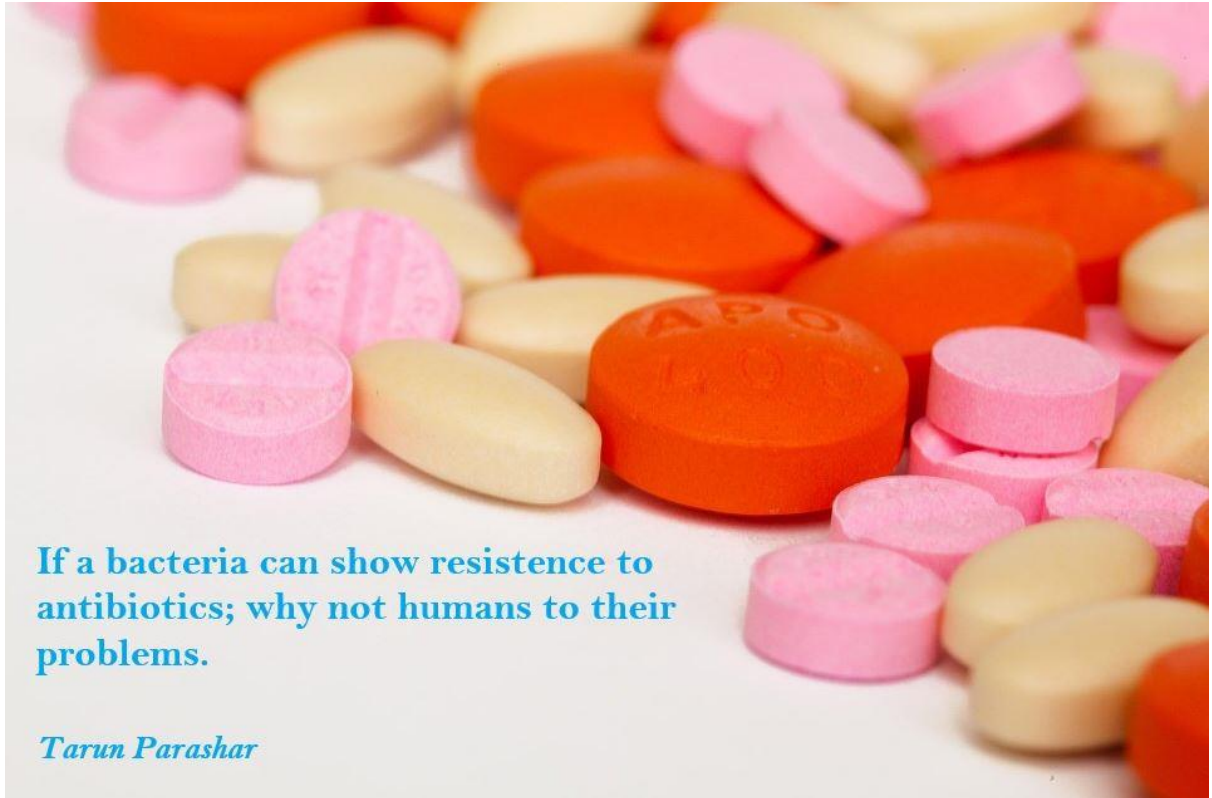
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*November 13<sup>th</sup> – World Kindness Day*



Managing Diabetes is more of an art.

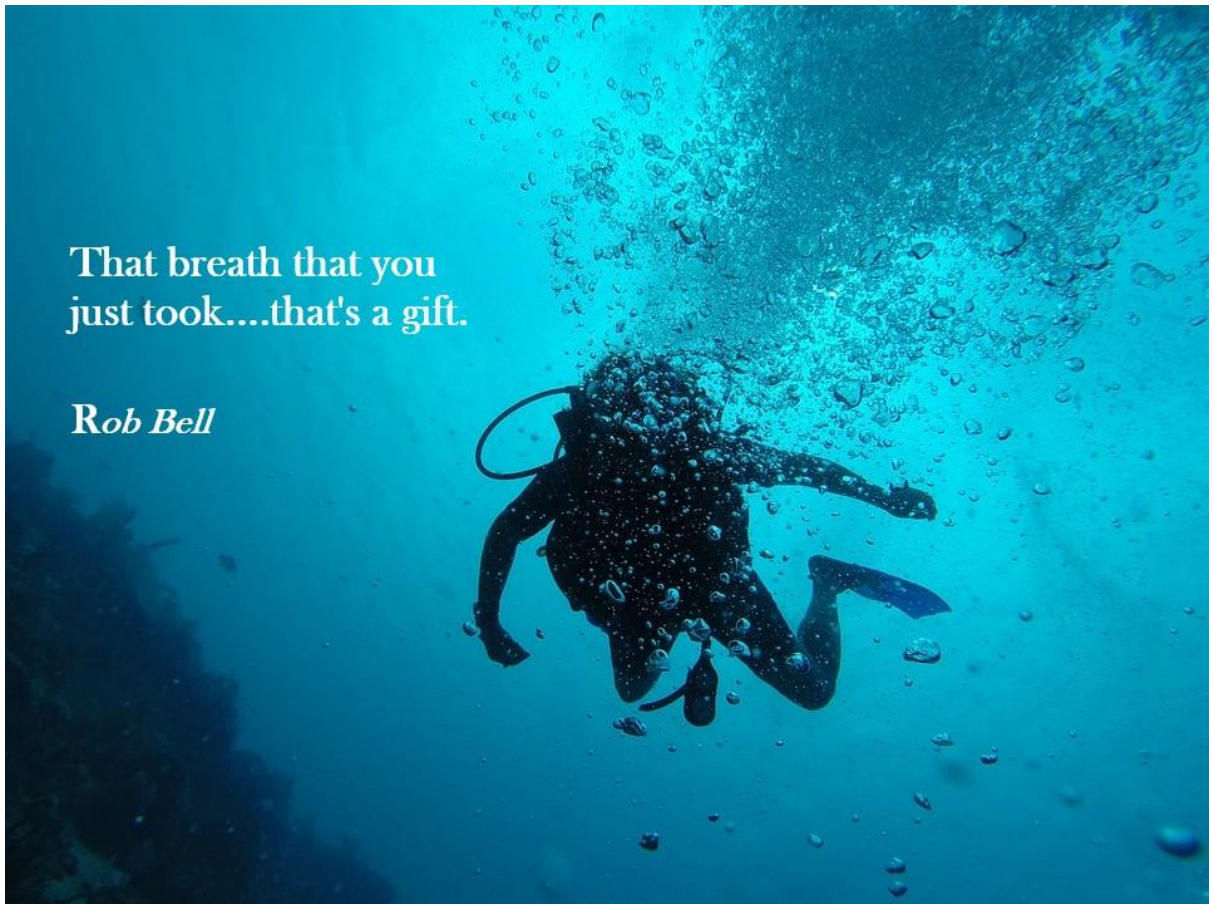
*November 14<sup>th</sup> – World Diabetes Day*



If a bacteria can show resistance to antibiotics; why not humans to their problems.

*Tarun Parashar*

November 15<sup>th</sup> – World Antibiotic Awareness Week

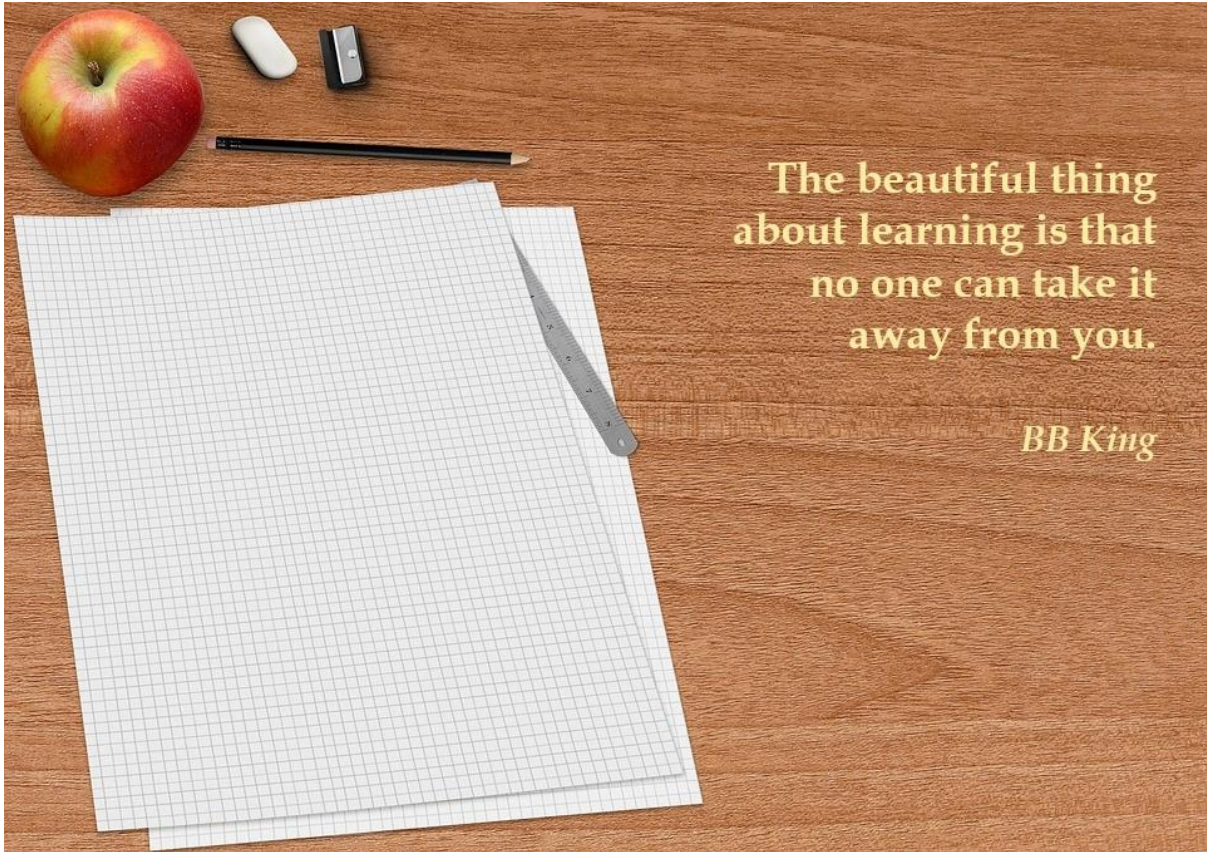


That breath that you just took....that's a gift.

*Rob Bell*

November 16<sup>th</sup> – World COPD Awareness Day





The beautiful thing  
about learning is that  
no one can take it  
away from you.

*BB King*

*November 17<sup>th</sup> – International Students Day*



**Pulling someone down  
will never help you  
reach the top**

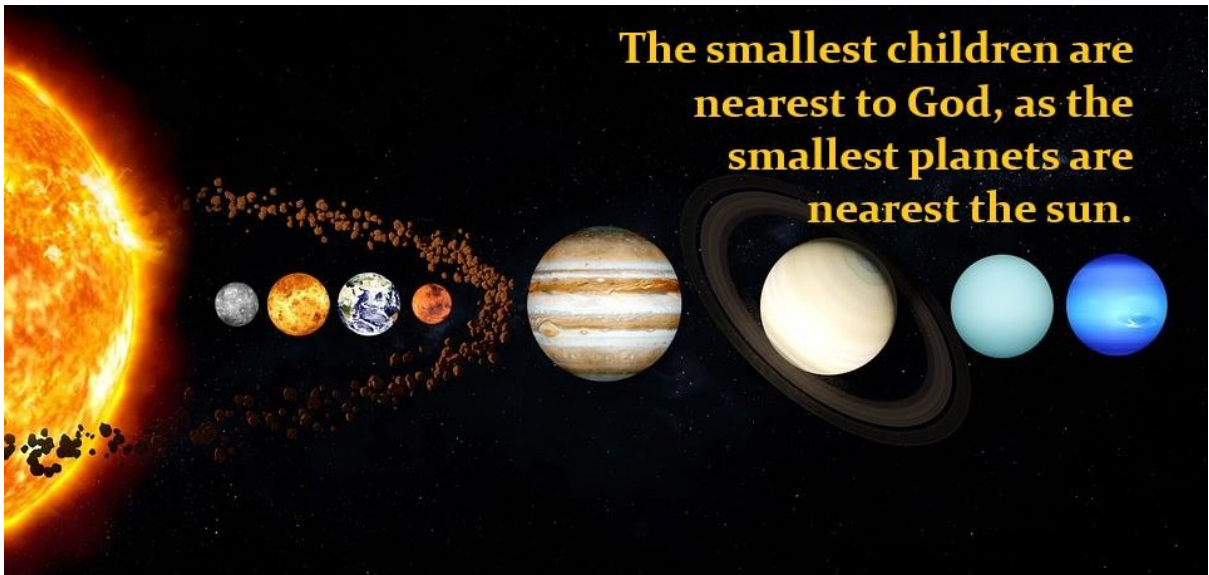
*November 18<sup>th</sup> – International Stand Up to Bullying Day*

**The beauty of all men is that each one has  
a special quality, and it's nice when you  
discover their true heart!**

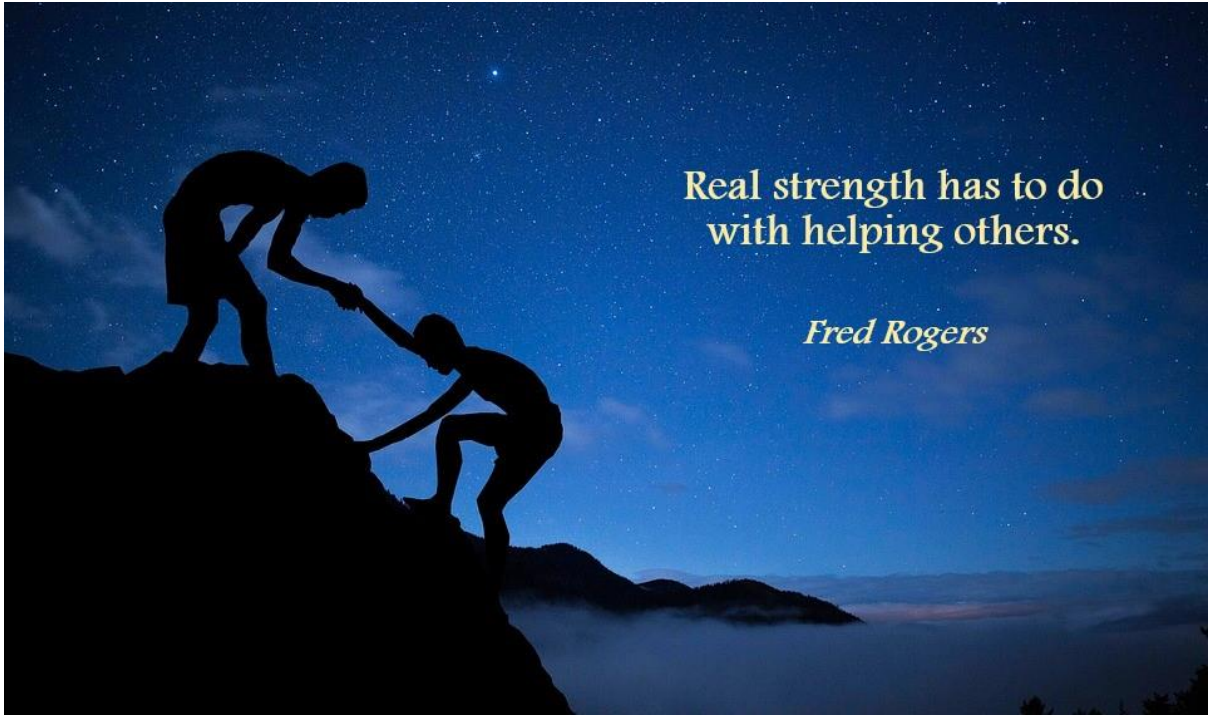


*November 19<sup>th</sup> – International Men's Day*

**The smallest children are  
nearest to God, as the  
smallest planets are  
nearest the sun.**



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



Real strength has to do  
with helping others.

*Fred Rogers*

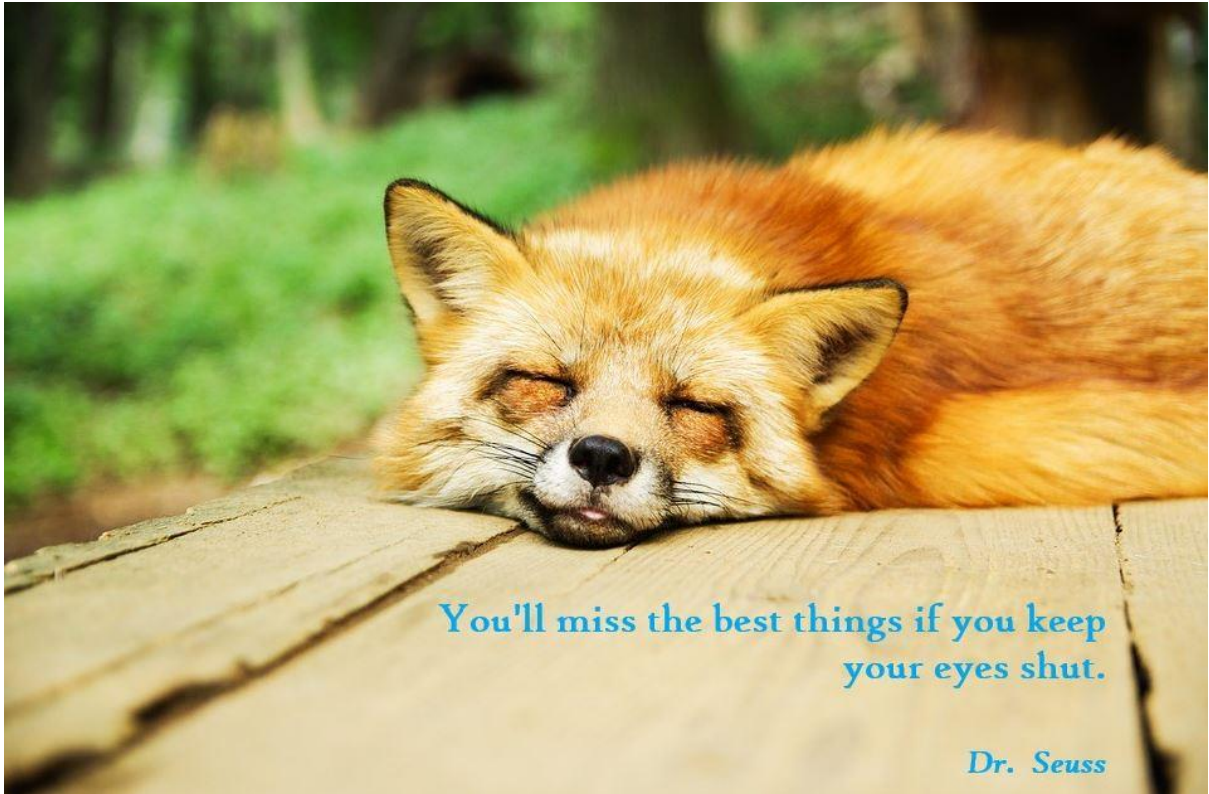
November 21<sup>st</sup>



We know that when we  
protect our oceans we  
are protecting our  
future.

*Bill Clinton*

November 22<sup>nd</sup> – Oceans of Plastic 2022



*You'll miss the best things if you keep  
your eyes shut.*

*Dr. Seuss*

*November 23<sup>rd</sup>*



*Showing gratitude is one of the simplest yet most powerful  
things humans can do for each other.*

*Randy Pausch*

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



**Don't judge yourself by  
what others did to you.**

*Cody Kennedy*

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



**True strength is when you have a  
lot to cry about but you choose to  
smile and take another step  
forward instead.**

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



Listen more than  
you talk. Nobody  
learned anything  
by hearing  
themselves speak.

*Richard Branson*

*November 27<sup>th</sup>*



**Mars is there, waiting  
to be reached.**

*Buzz Aldrin*

*November 28<sup>th</sup> – Red Planet Day*

**We must stand together united in solidarity against the targeting, demonisation and vilification of any group of people.**

*Linda Sarsour*



*November 29<sup>th</sup> – International Day of Solidarity with Palestinian People*

**Chemical weapons are something that scares everybody.**

*Abdallah II*



*November 30<sup>th</sup> – International Day of all Victims of Chemical Warfare*