

Thought For The Day – February 2025

St. Brigid's Day – February 1st

Beannachtai Lá Féile Bride

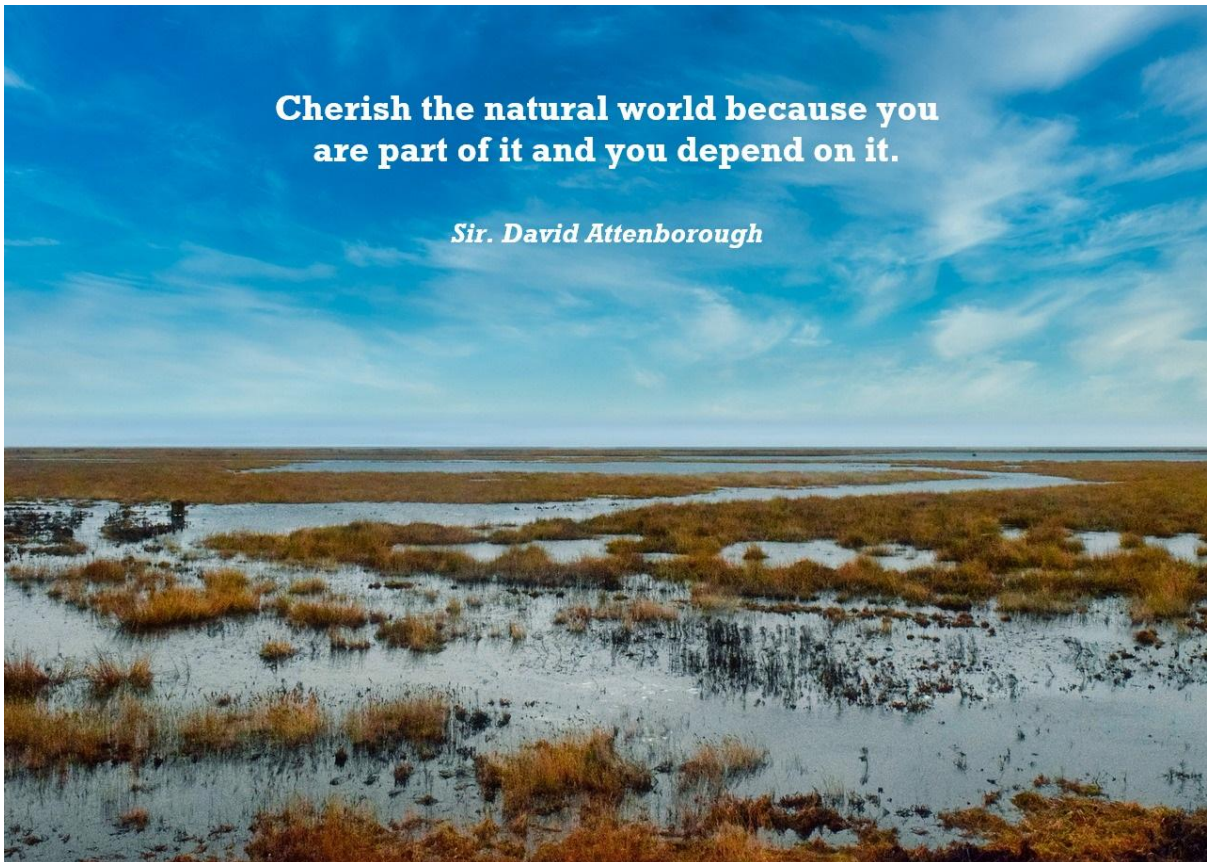
(Happy St. Brigid's Day)



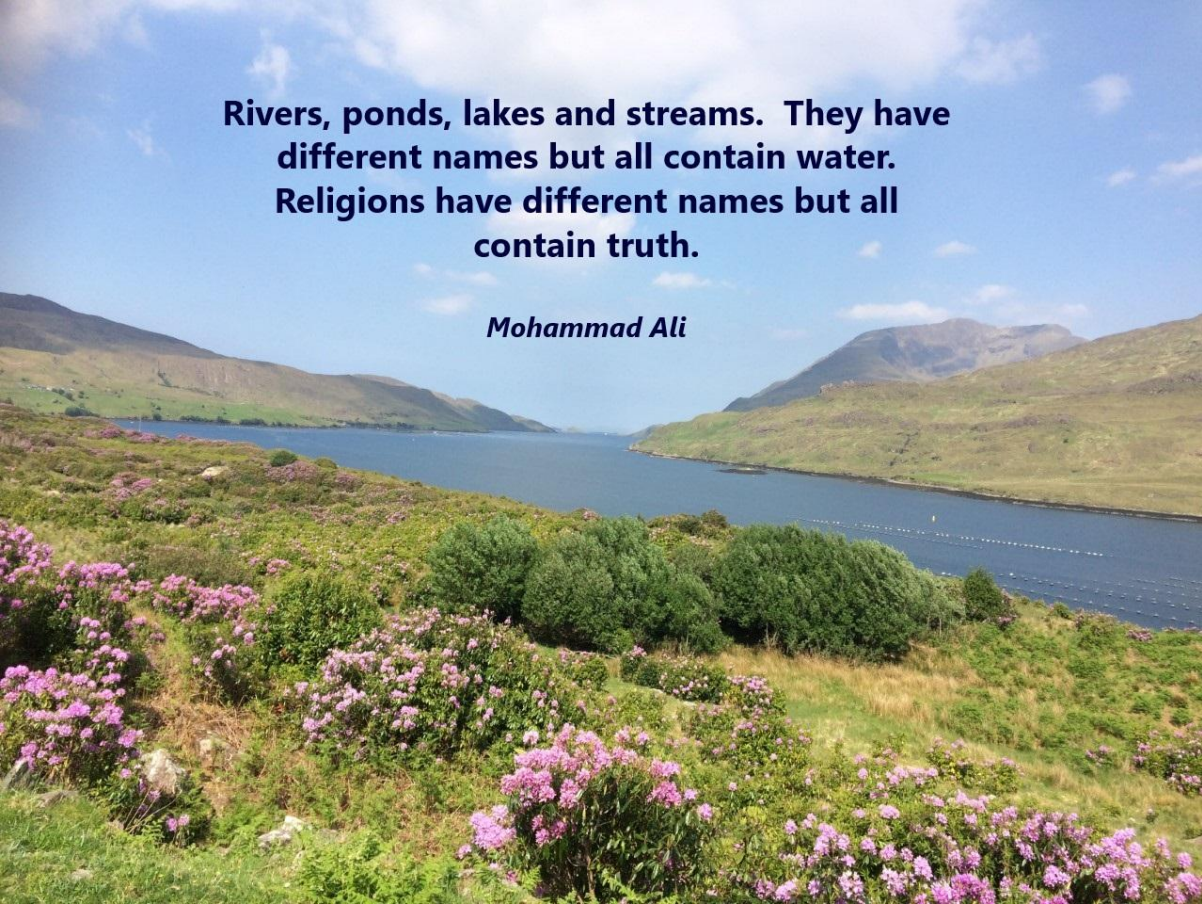
February 1st – St Brigid's Day

**Cherish the natural world because you
are part of it and you depend on it.**

Sir. David Attenborough



February 2nd – World Wetlands Day

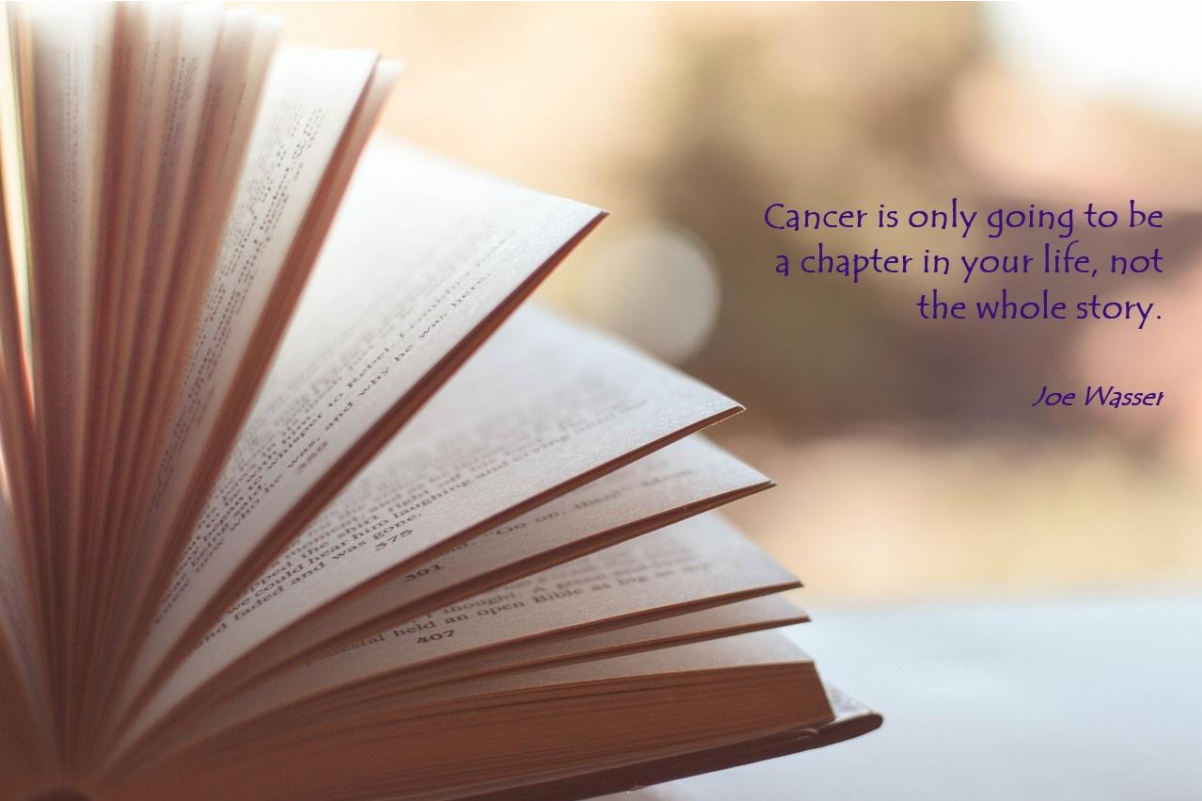


**Rivers, ponds, lakes and streams. They have
different names but all contain water.
Religions have different names but all
contain truth.**

Mohammad Ali

February 3rd – World Interfaith Week

Photograph courtesy of Sr. Kathleen Friel, Western Province – Killary Harbor, Connemara, Galway



Cancer is only going to be
a chapter in your life, not
the whole story.

Joe Wasser

February 4th – World Cancer Day



Butterflies remind
us that life is short,
so we should flutter
around and enjoy
it!

Unknown

February 5th – Western Monarch Day



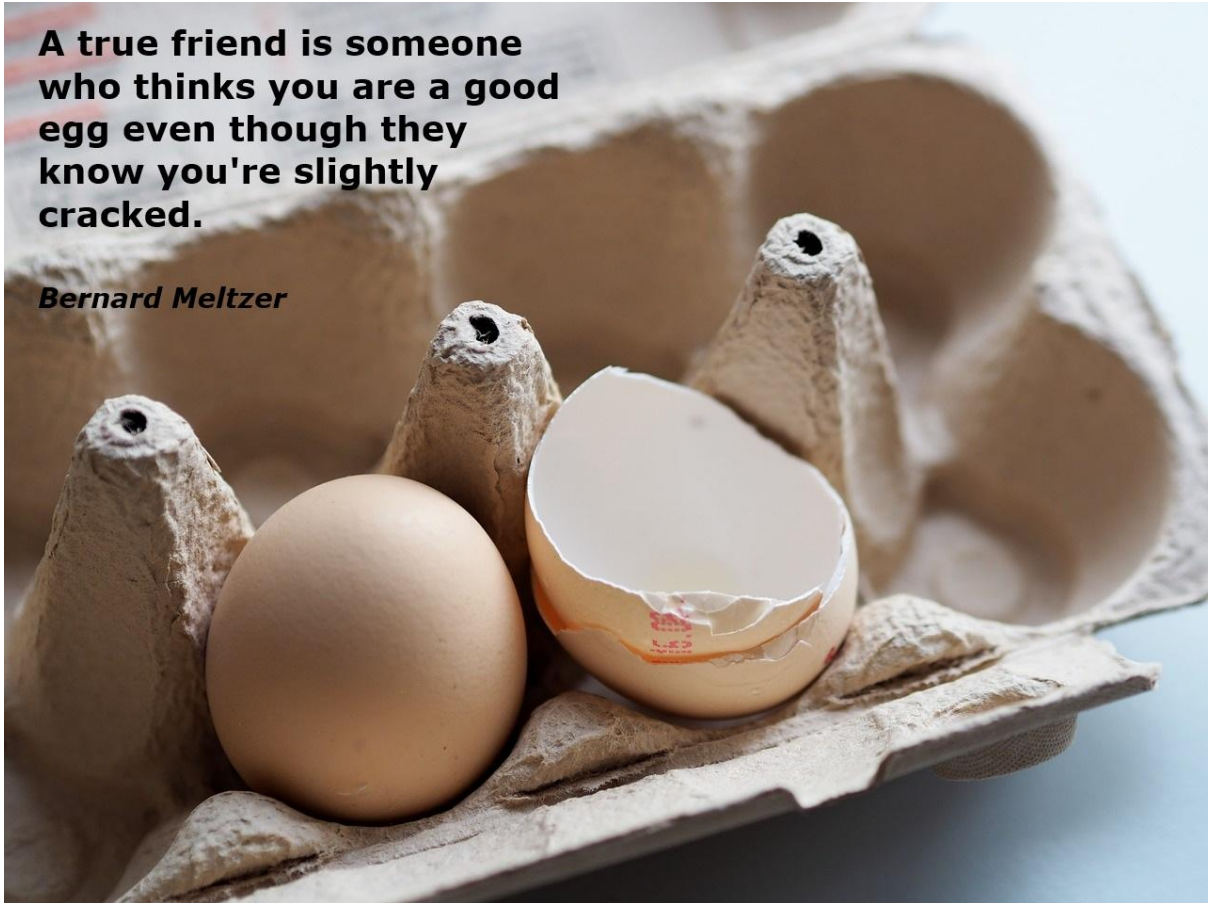
Girls are well
created, and it is
unnecessary and
irrelevant to cut any
part of their bodies.

Joseph Osuigwe Chidibere

February 6th – International Day of Zero Tolerance to Female Genital Mutilation

**A true friend is someone
who thinks you are a good
egg even though they
know you're slightly
cracked.**

Bernard Meltzer



February 7th – Send A Card To A Friend Day

**There is power in
looking silly and
not caring that
you do.**

Amy Poehler



February 8th



You don't always need a plan. Sometimes you just need to breathe, trust, let go and see what happens.

Mandy Hale

February 9th



If seizure's can't stop me, nothing can.

LM Fields

February 10th – International Epilepsy Day

Health is not valued until sickness comes.

Thomas Puller



February 11th – World Day of the Sick

**Any child soldier has
to go through a lot of
love, care and
understanding to
become normal.**

Emmanuel Jal



February 12th – International Day Against the Use of Child Soldiers

I prefer radio to TV because the pictures are better.

Alistair Cooke



February 13th – World Radio Day



Love in your heart wasn't
put there to stay. Love is
not love till you give it
away.

February 14th – St. Valentines Day



**When we lose an
animal species to
extinction, we lose
part of our family.**

Andrew Douglas Williams

February 15th – World Pangolin Day



**If whales can fly think
of what you can do!**

February 16th – World Whale Day

**The smallest act of kindness means
more than the greatest intention.**

Kahlil Gibran



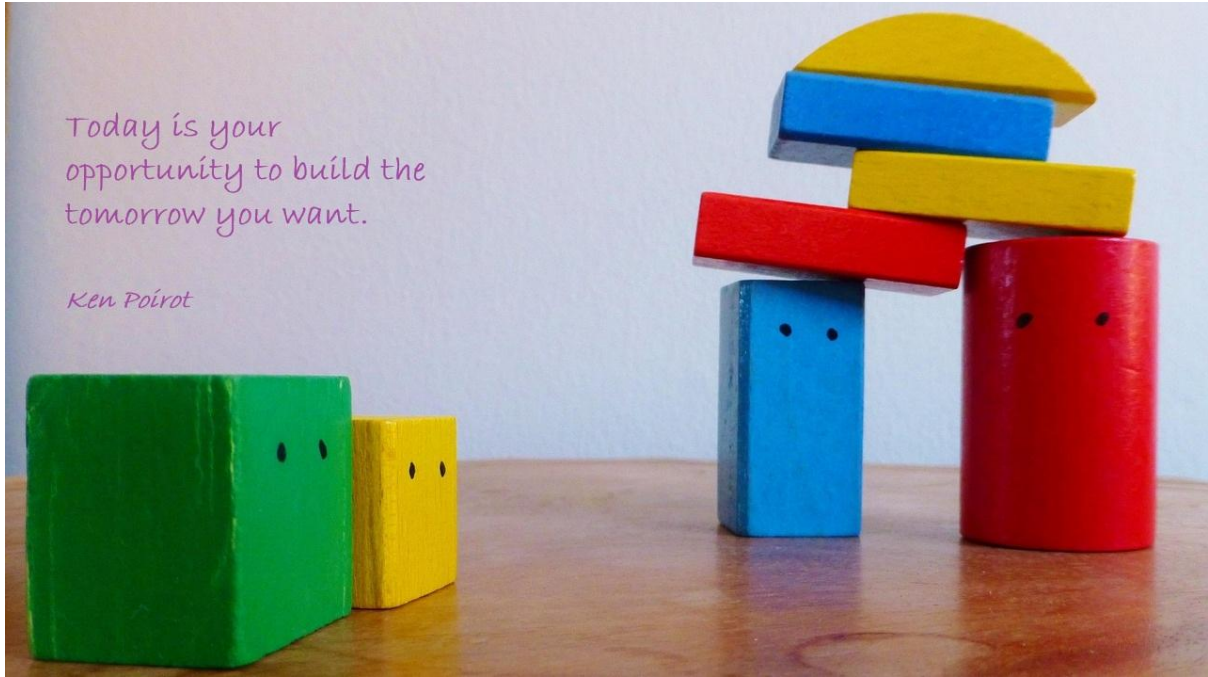
February 17th – Random Acts of Kindness Day

**It takes a long time to
grow an old friend.**

John Leonard



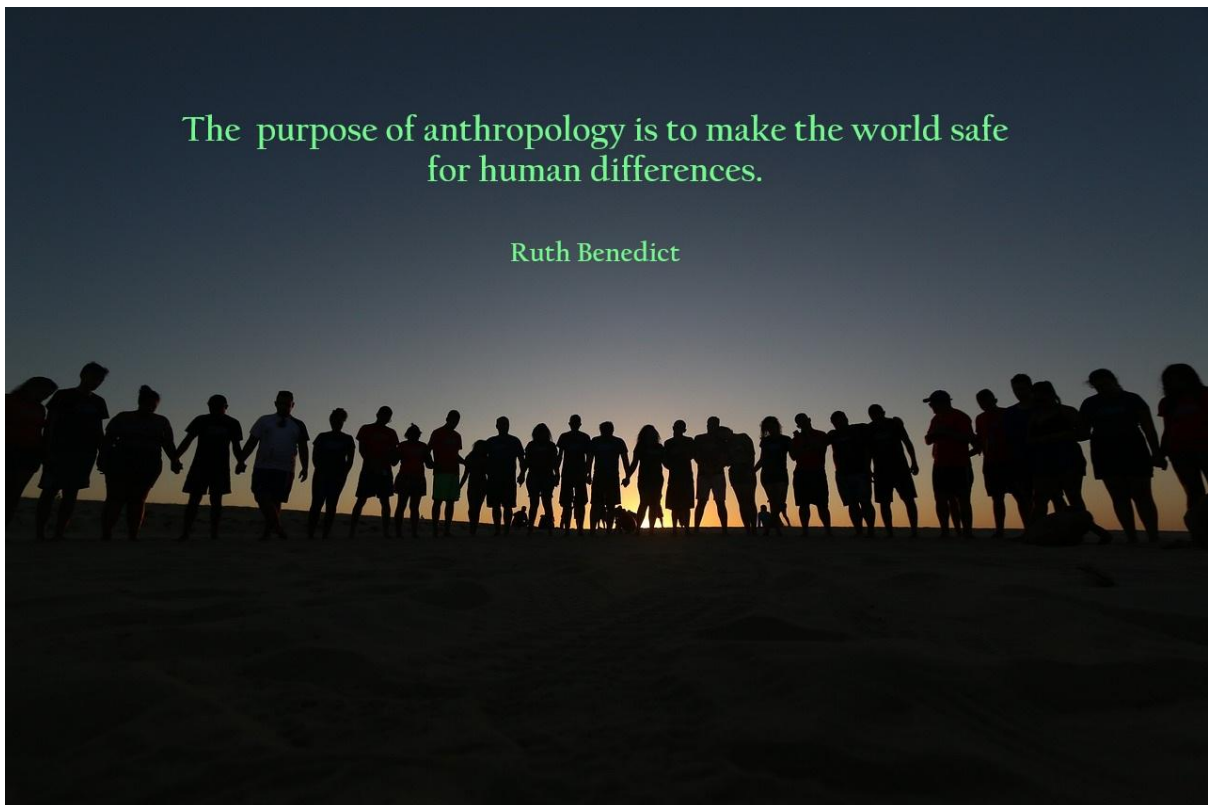
February 18th



Today is your
opportunity to build the
tomorrow you want.

Ken Poirot

February 19th



The purpose of anthropology is to make the world safe
for human differences.

Ruth Benedict

February 20th – World Anthropology Day

**Every child deserves a family,
love and a place to call home.**

Unknown



February 21st – World Care Day

**Yoga is the artwork of
awareness on the canvas
of the body, mind and
soul.**

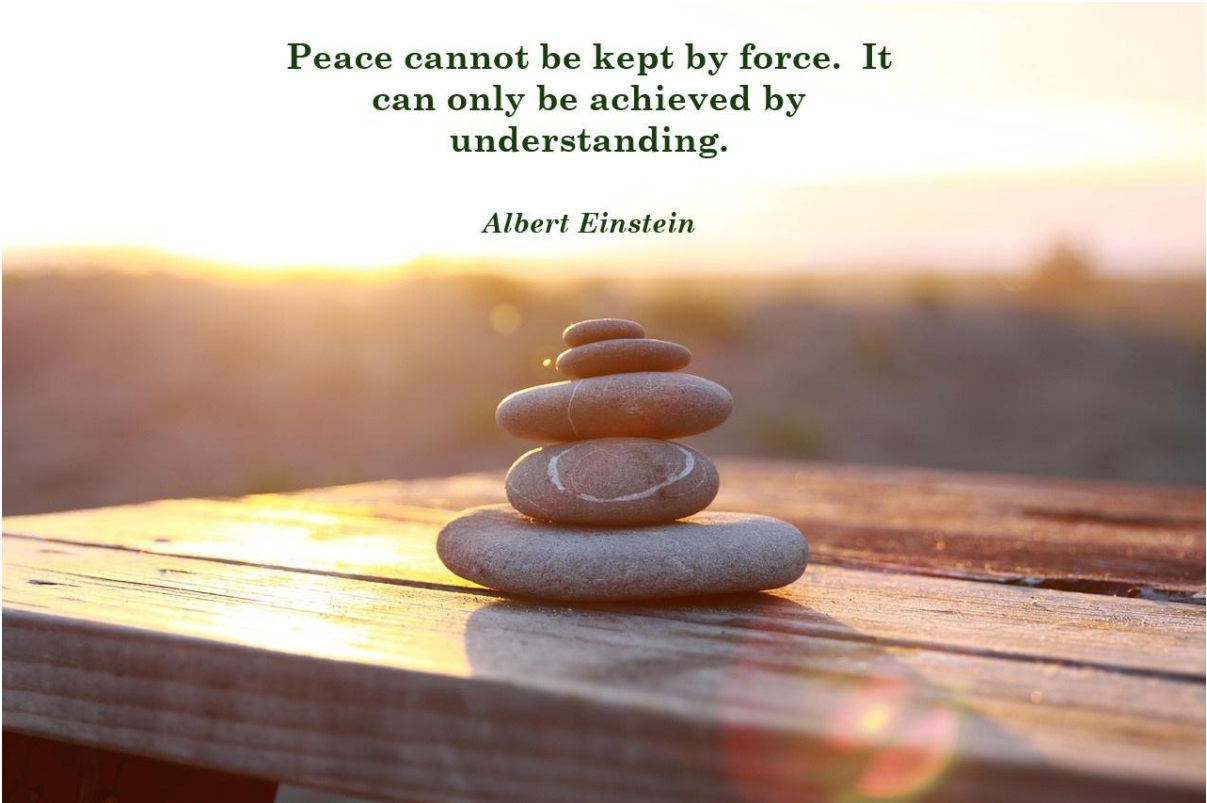
Amit Ray



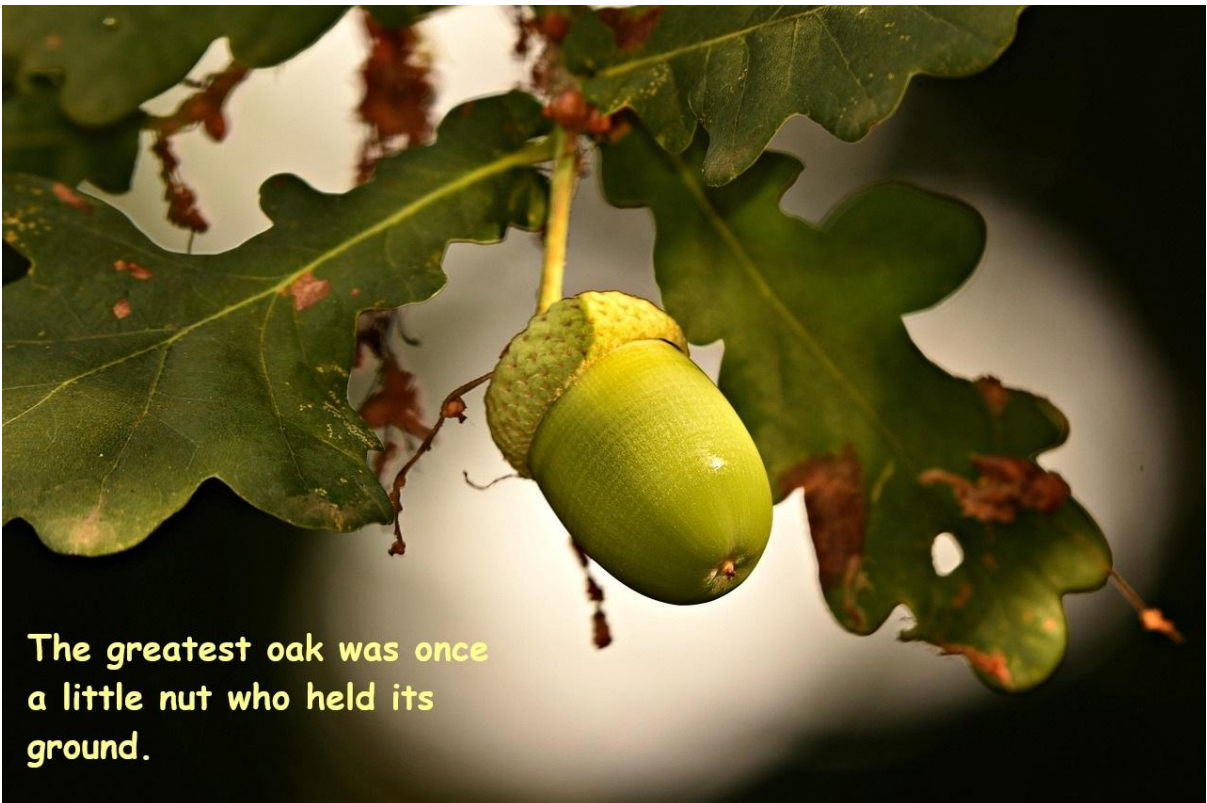
February 22nd – World Yoga Day

**Peace cannot be kept by force. It
can only be achieved by
understanding.**

Albert Einstein



February 23rd – World Understanding and Peace Day



**The greatest oak was once
a little nut who held its
ground.**

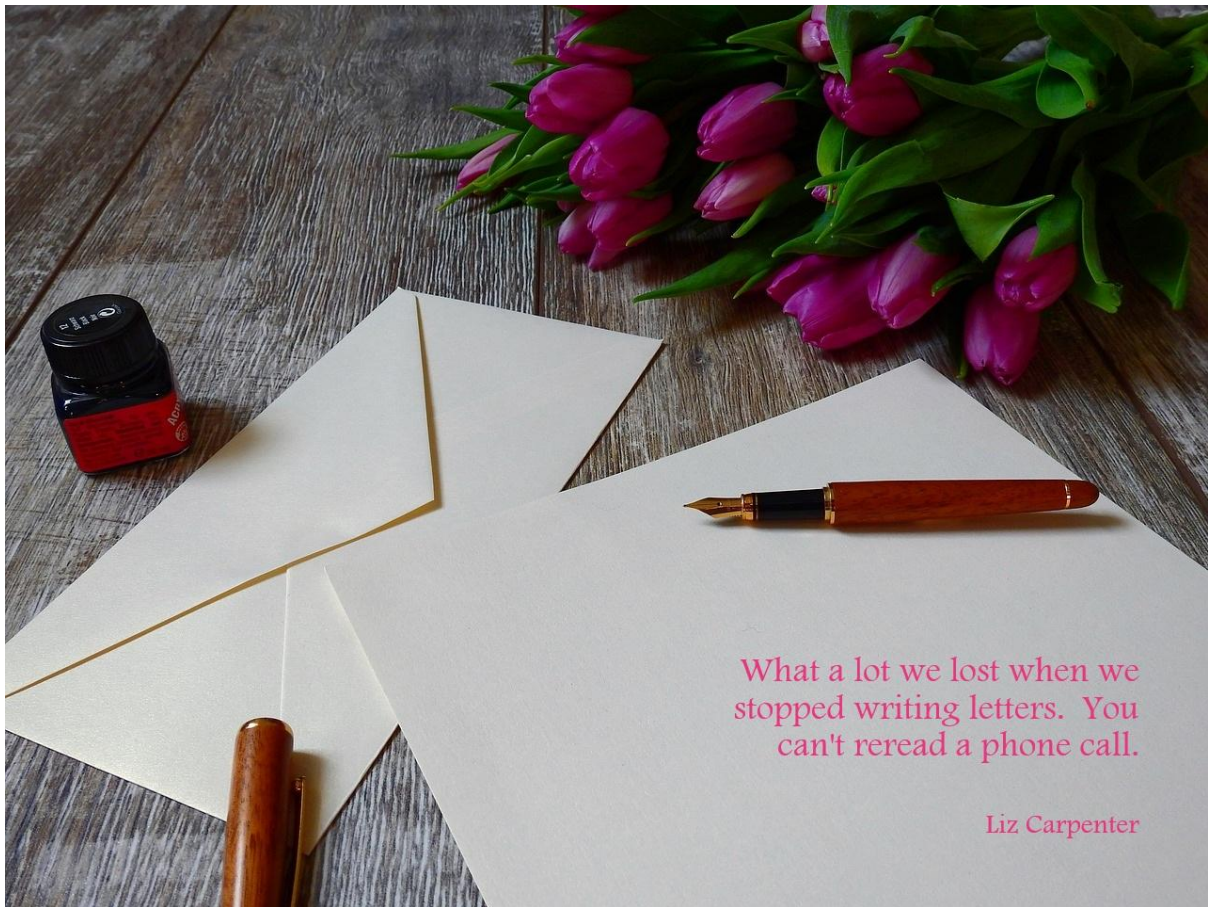
February 24th



**Slow down, you'll get
there faster.**

Katherine King

February 25th



**What a lot we lost when we
stopped writing letters. You
can't reread a phone call.**

Liz Carpenter

February 26th – Letter to an Elder Day



**I'm not sure I like the
idea of polar bears
under a palm tree.**

Lenny Henry

February 27th – International Polar Bear Day



**May the blessings of
Ramadan fill your life
with happiness, success
and prosperity
Ramadan
Kareem**

February 28th - Ramadan

