



For friends. This Sunday is Friendship Day. A day when we celebrate old friends, new friends, long distance friends, close friends, those friends we see often, and those we see once in a blue moon. We celebrate, especially, those characters in our lives who stir our ambition, those who snap us back to reality, those who share our faith, those who test us and in turn teach us, and those who always have our backs.

I've been fortunate to have been blessed with all of the above. And today, as I reflect on my connections and the quality of our interactions, I thank God for each of YOU. ❤️

Who are you thankful for today?

“When we honestly ask ourselves which person in our lives mean the most to us, we often find that it is those who, instead of giving advice, solutions, or cures, have chosen rather to share our pain and touch our wounds with a warm and tender hand. The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not knowing, not curing, not healing and face with us the reality of our powerlessness, that is a friend who cares.”

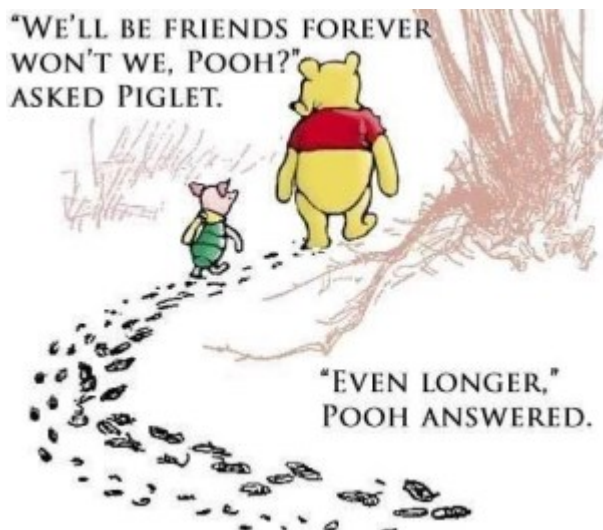
-Henri J.M. Nouwen

“Friendship is unnecessary, like philosophy, like art.... It has no survival value; rather it is one of those things which give value to survival.”

-C.S. Lewis

“How many slams in an old screen door? Depends how loud you shut it. How many slices in a bread? Depends how thin you cut it. How much good inside a day? Depends how good you live 'em. How much love inside a friend? Depends how much you give 'em.” -

-Shel Silverstein



[Friendship day was originally founded by Hallmark in 1919. In 1998 Winnie the Pooh was named the world's Ambassador of Friendship at the United Nations (believe it or not!), and in April 2011 the United Nations officially recognized July 30th as International Friendship Day; although most countries celebrate it on the first Sunday of August!]

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