

# Women of Faith Resources: July 2020



## July Quotes

taken from *2020: A Book of Grace-Filled Days* by Amy Welborn

“There are no rules for outreach, only discernment. We must continually be open to be led by Jesus to share his love in the places and times and ways He may lead us.” (p. 221)

“Life still courses with mystery, and we still look into the night and keep vigil in the dawn, wondering, musing, and seeking answers.” (p. 229)

“What can we do with this mystery of the interplay of beauty and tragedy, joy and sorrow at the heart of life? Only God knows.” (p. 239)

## Featured Day: July 30, International Day of Friendship

The International Day of Friendship is an observance of the United Nations. In 2011, the UN proclaimed the International Day of Friendship with the idea that friendship between peoples, countries, and cultures can inspire peace efforts and build bridges between communities. Through friendship, it is possible to develop bonds of trust, a safety net for protection, and a dynamic for a better world wherein people are united for the greater good in daily living. Friendship can offer stability in uncertain times.

## Some Practices for International Day of Friendship 2020:

- Phone a friend or initiate a Zoom call.
- Send an email message or post a message on your friend's Facebook timeline.
- Write out a few special memories on small pieces of paper and put them all in a jar. Gift your friend with the jar on July 30th.
- Send a "just because" card: Think of how touched your friend will be to get a card that simply says, "I haven't told you in a while but I really appreciate our friendship."
- If you're handy, knit or crochet a handmade scarf, make a memory journal or scrapbook, or sew some pillows for your friend's apartment.
- Reassess your life if you seem to be too busy to spend time with your friends.
- Make time for friends. This is a health benefit for you and your friends.
- Get to know your coworkers. Being friends with a co-worker can take some time, but you have one huge thing in common, and that's your profession or career.
- Celebrate your friend's accomplishments, as if they were your own.
- Reflect on whether you leave your friend feeling energized and happy? If you respond YES, this is a genuine friendship. If you respond NO, reflect on what this friendship really means to you.

## Scripture Quotes

“The godly give good advice to their friends; the wicked lead them astray.” (Proverbs 12:26)

“The heartfelt counsel of a friend is as sweet as perfume and incense.” (Proverbs 27:9)

Ruth and Naomi (Ruth 1:16-17)

For Paul's ministry friends, go to: Romans 16:3-5; 2 Corinthians 2:12-13; Philippians 2:25; Colossians 4:7, 14; 2 Timothy 1:2-4; 1 Philemon

## Spiritual Reading

The following essays, articles, and quotes can nurture our sense of friendship as special and as spiritual.

[Spiritual Friendship: Friendship That Is Rooted in Christ for the Purpose of Growing in Christ](#), produced by Graceworks.

[Spiritual Friendships](#) by Liz Yeats: Guidelines and resources for the Quakers Conference that explore the purpose of spiritual friendships.

[15 Winnie The Pooh Quotes That Mean Even More Now That You're Grown](#): contributed by Madelyn Rennie

## Music for International Friendship Day

The music for International Friendship Day, featured first, is from Animation Films. The other choices are the 2020 Friendship Day Song and Classical Music for Friends.

[Songs for International Friendship Day](#) is a playlist of 129 Friendship Songs. They are Songs from Animation Films that show how special friendship is at all times in life.

[Happy Friendship Day, June 29, 2020](#), a Video by SIMPLY ANNIE.

[Friends Classical Music Suggestions](#): Posted by Yoshua Kohrs.

## Art for International Friendship Day



<https://www.dreamstime.com/photos-images/friendship-bracelets.html>

Do you remember making, sharing, and wearing friendship bands or bracelets? When did you receive one? Who gave it to you? To whom did you give a friendship bracelet? Savor the moments of this time that you wore a friendship bracelet? Or, grieve the time this friendship was no longer viable, for whatever reason.



<https://peregrinediscovery.com/2019/04/25/gardening-is-like-a-friendship/>

Friendships, like tiny plants, can be held in our hands. They are specific; they are fragile; they grow; they live; and they can die...Remember a friendship that you still have or one that fell out of your life. Hold the memories of that friendship in your hands.



<https://www.aarp.org/disrupt-aging/stories/info-2020/intergenerational-book-club.html>

Intercultural and intergenerational friendships broaden the horizons of our friendships. Spend some time reflecting on friendships you have now or had at another time in your life that were intercultural and/or intergenerational. Touch into how these friendships led you to new growth, to deeper understandings of life, or to life-long relationships. Savor the treasure of these friendships. Say a very special prayer for the women who come to you in this reflection.

## Websites for International and National Friendship Day

[This site](#) presents the history of the International Day of Friendship as well as other pertinent facts, suggests activities, and suggests other national days related to this one.

[Additional Information on National Friendship Day](#) at betterhelp.com.



**We stand together near or from afar. We are still masked and/or quarantined. Gathered here, online, as Women of Faith, we continue to celebrate all health care workers and we pray for all persons who have died from the coronavirus.**

*Resources compiled by Sr. Yvette Bellerose, SSA*