









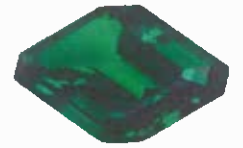



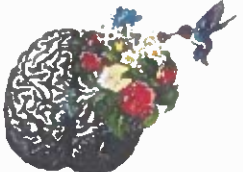


SPIRITUAL CALENDAR

Spiritual Pursuit at BRIDGE HOUSE

For the Month of May 2023



SPIRITUAL QUOTES	COURAGE	AFFIRMATIONS
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 	2 <i>KIND HEART, THURC MIND, BRAVE SPIRIT, -CREATIVE MOMSIEA-</i>	3 If you have the courage to begin, you the courage to succeed. -David Viscott-	4 Star Wars Day MAY THE 4TH BE WITH YOU	5 	6 <i>Moral courage is the highest expression of humanity.</i> -Ralph Nader-
7 Courage is knowing what not to fear. -Plato-	8 A boy and girl should be two things: who and what they want. -George De Jesus-	9 All our dreams can come true if we have the courage to pursue them. -Walt Disney-	10 Strength is letting go when you want to hold on. -Kelth Iodice-	11 It takes courage to show your dreams to someone else. -Erma Bombeck-	12 You are stronger than your fear. -unknown-	13 Never give up on yourself. -Unknown-
14 	15 Have the courage to be kind with others. -Ricky Lopez-	16 Be stronger than your excuses. -Unknown-	17 <i>Fear is a reaction. Courage is a Decision.</i> -Sir Winston Churchill-	18 If you can dream it, you can do it. -Unknown-	19 <i>MISTAKES ARE ALWAYS FORGIVABLE IF ONE HAS THE COURAGE TO ADMIT THEM.</i> -BRUCE LEE-	20 <i>From caring comes courage.</i> -Lao Tzu-
21 Courage starts with showing up and letting ourselves be seen. -Brene Brown-	22  I am not a worrier -unknown-	23 Without fear, there cannot be courage. -Christopher Paolini-	24 I believe I can do this -Kathryn Drury-Wagner-	25 The amount of adversity we face does not define us; what defines us is how we respond to the adversity. -Tim Forde-	26 <i>I learned that courage was not the absence of fear but the triumph over it.</i> -Nelson Mandela-	27 My fears are dissolving. -Kathryn Drury-
28 Challenges? They are my speciality! -Kathryn Drury Wagner-	29  MEMORIAL DAY <small>RESPECT AND HONOR</small>	30 Have enough courage to trust love one more time. -Unknown-	31 I am fearless. -Unknown-			 #breakthestigma <small>MENTAL HEALTH AWARENESS MONTH</small>
			 YOU ARE NOT ALONE <small>YOU ARE NEVER FURTHER AWAY FROM HELP</small>	