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This month's quotes are all about "*Renewal*". I hope you will find them inspirational and helpful!

"Rest when you're weary. Refresh and renew yourself, your body, your mind, your spirit. Then get back to work."

—Ralph Marston

"I can hardly wait for tomorrow, it means a new life for me each and every day"

—Stanley Kunitz



"As wave is driven by wave
And each, pursued, pursues the wave ahead,
So time flies on and follows, flies, and follows,
Always, for ever and new. What was before
Is left behind; what never was is now;
And every passing moment is renewed."

—Ovid, *Metamorphoses*

"Life is like a flowing stream, once the flow stops, our life becomes stagnant. When we remove the dams and debris we have accumulated and encourage it to flow freely, it becomes a source of sustenance and renewal and growth for us and for all with whom we share it."

—Tom Hackett



"One of the things we desperately need is a spiritual renewal in this country. We need a spiritual revival in America."

—Billy Graham

"Keeping the Sabbath day holy is much more than just physical rest. It involves spiritual renewal and worship."

—James E. Faust

"We need quiet time to examine our lives openly and honestly – spending quiet time alone gives your mind an opportunity to renew itself and create order."

—Susan L. Taylor

“The greatest remedy in the world is change; and change implies the passing from the old to the new. It is also the only path that leads from the lesser to the greater, from the dream to the reality, from the wish to the heart’s desire fulfilled. It is change that brings us everything we want. It is the opposite of change that holds us back from that which we want. But change is not always external. Real change, or rather the cause of all change, is always internal. It is the change in the within that first produces the change in the without. To go from place to place is not a change unless it produces a change of mind—a renewal of mind. It is the change of mind that is the change desired. It is the renewal of mind that produces better health, more happiness, greater power, the increase of life, and the consequent increase of all that is good in life. And the constant renewal of mind—the daily change of mind—is possible regardless of times, circumstances or places. He who can change his mind every day and think the new about everything every day, will always be well; he will always have happiness; he will always be free; his life will always be interesting; he will constantly move forward into the larger, the richer and the better; and whatever is needed for his welfare today, of that he shall surely have abundance.”

—Christian D. Larson



“Inside myself is a place where I live all alone and that is where I renew my springs that never dry up.”

—Pearl S. Buck

“Liturgy is like a strong tree whose beauty is derived from the continuous renewal of its leaves, but whose strength comes from the old trunk, with solid roots in the ground.”

—Pope Paul VI

“If you want a new tomorrow, then make new choices today.”

—Tim Fargo

“Having thus chosen our course, without guile and with pure purpose, let us renew our trust in God, and go forward without fear and with manly hearts.”

—Abraham Lincoln

