

BE A HERO FOR A BETTER WORLD



"If we were logical, the future would be bleak indeed. But we are more than logical. We are human beings, and we have faith, and we have hope and we can work."
— Jacques Cousteau

Do One Thing for a Better World

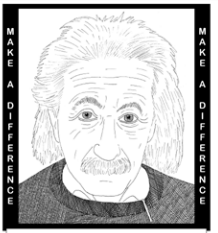
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"An act of love, a voluntary taking on oneself of some of the pain of the world, increases the courage and love and hope of all."
— Dorothy Day

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"Learns from yesterday, live for today, hope for tomorrow. The important thing is to not stop questioning."
— Albert Einstein

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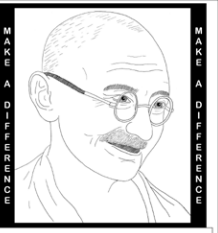
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"Where there is discord may we bring harmony, where there is error, may we bring truth, where there is doubt, may we bring faith. Where there is despair, may we bring hope."
— Saint Francis of Assisi

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"You must not lose faith in humanity. Humanity is an ocean; if a few drops of the ocean are dirty, the ocean does not become dirty."
— Mahatma K. Gandhi

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"We should not let our fears hold us back from pursuing our hopes."
— John Fitzgerald Kennedy

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**HOPE
DAY**

April 7

...make a difference...

Do One Thing
for a Better World.

Together
We Make a World of Difference!

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"If you lose hope, sometimes you lose the ability that keeps life moving, you lose that courage to be, that quality that helps you go on in spite of it all. And, for today I still have a dream."
— Martin Luther King, Jr.

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"I don't believe in people just hoping. We work for what we want. I always say that one has no right to hope without endeavor."
— Amy Siskind

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"Honest hope has an edge. It's messy. It requires that we let go of all past answers, all preconceived notions, all certainties that our path will be smooth. It's not a resting point. Honest hope is movement."
— Frances Moore Lapsley

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"Just can't live that negative way, make way for the positive day!"
— Bill Wiley

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"For me there is no hope without faith. Faith is a higher good. Faith in our own dignity."
— Alyssa Milano

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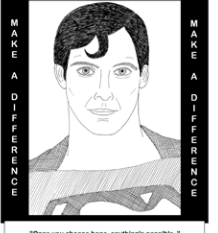
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"Hope is the backbone of this nation. The belief that our destiny will not be written for us, but by us. By all those men and women who are not content to wait, but are ready to take the world as it should be."
— Barack Obama

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"Once you choose hope, anything's possible."
— Oprah Winfrey

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"Your emotional state has a tremendous amount to do with your health and well-being. For years, my husband and I lived on — and because of — hope."
— Dana Reeve

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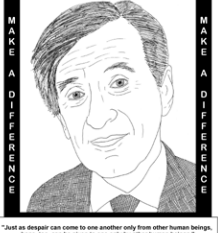
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"... a life you wish with hope and admiration to even be part for a short time in a community where people have connected to try to put out a hand."
— Susan Sarandon

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"Just as despair can come to one another only from other human beings, hope, too, can be given to us only by other human beings."
— Bill Wiesel

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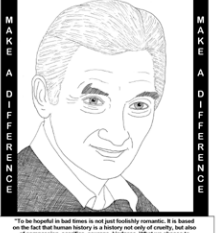
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"A mentor is someone who allows you to see the hope inside yourself."
— Oprah Winfrey

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"To be hopeful in bad times is not just foolishly romantic. It is based on the fact that human history is a history not only of cruelty, but not only of oppression, but also of resistance. Each time we believe that we are alone in the complete history will deliver us and free us."
— Bill Wiesel

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