**THOUGHT FOR THE DAY**

**WEEK BEGINNING 4TH JUNE 2018**

**WELLBEING TASK OF THE WEEK: Spend some time enjoying the company of a friend.**

**KEY WORDS FOR CONSIDERATION: FRIENDSHIP; COMPANIONSHIP; ENCOURAGEMENT; EXCLUSION.**

**PRAYER TO BE REPEATED EACH DAY: Lord, help us to value our friends and to be loyal. Make us thankful for having someone to share life’s ups and downs with. Let us befriend those who feel alone. Amen.**

**BEST FRIENDS DAY**

On June 8, honour your closest and dearest friend on Best Friends Day.  The relationship between best friends is often fierce and can withstand distance, storms and silence.  Whether we’ve known them all our lives or they are more recently acquired, best friends make tough times bearable, fun times memorable and memorable times priceless.  Maybe there are several best friends in your life.  No matter how many there are, get together and celebrate the day!

1. ‘The greatest pleasure of life is love

The greatest treasure, contentment

The greatest possession, health

The greatest ease is sleep

The greatest medicine is a true friend.’

SIR WILLIAM TEMPLE

Friendships make us feel good about ourselves, and help us cope with the ‘ups and downs’ of life; so we should appreciate our friends and be thankful for their friendship.

How are you going to show your appreciation to your friends today?

1. ‘A faithful friend is the medicine of life.’

ECCLESIASTICUS, IN A BOOK OF FRIENDS AND FRIENDSHIP

Recent medical studies show that people who own a cat or a dog live longer. Apparently the action of stroking an animal is calming and lowers the pulse rate while tensions and stresses fall away.

Those of us who are able to have a dog or a cat know that they offer a lot of love and friendship as well. They never judge us, they are not concerned with our progress or our possessions. They just accept us for who we are. Jerome K. Jerome said that when things go wrong a dog will look at you with his big brown eyes, as if to say ‘Well, you’ve always got me, you know. We’ll go through the world together, and always stand by each other, won’t we?’

Do you think you are a good friend?

1. ‘Speak well of your friends, of your enemy say nothing.’

DICTIONARY OF QUOTATIONS AND PROVERBS

Generally speaking, friendship is a good thing. It gives us companionship, it helps our self-esteem and it encourages us to share with others. There is a negative side though, when we use our friendship to make others feel excluded.

If friendship is to be good, it must be good for all. If we value our friends, we must give them the freedom to choose other friends. If the friendship is true and real, we have nothing to fear.

Have you ever noticed that someone is excluded from a friendship group? How do you think that person felt? How could you help in this situation?