

Retiree Benefits News



World Friendship Day/International Day of Friendship is July 30

Each year on this day, people around the globe come together to honor the spirit of friendship and promote goodwill across communities. Established by the United Nations, World Friendship Day inspires individuals of all ages and backgrounds to nurture connections that transcend boundaries. It's a special time to cherish longstanding friendships, forge new bonds, and reflect on the profound influence that friends have in shaping our lives and building more harmonious societies.

Why is this day important?

Friendship is a cornerstone of trust, empathy, and mutual respect, enriching our lives in countless ways. Marking this day draws attention to the powerful role relationships play in bridging divides, easing tensions, and fostering a sense of belonging within diverse communities. It echoes the United Nations' vision of encouraging meaningful dialogue and cultivating peace among all people. In a world sometimes marked by distance and discord, World Friendship Day stands as a vibrant reminder of our shared humanity and the profound impact we create by reaching out, uplifting one another, and nurturing the bonds that unite us. Celebrate your friends and take this opportunity to express your appreciation for the people in your life that matter.

- **Reach out to friends:** Send a thoughtful message, make a phone call, or arrange a get-together to express your appreciation.
- **Make new connections:** Take the opportunity to introduce yourself to someone new.
- **Organize a group activity:** Host a picnic, a cultural exchange, or a virtual event to bring people together.
- **Support organization's:** Consider donating to or volunteering with groups that promote friendship, inclusion, and cross-cultural understanding.

Here are some inspiring quotes that beautifully capture the essence of friendship:

- "Friendship is the golden thread that ties the heart of all the world"
- "A friend is someone who knows all about you and still loves you"
- "A friend is a gift you give yourself"
- "The best mirror is an old friend"
- "A single rose can be my garden... a single friend, my world"