

<p><b>FORGIVENESS DAY</b> FIRST SUNDAY IN AUGUST</p>  <p>"We cannot change the past, but we can change our attitude toward it. Harriet got past pain, forgiveness. Tear out vengeance and seed humility. Challenge her to be brave. Her words, making the present comfortable and the future promising." - Maya Angelou</p> <p>BetterWorldCalendar.com</p>	<p><b>FORGIVENESS DAY</b> FIRST SUNDAY IN AUGUST</p>  <p>"I'm going to one of the most difficult things for a human being to do. I'm going to be looking at some right you have, getting yourself in the position of the other person, and saying, 'I'm not going to be a hard person and I'm not going to be a hard person.' That's what I'm going to do. I'm going to be a hard person and I'm not going to be a hard person." - Jimmy Carter</p> <p>BetterWorldCalendar.com</p>	<p><b>FORGIVENESS DAY</b> FIRST SUNDAY IN AUGUST</p>  <p>"People can be more forgiving than you can imagine. But you have to forgive yourself. Let go of what's bitter and move on." - Bill Cosby</p> <p>BetterWorldCalendar.com</p>	<p><b>FORGIVENESS DAY</b> FIRST SUNDAY IN AUGUST</p>  <p>"Life is an adventure in forgiveness." - Norman Cousins</p> <p>BetterWorldCalendar.com</p>	<p><b>FORGIVENESS DAY</b> FIRST SUNDAY IN AUGUST</p>  <p>"The great secrets that will forever be hidden in our lives, so best to remove the weeds of anger, sorrow, envy and doubt, that peace and abundance may flourish for all." - Dorothy Day</p> <p>BetterWorldCalendar.com</p>
<p><b>FORGIVENESS DAY</b> FIRST SUNDAY IN AUGUST</p>  <p>"When you are happy you can forgive a great deal." - Princess Diana</p> <p>BetterWorldCalendar.com</p>	<h1>FORGIVENESS DAY</h1> <h2>First Sunday in August</h2> <h3>...make a difference...</h3> <div style="border: 1px solid black; padding: 20px; margin: 20px auto; width: 80%;"> <p>Do One Thing for a Better World.</p> <p>Together We Make a World of Difference!</p> </div> <p>© The Emily Fund Distribute freely - no endorsement implied</p> <p><a href="http://DoOneThing.org">DoOneThing.org</a> - <a href="http://EmilyFund.org">EmilyFund.org</a></p>	<p><b>FORGIVENESS DAY</b> FIRST SUNDAY IN AUGUST</p>  <p>"An eye for an eye leaves the whole world blind." - Nicholas Gendall</p> <p>BetterWorldCalendar.com</p>		
<p><b>FORGIVENESS DAY</b> FIRST SUNDAY IN AUGUST</p>  <p>"Forgiveness does not overlook the deed. It rises above it." - Patsy Cline</p> <p>BetterWorldCalendar.com</p>	<p><b>FORGIVENESS DAY</b> FIRST SUNDAY IN AUGUST</p>  <p>"To forgive oneself? No, that doesn't work. We have to forgive. But we can only believe this is possible if we ourselves can forgive." - Clay Aiken</p> <p>BetterWorldCalendar.com</p>			
<p><b>FORGIVENESS DAY</b> FIRST SUNDAY IN AUGUST</p>  <p>"You're only human. Let's break free of this gravity of judgment. And fly high on the wings of forgiveness." - Indira Ane</p> <p>BetterWorldCalendar.com</p>	<p><b>FORGIVENESS DAY</b> FIRST SUNDAY IN AUGUST</p>  <p>"I refuse to let what happened to me make me bitter." - Nicole Kidman</p> <p>BetterWorldCalendar.com</p>			
<p><b>FORGIVENESS DAY</b> FIRST SUNDAY IN AUGUST</p>  <p>"The better the food that the best of things comes to mind, the more we continue to follow its direction. History is not a list of the mistakes of nations and nations that we must not repeat." - Warren Zevon</p> <p>BetterWorldCalendar.com</p>	<p><b>FORGIVENESS DAY</b> FIRST SUNDAY IN AUGUST</p>  <p>"I want to rid my heart of anger, and cleanse my soul of rage before I'm through." - Paul Simon</p> <p>BetterWorldCalendar.com</p>			
<p><b>FORGIVENESS DAY</b> FIRST SUNDAY IN AUGUST</p>  <p>"If we really want to love, we must learn how to forgive." - Mother Teresa</p> <p>BetterWorldCalendar.com</p>	<p><b>FORGIVENESS DAY</b> FIRST SUNDAY IN AUGUST</p>  <p>"Let us forgive each other - only then will we live in peace." - Leo Tolstoy</p> <p>BetterWorldCalendar.com</p>	<p><b>FORGIVENESS DAY</b> FIRST SUNDAY IN AUGUST</p>  <p>"...in a very real sense, without forgiveness, there is no future." - Desmond Tutu</p> <p>BetterWorldCalendar.com</p>	<p><b>FORGIVENESS DAY</b> FIRST SUNDAY IN AUGUST</p>  <p>"Love is an act of endless forgiveness." - Peter Ustinov</p> <p>BetterWorldCalendar.com</p>	<p><b>FORGIVENESS DAY</b> FIRST SUNDAY IN AUGUST</p>  <p>"The practice of forgiveness is our most important contribution to the healing of the world." - Marjorie Williams</p> <p>BetterWorldCalendar.com</p>

# **FORGIVENESS DAY** **FIRST SUNDAY** **IN AUGUST**



**"Forgiveness does not overlook the deed.  
It rises above it."  
-- Pumla Gobodo-Madikizela**

Forgiveness is one of the most important first steps to ending conflicts in our families, our communities and between nations. Most conflicts begin because one person or group feels they have been wronged by another person or group.

Forgiveness is not glossing over a problem or excusing it without consequences, or letting someone continue to treat you badly. It's always important to first get out of a dangerous situation, such as a violent or abusive relationship. Forgiveness does not have to include reconciliation, where both sides work to create a healthy and peaceful ongoing relationship. Forgiveness is a personal decision to not allow anger, hurt and resentment to control your life, and to forgive someone who has wronged you, even if they don't deserve it.

Learning to let go and forgive isn't always easy, but when we truly forgive, it helps foster better health, better relationships, a deeper sense of purpose and self worth and a feeling of connection to others. The healing power of forgiveness reached international attention after the end of apartheid in South Africa when the Truth and Reconciliation Commission helped to bring the bitterly divided nation together after decades of segregation and violence.

Because of its importance, there several days devoted to forgiveness and reconciliation. Advice columnist Ann Landers is responsible for popularizing the April 2 celebration of Reconciliation Day, as a day to try to try to patch up a broken or strained relationship. In South Africa, Reconciliation Day is celebrated on December 16. The Worldwide Forgiveness Alliance promotes the first Sunday in August as International Forgiveness Day, hoping to spread awareness about the healing power of forgiveness to create "a safer, more joyful and peaceful world."

## **Do One Thing for a Better World**

- 1. Find out more about the power of forgiveness and reconciliation**
- 2. Think about someone who has wronged you and work towards forgiving them**
- 3. Seek forgiveness from someone you have wronged**

## **Forgiveness Links**

- Campaign for Forgiveness Research ([forgiving.org](http://forgiving.org))**
- Campaign for Love & Forgiveness ([fetzer.org/LoveAndForgive](http://fetzer.org/LoveAndForgive))**
- The Forgiveness Project ([theforgivenessproject.com](http://theforgivenessproject.com))**
- Forgiveness Web ([forgivenessweb.com](http://forgivenessweb.com))**
- Worldwide Forgiveness Alliance ([forgivenessday.org](http://forgivenessday.org))**

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"We cannot change the past, but we can change our attitude toward it.  
Uproot guilt and plant forgiveness. Tear out arrogance and seed humility.

Exchange love for hate ---

thereby, making the present comfortable and the future promising."

-- Maya Angelou

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"Forgiveness is the key to action and freedom."  
-- Hannah Arendt

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“I can forgive, but I cannot forget, is only another way of saying, I will not forgive. Forgiveness ought to be like a cancelled note - torn in two, and burned up, so that it never can be shown against one.”  
-- Henry Ward Beecher

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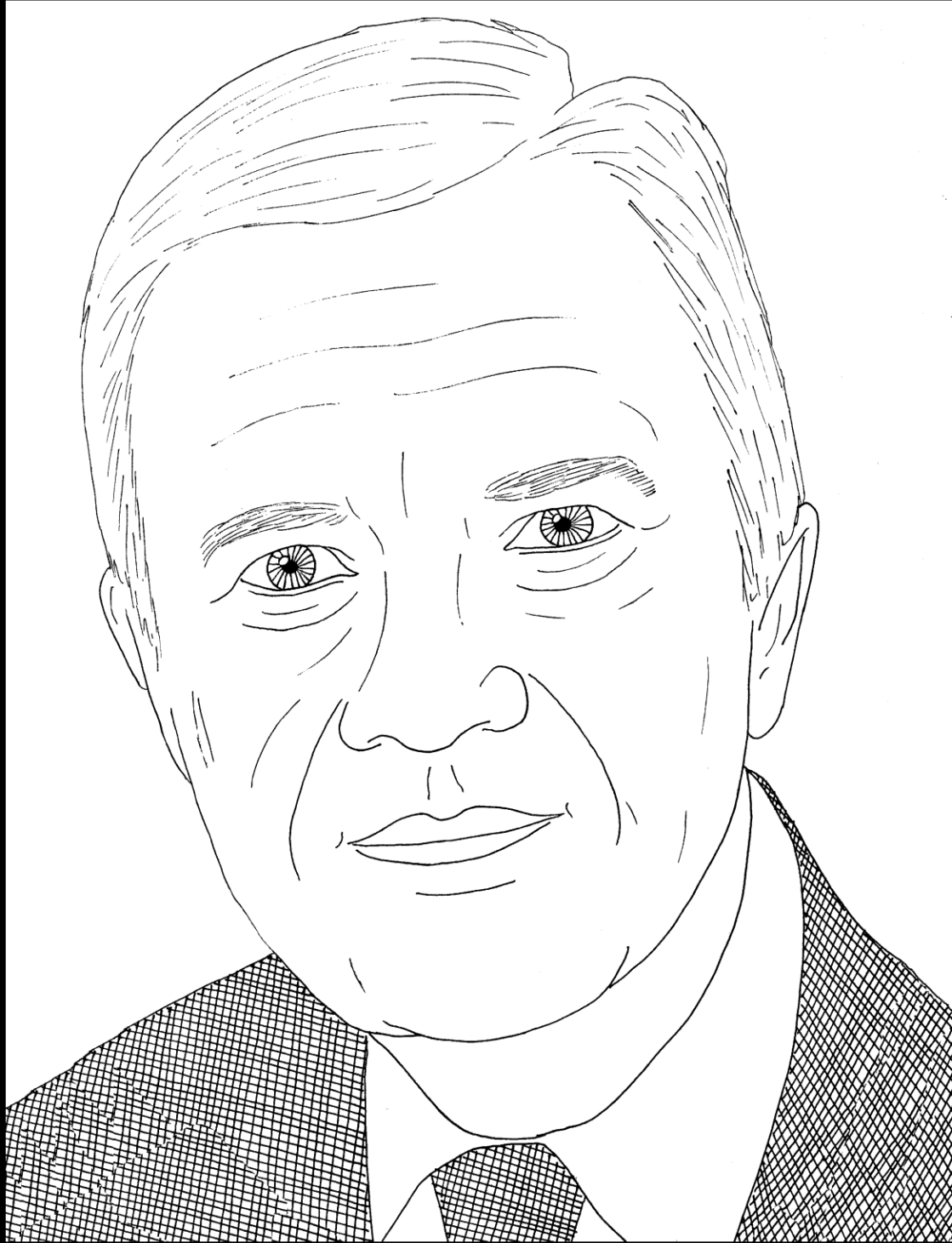
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"Forgiving is one of the most difficult things for a human being to do, but I think it means looking at some slight you feel, putting yourself in the position of the other person, and wiping away any sort of resentment and antagonism you feel toward them. Then let that other person know that everything is perfectly friendly and normal between you."  
-- Jimmy Carter

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"People can be more forgiving than you can imagine.  
But you have to forgive yourself.  
Let go of what's bitter and move on."

-- Bill Cosby

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"Life is an adventure in forgiveness."  
-- Norman Cousins

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**"We plant seeds that will flower as results in our lives,  
so best to remove the weeds of anger, avarice, envy and doubt,  
that peace and abundance may manifest for all."**

**-- Dorothy Day**

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**"When you are happy you can forgive a great deal."  
-- Princess Diana**

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“...teach myself to see each of us through the lens of forgiveness...”  
-- Ani DiFranco

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"The only way children can learn the habit of forgiveness is by seeing us, their parents, forgive others and forgive ourselves."  
-- Naomi Drew

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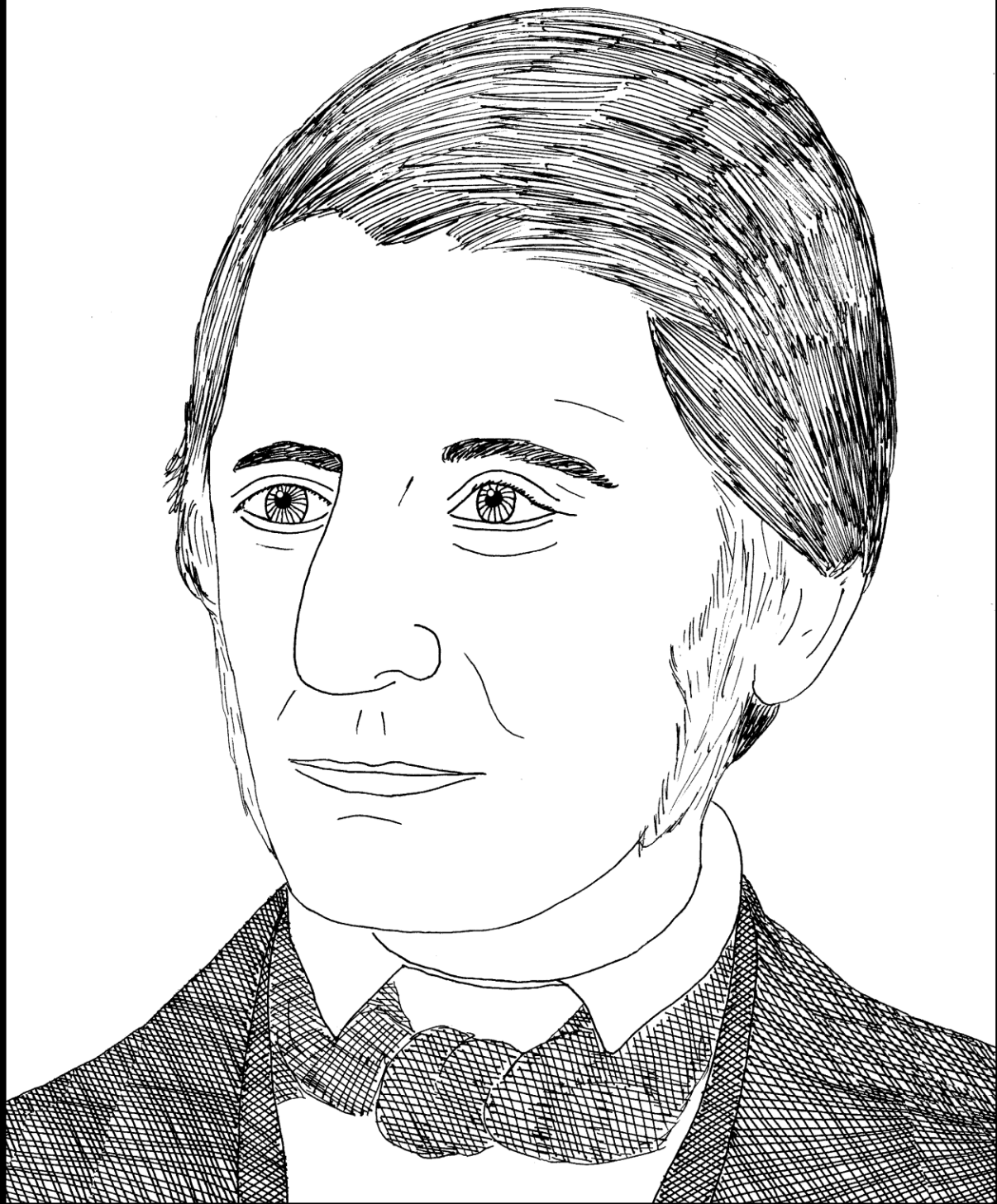
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"For every minute you remain angry,  
you give up sixty seconds of peace of mind."  
-- Ralph Waldo Emerson

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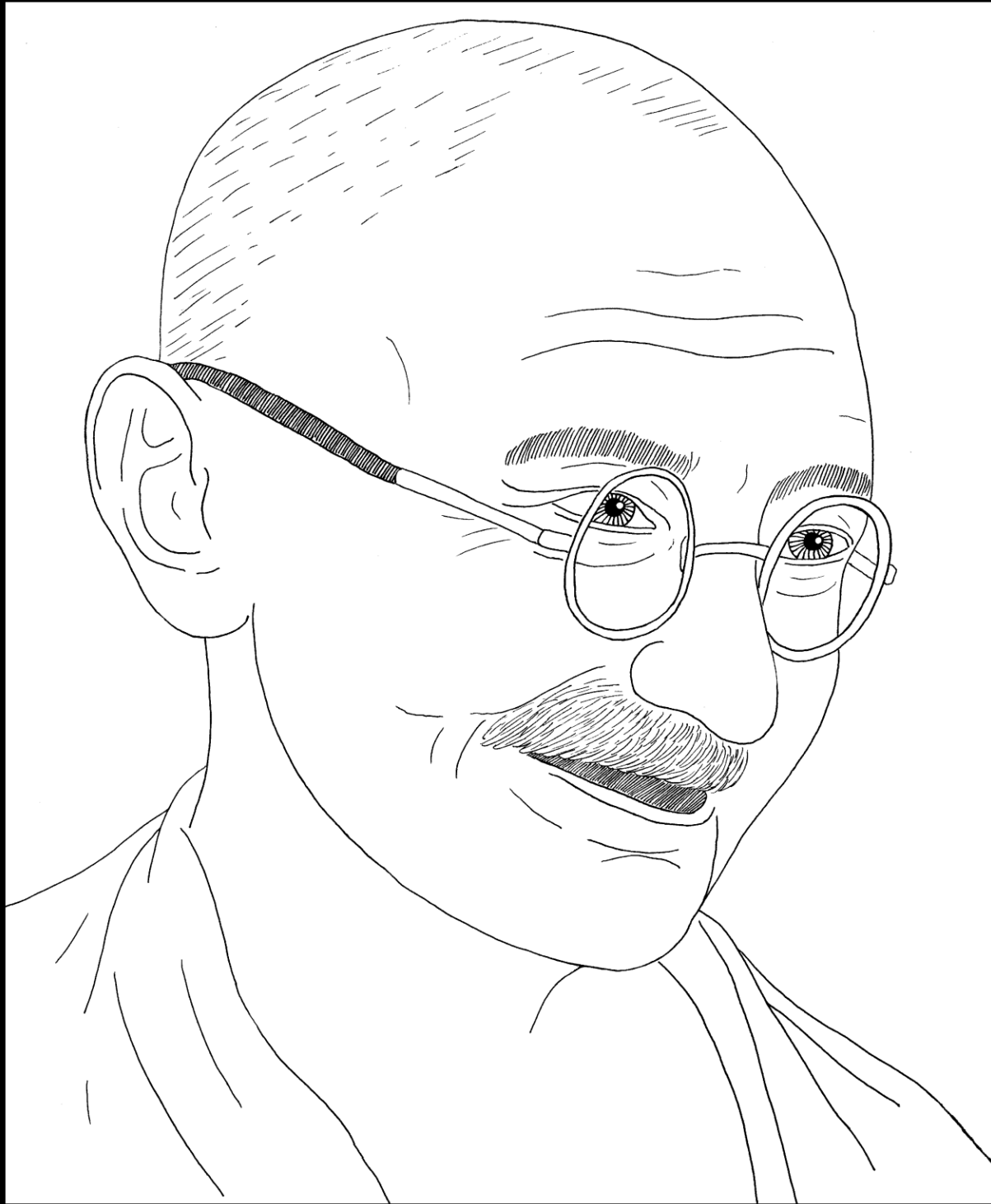
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**"An eye for an eye leaves the whole world blind."  
-- Mohandas Gandhi**

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"Forgiveness does not overlook the deed.  
It rises above it."

-- Pumla Gobodo-Madikizela

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"Before we can forgive one another,  
we have to understand one another."

-- Emma Goldman

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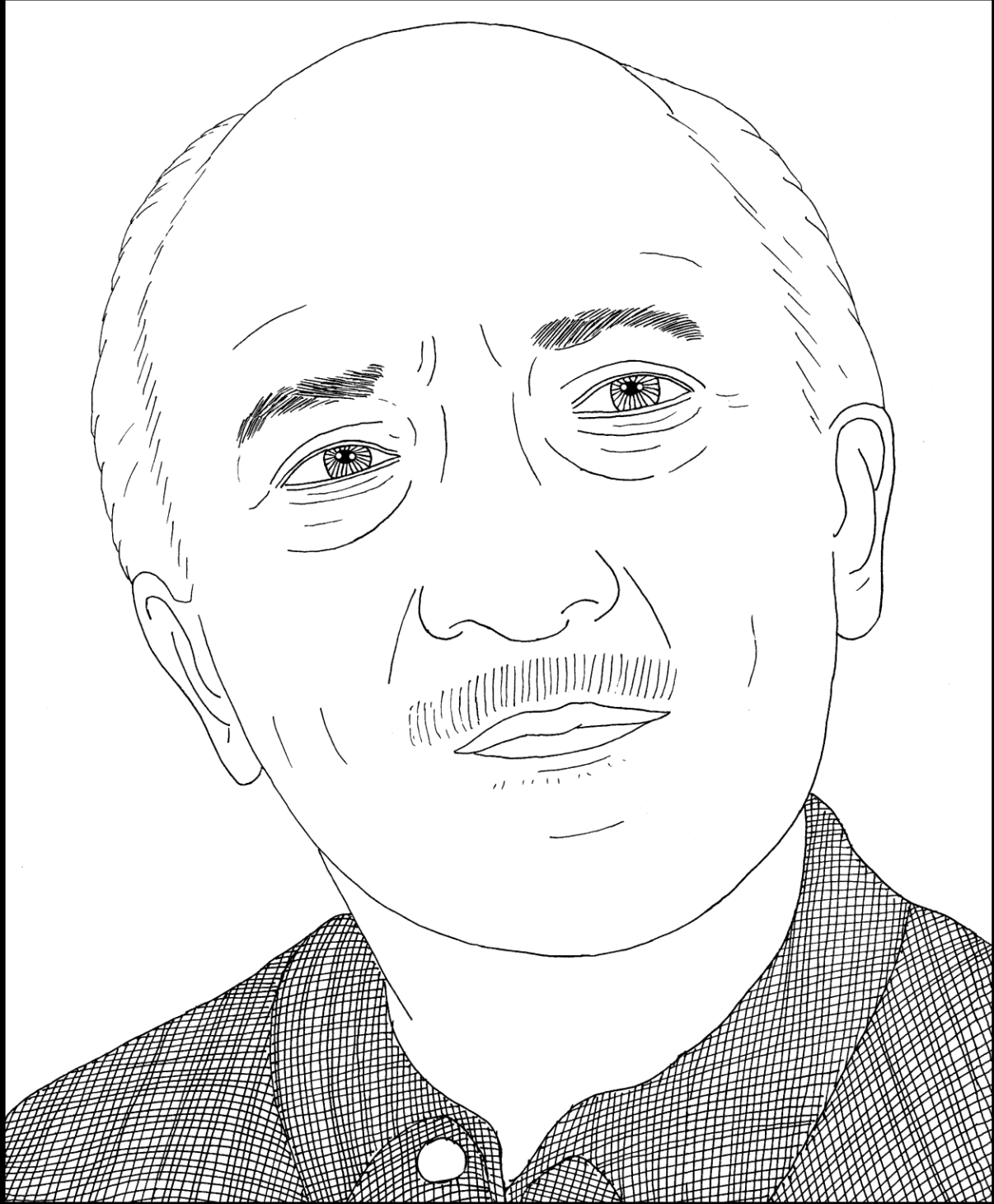
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"It is impossible for people who have given their heart to seeking forgiveness not to think of forgiving others. Just as they desire to be forgiven, they also desire to forgive."  
-- M. Fethullah Güllen

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"To forgive oneself?  
No, that doesn't work: we have to be forgiven.  
But we can only believe this is possible if we ourselves can forgive."  
-- Dag Hammarskjöld

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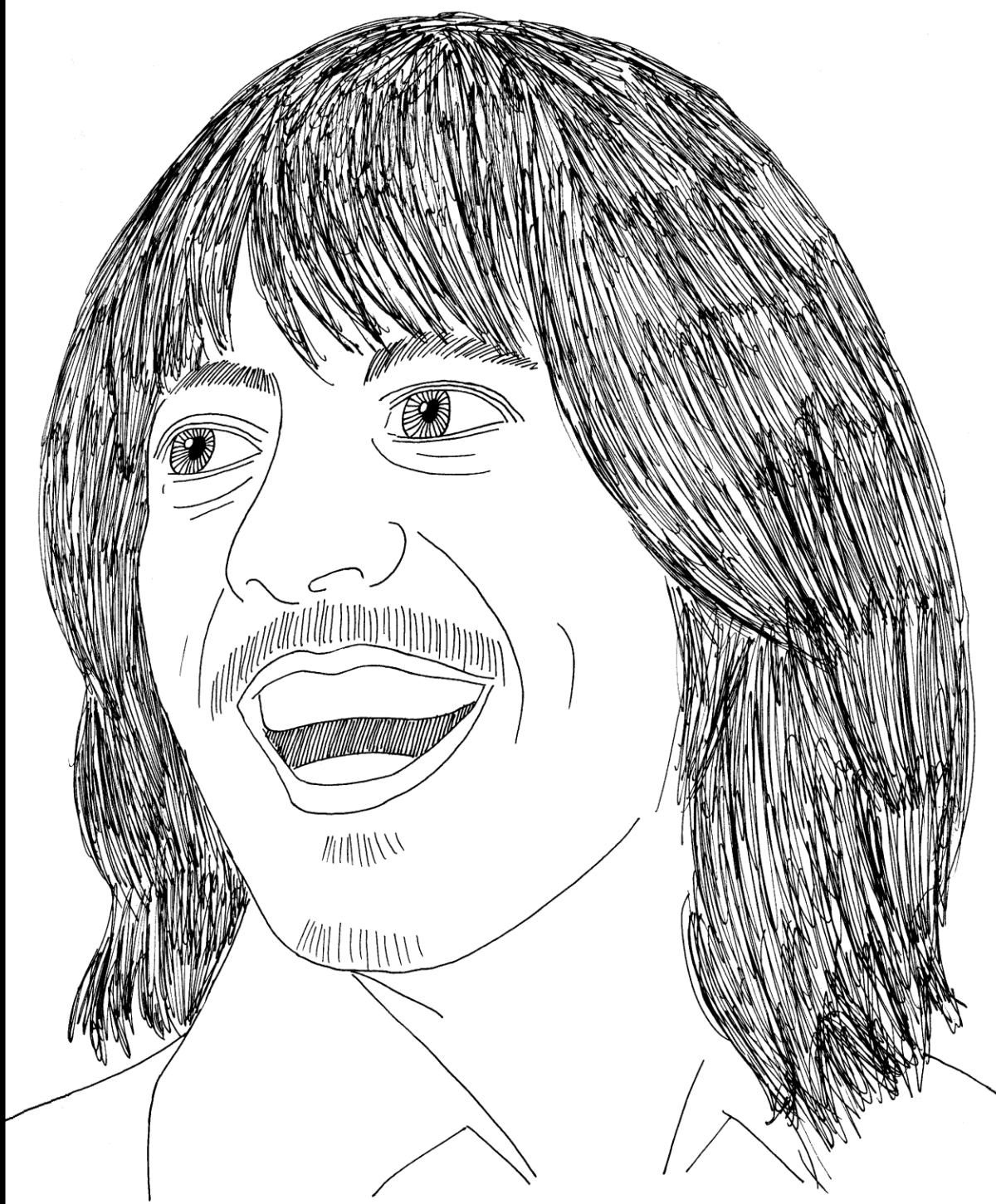
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**“As long as you hate, there will be people to hate.”**  
-- George Harrison

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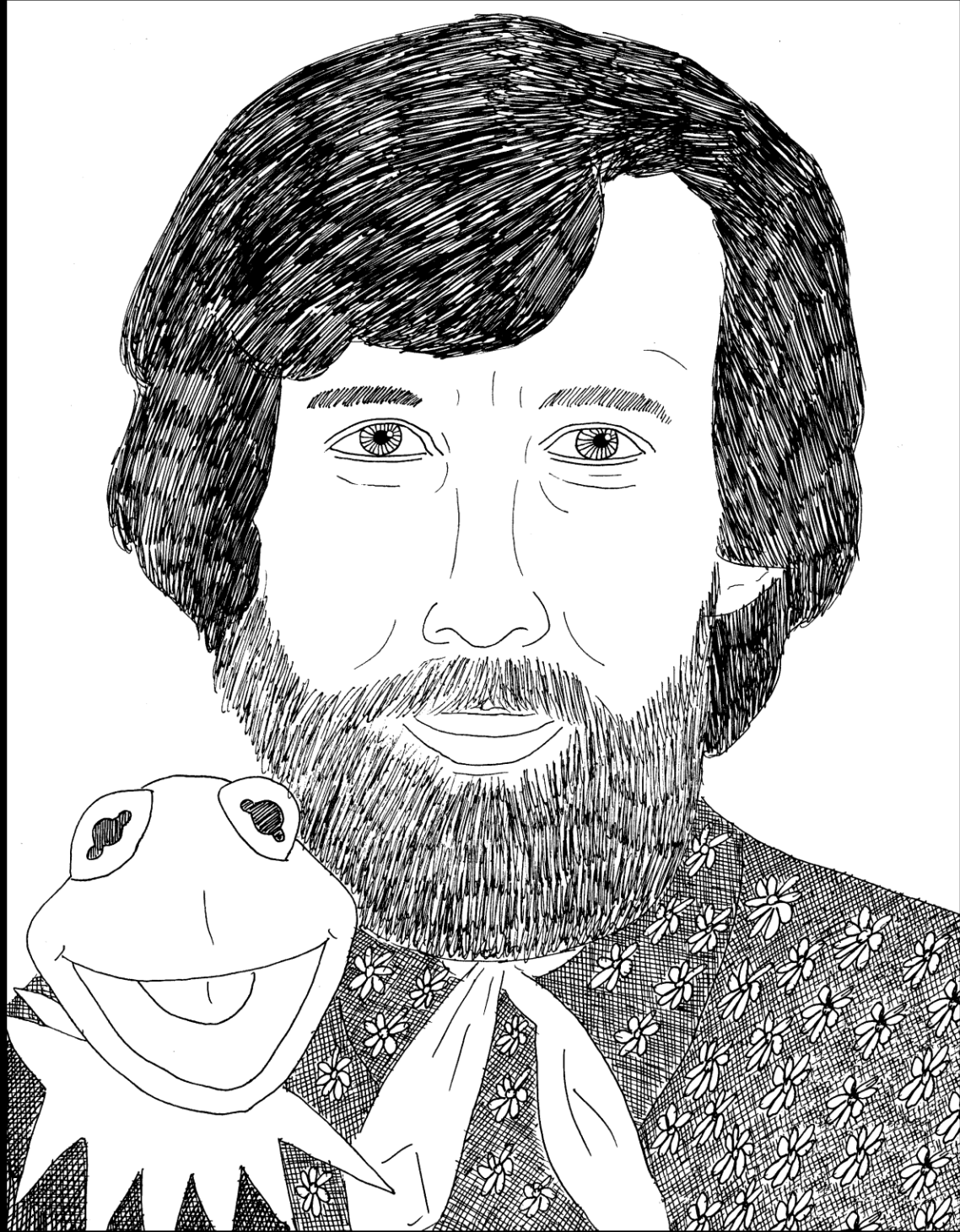
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"Watch out for each other. Love and forgive everybody.  
It's a good life, enjoy it!"  
-- Jim Henson

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"If you haven't forgiven yourself something,  
how can you forgive others?"  
-- Dolores Huerta

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**"You're only human.  
Let's break free of this gravity of judgment  
And fly high on the wings of forgiveness."  
-- India.Arie**

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“You dont have to hold on to the pain,  
to hold on to the memory.”

-- Janet Jackson

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"We all have someone or something to forgive . . .  
and when we learn how, we become free  
to increase success in every area of our life. "

-- Azim Khamisa

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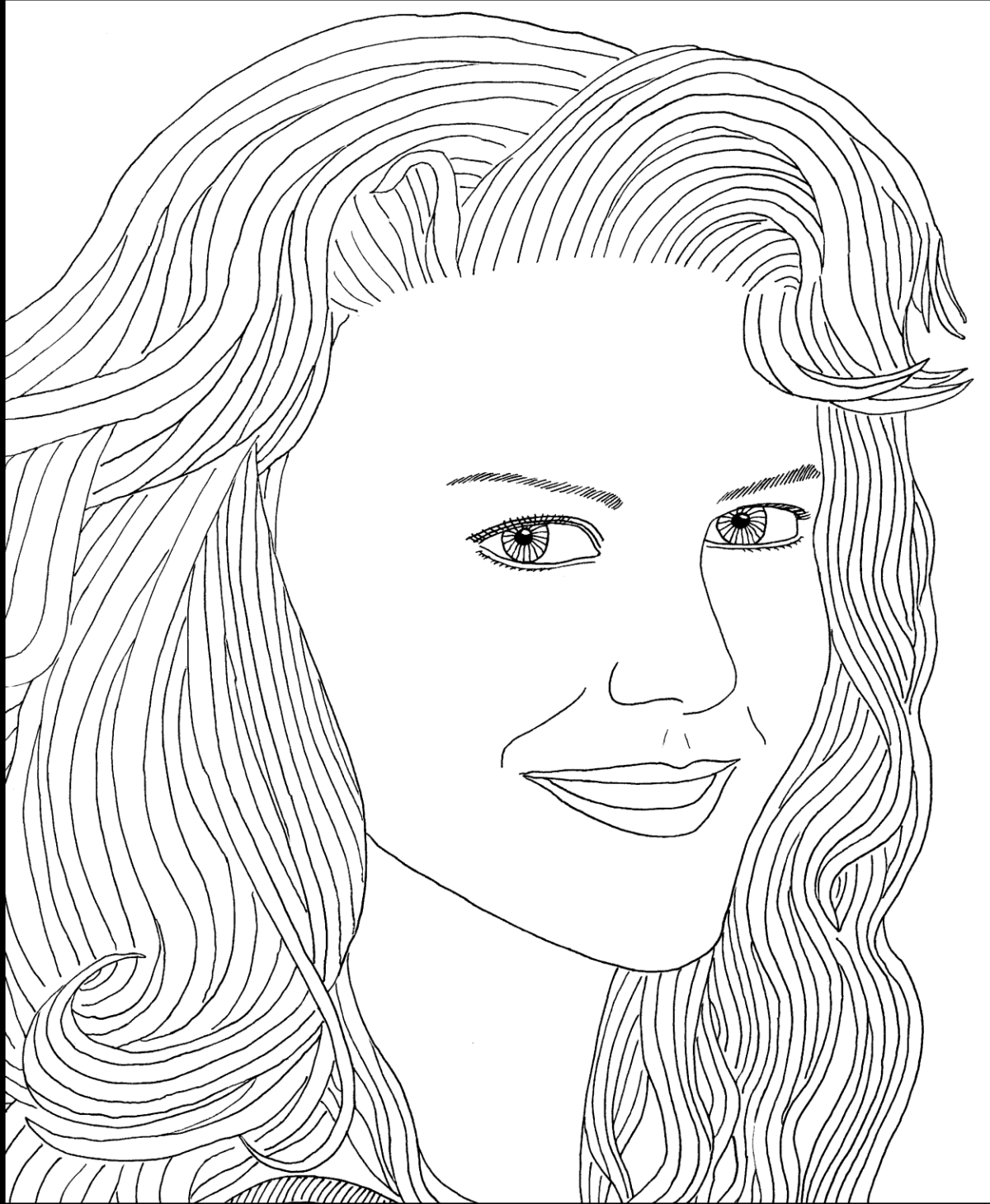
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**"I refuse to let what happened to me make me bitter."  
-- Nicole Kidman**

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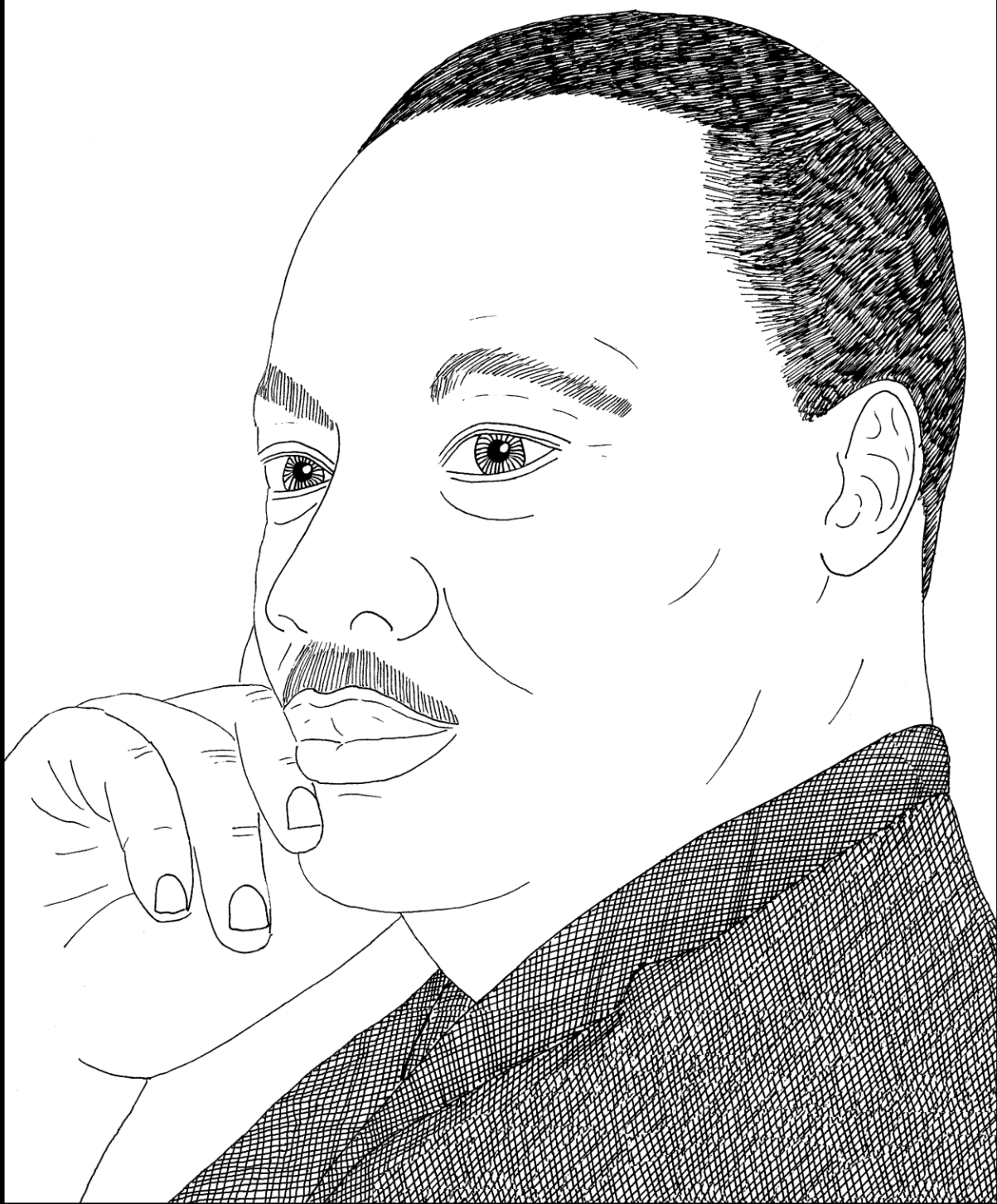
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"In spite of the fact that the law of revenge solves no social problems, men continue to follow its disastrous leading. History is cluttered with the wreckage of nations and individuals that pursued this self-defeating path."

-- Martin Luther King, Jr.

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"Real freedom is creative, proactive, and will take me into new territories.  
I am not free if my freedom is predicated on reacting to my past."

-- Kenny Loggins

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**"To forgive is the highest, most beautiful form of love.  
In return, you will receive untold peace and happiness."  
-- Robert Muller**

**Do One Thing for a Better World**

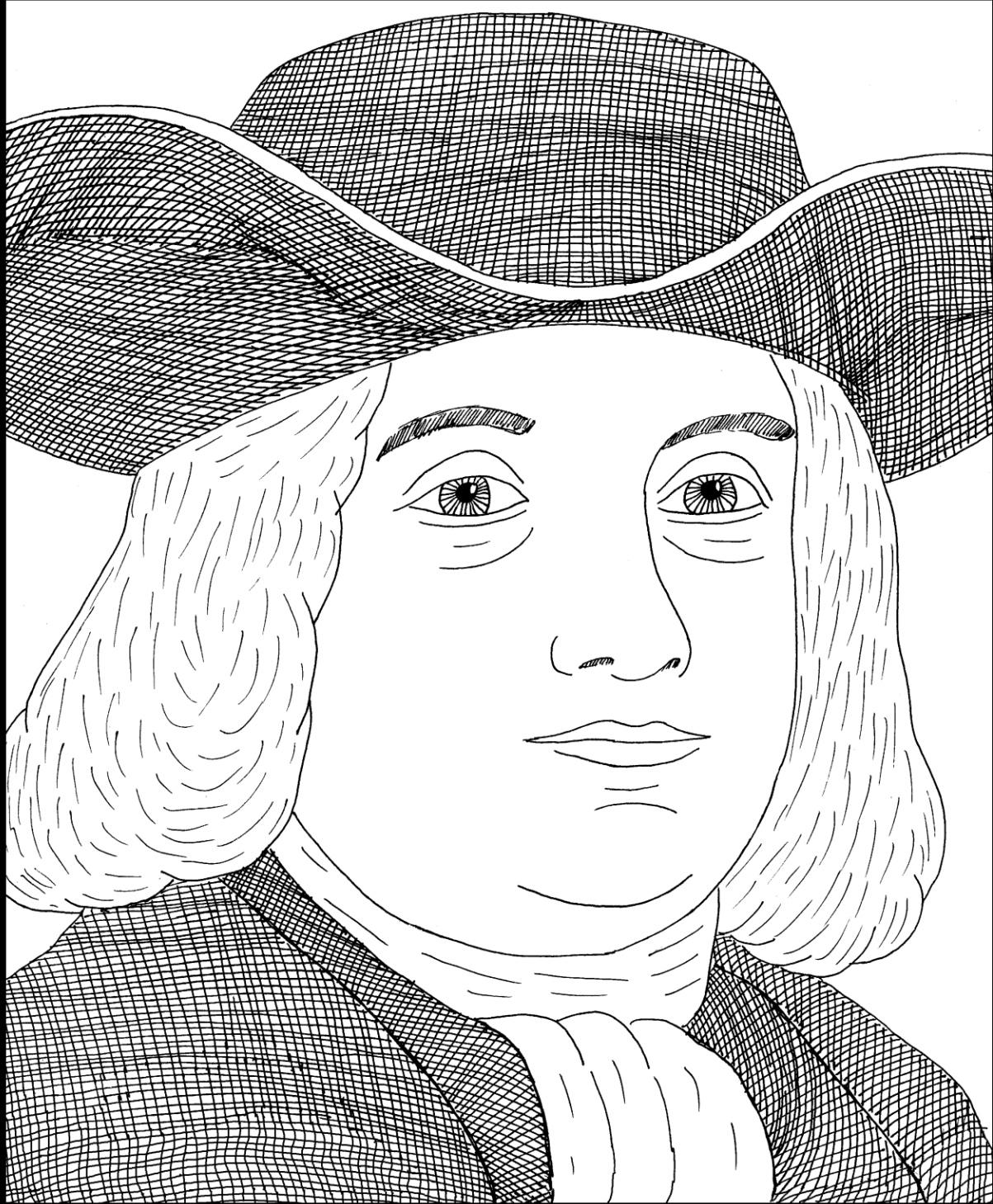
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# FORGIVENESS DAY

FIRST SUNDAY  
IN AUGUST

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"Force may subdue, but love gains,  
and he that forgives first wins the laurel."  
-- William Penn

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# FORGIVENESS DAY

FIRST SUNDAY  
IN AUGUST

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**"When will our consciences grow so tender that we will  
act to prevent human misery rather than avenge it?"  
-- Eleanor Roosevelt**

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# FORGIVENESS DAY

FIRST SUNDAY  
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"I want to rid my heart of envy,  
and cleanse my soul of rage before I'm through."  
-- Paul Simon

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# FORGIVENESS DAY

FIRST SUNDAY  
IN AUGUST

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"If we really want to love, we must learn how to forgive."  
-- Mother Teresa

**Do One Thing for a Better World**

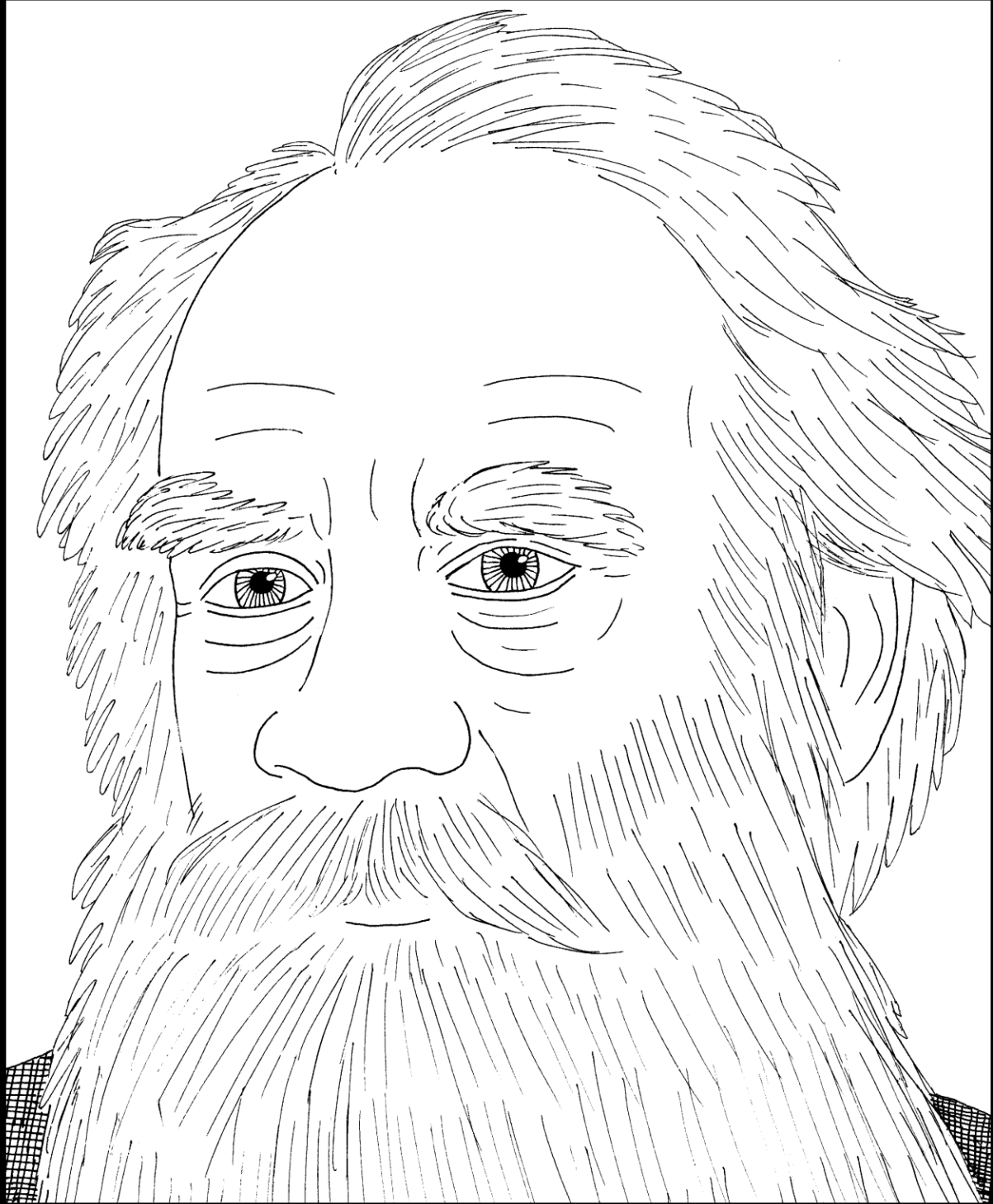
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# FORGIVENESS DAY

FIRST SUNDAY  
IN AUGUST

LET  
US  
FORGIVE  
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OTHER



LET  
US  
FORGIVE  
EACH  
OTHER

**"Let us forgive each other - only then will we live in peace."  
-- Leo Tolstoy**

**Do One Thing for a Better World**

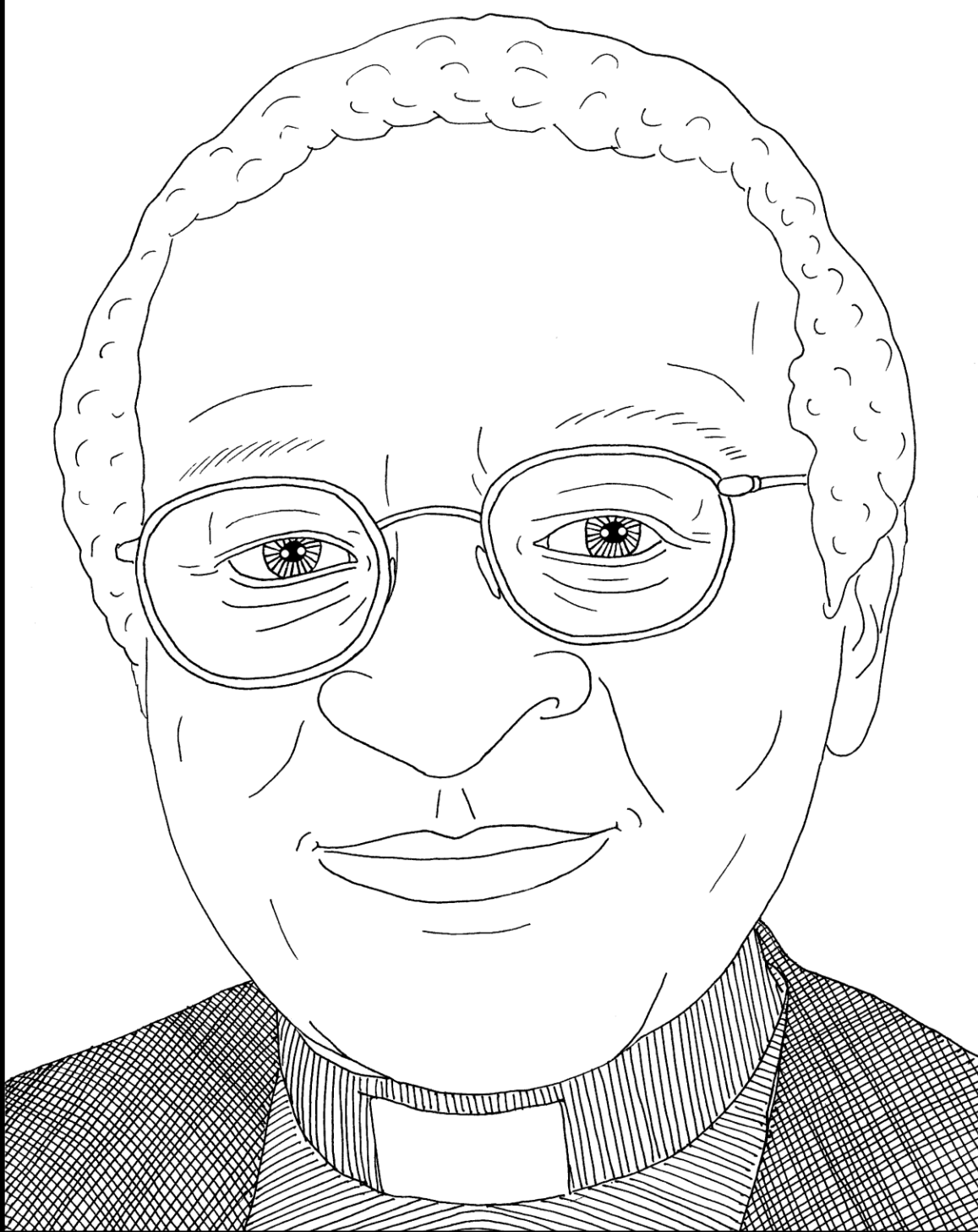
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"...in a very real sense, without forgiveness, there is no future."  
-- Desmond Tutu

**Do One Thing for a Better World**

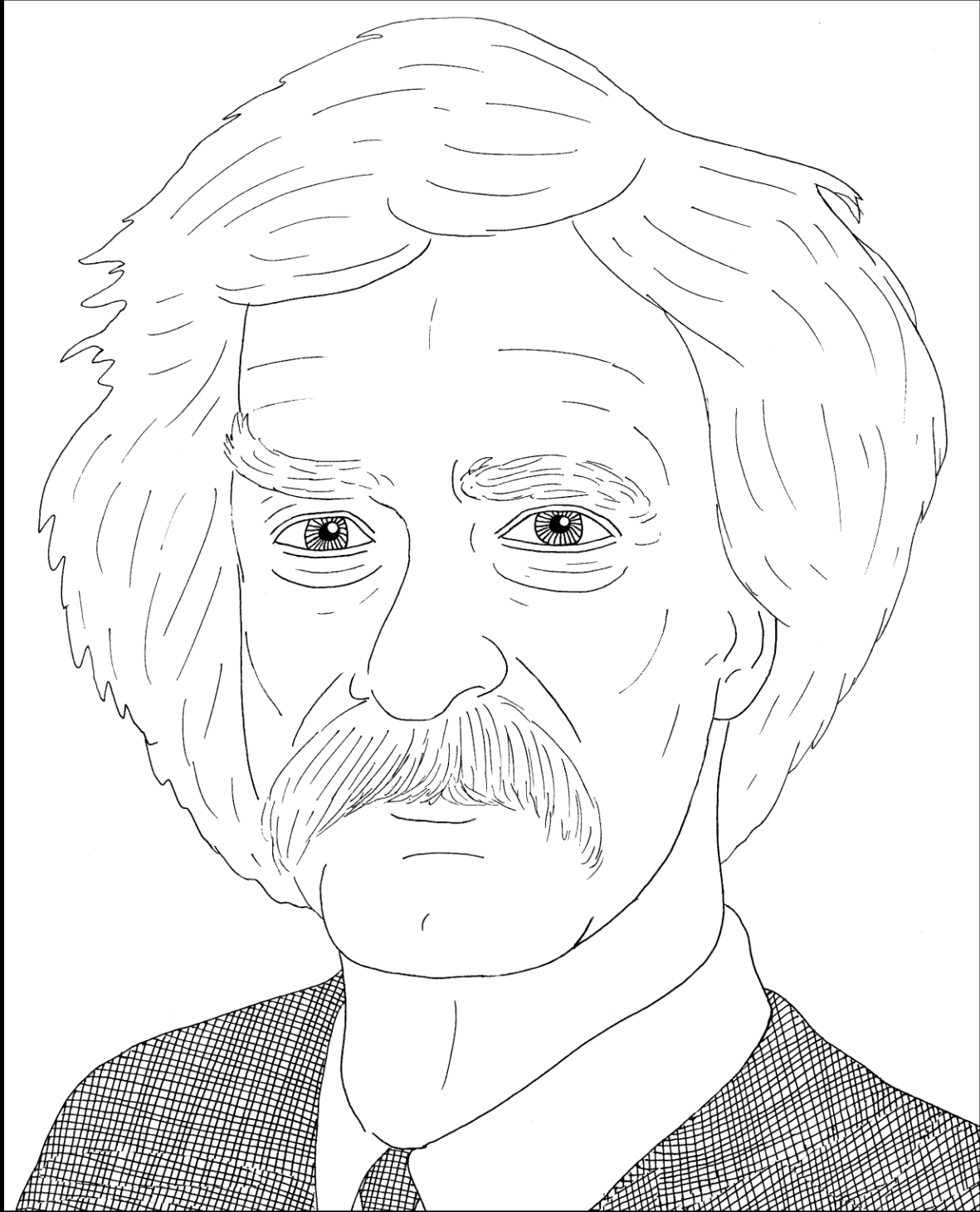
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# FORGIVENESS DAY

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**"Forgiveness is the fragrance the violet sheds  
on the heel that has crushed it."**

**-- Mark Twain**

**Do One Thing for a Better World**

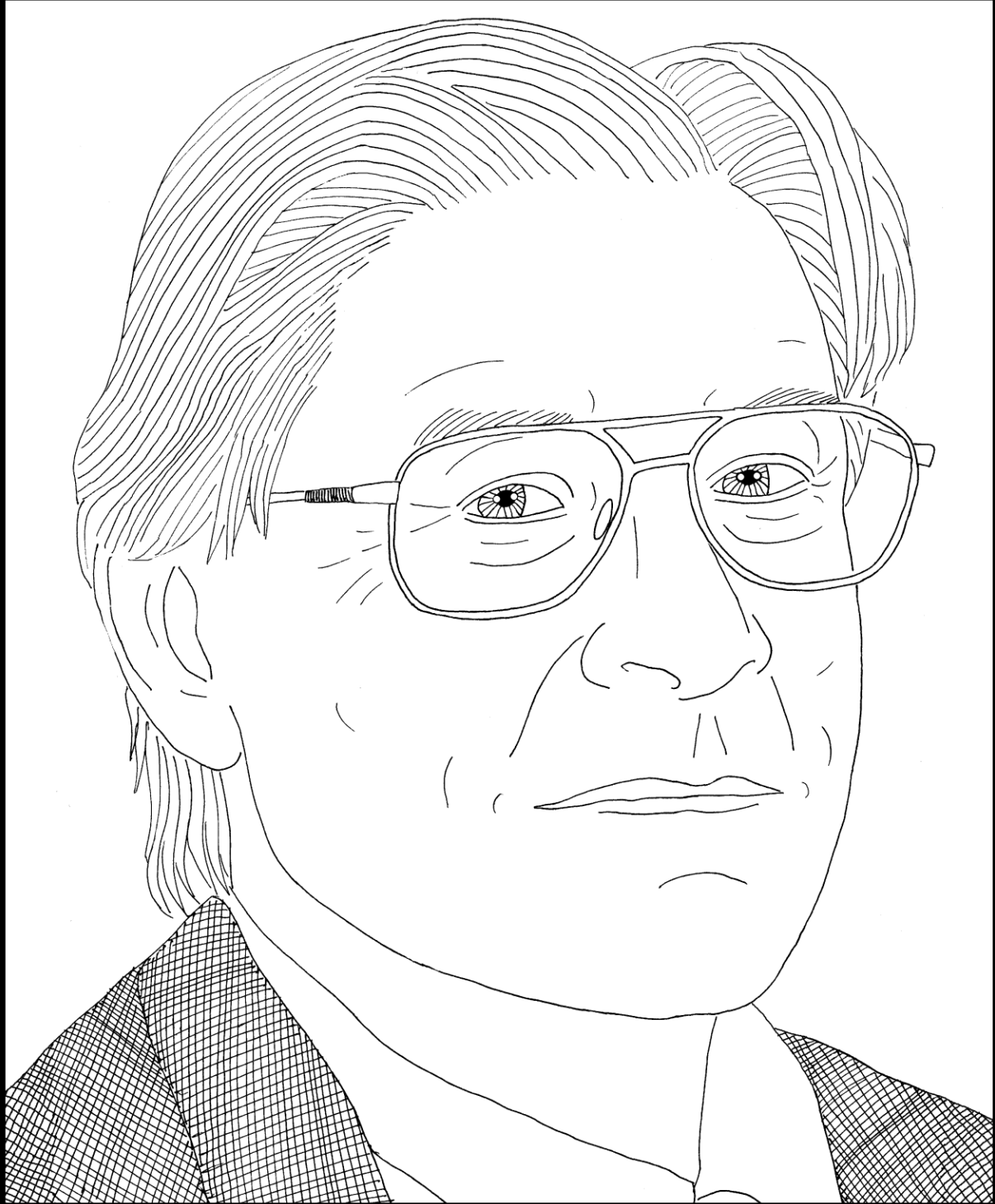
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IN AUGUST

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'Love is an act of endless forgiveness.'  
-- Peter Ustinov

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# FORGIVENESS DAY

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**"The practice of forgiveness is our most important contribution to the healing of the world."**

**-- Marianne Williamson**

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<p><b>FORGIVENESS DAY</b> FIRST SUNDAY IN AUGUST</p>  <p>"The power changes the past, but we can change our attitude toward it. I don't regret and I don't forgive. Tear out emotions and seed humility. Challenge love by being honest. Stand by the present. Stand by the future. Stand by the future. Stand by the future." — Maya Angelou</p> <p>BetterWorldCalendar.com</p>	<p><b>FORGIVENESS DAY</b> FIRST SUNDAY IN AUGUST</p>  <p>"Learning is one of the most difficult things for a human being to do. But think of learning as a game. You are getting yourself in the position of the other person, and you're trying to understand what he or she is thinking. That's the only way you can know how to properly respond. That's the only way you can know how to properly respond." — Jimmy Carter</p> <p>BetterWorldCalendar.com</p>	<p><b>FORGIVENESS DAY</b> FIRST SUNDAY IN AUGUST</p>  <p>"People can be more forgiving than you can imagine. But you have to forgive yourself. Let go of what's bitter and move on." — Bill Cosby</p> <p>BetterWorldCalendar.com</p>	<p><b>FORGIVENESS DAY</b> FIRST SUNDAY IN AUGUST</p>  <p>"Life is an adventure in forgiveness." — Norman Cousins</p> <p>BetterWorldCalendar.com</p>	<p><b>FORGIVENESS DAY</b> FIRST SUNDAY IN AUGUST</p>  <p>"The great enemy that will forever be with us in our lives, so long as we are human, is the enemy of anger, envy, and doubt. But peace and abundance may be reached for all." — Dorothy Day</p> <p>BetterWorldCalendar.com</p>
<p><b>FORGIVENESS DAY</b> FIRST SUNDAY IN AUGUST</p>  <p>"When you are happy you can forgive a great deal." — Princess Diana</p> <p>BetterWorldCalendar.com</p>	<p><b>FORGIVENESS DAY</b> FIRST SUNDAY IN AUGUST</p>  <p>"...each myself to see each of us through the lens of forgiveness..." — Adolph Hitler</p> <p>BetterWorldCalendar.com</p>	<p><b>FORGIVENESS DAY</b> FIRST SUNDAY IN AUGUST</p>  <p>"The only way children can learn the lesson of forgiveness is by seeing in their parents, for give what you would forgive someone." — Hans Christian Andersen</p> <p>BetterWorldCalendar.com</p>	<p><b>FORGIVENESS DAY</b> FIRST SUNDAY IN AUGUST</p>  <p>"An eye for an eye leaves the whole world blind." — Mahatma Gandhi</p> <p>BetterWorldCalendar.com</p>	<p><b>FORGIVENESS DAY</b> FIRST SUNDAY IN AUGUST</p>  <p>"Forgiveness does not overlook the deed. It rises above it." — Pami Gubbio-Bastone</p> <p>BetterWorldCalendar.com</p>
<p><b>FORGIVENESS DAY</b> FIRST SUNDAY IN AUGUST</p>  <p>"Before we can forgive one another, we have to understand one another." — Emma Goldman</p> <p>BetterWorldCalendar.com</p>	<p><b>FORGIVENESS DAY</b> FIRST SUNDAY IN AUGUST</p>  <p>"It is impossible for people who have given their heart to working for progress to think of forgiving others. Just as they desire to be forgiven, they also desire to forgive." — Bill Clinton</p> <p>BetterWorldCalendar.com</p>	<p><b>FORGIVENESS DAY</b> FIRST SUNDAY IN AUGUST</p>  <p>"Do forgive oneself? No, that should not be forgiven. But we can only forgive those who have forgiven us." — Bill Clinton</p> <p>BetterWorldCalendar.com</p>	<p><b>FORGIVENESS DAY</b> FIRST SUNDAY IN AUGUST</p>  <p>"Our capacity to make peace with another person and with the world depends very much on our capacity to make peace with ourselves." — Rick Warren</p> <p>BetterWorldCalendar.com</p>	<p><b>FORGIVENESS DAY</b> FIRST SUNDAY IN AUGUST</p>  <p>"As long as you hate, there will be people to hate." — George Washington</p> <p>BetterWorldCalendar.com</p>
<p><b>FORGIVENESS DAY</b> FIRST SUNDAY IN AUGUST</p>  <p>"If you haven't forgiven yourself something, how can you forgive others?" — Dolores Huerta</p> <p>BetterWorldCalendar.com</p>	<p><b>FORGIVENESS DAY</b> FIRST SUNDAY IN AUGUST</p>  <p>"You're only human. Let's break free of this gravity of judgment And fly high on the wings of forgiveness." — Robert Frost</p> <p>BetterWorldCalendar.com</p>	<p><b>FORGIVENESS DAY</b> FIRST SUNDAY IN AUGUST</p>  <p>"You don't have to hold on to the pain, to hold on to the memory." — Janet Jackson</p> <p>BetterWorldCalendar.com</p>	<p><b>FORGIVENESS DAY</b> FIRST SUNDAY IN AUGUST</p>  <p>"We all have someone or something to forgive ... and when we hear their story, we become free ... to increase success in every area of our life." — Adam Cheitel</p> <p>BetterWorldCalendar.com</p>	<p><b>FORGIVENESS DAY</b> FIRST SUNDAY IN AUGUST</p>  <p>"I refuse to let what happened to me make me bitter." — Nicole Kidman</p> <p>BetterWorldCalendar.com</p>
<p><b>FORGIVENESS DAY</b> FIRST SUNDAY IN AUGUST</p>  <p>"The idea of the best that has ever come within the human mind has been captured by the American saying, 'History is written with the knowledge of failure and success and the wisdom of self-forgiveness.'" — Robert Muller</p> <p>BetterWorldCalendar.com</p>	<p><b>FORGIVENESS DAY</b> FIRST SUNDAY IN AUGUST</p>  <p>"To forgive is the highest, most beautiful form of love. In return, you will receive untold peace and happiness." — Robert Muller</p> <p>BetterWorldCalendar.com</p>	<p><b>FORGIVENESS DAY</b> FIRST SUNDAY IN AUGUST</p>  <p>"First step: admit it, but lose game, and he that first wins first wins the battle." — William Penn</p> <p>BetterWorldCalendar.com</p>	<p><b>FORGIVENESS DAY</b> FIRST SUNDAY IN AUGUST</p>  <p>"We will not let ourselves grow so bitter that we will not be able to forgive anyone else." — Eleanor Roosevelt</p> <p>BetterWorldCalendar.com</p>	<p><b>FORGIVENESS DAY</b> FIRST SUNDAY IN AUGUST</p>  <p>"I want to rid my heart of anger, and cleanse my soul of rage before it's through." — Paul Simon</p> <p>BetterWorldCalendar.com</p>
<p><b>FORGIVENESS DAY</b> FIRST SUNDAY IN AUGUST</p>  <p>"If we really want to love, we must learn how to forgive." — Mother Teresa</p> <p>BetterWorldCalendar.com</p>	<p><b>FORGIVENESS DAY</b> FIRST SUNDAY IN AUGUST</p>  <p>"Let us forgive each other ... only then will we live in peace." — Leo Tolstoy</p> <p>BetterWorldCalendar.com</p>	<p><b>FORGIVENESS DAY</b> FIRST SUNDAY IN AUGUST</p>  <p>"...in a very real sense, without forgiveness, there is no future." — Desmond Tutu</p> <p>BetterWorldCalendar.com</p>	<p><b>FORGIVENESS DAY</b> FIRST SUNDAY IN AUGUST</p>  <p>"Love is an act of endless forgiveness." — Peter Ustickov</p> <p>BetterWorldCalendar.com</p>	<p><b>FORGIVENESS DAY</b> FIRST SUNDAY IN AUGUST</p>  <p>"The practice of forgiveness is our most important contribution to the healing of the world." — Marianne Williamson</p> <p>BetterWorldCalendar.com</p>