



# CALENDAR 2016

**AMURT UK Empowering people, inspiring change**  
Grassroots Community Development & Disaster Relief

UK Registration charity number: 327216



# JANUARY 2016

A small house will hold a hundred friends  
African Proverb

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				Bank Holiday 1	2	3
Wk 53						
4	5	6	7	8	9	10
Wk 1						
11	12	13	14	15	16	17
Wk 2						
18	19	20	21	22	23	24
Wk 3						
25	26	27	28	29	30	31
Wk 4						

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3a Cazenove Road, Stoke-  
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# FEBRUARY 2016

When there is no enemy within, the enemies outside cannot hurt you.  
African Proverb

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	6	7
Wk 5						
8	9	10	11	12	13	14
Wk 6						
15	16	17	18	19	20	21
Wk 7						
22	23	24	25	26	27	28
Wk 8						
29						
Wk 9						

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# MARCH 2016

Children are the reward of life.  
African Proverb

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	2	3	4	5	6
Wk 9						
7	8	9	10	11	12	13
Wk 10						
14	15	16	17	18	19	20
Wk 11						
21	22	23	24	Good Friday 25	26	Easter Sunday 27
Wk 12						
Easter Monday 28	29	30	31			
Wk 13						

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# APRIL 2016

However long the night, the dawn will break  
African Proverb

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

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# MAY 2016

One falsehood spoils a thousand truths  
African Proverb

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Bank Holiday	30	31					1
Wk 17							
Bank Holiday	2	3	4	5	6	7	8
Wk 18							
	9	10	11	12	13	14	15
Wk 19							
	16	17	18	19	20	21	22
Wk 20							
	23	24	25	26	27	28	29
Wk 21							

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# JUNE 2016

If you wish to move mountains tomorrow,  
you must start by lifting stones today  
African Proverb

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1	2	3	4	5
Wk 22						
6	7	8	9	10	11	12
Wk 23						
13	14	15	16	17	18	19
Wk 24						
20	21	22	23	24	25	26
Wk 25						
27	28	29	30			
Wk 26						





# JULY 2016

Kindness is a language which the blind can see and the deaf can hear  
African Proverb

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

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# AUGUST 2016

For tomorrow belongs to the people who prepare for it today  
African Proverb

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	6	7
Wk 31						
8	9	10	11	12	13	14
Wk 32						
15	16	17	18	19	20	21
Wk 33						
22	23	24	25	26	27	28
Wk 34						
Bank Holiday 29	30	31				
Wk 35						

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# SEPTEMBER 2016

The eye never forgets what the heart has seen  
African Proverb

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1	2	3	4
Wk 35						
5	6	7	8	9	10	11
Wk 36						
12	13	14	15	16	17	18
Wk 37						
19	20	21	22	23	24	25
Wk 38						
26	27	28	29	30		
Wk 39						

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# OCTOBER 2016

What you give you get, ten times over  
African Proverb

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31					1	2
Wk 39						
3	4	5	6	7	8	9
Wk 40						
10	11	12	13	14	15	16
Wk 41						
17	18	19	20	21	22	23
Wk 42						
24	25	26	27	28	29	30
Wk 43						

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# NOVEMBER 2016

If you want to go quickly go alone.  
If you want to go far go together  
African Proverb

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	2	3	4	5	6
Wk 44						
7	8	9	10	11	12	13
Wk 45						
14	15	16	17	18	19	20
Wk 46						
21	22	23	24	25	26	27
Wk 47						
28	29	30				
Wk 48						

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# DECEMBER 2016

It takes a village to raise a child  
African Proverb

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1	2	3	4
Wk 48							
	5	6	7	8	9	10	11
Wk 49							
	12	13	14	15	16	17	18
Wk 50							
	19	20	21	22	23	24	Christmas Day 25
Wk 51							
	Boxing Day 26	Bank Holiday 27	28	29	30	31	
Wk 52							





AMURT UK was founded in June 1986. It stands for Ananda Marga Universal Relief Team and UK denotes our location. Ananda means Bliss and Marga means path in Sanskrit. AMURT UK is part of a global network of AMURT chapters, each operating independently, however all are united by a common philosophy and a shared mission. Our guiding philosophy has always been to render service to society and to seek the welfare of all beings

## Our Approach

- We work with local people and resources to relieve the immediate suffering emergencies.
- We work to empower local communities to be economically and environmentally self sustainable in the long term.
- We see people as capable of achieving far more than they often imagine and support them, within their own social, cultural and religious context, to realise their full human and spiritual potential.
- We believe that real progress comes with the all-round development of individuals and their communities.
- We empower individuals to be the bright, free-thinking drivers of change.
- We work with communities to foster the principles of responsibility, love and leadership, helping to uplift the entire community.
- We place great emphasis on the development of sustainable projects, which generate their own income and thus can maintain themselves in the long run.
- All our chapters are renowned for their low over-heads and humble running costs, meaning that 90% plus of donations go directly to service delivery

**All proceeds from the sale of this calendar will support medical programmes and agricultural cooperatives in Burkina Faso**

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