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International Day of Friendship

By Jolynn Young, Neighborhood News Staff Writer

“Each man's life touches so many other lives. And when he isn't around he leaves an awful hole, doesn't he? Remember, no man is a failure who has friends.” Clarence from “It's a Wonderful Life.”

July 30 has been designated the official day to celebrate friendship in the U.S. The “National Day of Friendship” is set aside to remember and celebrate our friends. Most of us have a variety of friends, from the lunch buddy you see regularly, to the man behind the seafood counter at the grocery store to that coworker that is always supportive. Plus, there are those special friends, the ones who are who are always there for us, through good times and bad.

It is also the perfect day to reach out and form new friendly relationships. New friends can be found anywhere. Your neighborhood, city parks or your favorite coffee shop are just a few ideas. People wanting and looking for friends are everywhere!

Social media has made it easy to find and connect with friends today. Did you know 57% of teenagers will make a close friend online, and young adults spend 10-25 hours a week socializing.

Though these days many of us only see our friends online or for the occasional chat or phone call. Be sure and take a moment to contact your friends and let them know you are thinking about them.

If you are fortunate enough to see your friends in person, here are a few ideas to help you show you care:


Do you remember making friendship bracelets? They are made by tying twisted knots with colorful embroidery floss. <https://sarahmaker.com/how-to-make-friendship-bracelets/>. It is a great activity for all ages to share with friends on this special day, because they stand for strong and everlasting friendships; a promise to be a friend always.

Do you remember greetings cards? Stop by the local store and pick up an old-fashioned greeting card and write a note and mail it off. These days social media has taken over our communications so a card in the mail is considered especially special.

Another special gift that is not as common as it used to be are flowers. Yes, you can still have flowers delivered to that special friend or better yet stop by the local grocery store, pick up a bouquet, and drop them off in person.

Friendship symbols have existed for as long as there have been friendships. Here are a few other ways people around the world express their appreciation for their friends:

- The lapis lazuli stone is a brilliant, ocean-blue stone considered a symbol of friendship and is often given to remind a friend of good times.
- The Infinity Symbol signify how good friendships and relationships can last a lifetime.

- Emojis are popular symbols in text messages to express friendship. The yellow heart emoji, , is used to show liking with friendship.
- Tattoos have also become a way for best friends to symbolize friendship.

Worldwide, friendship has been recognized as one of the greatest gifts that a person can have. Friends give us strength and support and help us to look at the world from a different perspective.

This National Friendship Day take a moment to say hi to an old friend or reach out to a new one. The simple giving of friendship will bring both you and your friend a nice, fuzzy, warm, feeling of happiness.