**Heartsong @ 1917 This Week – "Facing (and Releasing) Our Fear"**

Wednesday, August 29, 2012, 10:45 a.m. – 12 noon

UAB 1917 Clinic, 1st Floor, Room 151

Facilitator:  Steve Dellinger

**Heartsong @ 1917** is a weekly, open discussion about spirituality and finding meaning and purpose in life.  Everyone is welcome to attend who is interested in connecting to the spiritual side of life.  1917 Staff are welcome.  If you do not want to receive this weekly email, just reply with "unsubscribe" in the subject line.

**(1)  Group Discussion I - What is fear?**

**(2)  Video:**<http://www.youtube.com/watch?v=czZNsI8Uvhc&feature=related>

**(3)  Group Discussion II - Facing fear**

**(4)  Learning Exercise:  Releasing our fear**

**(5)  Words on the Theme:**

**Ambrose Redmoon:**  
*Courage is not the absence of fear, but rather the judgment that something else is more important than fear.*

**Barack Obama:**  
*That is the true genius of America, a faith in the simple dreams of its people, the insistence on small miracles. That we can say what we think, write what we think, without hearing a sudden knock on the door. That we can have an idea and start our own business without paying a bribe or hearing a sudden knock on the door. That we can participate in the political process without fear of retribution, and that our votes will be counted...*

**Bertrand Russell:**  
*Fear is the main source of superstition, and one of the main sources of cruelty. To conquer fear is the beginning of wisdom.*

**Bob Dylan:**  
*I accept chaos. I am not sure whether it accepts me. I know some people are terrified of the bomb. But then some people are terrified to be seen carrying a modern screen magazine. Experience teaches us that silence terrifies people the most.*

**Bonaro W. Overstreet:**  
*Perhaps the most important thing we can undertake toward the reduction of fear is to make it easier for people to accept themselves, to like themselves.*

**Chin-Ning Chu**  
*In spite of your fear, do what you have to do.*

**Dan Millman:**  
*Willpower is the key to success. Successful people strive no matter what they feel by applying their will to overcome apathy, doubt or fear.*

**Don Miguel Ruiz:**  
*Death is not the biggest fear we have; our biggest fear is taking the risk to be alive -- the risk to be alive and express what we really are.*

**Dorothy Thompson:**  
*Only when we are no longer afraid do we begin to live.*



**Heartsong @1917**

**Next Week - September 05, 2012**

**Chris Hamlin, Facilitating**

**19th Annual Alabama Heartsong Retreat**

**April 10-12, 2013**

**Camp McDowell**