

Heartsong @ 1917 This Week – “Random Acts of Kindness”  
Wednesday, July 09, 2014, 10:45 a.m. – 12:00 noon  
UAB 1917 Clinic, 1st Floor Library, Room 151  
Facilitators: Chris Hamlin and Joe Elmore

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.

UAB 1917 CLINIC WEBSITE: <http://www.uab.edu/1917clinic/>

**Disclaimer:** The use of the video included is not an endorsement of any insurance product.

**Video:**

<https://www.youtube.com/watch?v=632CHpeHYZE>

**“Creative ads touching heartwarming Thai life insurance commercial”**  
How to Receive a Blessing...Be a Blessing

**Words on the Theme:**

“If we all do random acts of kindness daily, we might just set the world in the right direction.”  
Unknown

“When we feel love and kindness toward others, it not only makes others feel loved and cared for, but it helps us also to develop inner happiness and peace.”

The 14th Dalai Lama (1935)

“Random acts of kindness can make someone's day so it never hurts to do a little extra for another person.”

Unknown

“The best part of life is not just surviving, but thriving with passion and compassion and humor and style and generosity and kindness.”

Maya Angelou (1928-2014)

“No act of kindness, no matter how small, is ever wasted.”

Aesop

“I feel that there is nothing more truly artistic than to love people.”

Vincent Van Gogh (1853-1890)

“Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you.”

Diana Spencer (1961-1997)

“Be kind, for everyone you meet is fighting a harder battle.”

Plato

“Three things in human life are important: the first is to be kind; the second is to be kind; and the third is to be kind.”

Henry James

“I would rather make mistakes in kindness and compassion than work miracles in unkindness and hardness.”

Mother Teresa

**References:**

[http://www.searchquotes.com/search/Random\\_Acts\\_Of\\_Kindness/](http://www.searchquotes.com/search/Random_Acts_Of_Kindness/)  
<http://www.randomactsofkindness.org/inspirational-kindness-quotes>  
<http://www.goodreads.com/quotes/tag/kindness>



**NEXT**

**Heartsong@1917**

Wednesday, July 16, 2014

10:45a.m., 1st Floor Library, Room 151

Chris Hamlin, Facilitating