

Heartsong @ 1917 This Week – “Small Gestures Can Make A Big Impact”

Wednesday, April 16, 2014, 10:45 a.m. – 12:00 noon

UAB 1917 Clinic, 1st Floor Library, Room 151

Facilitators: Joe Elmore and Chris Hamlin

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/>

<https://www.youtube.com/watch?v=F1wWhLzDRIY>

“Small Gestures Make A Big Impact”

Words on the Theme:

“Be a warm smile on a dreary day.”

Student

“It’s just nice to reflect sometimes and remember the things and people that are making a huge impact at any given moment.”

Stephen Richards
Self-Help Author

“Everyone’s day is a little bit brighter.”

Student

A life is not important except in the impact it has on other lives.
Jackie Robinson

Read more at

<http://www.brainyquote.com/quotes/keywords/impact.html#ievPAxiTiIT8E3QB.99>

“Pumps everyone's attitude up.”

Student

“Education is the key to success in life, and teachers make a lasting impact in the lives of their students.”

Solomon Ortiz, b. 1937
Former US Representative (TX)

“I was blessed with certain gifts and talents and God gave them to me to be the best person I can be and to have a positive impact on other people.”

Bryan Clay, 1980
American/Olympian Decathlete

“People that are really very weird can get into sensitive positions and have a tremendous impact on history.”

Dan Quayle, b. 1947
44th US Vice President

“Ants are the dominant insects of the world, and they've had a great impact on habitats almost all over the land surface of the world for more than 50-million years.”

E. O. Wilson, 1929
American Biologist/Researcher/Naturalist

“As I have said, the first thing is to be honest with yourself. You can never have an impact on society if you have not changed yourself... Great peacemakers are all people of integrity, of honesty, but humility.”

Nelson Mandela, 1918-2013
President, South Africa/Freedom Fighter

“Caring about others, running the risk of feeling, and leaving an impact on people, brings happiness”

Harold Kushner, b. 1935
Prominent American Rabbi

“It's not how many people you get to love you that counts...its how many you make an impact on, by being a friend and offering a hug when they need it...”

Naughty Nishan

“If your presence didn't make an impact, your absence won't make a difference.”

Unknown

References:

<http://www.goodreads.com/quotes/tag/making-an-impact>
<http://www.brainyquote.com/quotes/keywords/impact.html>



NEXT
Heartsong@1917
Wednesday, April 23, 2014
10:45a.m., 1st Floor Library, Room 151
Chris Hamlin, Facilitating

Save the Dates
Alabama Heartsong Retreat
April 30 – May 02

Camp McDowell

**Next Planning Meeting
Wednesday, April 23, 2014
12:00 – 1:00 pm
Room 151**