

Heartsong @ 1917 This Week – “Be Yourself...Have a Laugh!”
Wednesday, April 02, 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/>

http://www.youtube.com/watch?v=3qqE_WmagjY

“Carol Burnett Show Outtakes - Tim Conway's Elephant Story”

Disclaimer: There is the use of an expletive at the end of the video.

Words on the Theme:

What soap is to the body, laughter is to the soul.

~Yiddish Proverb

A good laugh and a long sleep are the best cures in the doctor's book.

~Irish Proverb

If you are too busy to laugh, you are too busy.

~Proverb

A good laugh is a mighty good thing, a rather too scarce a good thing.

~Herman Melville, 1819-1891

American Novelist

A smile starts on the lips, A grin spreads to the eyes, A chuckle comes from the belly; But a good laugh bursts forth from the soul, Overflows, and bubbles all around.

~Carolyn Birmingham

Each of us has a spark of life inside us, and our highest endeavor ought to be to set off that spark in one another.

~Kenny Ausubel

Social Entrepreneur

I have always felt that laughter in the face of reality is probably the finest sound there is and will last until the day when the game is called on account of darkness. In this world, a good time to laugh is any time you can.

~Linda Ellerbee, b. 1944

American Journalist

If you have no tragedy, you have no comedy. Crying and laughing are the same emotion. If you laugh too hard, you cry. And vice versa.

~Sid Caesar, 1922-2014
American Comic Actor

No matter what your heartache may be, laughing helps you forget it for a few seconds.

~Red Skelton, 1918-1987
American Entainer

The old man laughed loud and joyously, shook up the details of his anatomy from head to foot, and ended by saying that such a laugh was money in a man's pocket, because it cut down the doctor's bills like everything. — "Tom Sawyer"

~Mark Twain, 1835-1910
American Author and Humorist

References:

<http://www.quotegarden.com/laughter.html>
<http://www.laughteryogaamerica.com/4fun/grow/118-quotes-laughter-joy-happiness-729.php>



NEXT

Heartsong@1917
Wednesday, April 09, 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 09, 2014
12:00 – 1:00 pm
Room 151