

Heartsong @ 1917 This Week – “Starfish” by Harry C.S. Wingfield
Wednesday, May 14, 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/>

Video: <https://www.youtube.com/watch?v=mKcDtmCA9Ug&feature=youtu.be>
“Starfish” by Harry C.S. Wingfield – Honoring Dr. Michael S. Saag MD and UAB 1917 Clinic

Words on the Theme:

“The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths. These persons have an appreciation, a sensitivity, and an understanding of life that fills them with compassion, gentleness, and a deep loving concern. Beautiful people do not just happen.”

Ash Sweeney

“Through humor, you can soften some of the worst blows that life delivers. And once you find laughter, no matter how painful your situation might be, you can survive it.”

Bill Cosby

“To be beautiful means to be yourself. You don't need to be accepted by others. You need to accept yourself.”

Unknown



Imam Ali

“Do not shrink your Beautiful light to make someone else feel more comfortable. Be who you ARE, without hesitation and you will INSPIRE other to SHINE also!”

Andrew Guzaldo

“He who cannot change the very fabric of his thought will never be able to change reality, and will never, therefore, make any progress”

Anwar Sadat

“Behind everything beautiful, there has been some kind of pain.”

Unknown

“Being called beautiful makes me so happy. No one ever tells me I am, but when someone does, it makes my world light up.”

Unknown



NEXT

Heartsong@1917

Wednesday, May 21, 2014

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

Chris Hamlin, Facilitating