

Heartsong @ 1917 This Week – “Beautiful Beauty”  
Wednesday, May 28, 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: <http://www.youtube.com/watch?v=CXxFdpT7CZA>  
Queen of the Night (Epiphyllum Oxypetalum) 2010

Also called: Night-Blooming Cereus

### **Words on the Theme:**

A morning-glory at my window satisfies me more than the metaphysics of books.  
~Walt Whitman

I am going to try to pay attention to the spring. I am going to look around at all the flowers, and look up at the hectic trees. I am going to close my eyes and listen.  
~Anne Lamott

When you have only two pennies left in the world, buy a loaf of bread with one, and a lily with the other.

~Chinese Proverb

Flowers have an expression of countenance as much as men or animals. Some seem to smile; some have a sad expression; some are pensive and diffident; others again are plain, honest and upright, like the broad-faced sunflower and the hollyhock.  
~Henry Ward Beecher, *Star Papers: A Discourse of Flowers*

I'm an introvert... I love being by myself, love being outdoors, love taking a long walk with my dogs and looking at the trees, flowers, the sky.  
~Audrey Hepburn

Flowers whisper "Beauty!" to the world, even as they fade, wilt, fall.  
~Dr. SunWolf

It's so nice to get flowers while you can still smell the fragrance.  
~Lena Horne

Flowers don't worry about how they're going to bloom. They just open up and turn toward the light and that makes them beautiful.

~Jim Carrey

Bread feeds the body, indeed, but flowers feed also the soul.

~The Koran

I will be the gladdest thing  
Under the sun!  
I will touch a hundred flowers  
And not pick one.

~Edna St. Vincent Millay, "Afternoon on a Hill"

Arranging a bowl of flowers in the morning can give a sense of quiet in a crowded day - like writing a poem or saying a prayer.

~Anne Morrow Lindbergh

Flowers are the sweetest things God ever made, and forgot to put a soul into.

~Henry Beecher, *Life Thoughts*, 1858

“If you take a flower in your hand and really look at it, it's your world for a moment.”

~Georgia O’Keeffe



**NEXT**

**Heartsong@1917**

Wednesday, June 04, 2014

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

Chris Hamlin, Facilitating