

Heartsong @ 1917 This Week – “Finding One’s Voice”

Wednesday, June 18, 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/>

**Video:**

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

From: *The Ellen Show*

**Words on the Theme:**

“Nothing that I can do will change the structure of the universe. But maybe, by raising my **voice** I can help the greatest of all causes - goodwill among men and peace on earth.”

Albert Einstein, 1879-1955

Physicist

“Your mind knows only some things. Your inner **voice**, your instinct, knows everything. If you listen to what you know instinctively, it will always lead you down the right path.”

Henry Winkler, b. 1945

American Actor, Director, Producer

“If you are silent about your pain, they’ll kill you and say you enjoyed it.”

Zora Neale Hurston, 1891-1960

African American Folklorist, Novelist

“The one thing that you have that nobody else has is you. Your voice, your mind, your story, your vision. So write and draw and build and play and dance and live as only you can.”

Neil Gaiman, 1960

British Novelist, Screenwriter

“Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma - which is living with the results of other people's thinking. Don't let the noise of others' opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition.”

Steve Jobs, 1955-2011

Co-founder, Chairman/CE) – Apple, Inc.

“Give every man thy ear, but few thy voice.”

William Shakespeare, 1564-1616

English Playwright, Poet, Actor

“Reading about nature is fine, but if a person walks in the woods and listens carefully, he can learn more than what is in books, for they speak with the voice of God.”

George Washington Carver, 1864-1943  
African American Scientist, Botanist, Educator

“I'm not handsome in the classical sense. The eyes droop, the mouth is crooked, the teeth aren't straight, the voice sounds like a Mafioso pallbearer, but somehow it all works.”

Sylvester Stallone, b. 1946  
American Actor, Screenwriter, Director



**NEXT**

**Heartsong@1917**

Wednesday, June 25, 2014

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

Chris Hamlin, Facilitating