

Heartsong @ 1917 This Week – “Say Something Good”
Wednesday, July 30, 2014, 10:45 a.m. – 12:00 noon
UAB 1917 Clinic, 1st Floor Library, Room 151
Facilitator: 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:

<http://www.youtube.com/watch?v=RwEYYI-AGWs>

Words on the Theme:

“Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world.” — Desmond Tutu

“My religion is very simple. My religion is kindness.” — Dalai Lama XIV

“A good head and good heart are always a formidable combination. But when you add to that a literate tongue or pen, then you have something very special.” — Nelson Mandela

“You never really learn much from hearing yourself speak.” — George Clooney

“Think of negative speech as verbal pollution. And that's what I've been doing: visualizing insults and gossip as a dark cloud, maybe one with some sulfur dioxide. Once you've belched it out, you can't take it back. As grandma said, if you don't have anything nice to say, don't say anything at all.” — A.J. Jacobs

“For the rest of his life, Oliver Twist remembers a single word of blessing spoken to him by another child because this word stood out so strikingly from the consistent discouragement around him.” — Charles Dickens, *Oliver Twist*

Profanity is the language of carelessness, bitterness, cursing, condemning, hostility, violence, separation, lying, deceiving, hating...

It may be punctuated with four-letter words of anger... it may be expressed in deceptive words of sweetness... it is always intended to hurt some person or object of our scorn...

Profanity springs from an injured, fearful, undisciplined heart...

Saying bad things fills the air with profanity, poisoning the breath of life...

The invitation of the video is for us to *say something nice*... words that affirm, bless, encourage, accept, forgive... such words are like a fresh, life-giving breeze...

References:

Above quotes from <http://www.goodreads.com/>



NEXT

Heartsong@1917

Wednesday, August 06, 2014

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

Chris Hamlin, Facilitating