

**Heartsong @ 1917 This Week – “True Friendship (or “I’m Sticking With You”)”**  
**Wednesday, August 6, 2014, 10:45 a.m. – 12:00 noon**  
**UAB 1917 Clinic, 1st Floor Library, Room 151**  
**Facilitator: Steve Dellinger**

**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.**

**Heartsong@1917 (links to past topics):**  
<http://www.uab.edu/medicine/1917clinic/support-services/heartsong1917>

**Other events:** <http://www.uab.edu/medicine/1917clinic/announcements>

**Video:**

“The Velvet Underground - I’m Sticking With You”  
[http://www.youtube.com/watch?v=r\\_dtLQV2VSo](http://www.youtube.com/watch?v=r_dtLQV2VSo)

**Questions for discussion:**

*“Why do we desire friendship with people?”*

*“How can we know if a friend is ‘real’ (“sticking with us”)?”*

*“What are the characteristics of a ‘real friend’?”*

*“Where can we find ‘real friends’ (who will stay true to our friendship)?”*

**Words on the Theme:**

(Quotes from goodreads.com)

True friends are always together in spirit. (Anne Shirley)”

— [L.M. Montgomery, \*Anne of Green Gables\*](#)

“An acquaintance merely enjoys your company, a fair-weather companion flatters when all is well, a true friend has your best interests at heart and the pluck to tell you what you need to hear.”

— [E.A. Bucchianeri, \*Brushstrokes of a Gadfly\*](#)

“Celebrate the people in your life who are there because they love you for no other reason than because you are YOU.”

— [Mandy Hale, \*The Single Woman Quotes by Mandy Hale\*](#)

“People would walk in and walk out of your life, but the one whose footstep made a long lasting impression is the one you should never allow to walk out.”

— [Michael Bassey Johnson](#)

“You know that you're a true friend when somebody says "But what about that wart on the end of his nose?" and your honest response is "What wart?". You see true friends accept you for what you are, wart and all.”

— [Jeffrey Michael](#)

“There is darkness inside us all. It is true. Inside every human being there is a tremendous and powerful capacity to commit deeds of evil. A force with the power to hurt others, to further ourselves by stepping on the dreams of those around us. Inside everyone is this darkness, and nobody is completely free from it. But inside us all, there is also light. And it is the darkness which allows the light to be seen. Without the capacity for darkness, we would not have the capacity for light. But there are times in all our lives, when the darkness overpowers the light. Times where we forget, when all hope seems lost, and we cannot break free from the darkness as it encloses and imprisons us. It is in times such as this, that we must look to others <...to our friends>. In times when our own strength and will becomes insufficient, and we feel ourselves drowning in the despair and pain and misery that the darkness brings with it... We must stand by each other. For when the light of one person is not enough to drive the darkness away, we must grow our numbers. We must support our fellows <...we must support our friends>, and share our light. For only then can we be strong enough to be free. And when we are free, and strengthened by the people <and friends> who support us, it is only then that we are strong enough to fulfill our own dreams. This is the strength which man can gain from weakness.”

— [Aaron Utery](#)

“True friends are placed together for the purpose of accomplishing great achievements that help others.”

— [Ellen J. Barrier](#)

“True friends give a sense of security; accompanied by true friends, you need no longer play a role in your life.”

— [sir kristian goldmund aumann](#)

**NEXT WEEK:**

**Heartsong@1917**

**Wednesday, August 13, 2014 10:45a.m.,  
1917 Clinic, 1st Floor Library, Room 151**

**Chris Hamlin, Facilitating**