

Heartsong @ 1917 This Week – “New Beginnings”
Wednesday, January 06, 2016, 10:45 a.m. – 12:00 noon
UAB 1917 Clinic, 1st Floor Library, Room 151
Facilitator: 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=Bne_xvxfJo4

Words on the Theme

“Actions speak LOUDER than words. Don't tell me what you're going to do differently in 2016, show me.”

Sonya Parker

“Write it on your heart that every day is the best day in the year.”

Ralph Waldo Emerson

“In 2016, be your own Best friend. Love yourself, fight for yourself, take care of yourself, make yourself happy and chase after what you want.”

Sonya Parker

“Healing after a heartbreak isn't just about moving onwards and upwards. It's about saying goodbye to your old way of life and starting a new chapter.”

Unknown

“Be at war with your vices, at peace with your neighbors, and let every new year find you a better (person).”

Benjamin Franklin

“New year is time for living, achieving goals, to stop worrying, to forget the past mistakes, making all new start all over again.”

Anurag Prakash Ray

“Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties.”

Helen Keller

“Make New Year's goals. Dig within, and discover what you would like to have happen in your life this year. This helps you do your part. It is an affirmation that you're interested in fully living life in the year to come.”

Melody Beattie

2016 Goals

1. _____
2. _____
3. _____

Objectives

- 1.a. _____
- 1.b. _____
- 1.c. _____

Reference

http://www.brainyquote.com/quotes/topics/topic_newyears.html

http://www.searchquotes.com/quotes/about/New_Beginnings/



NEXT
Heartsong@1917
Wednesday, January 13, 2016
10:45a.m., 1st Floor Library, Room 151
Chris Hamlin, Facilitating



SAVE THE DATE
23rd Annual Alabama Heartsong Retreat
“Inspire, Love, Serve”
May 4 – 6, 2016