

Heartsong @ 1917 This Week – “Life Is Good”  
Wednesday, October 14, 2015, 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/>

**Featured Videos:**

<https://www.youtube.com/watch?v=fZB2vVHmiug>

“Do What You Like, Like What You Do: Bert Jacobs at TEDxBeaconStreet”

**Words on the Theme:**

“Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.”

Helen Keller

“My friends, love is better than anger. Hope is better than fear. Optimism is better than despair. So let us be loving, hopeful and optimistic. And we’ll change the world.”

Jack Layton

“Urgent optimism is the desire to act immediately to tackle an obstacle, combined with the belief that we have a reasonable hope of success.”

Jane McGonigal

“I don't think you lead by pessimism and cynicism. I think you lead by optimism and enthusiasm and energy.”

Patricia Ireland

“I am fundamentally an optimist. Whether that comes from nature or nurture, I cannot say. Part of being optimistic is keeping one’s head pointed toward the sun, one's feet moving forward. There were many dark moments when my faith in humanity was sorely tested, but I would not and could not give myself up to despair. That way lays defeat and death.”

Nelson Mandela, *Long Walk to*

*Freedom:*  
*Mandela*

*Autobiography of Nelson*

“Choose to be optimistic, it feels better.”

Dalai Lama XIV

“Write it on your heart  
that every day is the best day in the year.  
He is rich who owns the day, and no one owns the day  
who allows it to be invaded with fret and anxiety.

Finish every day and be done with it.  
You have done what you could.  
Some blunders and absurdities, no doubt crept in.  
Forget them as soon as you can, tomorrow is a new day;  
begin it well and serenely, with too high a spirit  
to be cumbered with your old nonsense.

This new day is too dear,  
with its hopes and invitations,  
to waste a moment on the yesterdays.”

Ralph Waldo Emerson  
Collected Poems and Translations

“Things are always better in the morning.”

Harper Lee, *To Kill a Mockingbird*

### **References:**

[http://www.brainyquote.com/quotes/keywords/optimism\\_5.html](http://www.brainyquote.com/quotes/keywords/optimism_5.html)

<http://www.goodreads.com/quotes/tag/optimism>



**NEXT**

**Heartsong@1917**

**Wednesday, October 21, 2015**

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

**Joe Elmore, Facilitating**

**SAVE THE DATE**

**23<sup>rd</sup> Annual Alabama Heartsong Retreat**

**“Inspire, Love, Serve”**

**May 4 – 6, 2016**