

Heartsong @ 1917 This Week – "Preparations"
Wednesday, November 11, 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 Video:

<https://www.youtube.com/watch?v=Rwcf4UWbMiM>

"Squirrel Cam- The Chipsters Look for the Perfect Acorn!"

Words on the Theme:

"It's not the will to win that matters—everyone has that. It's the will to prepare to win that matters."
Paul Bryant

"There is always a part of my mind that is preparing for the worst, and another part of my mind that believes if I prepare enough for it, the worst won't happen."
Kay Redfield Jamison

"There are no secrets to success. It is the result of preparation, hard work, and learning from failure."
Colin Powell

"A strong, positive self-image is the best possible preparation for success."
Joyce Brothers

"One important key to success is self-confidence. An important key to self-confidence is preparation."
Arthur Ashe

"The best preparation for acting is life - observing life and people and observing (you). All that (observation) becomes your library. So when you have to research a part, a scene or an emotion, you go into the library and get what you need."
Kate Capshaw

"There is no short cut to achievement. Life requires thorough preparation - veneer isn't worth anything."
George Washington Carver

"I believe God has a path for me. (God's) always had a path for me, and I've always been in the right place at the right time - not because of my efforts, but because of my preparation and because of the guides that I have, the mentors that I have, the spiritual walkers that I've had all my life."
Judith Jamison

"Stretching was a major part of my preparation."
Edwin Moses

“You had better live your best and act your best and think your best today; for today is the sure preparation for tomorrow and all the other tomorrows that follow.”

Harriet Martineau

“Competing at the highest level is not about winning. It's about preparation, courage, understanding and nurturing your people, and heart. Winning is the result.”

Joe Torre

References:

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

<http://www.brainyquote.com/quotes/keywords/preparation.html>



NEXT

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Chris Hamlin, Facilitating



SAVE THE DATE

23rd Annual Alabama Heartsong Retreat

“Inspire, Love, Serve”

May 4 – 6, 2016