

Heartsong @ 1917 This Week – “Have Courage and Be Kind”
Wednesday, November 18, 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=K9eyr6TSxDs>

Cinderella (2015): Death of Ella's Mother

Words on the Theme:

“Make someone feel special today. If you want to show love, start listening. If you hear a dream, help them see their dream come true. When we walk in love we are able to see God's love better.” -- Anonymous

“You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, ‘I lived through this horror. I can take the next thing that comes along.’”

Eleanor Roosevelt

“Don't wait for people to be kind, show them how.” -- Anonymous

“One isn't necessarily born with courage, but one is born with potential. Without courage, we cannot practice any other virtue with consistency. We can't be kind, true, merciful, generous, or honest.”

Maya Angelou

“Being a good person does not depend on your religion, status, race, color, political views or culture. It depends on how you treat others.” -- Anonymous

“Be courageous. I have seen many depressions in business. Always America has emerged from these stronger and more prosperous. Be brave as your fathers before you. Have faith! Go forward!”

Thomas A. Edison

“The sole advantage of power is that you can do more good.” -- Anonymous

“How few there are who have courage enough to own their faults, or resolution enough to mend them.”

Benjamin Franklin

“To be kind is more important than to be right. Many times, what people need is not a brilliant mind that speaks but a special heart that listens.” -- Anonymous

“We have a powerful potential in our youth, and we must have the courage to change old ideas and practices so that we may direct their power toward good ends.”

Mary McLeod Bethune

“The terrorists thought they would change my aims and stop my ambitions, but nothing changed in my life except this: weakness, fear and hopelessness died. Strength, power and courage were born.”

Malala Yousafzai

References:

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

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



NEXT

Heartsong@1917

Wednesday, December 02, 2015

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

Chris Hamlin, Facilitating

(NO MEETING WEDNESDAY, NOVEMBER 25)



SAVE THE DATE

23rd Annual Alabama Heartsong Retreat

“Inspire, Love, Serve”

May 4 – 6, 2016