

**Heartsong @ 1917 This Week – “Living and Loving Compassionately”**  
**Wednesday, December 09, 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=Wl2\\_knlv\\_xw](https://www.youtube.com/watch?v=Wl2_knlv_xw)**

**“IF WE COULD SEE INSIDE OTHERS’ HEARTS: LIFE in 4 min(utes)”**

**Words on the Theme:**

“How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving and tolerant of the weak and strong. Because someday in your life you will have been all of these.”

George Washington Carver

“There is no greater success than to have Faith in spite of adversity, Love in spite of hatefulness of others and compassion for ignorance.”

Unknown

“Have constructive thoughts, consoling words, compassionate acts.”

Sri Sathya Sai Baba

“It’s time for greatness – not for greed. It’s a time for idealism – not ideology. It is a time not just for compassionate words, but compassionate action.”

Marian Wright Edelman

“Be considerate and compassionate, don't be harsh. You will achieve through gentleness that which you cannot achieve through harshness.”

Unknown

“The thing to do, it seems to me, is to prepare yourself so you can be a rainbow in somebody else's cloud. Somebody who may not look like you. May not call God the same name you call God - if they call God at all. I may not dance your dances or speak your language. But be a blessing to somebody. That’s what I think.”

Maya Angelou

“Life can be sweet if we just try to understand each other’s journey.”

Ritza Dorleans

“After a while you understand the way that things can go wrong in people’s lives; you learn all the patterns and the temptations; you recognize the ways people use other people...You don’t want to waste the energy, so instead you learn tolerance, and compassion and love - and distance.”

Douglas Coupland

“I learned compassion from being discriminated against. Everything bad that’s ever happened to me has taught me compassion.”

Ellen DeGeneres

“Truth be told, the purpose of life is not just to be happy in your own little bubble; it is to be helpful, to be honorable, to be compassionate and kind, to have your life make some kind of difference that you have lived and lived well.”

Unknown

## “LET’S BE MORE LOVING TO OTHERS”

### References:

<http://www.searchquotes.com/Life/quotes/about/Compassion/>



**NEXT**  
**Heartsong@1917**  
**Wednesday, December 16, 2015**  
**10:45a.m., 1st Floor Library, Room 151**  
**Chris Hamlin, Facilitating**



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