

Heartsong @ 1917 This Week – “Laughter: Good for the Heart”

Wednesday, March 16, 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=wGZccD6A_KQ

“Ellen DeGeneres With Gladys From Austin, Texas. The very first conversation”

Words on the Theme:

“I love people who make me laugh. I honestly think it's the thing I like most, to laugh. It cures a multitude of ills. It's probably the most important thing in a person.”

Audrey Hepburn

“The human race has only one really effective weapon and that is laughter.”

Mark Twain

“I'm happy that I have brought laughter because I have been shown by many the value of it in so many lives, in so many ways.”

Lucille Ball

“My body needs laughter as much as it needs tears. Both are cleansers of stress.”

Mahogany Silver Rain

“Those who do not know how to weep with their whole heart don't know how to laugh either”

Golda Meir

“Laughter is important, not only because it makes us happy, it also has actual health benefits. And that's because laughter completely engages the body and releases the mind. It connects us to others, and that in itself has a healing effect.”

Marlo Thomas

“Laughter is the sensation of feeling good all over and showing it principally in one place.”

Josh Billings

“It is impossible for you to be angry and laugh at the same time. Anger and laughter are mutually exclusive and you have the power to choose either.”

Wayne Dyer

“Laughter can help relieve tension in even the heaviest of matters.”
Allen Klein

“Live by this credo: have a little laugh at life and look around you for happiness instead of sadness.
Laughter has always brought me out of unhappy situations.”
Red Skelton

References

<http://www.goodreads.com/quotes/tag/laughter>
<http://www.brainyquote.com/quotes/keywords/laughter.html>



NEXT
Heartsong@1917
Wednesday, March 23, 2016
10:45a.m., 1st Floor Library, Room 151
Chris Hamlin, Facilitating



23rd Annual Alabama Heartsong Retreat
May 4-6, 2016
Camp McDowell

Applications are now available!