

## **Heartsong @ 1917 This Week – “Pay It Forward”**

Wednesday, March 23, 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=K1LyaX2ScW4>

**“Former homeless man’s good deeds catch Ellen DeGeneres’ attention”**

### **Words on the Theme:**

“Every sunrise is an invitation for us to arise and brighten someone's day.”

Richelle E. Goodrich, *Smile Anyway:*

Quotes,  
the Year

*Verse, & Grumblings for Every Day of*

“What seeds are you planting?”

Lailah Gifty Akita

“Set your heart on doing good. Do it over and over again, and you will be filled with joy.”

Buddha

“What you do makes a difference, and you have to decide what kind of difference you want to make.”

Jane Goodall

“Everyone has a purpose in life...a unique gift or special talent to give to others. And when we blend this unique talent with service to others, we experience the ecstasy and exultation of our own spirit, which is the ultimate goal of all goals.”

Deepak Chopra

“Do all the good you can and make as little fuss about it as possible.”

Charles Dickens

“I hope you will judge yourselves not on your professional accomplishments alone, but also on how well you have addressed the world's deepest

inequities...on how well you treated people a world away who have nothing in common with you but your humanity.”

Bill Gates

“As far as service goes, it can take the form of a million things. To do service, you don't have to be a doctor working in the slums for free, or become a social worker. Your position in life and what you do doesn't matter as much as how you do what you do.”

Elisabeth Kubler-Ross

“The best way to cheer yourself is to try to cheer someone else up.”

Mark Twain

“Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as ever you can.”

John Wesley

### **References**

[http://www.brainyquote.com/quotes/keywords/good\\_deeds.html](http://www.brainyquote.com/quotes/keywords/good_deeds.html)

<http://www.awakening-intuition.com/doing-good-deeds-quotes.html>



**NEXT**

**Heartsong@1917**

**Wednesday, March 16, 2016**

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

**Chris Hamlin, Facilitating**



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

**May 4-6, 2016**

**Camp McDowell**

**Applications are now available!**