

## **Heartsong @ 1917 This Week – “The Kindness of Good People”**

Wednesday, March 30, 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=KMYrli\\_Mt8A](https://www.youtube.com/watch?v=KMYrli_Mt8A)

*Real Life Heroes [Good people] part 1*

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

“My own heroes are the dreamers, those men and women who tried to make the world a better place than when they found it, whether in small ways or great ones. Some succeeded, some failed, most had mixed results... but it is the effort that's heroic, as I see it. Win or lose, I admire those who fight the good fight.”

George R.R. Martin

“Friends are the real superheroes. They battle our worst enemies—loneliness, grief, anxiety, depression, fear, and doubt—every time they come around.”

Richelle E. Goodrich

“Heroes may not be braver than anyone else. They're just braver 5 minutes longer.”

Ronald Reagan

“Real heroes are men (and women) who fall and fail and are flawed, but win out in the end because they've stayed true to their ideals and beliefs and commitments.”

Kevin Costner

“See, heroes never die. John Wayne isn't dead, Elvis isn't dead. Otherwise you don't have a hero. You can't kill a hero. That's why I never let him get older.”

Mickey Spillane

“Anyway, if you need your heroes to be perfect, you won't have very many. Even Superman had his Kryptonite. I'd rather have my heroes be more like me: trying to do the right thing, sometimes messing up. Making mistakes. Saying you're sorry. And forgiving other people when they mess up, too.”

Madeleine George

“A (person) of worth is a (person) that sees the worth in others more than (self).”

Shannon L. Alder

“No war is ever glorious. Heroes are usually dead. Besides, they rarely turn into heroes because they are super-humans, but because of circumstances.”

Aleksandr Voinov, Special Forces - Soldiers

### References

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



**NEXT**

**Heartsong@1917**

**Wednesday, April 06, 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!**

**Extended Deadline – April 15**