

Heartsong @ 1917 This Week – “FUN!”

Wednesday, April 20, 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=gc6Up31iER0>

“Three Little Bears and Momma Play on Hammock”

Words on the Theme:

“It is a happy talent to know how to play.”

Ralph Waldo Emerson

“Even though you’re growing up, you should never stop having fun.”

Nina Dobrev

“You can be childlike without being childish. A child always wants to have fun. Ask yourself, 'Am I having fun?'”

Christopher Meloni

“We are never more fully alive, more completely ourselves, or more deeply engrossed in anything, than when we are at play.”

Charles E. Schaefer

“Go and play. Run around. Build something. Break something. Climb a tree. Get dirty. Get in some trouble. Have some fun.”

Brom, The Child Thief

“How would your life be different if...You decided to give freely, love fully, and play feverously? Let today be the day...You free yourself from the conditioned rules that limit your happiness and dilute the beautiful life experience. Have fun. Give - Love - Play!”

Steve Maraboli, The Power of One

“Everybody needs beauty as well as bread, places to play in and pray in, where nature may heal and give strength to body and soul.”

John Muir

“I am going to keep having fun every day I have left, because there is no other way of life.”

Randy Pausch

“At 35, I'm definitely starting to feel more like a grown-up than I ever have. There's nothing in my life that is childish or whimsical. Having fun is fantastic and I never want to lose a sense of that - and also, I think, you have to have that to put into your work or else it's going to feel stiff.”
Drew Barrymore

References

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

<http://www.brainyquote.com/quotes/keywords/play.html>



NEXT
Heartsong@1917
Wednesday, April 27, 2016
10:45a.m., 1st Floor Library, Room 151
Chris Hamlin, Facilitating



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

There are three orientations scheduled for those going on the retreat: **Monday, April 11, 1:00-2:00pm;** **Tuesday, April 12, 5:30-6:30pm;** and **Wednesday, April 13, 1:00-2:00pm.** All meetings are at the Clinic in Room 151, the Library. We are asking all who are in Birmingham to attend at least one of the listed sessions. Questions and additional information will be answered and distributed.