

## Heartsong @ 1917 This Week – “Saving Our Friends”

Wednesday, May 11, 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=ulg1lmcavew>

**“Monkey saves dying friend at India’s Kanpur railway station”**

*(Disclaimer – the depiction in the video may seem brutal to some)*

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

“A true friend never gets in your way unless you happen to be going down.”

Arnold H. Glasow

“Today is a new day, make the most of it, tell someone you love them, smile at someone, give a hug, hold a hand, or just listen for a minute, and be a friend.”

Anonymous

“Today will never come again. Be a blessing. Be a friend. Encourage someone. Take time to care. Let your words heal and not wound.”

Anonymous

“In everyone’s life, at some time, our inner fire goes out. It is then burst into flame by an encounter with another human being. We should all be thankful for those people who rekindle the inner spirit.”

Albert Schweitzer

“If a friend is in trouble, don’t annoy him by asking if there is anything you can do. Think up something appropriate and do it.”

Edgar Watson Howe

“Sometimes being a friend means mastering the art of timing. There is a time for silence. A time to let go and allow people to hurl themselves into their own destiny. And a time to prepare to pick up the pieces when it’s all over.

Octavia Butler

“Old friends pass away, new friends appear. It is just like the days. An old day passes, a new day arrives. The important thing is to make it meaningful: a meaningful friend - or a meaningful day.”

Dalai Lama

“My very best friend died in a car accident when I was 16 years old. That was the hardest blow emotionally that I have ever had to endure. Suddenly, you realize tomorrow might not come. Now I live by the motto, ‘Today is what I have.’”

Amber Heard

**Reference:**

[http://www.searchquotes.com/search/Saving\\_A\\_Friend/2/](http://www.searchquotes.com/search/Saving_A_Friend/2/)

<http://www.quote garden.com/friendship.html>

[http://www.brainyquote.com/quotes/keywords/friend\\_4.html](http://www.brainyquote.com/quotes/keywords/friend_4.html)



**NEXT WEEK**  
**Heartsong@1917**  
**Wednesday, May 18, 2016**  
**Chris Hamlin, Facilitating**