

Heartsong @ 1917 This Week – "The Sounds of Nature"
Wednesday, June 10, 2015, 10:45 a.m. – 12:00 noon
UAB 1917 Clinic, 1st Floor Library, Room 151
Facilitator: 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/>

Featured Video:

<https://www.youtube.com/watch?v=xDqxUKMHLCQ>

"Nature Sounds - Birds Chirping"

Words on the Theme:

"To me a lush carpet of pine needles or spongy grass is more welcome than the most luxurious Persian rug."

Helen Keller, 1880-1968

Author, Political Activist, Lecturer

"If you truly love nature, you will find beauty everywhere."

Vincent Van Gogh, 1853-1890

Painter

"April has put a spirit of youth in everything!"

William Shakespeare, 1564-1616

Playwright, Poet, Actor

"My profession is to always find God in nature."

Henry David Thoreau, 1817-1862

Ethicist, Poet, Philosopher

"Lie down and listen to the crabgrass grow."

Marya Mannes, 1904-1990

Author, Critic

"I think it annoys God if you walk by the color purple in a field and don't notice."

Alice Walker, b. 1944

From "The Color Purple"

Author, Activist

"Stop every now and then. Just stop and enjoy. Take a deep breath. Relax and take in the abundance of life."

Anonymous

The best remedy for those who are afraid, lonely or unhappy is to go outside, somewhere where they can be quiet, alone with the heavens, nature and God.

Because only then does one feel that all is as it should be and that God wishes to see people happy, amidst the simple beauty of nature. I firmly believe that nature brings solace in all troubles.

Anne Frank, 1929-1945
Diarist, Writer

References:

<http://www.inspirational-quotations.com/nature-quotes.html>



NEXT
Heartsong@1917
Wednesday, June 17, 2015
10:45a.m., 1st Floor Library, Room 151
Chris Hamlin, Facilitating