

**Heartsong @ 1917 This Week – "Spreading Joy"**  
**Wednesday, June 24, 2015, 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/>**

**Featured Video:**

<http://www.cbsnews.com/news/viral-secret-santa-story-inspires-millions/>

CBS Evening News with Scott Pelley

*"Viral Secret Santa Story Inspires Million"*

By **STEVE HARTMAN** CBS NEWS December 19, 2014, 7:17 PM

**Words on the Theme:**

"We are shaped by our thoughts; we become what we think. When the mind is pure, joy follows like a shadow that never leaves."

Buddha

"Joy is the simplest form of gratitude."

Karl Barth, 1886-1968

Swiss Reformed Theologian

"We need more kindness, more compassion, more joy, more laughter. I definitely want to contribute to that."

Ellen DeGeneres, b. 1958

American Comedian

"If you carry joy in your heart, you can heal any moment."

Carlos Santana, b. 1947

Mexican/American Musician

"When you're happy you find pure joy in your life. There are no regrets in this state of happiness - and that's a goal worth striving for in all areas of your life."

Suze Orman, b. 1951

American Personal Financial Guru

"A laugh, to be joyous, must flow from a joyous heart, for without kindness, there can be no true joy."

Thomas Carlyle, 1795-1881

Scottish Philosopher

"For happiness one needs security, but joy can spring like a flower even from the cliffs of despair. "

Anne Morrow Lindbergh, 1906-2001

American Author

“Joy is not in things; it is in us.”

Richard Wagner, 1813-1883  
German Composer

“When I’m on stage, I’m trying to do one thing: bring people joy. Just like church does. People don't go to church to find trouble, they go there to lose it.”

James Brown, 1933-2006  
“Godfather of Soul”

“The sweetest joy, the wildest woe is love. What the world really needs is more love and less paperwork.”

Pearl Bailey, 1918-1990  
American Actress/Singer

**References:**

[http://www.brainyquote.com/quotes/keywords/joy\\_2.html#6sIUJg97VH2XmdYb.99](http://www.brainyquote.com/quotes/keywords/joy_2.html#6sIUJg97VH2XmdYb.99)

<http://bitsofpositivity.com/2011/12/09/best-joy-quotes/>



**NEXT**

**Heartsong@1917**

**Wednesday, July 1, 2015**

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

**Joe Elmore, Facilitating**