

All – I am ever grateful to all for your thoughts, prayers, emails, calls during my time away from the Clinic recovering from surgery. I am especially grateful to persons who contributed to the delicious edible fruit arrangement and card. Thanks to Joe Elmore and Steve Dellinger for facilitating the group and to Shirley Selvage for managing emails and all the other components of Heartsong@1917! It is good being back at UAB's 1917 Clinic!

-Chris Hamlin

Heartsong @ 1917 This Week – "Wonderful Gifts in Unique People and Places"
Wednesday, August 12, 2015, 10:45 a.m. – 12:00 noon
UAB 1917 Clinic, 1st Floor Library, Room 151
Facilitator: Chris Hamlin and Joe Elmore

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 Videos:

Video 1:

<https://www.youtube.com/watch?v=JCguq3hTC2M>

"Homeless Man Plays Piano Beautifully (Sarasota, FL)"

Song: *Come Sail Away* by Styx

Video 2:

<https://www.youtube.com/watch?v=gt5H-pSsyiM>

UPDATE: Homeless 'piano man' gets makeover

Video 3:

<https://www.youtube.com/watch?v=SeAJ4iCc62E>

After viral video, homeless Sarasota piano player reunites with son

QUESTION FOR CONSIDERATION:

How do we overcome adverse situations/circumstances?

Words on the Theme:

"Adversity has the effect of eliciting talents, which in prosperous circumstances would have lain dormant."

Horace, 65 – 8 BC

Roman Lyric Poet

“We don’t develop courage by being happy every day. We develop it by surviving difficult times and challenging adversity.”

Barbara de Angelis, b. 1951
American Relationship Consultant

“There is no better than adversity. Every defeat, every heartbreak, every loss, contains its own seed, its own lesson on how to improve your performance the next time.”

Malcolm X, 1925-1965
American Muslim Minister

“All the adversity I’ve had in my life, all my troubles and obstacles, have strengthened me... You may not realize it when it happens, but a kick in the teeth may be the best thing in the world for you.”

Walt Disney, 1901-1966
American Cartoonist, Animator, Producer

“In times of great stress or adversity, it’s always best to keep busy, to plow your anger and your energy into something positive.”

Lee Iacocca, b. 1924
American Businessman

“Someone said adversity builds character, but someone else said adversity reveals character. I’m pleasantly surprised with my resilience. I persevere, and not just blindly. I take the best, get rid of the rest, and move on, realizing that you can make a choice to take the good.”

Brooke Shields, b. 1965
American Actress

“Let me embrace thee, sour adversity, for wise (people) say it is the wisest course.”

William Shakespeare, 1564-1616
English Poet, Playwright, Actor

“There are uses to adversity, and they don’t reveal themselves until tested. Whether it’s serious illness, financial hardship, or the simple constraint of parents who speak limited English, difficulty can tap unexpected strengths.”

Sonia Sotomayor, b. 1954
Associate Justice, US Supreme Court

References:

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



NEXT

Heartsong@1917

Wednesday, August 19, 2015

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

Chris Hamlin, Facilitating