

Heartsong @ 1917 This Week – “Grace and Gracefulness”

Wednesday, August 26, 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 Video:

<https://search.yahoo.com/yhs/search?p=chinese+circus+swan+lake&ei=UTF-8&hspart=mozilla&hsimp=yhs-002>

Great Chinese State Circus – Swan Lake

Words on the Theme:

“Infuse your life with action. Don’t wait for it to happen. Make it happen. Make your own future. Make your own hope. Make your own love. And whatever your beliefs, honor your creator, not by passively waiting for grace to come down from upon high, but by doing what you can to make grace happen... yourself, right now, right down here on Earth.”

Bradley Whitford

“Everything that slows us down and forces patience, everything that sets us back into the slow circles of nature, is a help. Gardening is an instrument of grace.”

May Sarton

“Rain is grace; rain is the sky descending to the earth; without rain, there would be no life.”

John Updike

“I do not at all understand the mystery of grace - only that it meets us where we are but does not leave us where it found us.”

Anne Lamott

“The ideal (person) bears the accidents of life with dignity and grace, making the best of circumstances.”

Aristotle

“Whatever we are waiting for - peace of mind, contentment, grace, the inner awareness of simple abundance - it will surely come to us, but only when we are ready to receive it with an open and grateful heart.”

Sarah Ban Breathnach

“I want, of course, peace, grace, and beauty. How do you do that? You work for it.”

Studs Terkel

"I think sometimes people project things on you, but I'm trying to handle everything that's happened to me with a certain amount of grace, dignity and good manners. You just can't necessarily win all the time."

Katie Couric

"For a photographer, sharks are a stirring subject, possessing a perfect blend of grace and power. They have been sculpted by evolution and are ideally suited for whichever ecosystem they inhabit, from coral reefs to the open ocean."

Brian Skerry

References:

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



NEXT

Heartsong@1917

Wednesday, September 02, 2015

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

Chris Hamlin, Facilitating

SAVE THE DATE

23rd Annual Alabama Heartsong Retreat

"Inspire, Love, Serve"

May 4 – 6, 2016