

Heartsong @ 1917 This Week – “Tips to Help With Loneliness”

Wednesday, August 03, 2016, 10:45 a.m. – 12:00 noon

UAB 1917 Clinic, 1st Floor Library, Room 151

Facilitator: Joe Elmore and Christopher M. 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=TV73xCsx940>

“10 Tips to Meet New People and Make New Friends”*

*Disclaimer – Please treat these as suggestions.

Words for Today

“Until you get comfortable with being alone, you'll never know if you're choosing someone out of love or loneliness.”

Anonymous

“Be genuinely interested in everyone you meet and everyone you meet will be genuinely interested in you”

Rasheed Ogunlaru

“There's always a good lesson in meeting new people, its enlarging your circle of friends. And though there are times you don't match with their likes, there are some whom you just blend well.”

Solita

“Social media is taking over everybody's life. To the point where actually meeting new people and talking to them seems weird.”

Anonymous

“You don't have to say everything to be a light. Sometimes a fire built on a hill will bring interested people to your campfire.”

Shannon L. Alder

“I've been on so many blind dates, I should get a free dog.”

Wendy Liebman

“Loneliness is no excuse for compromise. Be comfortable with yourself before you choose to be with someone else just to avoid being alone.”

Anonymous

Reference:

<http://www.goodreads.com/quotes/tag/meeting-people>

http://www.searchquotes.com/search/Meeting_New_People/

http://www.brainyquote.com/quotes/topics/topic_dating.html

http://www.searchquotes.com/search/Being_Lonely/



**NEXT WEEK
Heartsong@1917
Wednesday, August 10, 2016
Chris Hamlin, Facilitating**