

Heartsong @ 1917 This Week – “Imagine Yourself as a Tall, Stately Palm Tree”

Wednesday, September 30, 2015, 10:45 a.m. – 12:00 noon

UAB 1917 Clinic, 1st Floor Library, Room 151

Facilitator: Shirley Selvage 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://www.youtube.com/watch?v=ElIvidBLuMU>

Hurricane Dennis Video - Key West and Ft. Walton Beach, Florida. July 9<sup>th</sup> 2005

**Words on the Theme:**

“Be willing to adapt to whatever may come your way by initially allowing yourself to experience that energy, much like the bending tree in hurricane-force winds. When criticism comes, listen. When powerful forces push you in any direction, bow rather than fight, lean rather than break, and allow yourself to be free from a rigid set of rules – in so doing, you’ll be preserved and unbroken.

Keep inner visions of the wind symbolizing difficult situations as you affirm: I have no rigidity within me; I can bend to any wind and remain unbroken; I will use the strength of the wind to make me even stronger and better preserved.”

~Ken Luaher~

“That word is ‘willing.’ It’s an attitude and spirit of cooperation that should saturate our conversations. It’s like a palm tree by the ocean that endures the greatest winds because it knows how to gracefully bend.”

~Stephen Kendrick~

As the palm-tree standeth so straight and so tall; the more the hail beats, and the more the rains fall.

~Simon Dach~

Grow as a palm-tree on God’s Mount Zion; howbeit shaken with winds, yet the root is fast.

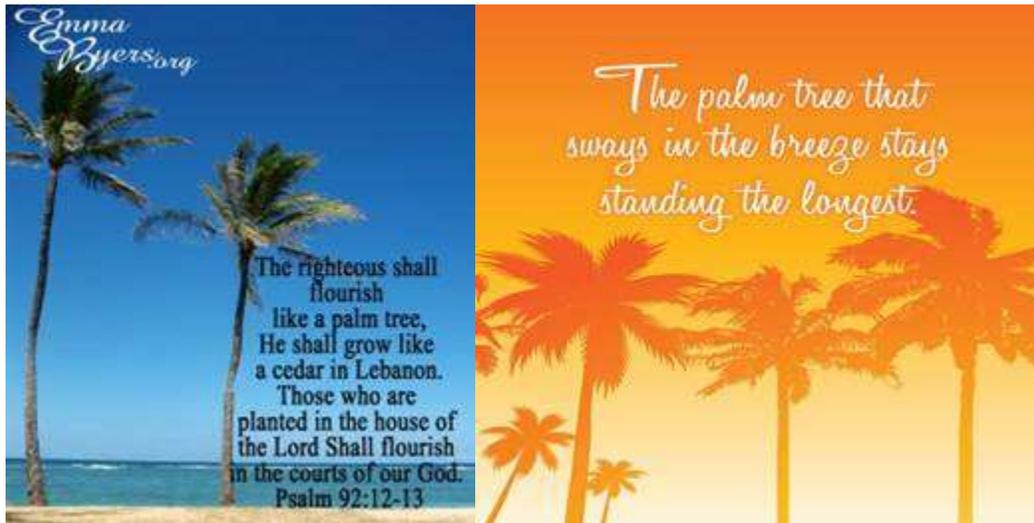
~Samuel Rutherford~

They are beautiful in their peace; they are wise in their silence. They will stand after we are dust. They teach us, and we tend them.

~Galeanin ip Altiem MacDunelmor

It is the nature of the strong heart, that like the palm tree it strives ever upwards when it is most burdened.

~Philip Sidney~



**References:**

[www.searchquotes.com/search/Palm\\_Tree](http://www.searchquotes.com/search/Palm_Tree)



**NEXT**

**Heartsong@1917**

**Wednesday, October 7, 2015**

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

**Chris Hamlin, Facilitating**

**SAVE THE DATE**

**23<sup>rd</sup> Annual Alabama Heartsong Retreat**

**“Inspire, Love, Serve”**

**May 4 – 6, 2016**