

Heartsong @ 1917 This Week – “Weekly Reunions”  
Wednesday, September 09, 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://www.youtube.com/watch?v=IF8em4uPdCg>

“Shirley and Jenny: Two Elephants Reunited After More Than 20 Years”

What happens when people gather weekly for sharing?

**Words on the Theme:**

“It is by change that we met, by choice that we became friends.”

Henri Nouwen

“We are not put on earth for ourselves, but are placed here for each other. If you are there always for others, then in time of need, someone will be there for you.”

Unknown

“God made many puzzle pieces, but only those two ‘cut out’ for each other, can fit together to create a perfect and beautiful picture.”

Jessica Cochran

“If we lose love and self-respect for each other, this is how we finally die.”

Maya Angelou

“Animals when in company walk in a proper and sensible manner, in single file, instead of sprawling all across the road and being of no use or support to each other in case of sudden trouble or danger.”

Kenneth Grahame

“Friday night is our date night. We really carve out time for each other.”

Karen Kain

“I believe that we are here for each other, not against each other. Everything comes from an understanding that you are a gift in my life – whoever you are, whatever our differences. “

John Denver

## **“Life Stages of a Team”**

<http://managementhelp.org/groups/dynamics-theories.htm>

1. **Forming** – The group forms.
2. **Storming** – Individual differences are voiced; beliefs are shared; views expressed.
3. **Norming** (Peer support)\* - The group expresses common commitments and purpose are shared. Overall goals established.
4. **Performing** (Peer support)\* - The group works effectively and efficiently; goals are met.
5. **Closing and Celebration** – The group continues to meet goals and acknowledgement and reinforcements are given; members are appreciated.

## **References:**

[http://www.searchquotes.com/search/Support\\_For\\_Each\\_Other/1/](http://www.searchquotes.com/search/Support_For_Each_Other/1/)



**NEXT**

**Heartsong@1917**

**Wednesday, September 16, 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**