



Living in the Balance

February 2016

The end of January on the South Carolina coast...my camera in hand. The sunrise blinks through a cloud bank far out at sea. The colors reflect across scattered clouds with hues of purple, reds and blues. I wait. Each moment flashes a different light. A cascade of colors across clouds. Later morning, the thin veil of clouds filter the ascending sun. Birds flock in the surf...reflecting in tidal pools.

Everything is interesting.

The ocean sweeps into the inlet that leads to the waterway. The small waves of the receding tide leave little clusters and patterns. Like a tidal cocktail party, each shell, creature, weedy sprig and piece of drifted wood mingling briefly and then separating again when the tide rises. Each one will slip quietly back into the water to be beached again in new configurations with the next tidal ebb.

I am the only one walking alone. Others walk with a dog or two or with companions who have too loud voices. A man with his dog in tow walks the shoreline staring at his cell phone screen.

I spy my first intact sand dollar on a throne of tiny, delicate shells. I shoot from every angle and leave things as I found them. I know there is a child waiting to discover her. I smile at that imagining and know that I have been blessed enough for one day.



*Go to the limits of your longing.
Embody me.
Flare up like flame
and make big shadows I can move in.
Let everything happen to you:
 beauty and terror.
Just keep going. No feeling is final.
Don't let yourself lose me.
Nearby is the country they call life.
You will know it by its seriousness.
Give me your hand.*

Ranier Maria Rilke



Calendar considerations.....

Greenville Friends of Jung

A Reader's Theater production of
"Out of the Shadows: A Story of Toni Wolff and Emma Jung"
on Friday, February 19, 2016 at 7:00 PM
Greenville Center for Creative Arts
www.greenvillefriendsofjung.org

The Sophia Institute, Charleston, SC

Sacred Crossroads, Connecting with your next Yes! Joan Borysenko, February 19 – 21
A Day with David Whyte, March 19, 2016
The Art of Living the Contemplative Life, Kathleen Norris, April 1, 2016
Journey with No End – Writing and Spiritual Growth, Mark Nepo, May 13 – 15, 2016
www.thesophiainstitute.org

Diana Butler Bass

Grounded: Finding God in the World
Friday evening, March 4, 6:30 until 7:30 and Saturday, March 5, 9:00 until noon and 1:00 until 3:00
Central Presbyterian Church, Anderson, SC
For more information Anderson School of Theology for Laypersons, astlonline.org

Kanuga Conference Center

Iconography: The Gospel in Line and Color, February 13 – 19, 2016
2016 Christian Formation Conference, June 13 – 17, 2016
www.kanuga.org

Southern Dharma Center

Heart Treasure of the Awakened Ones, March 17 – 20
Focus on Feeling, Marcy 26 – 31
In Nature, Our True Nature, April 5 – 10
Loving Ourselves, At Long Last, April 20 – 24
Spiritual Bypassing, Sand Traps along the Way, May 5 – 8
For more information www.southerndharma.org

Eight Day Intensive and Post Intensive Centering Prayer Retreat

May 29 – June 5
St. Mary's Retreat Center, Sewanee, TN
www.stmaryssewanee.org/about/events





Calendar considerations.....

Valle Crucis Conference Center

Women Writers Workshop Session 1, May 26 – 29

Women Writer Workshop Session 2, September 2 – 4

Advanced Centering Prayer Retreat, November 27 – December 4

<http://www.vcconferences.org/programs>

Summer Dream and Spirituality Conference

May 29 – June 3

Kanuga Conference Center, Hendersonville, NC

Offered by the Haden Institute

<http://www.hadeninstitute.com/summer-dream-conference>

Many offerings for on-line retreats including those for Lent

Spirituality and Practice

<http://www.spiritualityandpractice.com/ecourses>

Abbey of the Arts

<http://abbeyofthearts.com/programs/self-study-online-classes>

Monasteries of the Heart – On Line Lent with Sr. Joan Chittister

<https://www.monasteriesoftheheart.org/curriculum/songs-lent-eretreat>

Sounds True

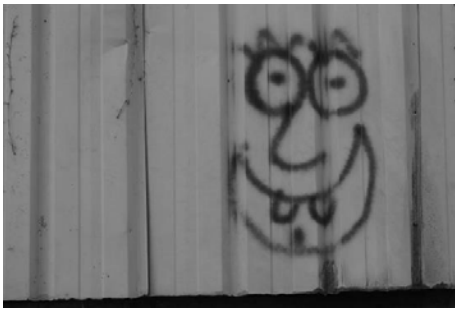
Many recorded programs for purchase from all traditions and teachers

If you are looking for time for quiet retreat.....

The Poor Clares in Travelers Rest, SC offer space in their retreat house.

The Hermitages at Valle Crucis Retreat Center in Valle Crucis, NC open again in the spring.





About Spiritual Direction —

- Offers a space and time for you to explore, reflect upon, and deepen your relationship with God.
- Provides a haven from the daily busyness of the outer world and opens a time to be still and to reflect on your inner journey.
- Is a companioning relationship grounded in dialogue and discernment.
- Explores ways you may integrate spirituality into your daily life.
- Is not limited to any one spiritual practice or tradition.
- May involve one or two meetings or multiple meetings over time.

You may wish to consider spiritual companioning if you are —

- Longing for a deeper relationship with the Divine
- Looking for a place to dialogue about spiritual questions
- Seeking ways to connect with the Spirit in a more intentional way
- Discerning ways to live in a more integrated and whole way
- Standing at a crossroads in your life
- Exploring new or fresh ways to be in relationship with God

For more information about Spiritual Direction, please feel free to contact me by phone
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The photos are my work. The photos on the opening page were taken the last day of January 2016 at Isle of Palms, SC. The other photos are of graffiti and rubble in and around Greenville.

