



Living in the Balance

January 2013

I am grateful for the people in my life who show up...physically, psychically and passionately.

Rolling Stone Keith Richards...at 67...is not only alive, but still living his dream. This fact makes me doubt all actuarial tables.

If you want to find out that I'm not, please refer to me as the "little lady."

Beware the psychic vampires.

Sometimes the answer to "Why?" is "Because I can" or "If not now, when?"

Frozen in time is good for Popsicles, not people.

Don't start a sentence with, "I am saying this to you in love..." I prefer you serve up your opinions about me straight up without a side of patronizing.

When I'm getting all my ducks in a row, I need to ask, "Are these really my ducks?"

I want to be interesting and interested.

Nutritionists advise us to shop the perimeter of the grocery store. Lucky for me, the last section in the perimeter of my grocery store is the ice cream section!

Happy am I to have friends who makes me snort laugh!

Whatever container I've got God in...I feel pretty sure God wants out.

My world expands or contracts in direct relationship to how open I am to my imagination.

Spiritual teacher Paula D'Arcy offers a reframe, "There *with* the grace of God go I."

I remember when I was young and thin and dangerous. I hope I'm still a little dangerous.

May I not put off these. The reach out. The fence mending. The I was wrong. The I'm sorry. The forgive me. The I'm proud of you. The I love you.

What if I just stopped worrying? Gave it up like the worn out chew toy it is. Corollary: What if I let go of fear?

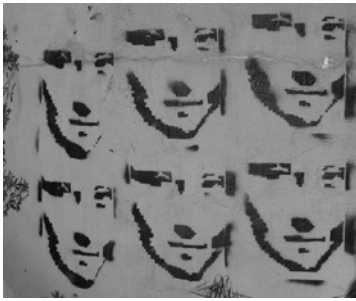
Jungian analyst James Hollis encourages me to ask, "Is what I am doing or thinking expanding or contracting my life?"

When my soul's desire is calling, I need to pick up.

If I am to live in the present, it is better for me not to know what the future holds.

I am not the center of the universe. But there is a universe inside my center.

This day...this year...I'll be served up life...my life. The mundane. The messy. The marvelous. May I have the courage to savor it all and lick the platter clean.



Calendar considerations.....

Interfaith North Carolina in Winston-Salem

Offering a variety of programs and events
For more information: <http://www.if-ws.org>

Spirituality and Practice e-courses

Cultivating Contentment, January 6 – 26
Choosing to Love, January 7 – February 1
Working with Worry, January 27 – February 16
For more information www.spiritualityandpractice.com/ecourses/#current

The Sophia Institute in Charleston, South Carolina

Beauty, Eros and Wisdom, January 3 and 4, 2013
The Pilgrim Way: Setting the Direction for a Future Life, March 8 and 9, 2013
Seven Thousand Ways to Listen, May 17, 2013
<http://www.thesophiainstitute.org>

Anderson School of Theology for Laypersons

Dr. Luther Smith, January 20, 2013
Rev. Michael Dowd, October 13, 2013
Dr. Walter Brueggemann, February 16, 2014
Dr. John Philip Newell, November 9, 2014
For more information <http://astlonline.org>

The Bowen Conference at Kanuga

“Encore! Getting Rewired for Your Next Act”
Jeri Sedlar and Rick Miners
February 25 – 27, 2013
For more information www.kanuga.org

Natural Spirituality Regional Gathering

February 8 – 10 (or Saturday only)
Camp Mikell near Toccoa, Georgia
For more information <http://www.naturalspiritualityregionalgathering.com>

Engaging Faith – Brene Brown and Yvette Flunder

Offered by Nexus and held at Furman University
Friday evening, February 22 and Saturday, February 23
CEU's available for this event
www.engagingfaith.org





Calendar considerations.....

Southern Dharma Retreats, Hot Springs, North Carolina

Peeling the Proverbial Onion (Zen), March 7 – 10

Eternal Spring: Finding Freshness in Each Moment (Zen), March 22 – 26

In Nature Our True Nature (Buddhism), April 3 – 7

For more information contact Carol Meyer at southerndharma@earthlink.net

Caring for God's Creation

Dr. James Hansen will be featured at the conference via SKYPE.

April 4 – 7, 2013

Lake Junaluska Conference Center

For more information www.lakejunaluska.com/caring

Mountain Top Lectures

Bishop John Spong

May 3 and 4, 2013

Amicalola Falls Lodge, Dawsonville, Georgia

<http://mountaintoplectures.org>

Transforming Trauma: Contemplative Approaches to Spiritual Healing

Friday, April 12, 9:30 – 12:30 p.m.

Led by James Finley at St. Michael Archangel Catholic Church, Cary, NC

Through the Narrow Gate

A silent retreat led by James Finley who will let the mystic teachings from Christianity, Buddhism and other traditions be the guides.

Friday, April 12 at 5:00 p.m. until Sunday, April 14 at noon.

St. Francis Springs Prayer Center, Stoneville, NC.

<http://jamesfinleynorthcarolina.org>

Summer Dream and Spirituality

Offered by the Haden Institute at Kanuga Conference Center, Hendersonville, NC

May 26 – 31, 2013

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

Iona Pilgrimage with Jungian analyst Jerry Wright

September 20 through October 1, 2013

For more information contact Jerry at jwright@morrisbb.net

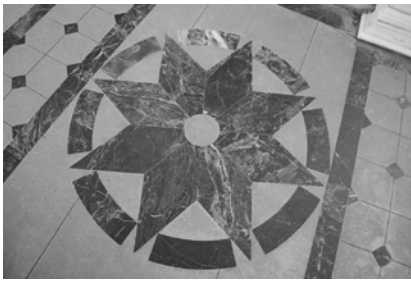
If you are interested in the work of Carl Jung...

The Asheville Jung Center <http://ashevillejungcenter.org>

The Jung Society of Atlanta <http://www.jungatlanta.com>

Some programs offer CEU's





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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All of the photos in this month's journal are my work. They are random shots taken in Northern California and in Sacramento.