



Living in the Balance

January 2014

Quotes and reflections from other folks that I'm sharing for the New Year.....

- No one is going to give you permission to live your life....you must seize it. *James Hollis*
- Don't let anyone steal your joy. *My friend, Anne Arrington*
- "No" is a complete sentence. *Anne Lamott*
- When in doubt, don't. *Benjamin Franklin*
- Tell me, what is it that you plan to do with your one wild and precious life? *Mary Oliver*
- Fear not. *Jesus said.....repeatedly.*
- What would I do if I was not _____ ?
- It just goes to show ya, it's always something. *Roseanne Roseannadanna*
- We think that the point is to pass the test or to overcome the problem, but the truth is that things don't really get solved. They come together and they fall apart. *Pema Chodron*
- Sometimes you find yourself in the middle of nowhere and sometimes in the middle of nowhere you find yourself. *Author unknown*
- "I DON'T CARE!" Harry yelled at them, snatching up a lunascope and throwing it into the fireplace. "I'VE HAD ENOUGH, I'VE SEEN ENOUGH, I WANT OUT, I WANT IT TO END, I DON'T CARE ANYMORE!" "You do care," said Dumbledore. He had not flinched or made a single move to stop Harry demolishing his office. His expression was calm, almost detached. "You care so much you feel as though you will bleed to death with the pain of it." *J. K. Rowling*
- Apparently there is nothing that cannot happen today. *Mark Twain*
- Finish each day and be done with it. You have done what you could. Some blunders and absurdities no doubt crept in; forget them as soon as you can. Tomorrow is a new day. You shall begin it serenely and with too high a spirit to be encumbered with your old nonsense. *Ralph Waldo Emerson*
- How wonderful it is that nobody need wait a single moment before starting to improve the world. *Anne Frank*
- And now let us welcome the new year, full of things that have never been. *Rilke*



Calendar considerations.....

Contemplative Outreach of Middle Tennessee

8-Day Intensive and Post-Intensive Centering Prayer Retreat

January 5 – 12, 2014

St. Mary's Center, Sewanee, Tennessee

www.centeringprayermidtn.com

The Sophia Institute

Writing Yourself Home: Embracing Your Authentic Voice, January 10 – 11

Mindfulness Training, February 1

Intuition and Writing: Fueling the Creative Fire with the Voice of your Soul, February 7 and 8

The Feminine Co-Creator, with Barbara Marx Hubbard, February 28 and March 1

Embodying Spirit in Everyday Life with Joan Borysenko, March 14 to March 16

Solace with David Whyte, April 11 and 12

The Book of Awakening, with Mark Nepo, May 16 to May 18

Charleston, SC

www.thesophiainstitute.org

Anderson School of Theology for Laypersons

Dr. Walter Brueggemann, February 16, 2014

Dr. John Philip Newell, November 9, 2014

For more information <http://astlonline.org>

The Anchorage

Beach Retreat: Pray with St. Francis of Assisi, Friday, January 24 through Sunday January 26 at Springmaid Beach, Myrtle Beach

Ignatian Retreat Monday, February 24 – Friday, February 28 or Friday, March 28 – Monday, March 31 at Mepkin Abbey, Moncks Corner

Spring Quiet Day, Friday, April 4 – Greenville, SC

Spring Directed 4-day group retreat, Monday, April 7 – Friday, April 11 at Mepkin Abbey

www.theanchorage.org

Kanuga Conference Center

Iconography: The Gospel in Line and Color, February 15 – February 21

The Bowen Conference: Beyond the Shepherd: Re-imagining God with Lauren Winner, February 16 – 18

Kanuga Conference Center, Hendersonville, NC

www.kanuga.org

Southern Dharma Retreats, Hot Springs, North Carolina

And to the Source Kept True, March 20 – 23

Working with Emotions the Buddha's Way, March 29 – April 3

The Nature of Awareness: Insight and Meditation for Experienced Meditators, April 25 – May 2

Marriage of Yoga and Meditation, May 23 – May 26

For more information about retreats and the schedule

<http://www.southerndharma.org>





Calendar considerations.....

Barbara Brown Taylor

Saturday, March 22, 2014

Mary & Martha's Place, Atlanta, GA

www.maryandmarthasplace.com

Lake Junaluska

Signature Series with Rachel Held Evans, February 22

Spring into Writing: A Fearless Writing Retreat, March 22 – 23

Peace Conference, March 27 – March 30

Lake Junaluska, NC

<http://www.lakejunaluska.com/peace>

Greenville Friends of Jung Spring Event

Howard Tyas presenting

Friday evening, March 28

Unitarian Universalist Fellowship, Greenville, SC

Watch for details at www.greenvillefriendsofjung.com

Abbey of the Arts

Offering several on-line and/or on-demand courses in both the creative and contemplative.

abbeyofthearts.com

Spirituality and Practice

Continuing to offer a wide variety of on demand, on line courses from a variety of traditions.

www.spiritualityandpractice.com

The Year of Altruism Greenville, SC

The mission of the Year of Altruism is to encourage and celebrate altruism in thought, speech and deed, focusing the community on fostering acts of kindness in its organizations and individuals, thus creating a better future, one life at a time. Events are scheduled throughout the year.

For details and schedules to go <http://yearofaltruism.org>

The pilgrim's heart means seeing everything as sacred. No "there" to pilgrimage. It is my attitude and remembering that all is sacred. I'm hoping to remember that when I walk around my kitchen and in my neighborhood and when I'm on Facebook.

And the eternal question for me from Lao Tuz

“Do you have the patience to wait
Till your mud settles and the water is clear?
Can you remain unmoving
Till the right action arises by itself?”





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 the journal are mine and were taken in Christchurch, New Zealand in April. The city continues to recover from the earthquake of 2010. I was amazed by the life that was going on in a city filled with terrible devastation but that has not lost heart.

