



Living in the Balance

January 2015

Winter Grace

If you have seen the snow
under the lamppost
piled up like a white beaver hat on the picnic table
or somewhere slowly falling
into the brook
to be swallowed by water,
then you have seen beauty
and know it for its transience.
And if you have gone out in the snow
for only the pleasure
of walking barely protected
from the galaxies,
the flakes settling on your parka
like the dust from just-born stars,
the cold waking you
as if from long sleeping,
then you can understand
how, more often than not,
truth is found in silence,
how the natural world comes to you
if you go out to meet it,
its icy ditches filled with dead weeds,
its vacant birdhouses, and dens
full of the sleeping.
But this is the slowed-down season
held fast by darkness
and if no one comes to keep you company
then keep watch over your own solitude.
In that stillness, you will learn
with your whole body
the significance of cold
and the night,
which is otherwise always eluding you.

Patricia Fagnoli, from *Winter*

“I hope that in this year to come, you make mistakes.

Because if you are making mistakes, then you are making new things, trying new things, learning, living, pushing yourself, changing yourself, changing your world. You're doing things you've never done before, and more importantly, you're doing something.

So that's my wish for you, and all of us, and my wish for myself. Make New Mistakes. Make glorious, amazing mistakes. Make mistakes nobody's ever made before. Don't freeze, don't stop, don't worry that it isn't good enough, or it isn't perfect, whatever it is: art, or love, or work or family or life.

Whatever it is you're scared of doing, Do it.

Make your mistakes, next year and forever.”

Neil Gaiman

“We spend January 1st walking through our lives, room by room, drawing up a list of work to be done, cracks to be patched. Maybe this year, to balance the list, we ought to walk through the rooms of our lives...not looking for flaws, but for potential.”

Ellen Goodman



Calendar considerations.....

Contemplative Outreach of Piedmont NC

Intensive Centering Prayer Retreat
St. Mary's Retreat Center, Sewanee, TN
January 4 – January 11, 2015
For more information on all events, <http://copnc.org/>

Spirituality and Practice On-line Courses

Poetry to Transform your Life, January 1 – 31
Holy Silence, The Quaker Way, January 12 – February 6
<http://www.spiritualityandpractice.com/ecourses>
Many other online courses with teachers like Cynthia Bourgeault and Pema Chodron

Anderson School of Theology for Laypersons

Barbara Brown Taylor
Sunday, February 22, 2015
Speaking at 3:00 and at 7:00 p.m. Two different lectures
For more information <http://astlonline.org>

Greenville Yoga

Transform Trauma with Yoga
Monday evenings, January 5 – February 9
www.greenvillyoga.com

On-line retreats with Abbey of the Arts

Illuminating the Way: Epiphany and New Year Retreat with Monks, Mystics and Archetypes
January 4 – February 7, 2015
Many other on-line courses including the arts and photography.
<http://abbeyofthearts.com/classes/online-classes/>

The Sophia Institute, Charleston, SC

Epiphany: Moving into the Light, January 9 and 10
Writing Down the Light: A Conscious Retelling of your Life's Story with Joan Borysenko, February 20, 21 and 22
A Deep but Dazzling Darkness: Beauty and Courage to Harvest the Presence with David Whyte, March 27 and 28
Engaging Wholeheartedly as Women Leaders with Margaret Wheatley, May 8 and 9
The Endless Practice: Becoming Who You Were Born to Be
with Mark Nepo, May 15, 16 and 17
www.thesophiainstitute.org

Natural Spirituality Regional Gathering

February 13 –15 or Saturday only
Held at Camp Mikell in the mountains of North Georgia
Program is being prepared
www.naturalspiritualityregionalgathering.com





Calendar considerations.....

Offerings by The Anchorage in Greenville, SC
Beach Retreat, Praying with the Holy Spirit, January 23 – 25
Spring Quiet Day: Merton's Quiet Place Within, Thursday, April 9 from 9:30 until 3:30
Mepkin Abbey Directed Retreats offered in April and July
For more information: <http://www.theanchorage.org/>

Monasteries of the Heart

On line retreat
Monastic Wisdom for the Workplace
January 12 – February 6
<http://monasteriesoftheheart.org>

Iconography: The Gospel in Line and Color

February 21 – 27
Kanuga Retreat Center, Hendersonville, NC
www.kanuga.org

Montreat Retreat Center

Praying with Julian of Norwich
A Columbia Theological Seminary Spiritual Formation Program
April 23 – 26
www.montreat.org

Greenville Friends of Jung

The Red Book led by Randall Mishoe
Friday evening, March 20
www.greenvillefriendsofjung.org

The Haden Institute

Summer Dream Conference and Spirituality Conference
May 24 – 29
www.hadeninstitute.com





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
864-246-3960 or via email at wmeade@meadellc.com

Wanda Meade, M.Ed., Licensed Professional Counselor
Completed Haden Institute in Spiritual Direction Program
PO Box 14940
Greenville, SC 29610



The photos are my work. The opening page photo was taken across the street from my home in February 2014. The other photos were taken in Charleston, SC.