



Living in the Balance

June 2012

My socks are in four small drawers separated mostly by function. Drawer one contains woolly and warm for hiking and the occasional snow storm. Next drawer holds white.....strictly yard and gym. Yard socks are white socks that used to go to the gym until they started to lose their shape.....not unlike their owner. One sock drawer contains all black socks which vary in weight depending on the shoe and the occasion. And then the fourth is a drawer full of fun socks. All colors with designs. Stars and moons. Coyotes. Ponies. Fish. Mermaids.

As much as I love my socks, the day of reckoning comes on a Tuesday. I have socks coming out my eyeballs. If I try to cram one more pair in the little drawers, a toe or top hangs out as I jam it shut. Pitiful. Clean out the drawers, pack rat woman!

In the all black drawer, I find several with holes in the toe or that are thin in the heel. Those rub me the wrong way no matter what. Out. Some have tops so stretched they fall down endlessly and I spend half my life pulling them up. Bon voyage. Eight without mates. Typical....half of them show up and wonder where the other half went. But then I find several exceptional pairs that always fit just right.

I work my way through the white socks. Several pairs are too shot even for yard duty. Gone. Three pairs of new ankle socks which I thought would work for the gym, in reality, slink down into my gym shoes and usually create a blister. Ah! Several pairs that are cushiony and make my feet happy in the worst conditions. Socks you can count on. Definitely keepers.

And then the fun socks. Happily, most have a lot of life left in them. Well, not that itchy wool pair. Or those two pairs that are so tight that they cut off my circulation. And then sadly, there she is.....the lone blue mermaid sock. And stuck in the back of the drawer is another loner..... brown ponies racing across a black background. What happened to your mates, I sigh? And jammed even farther back, I unearth a pair of purple socks with little grippers in the shape of bear paws that they give you in the hospital. Yes, comforting at the time, but now?

I study the socks. I see the "mate less" pile and the "these don't fit me anymore" mound and the "scratchy, itchy, saggy" stack and the "seemed like a good idea at the time, but not really" heap. I put them all into a bag, except the little mate less pony sock and the mermaid sock and the going somewhere special black sock. I love those socks and it's hard to let go.

Lately, I find myself cleaning out psychic sock drawers. My soul friend calls it "compassionate detachment." Sometimes, like my socks, people and projects and committees and communities don't fit anymore. I changed or they changed. For whatever reasons, we moved in different directions.

Both the real and the psychic socks begin to sort themselves out. As I sift through the socks, I recognize that sometimes I was the one missing in action. I rubbed people thin. I was no longer a mate. I faded from the scene. I didn't show up. I need to own my part. It takes two well-matched to make a fit.

And I also acknowledge the other side. Sometimes, I feel as mate less as the socks, wishing for the return of a relationship or a hope or a dream that is long over or lost. The once close friend who is not present even when present. The community that takes and no longer gives. The support group that isn't. The circle that makes commitment a constriction. I acknowledge what is, what was, and what is no longer.

In the end, I hold on to what's working. I celebrate the joys shared and now complete. I mourn the losses. I create fresh outer and inner space. And just for awhile, I decide to go barefoot. ©Wanda Meade

Less
is
more.....

*Ludwig Mies
van der Rohe
architect*



Calendar considerations.....

The Sophia Institute

The Second Half of Life:
Opening the Eight Gates of Wisdom with Angeles Arrien July 6 – 8
Charleston, South Carolina
www.thesophiainstitute.org

Southern Dharma Retreats, Hot Springs, North Carolina

A Marriage of Yoga and Meditation, June 19 – 24
Insight Dialogue and Metta: Opening to Life as It Is, July 6 – 11
Vipassana and Diversity: Courage to Love, July 17 – 22
Mindfulness: The Path to Freedom, July 26 – 29
Gateway to the Profound Mind of Enlightenment, August 2 -5
The Nature of Awareness: Insight Meditation for Experienced Meditators, August 10 - 17
For more information contact Carol Meyer at southerndharma@earthlink.net

Introductory Centering Prayer Workshop

Saturday, June 16, 2012, 10:00 a.m. until 4:00
St. Matthew Catholic Church, Charlotte, NC
For more information contact Contemplative Outreach of Charlotte www.cpcharlotte.org

Jung and Neuroscience

The Asheville Jung Center and the International Association for the Study of Dreams (IASD) will be offering this presentation from the IASD conference.
June 28, 2012
For more information go to <http://ashevillejungcenter.org>
The Asheville Jung Center also offers CEU's and online courses and programs.

Anderson School of Theology for Laypersons

John Selby Spang – Saturday, August 4, at 3:00 p.m. and 7:30 p.m.
Dr. James Carroll – Sunday, September 30, at 3:00 p.m. and 7:30 p.m.
ASTL Pre-Lecture Symposium: The Future of Progressive Theology – Saturday, September 29
Dr. Carroll will be presenting a lecture on Saturday morning as part of this symposium. More details to come.
For more information www.astlonline.org

Machu Picchu and Peru's Sacred Valley – A Pilgrimage

August 8 – 20, 2012
Offered by Jerry Wright, Jungian analyst, and Diana McKendree, Jungian psychotherapist.
The pilgrimage will include Peruvian teachers and guides.
For more information, contact Jerry Wright at jwright@morrisbb.net or call 770-656-3818

Spirituality and Practice

On-demand courses available with Cynthia Bourgeault, James Hollis, Sr. Joan Chittister, Rabbi Rami, Thomas Moore, and Sylvia Boorstein.
You'll find a variety of faith traditions represented.
Courses include Centering Prayer, The Essence of the Qur'an, Rumi and Living a Spiritual Life, Lectio Divina and The Wisdom of Muhammad.
www.spiritualityandpractice.com





Calendar considerations.....

Welcoming Prayer Retreat

October 5 – 7

St. Francis Springs Prayer Center, Stoneville, NC

For more information 222.4thdayjourney.org

Rabbi Rami Shapiro

“Biblical Wisdom for Post-Biblical Times: Learning to Read the Bible like a Mystic”

October 12 – 14

The Episcopal Convent of Saint Helena, Augusta, Georgia

For more information <http://www.osh.org>

(Rabbi Shapiro writes a monthly column for Spirituality and Health Magazine and is the author of numerous books.)

Lansing Lee Conference with Eric Metaxas

October 28 – 30

Kanuga, Hendersonville SC

For more information www.kanuga.org

2012 Lake Junaluska Peace Conference, Love in Action: The Transformative Power of Nonviolence

November 8 – 11, 2012

2011 Nobel Peace Prize winner, Ms. Leymah Gbowee will headline the conference.

www.lakejunaluska.com

Advanced Centering Prayer Retreat

Becky Hannah, facilitating

Sunday, November 25 – Sunday, December 2

Valle Crucis Retreat Center, Valle Crucis, NC

www.highsouth.com/vallecrucis

Take a time out and retreat.....

Valle Crucis Conference and Retreat Center in Valle Crucis, NC, offers hermitages for spiritual retreats. www.highsouth.com/vallecrucis

The Poor Clares in Greenville, SC, have a retreat house for intentional time away. <http://www.poorclaresc.com/new>





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 this month are my work. My feet are on the opening page. The other photos are from Maine.

