



Living in the Balance

June 2014

"Unwritten"

I am unwritten, can't read my mind, I'm undefined
I'm just beginning, the pen's in my hand, ending unplanned

Staring at the blank page before you
Open up the dirty window
Let the sun illuminate the words that you could not find

Reaching for something in the distance
So close you can almost taste it
Release your inhibitions

Feel the rain on your skin
No one else can feel it for you
Only you can let it in
No one else, no one else
Can speak the words on your lips
Drench yourself in words unspoken
Live your life with arms wide open
Today is where your book begins
The rest is still unwritten

I break tradition, sometimes my tries, are outside the lines
We've been conditioned to not make mistakes, but I can't live
that way

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Today is where your book begins...

Natasha Bedingfield

You do not need to know precisely what is happening, or exactly where it is all going. What you need is to recognize the possibilities and challenges offered by the present moment, and to embrace them with courage, faith and hope.

Thomas Merton



I wanted a perfect ending. Now I've learned, the hard way, that some poems don't rhyme, and some stories don't have a clear beginning, middle, and end. Life is about not knowing, having to change, taking the moment and making the best of it, without knowing what's going to happen next.

Gilda Radner

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Calendar considerations.....

Mountain Top Lectures

Rev. Fred Plummer, Summer 2014
Rabbi Rami Shapiro, November 7 and 8
Davidsonville, GA
[www/mountaintoptlectures.org](http://www.mountaintoptlectures.org)

E-Courses

Transformative Travel: The Art of Finding Meaning on the Road –June 2 – 27

Lectio Divina: Heart to Heart - Listening and Living with God -- June 2 – 27

Forgiveness: A Growth in Love -- August 4 - August 29

Offered by Spirituality and Practice
www.SpiritualityandPractice.com

The Sophia Institute

Embodying the Sacred Woman through Love, Healing, and Empowerment, Dr. Christine Page, June 20 to 22
Archeological Dig to your Heart, Jessica Boylston-Fagonde, June 13 to 14
What is the SoulDream Calling You? Gloria Karpinski, July 11 to 12
Heart Callings, Carolyn Rivers, September 6
Mindfulness, Henk Brandt, September 20
Charleston, SC
www.thesophiainstitute.org

Southern Dharma Retreats, Hot Springs, North Carolina

The Way to Practicing the Two Vehicles to Liberation: Concentration and Insight, June 13 – 22

The Way of the Truth, July 3 – 6

Insight Dialogue and the Path of Peace, July 11 – 16

Guiding Your Own Practice, An Insight Meditation Retreat, July 23 – 27

Seeing Clearly, Opening Up: The Heart of Vispassana , July 31 – August 5

Touching the Unconditioned: A Vispassana Retreat, August 13 – 17

Buddhism and the Twelve Steps, August 28 – September 1

For more information about retreats and the schedule

<http://www.southerndharma.org>

Wild Goose Festival 2014

June 26 – June 29, 2014

Hot Springs, NC

<http://wildgoosefestival.org>

Contemplative Outreach of Middle Tennessee

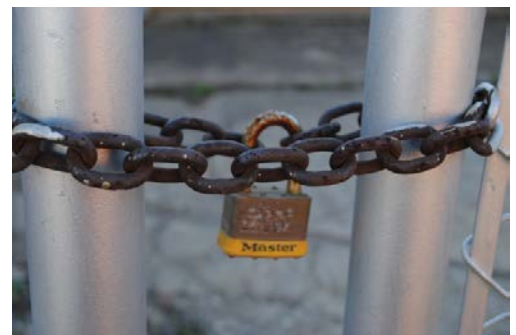
8-Day Intensive Centering Prayer Retreat

July 27 – August 3

St. Mary's Retreat Center

Sewanee, TN

www.stmaryssewanee.org





Calendar considerations.....

Abbey of the Arts E-courses

Exile and Coming Home, An Archetypal Journey through Scripture, June 16 – July 27
Novena of Resurrection, Earth as our First Monastery, September 8 – 17
Other courses available on line including Monk in the World
www.abbeyofthearts.com

Kanuga

FACE: Faith, Art, and Creative Expression, August 17 – 22
Lansing Lee Conference, Experiencing Eternity, Dr. Eden Alexander,
October 26 – 28
www.kanuga.org

The Cathedral of St. Philip

The New Emerging Spirituality with Dr. Lauren Artess, October 25
Atlanta, GA
www.stphilipscathedral.org

AwakeningSoul

Seeking the Sacred Thread – Celebrating the Heart of Life
John Philip Newell and Barbara Brown Taylor
November 6 – 9
Lutheridge Conference Center
Asheville, NC
<http://www.awakeningsoulpresents.org/>

Anderson School of Theology for Laypersons

Dr. John Philip Newell, November 9, 2014
Speaking at 3:00 and at 7:00 p.m.
For more information <http://astlonline.org>

Valle Crucis Conference Center

Advanced Intensive Centering Prayer Retreat
November 30 – December 7
Valle Crucis, NC
<http://www.highsouth.com/vallecrucis/events.php4>

Sit.

Rest.

Sit.

Listen.





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 in this month's journal are my work. They were taken in and around Greenville. Sometimes I'm just riding around and stop on the side of the road. As Rod Stewart says, "Every picture tells a story, don't it.?"

