



# Living in the Balance

May 2014

## Advent at Midlife

I am no longer waiting for  
a special occasion;  
I burn the best candles on ordinary days.

I am no longer waiting for  
the house to be clean;  
I fill it with people who understand that  
even dust is sacred.

I am no longer waiting for  
everyone to understand me;  
it's just not their task.

I am no longer waiting for  
the perfect children;  
My children have their own names  
that burn as brightly as any star.

I am no longer waiting for  
the other shoe to drop;  
It already did, and I survived.

I am no longer waiting for  
the time to be right;  
The time is always now.

I am no longer waiting for  
the mate who will complete me;  
I am grateful to be so  
warmly, tenderly held.

I am no longer waiting for  
a quiet moment;  
My heart can be stilled whenever it is called.

I am no longer waiting for  
the world to be at peace;  
I unclench my grasp and  
breathe peace in and out.

I am no longer waiting to  
do something great;  
Being awake to carry my  
grain of sand is enough.

I am no longer waiting to  
be recognized;  
I know that I dance in a holy circle.

I am no longer waiting for  
forgiveness.  
I believe, I believe.

*Mary Anne Perrone*

*12/2/2005*





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## *Calendar considerations.....*

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### **Mountain Top Lectures**

Diana Butler Bass, May 16 and 17  
Rev. Fred Plummer, Summer 2014  
Rabbi Rami Shapiro, November 7 and 8  
Davidsonville, GA  
[www/mountaintoplectures.org](http://www.mountaintoplectures.org)

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### **Walking on the Sacred Earth: Awakening to Intimacy with the Natural World – E-course**

May 5 – 30  
Offered by Spirituality and Practice  
[www.SpiritualityandPractice.com/SacredEarth](http://www.SpiritualityandPractice.com/SacredEarth)

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### **Nexus Journey presents Father William Meninger**

Leading a one day seminar on Julian of Norwich  
Saturday, May 31 in Greensboro, NC  
For information call Nexus Journey at 336-323-8957

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### **The Sophia Institute**

The Book of Awakening, with Mark Nepo, May 16 to May 18  
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  
Charleston, SC  
[www.thesophiainstitute.org](http://www.thesophiainstitute.org)

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### **Holy Listening in a Circle of Trust**

An Introductory Retreat Based on the work of Parker Palmer  
Thursday, May 29 – Saturday, May 31  
St. Philip's Episcopal Church, Brevard, NC  
Karen Jackson and John Fenner, retreat leaders.  
For more information [john@couragerenewal.org](mailto:john@couragerenewal.org)

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### **Southern Dharma Retreats, Hot Springs, North Carolina**

Marriage of Yoga and Meditation, May 23 – May 26  
Unfettering the Natural Mind: The Path of Clear Seeing, May 31 through June 7  
The Way to Practicing the Two Vehicles to Liberation: Concentration and Insight, June 13 – 22  
The Way of the Truth, July 3 – 6  
For more information about retreats and the schedule  
<http://www.southerndharma.org>

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### **Summer Dream and Spirituality Conference**

May 25 – 30, 2014  
Offered by the Haden Institute  
Held at Kanuga in Hendersonville, NC  
[www.hadeninstitute.com](http://www.hadeninstitute.com)





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## *Calendar considerations.....*

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### **Wild Goose Festival 2014**

June 26 – June 29, 2014  
Hot Springs, NC  
<http://wildgoosefestival.org>

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### **Kanuga**

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

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### **The Cathedral of St. Philip**

The New Emerging Spirituality with Dr. Lauren Artess, October 25  
Atlanta, GA  
[www.stphilipscathedral.org](http://www.stphilipscathedral.org)

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### **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/>

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### **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>

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### **Valle Crucis Conference Center**

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

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Just when I think I understand....I realize I will never understand.

Carry my grain of sand....stay in my own lane.

That is the best I can do.....





## 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

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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 the Aran Islands, Ireland, and on Iona and other locations in Scotland.*

