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# Living in the Balance

## November 2013

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### TIDE'S GIFTS

Before dawn

Faithful tide deposits her gifts--  
shells, panoply of color, shape  
kissed by foam,  
many broken.

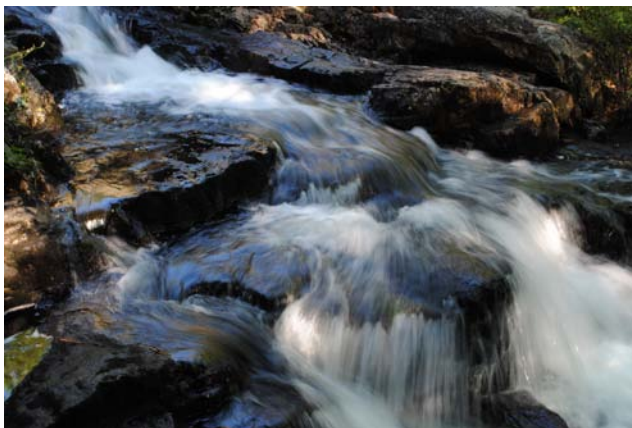
We seekers hunt for perfect specimens.

"Wait" tide whispers,  
"like you, broken is beautiful,  
tossed by storms, buffeted by life,  
reflecting divine glory."

"Yes" I reply.

One with creation's majesty.

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### LIFE LESSON

Oh my dearest one, bind not your heart.

Be gentle with yourself.

Allow yourself the freedom – the deep breathing  
of your soul.

Love the unlovable in you.

Befriend her – she is your sister, your friend.

Sing, laugh, run and play!

Play with the child within.

Let her come out. Embrace her.

Welcome her, for she, too, is your sister, your  
friend.

Together, feel the energy rising within you, calling  
you to dance, to sing, to write, to create.

It is the Divine within – infusing, inhabiting your  
body, your soul.

It is your life force.

Honor it. Welcome it home.

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## *Calendar considerations.....*

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### **Modern Mind ~ Ancient Soul**

Thursday evening, November 7 – lunch Sunday, November 10

Offered by AwakeningSoul

Presenters: Lauren Winner and Jungian analyst, Jerry Wright

Lutheridge Conference Center, Asheville, NC

For more information <http://www.awakeningsoulpresents.org/awakeningsoul-events>

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### **The Sophia Institute**

Women of Wisdom, November 1, 2, and 3 Featured Speaker Jean Shinoda Bolen

What is the Soul Dream Calling You? Gloria Karpinski, November 8 – 9

[www.thesophiainstitute.org](http://www.thesophiainstitute.org)

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### **Finding God in the Material World**

Monday, November 4, 2013 at noon, Upstate History Museum, downtown Greenville, SC

**God and the Big Bang: Discovering Harmony Between Science and Spirituality**

Tuesday, November 5, 2013, at 7:00 p.m. Younts Conference Center, Furman University

**Presenter Daniel C. Matt, Preeminent Scholar of Kabbalah**

Charles Townes Lecture Series

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### **Greenville Interfaith Dialogue Dinners**

This event is held in November and is a program bringing people of diverse backgrounds together in private homes to share a meal and reflect on the role of faith, spirituality and shared values in their lives.

Thursday evening, November 14, from 6:30 until 9:30.

The event is free, but you must register by NOVEMBER 7!

To register go to [www.interfaithforum-sc.org/register/index.html](http://www.interfaithforum-sc.org/register/index.html)

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### **The Anchorage**

Fall Quiet Day, Friday, November 8

[www.theanchorage.org](http://www.theanchorage.org)

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### **What American Jewish History Can Teach Us About the Jewish Future**

Dr. Eric Goldstein, presenter

Tuesday, November 12 at 7:00 in the Daniel Chapel at Furman University

### **A Personal Story by Mrs. Trude Heller**

Monday, November 18 at 7:00 in the Daniel Chapel at Furman University

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### **The Atlanta Jung Society**

Friday evening, November 15 and Saturday, November 16

Understanding our Moment in History: An Archetypal Perspective

Synchronicity and its Larger Implications

Dr. Richard Tarnas presenter

<http://www.jungatlanta.com/store/tarnas-registration.html>

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

Transforming the Judgmental Mind, November 1—6

For more information about retreats and the schedule

<http://www.southerndharma.org>





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## *Calendar considerations.....*

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### **Spirituality and Practice e-courses**

Re-storying your Life with Christina Baldwin, November 4 -29  
Mastering the Art of Resilience with James Kullander, November 4 – 29  
Advent of the Heart with Father Thomas Keating, November 29 – December 25  
The Gospel of Thomas for Advent with Cynthia Bourgeault, Nov. 30 – Dec. 25  
Other on-demand e-courses available  
[www.spiritualityandpractice.com/ecourses/#current](http://www.spiritualityandpractice.com/ecourses/#current)

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### **Valle Crucis Conference Center**

Advanced Intensive Centering Prayer Retreat, December 1 – December 8  
Advent: Waiting in Joyful Hope, Friday, December 6  
If you want to make a personal retreat, there are hermitages available.  
[www.highsouth.com/vallecrucis](http://www.highsouth.com/vallecrucis)

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### **Kanuga Conference Center**

Icon Writing, November 16 – 22  
Enneagram Conference, December 5 – 8  
Kanuga Conference Center, Hendersonville, NC  
[www.kanuga.org](http://www.kanuga.org)

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### **Contemplative Outreach of Middle Tennessee**

3-Day Advent Centering Prayer Retreat, December 13 – 15  
8-Day Intensive and Post-Intensive Centering Prayer Retreat, January 5 – 12, 2014  
St. Mary's Center, Sewanee, Tennessee  
[www.centeringprayermidtn.com](http://www.centeringprayermidtn.com)

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### **Barbara Brown Taylor**

Saturday, March 22, 2014  
Mary & Martha's Place, Atlanta, GA  
[www.maryandmarthasplace.com](http://www.maryandmarthasplace.com)

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### **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>

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### **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>

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## 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 864-246-3960 or via email at [wmeade@meadellc.com](mailto:wmeade@meadellc.com)

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*The photos in this month's journal are my work. The photos on the first page were taken last summer in Acadia National Park, Maine. All the other photos were taken in Melbourne, Australia last spring.*

