



Living in the Balance

October 2015

My religion is nature. That's what arouses those feelings of wonder and mysticism and gratitude in me.

Oliver Sacks

An Indian Prayer

O' Great Spirit
Whose voice I hear in the winds,
And whose breath gives life to all the world,
Hear me! I am small and weak, I need your strength
and wisdom.
Let me walk in beauty, and make my eyes ever
behold the red and purple sunset.
Make my hands respect the things that you have
made and my ears sharp to hear your voice.
Make me wise so that I may understand the things
you have taught my people.
Let me learn the lessons you have hidden in every
leaf and rock.
I seek strength, not to be greater than my brother,
but to fight my greatest enemy – myself.
Make me always ready to come to you with clean
hands and straight eyes.
So when life fades, as the fading sunset, my spirit
may come to you without shame.

*Found in the St. Ignatius Mission
St. Ignatius, Montana
Located on the Flathead Indian Reservation*



I cannot pretend I am without fear.
But my predominant feeling is one
of gratitude. I have loved and been
loved; I have been given much and
I have given something in return;
I have read and traveled and
thought and written. I have had an
intercourse with the world, the
special intercourse of writers and
readers. Above all, I have been a
sentient being, a thinking animal,
on this beautiful planet, and that in
itself has been an enormous
privilege and adventure.

Oliver Sacks



Calendar considerations.....

Anderson School of Theology for Laypersons

Searching for Jesus Beyond Belief

Harry Cook

Two different presentations at 2:30 and 4:30, Sunday, October 4

Trinity United Methodist Church, Anderson, SC

www.astlonline.org

Interfaith Forum Dinner Dialogues

Thursday, October 15....free, but must register by October 7

Greenville, SC

<http://www.interfaithforum-sc.org/register/>

Greenville Friends of Jung

Images that Change Your Life with Diana McKendree

Saturday morning, October 10

Greenville Unitarian Universalist Fellowship

www.greenvillefriendsofjung.org

Learning to Live in My Own House: The Sacred Vocation of Becoming Myself

Offered by Furman's Cothran Center for Vocational Reflection and the retreat team from Triune Mercy Center

Saturday morning, October 10 from 9:00 until noon

Garden Room of Daniel Chapel at Furman University

Free. Contact Susan.DAmato@furman.edu to register

Montreat Retreat Center

Neighbor: Being Christian in a Multi-faith World, Brian McLaren speaking

October 12 – 15

www.montreat.org

Introduction to Centering Prayer

Saturday, October 3

Queen of the Apostles Catholic Church, Belmont, NC

Sponsored by Contemplative Outreach of Piedmont, NC

<https://copnc.org>

Southern Dharma Center

Equanimity: Guardian of the Heart, October 3 – 9

From the Breath to Spacious Awareness, October 16 – 23

Seeing Clearly, Opening Up, November 15 – 20

Buddhist Wisdom on Preparing for our own death, December 9 – 13

For more information www.southerndharma.org





Calendar considerations.....

The Sophia Institute, Charleston, SC

The Search for Wholeness, October 30 –31
A Role is Just a Coat, November 13 –14
Mindful Living, Mindful Working, November 20 – 21
www.thesophiainstitute.org

Lake Junaluska Retreat Center

Peace Conference, November 12 – 15
Lake Junaluska Conference Center, North Carolina
http://www.lakejunaluska.com/events/spiritual_enrichment/signature_series/

Kanuga Conference Center

Enneagram Conference, October 4–7
Lansing Lee Conference October 18 – 20 featuring keynotes
Rev. Dr. George Carey and Rev. Canon John Petersen
Icon Writing November 15 –21
www.kanuga.org

AwakeningSoul Offers

Circling the Fire with Walter Brueggemann and Valerie Tutson
November 5 – 8
Lutheridge, near Asheville, NC
www.awakeningsoulpresents.org

Cathedral of St. Philip

Sacred in the City with Margaret Silf
November 14
Atlanta, Georgia
www.stphilipscathedral.org/spiritualityconference

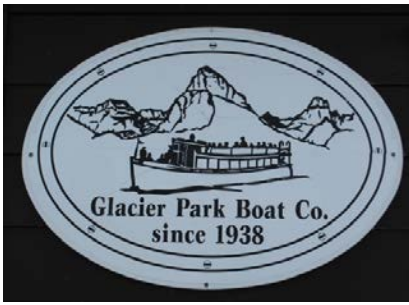
Intensive Centering Prayer Retreat

Eight Day Intensive and Post Intensive, November 29 –
December 6
Valle Crucis Conference Center, Valle Crucis, NC
Contact Becky Hannah 828-702-3518

The Anchorage

Praying the Scriptures, January 18 – 22, Mepkin Abbey
January Beach Retreat, January 20 – 31 and February 1
www.theanchorage.org





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

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The photos are my work and were taken in and around Glacier National Park, Whitefish, St. Ignatius Mission, the Mission Mountains, the National Bison Reserve and Eureka, Montana in September 2015.

