



Living in the Balance

September 2013

A Blessing for a new beginning....

In out-of-the-way places of the heart,
where your thoughts never think to wander,
this beginning has been quietly forming,
waiting until you were ready to emerge.

For a long time it has watched your desire,
feeling the emptiness growing inside you,
noticing how you willed yourself on,
still unable to leave what you had outgrown.

It watched you play with the seduction of safety
and the gray promises that sameness whispered,
heard the waves of turmoil rise and relent,
wondered would you always live like this.

Then the delight, when your courage kindled,
and out you stepped onto new ground,
your eyes young again with energy and dream
a path of plentitude opening before you.

Though your destination is not yet clear
you can trust the promised of this opening;
unfurl yourself into the grace of beginning
that is at one with your life's desire.

Awaken your spirit to adventure;
hold nothing back, learn to find ease in risk;
soon you will be home in a new rhythm,
for your soul senses the world that awaits you.

To Bless the Space Between Us....John O'Donohue



Don't ask what the world needs.
Ask what makes you come alive and go do it.
Because what the world needs are people
who have come alive!

Howard Thurman



You have brains in your head. You have feet in your shoes.
You can steer yourself any direction you choose.
You're on your own. And you know what you know.
And you are the one who'll decide where you go.

Dr. Seuss



Calendar considerations.....

The Forgiveness Project

Greenville Yoga and Raspberry Moon bring this project to the Greenville Area
Opening for the event is Saturday, September 7
Other events and viewings are planned.
For more information www.greenvilleyoga.com

Fr. Carl Arico: The Gift of Life: Death and Dying, Life and Living

Offered by Centering Prayer of Charlotte, NC
Saturday, September 21, 2013, 9:30 until 3:30
St. Gabriel Catholic Church, Charlotte, NC
<http://cpcharlotte.org/events.php>

Greenville Friends of Jung

Inaugural event! "Jungian Psychology and the Spiritual Journey" with Dr. Jerry Wright
Friday evening, October 25, 7:00 until 9:15 (2 CEU's approved for LPC, MFT and MSW non-social work hours)
<http://greenvillefriendsofjung.com> for more information.

Tibetan Monks to Create Sand Art

Monday, September 30 – Friday, October 4
Chapman Cultural Center, Spartanburg, SC www.upcountrysc.com/news/Tibetanmonksart

Anderson School of Theology for Laypersons

Ecology is the New Theology and The Future is Calling Us to Greatness, Rev. Michael Dowd, October 13, 2013
Dr. Walter Brueggemann, February 16, 2014
Dr. John Philip Newell, November 9, 2014
For more information <http://astlonline.org>

The Sophia Institute

Light the Flame, A Vision for a New Humanity with Andrew Harvey, October 18 – 19
Loving Self to Wellness with Anna Schalk, October 25 – 26
Women of Wisdom, November 1, 2, and 3 Featured Speaker Jean Shinoda Bolen
www.thesophiainstitute.org

Southern Dharma Retreats, Hot Springs, North Carolina

Nourishing Ourselves with Meditation, Mindfulness and Yoga, September 12 – 15
The Dance of Consciousness, September 26 – 29
Vipassana: Wise Understanding and Noble Kindness, October 4 – 9
For more information about retreats and the schedule <http://www.southerndharma.org>

Spirituality and Practice On-line courses

The Way of the Spiritually Independent
with Rabbi Rami Shapiro September 9 – October 4
Other on-line courses are available on demand.
<http://www.spiritualityandpractice.com/ecourses>

The Anchorage

4-day directed retreat at Mepkin Abbey, October 7 – 11
Fall Quiet Day, Friday, November 8
www.theanchorage.org





Calendar considerations.....

Valle Crucis Conference Center

With our Labyrinth, Monday, September 30
Finding Our Way: Discernment in Confusing Times, Friday, October 11
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

Lansing Lee Conference

Blue Ridge Tales: Stories of Survival, Healing and Faith featuring Rev. Becca Stevens
October 20 – 22, 2013
Kanuga Conference Center, Hendersonville, NC
www.kanuga.org

The Cathedral of St. Philip in Atlanta, Georgia

A Day with Cynthia Bourgeault: The Holy Trinity Reconsidered – Harnessing the Power of Three
Saturday, October 26
Contact Jeannie Mahood for more information jmahood@stphilipscathedral.org

His Holiness the Dalai Lama

Emory University, Atlanta, Georgia
October 8 – 10, 2013
Tickets and information at dalailama.emory.edu

Kanuga Conference Center

Icon Writing, November 16 – 22
Enneagram Conference, December 5 – 8
Kanuga Conference Center, Hendersonville, NC
www.kanuga.org

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>

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>





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 and were taken in Paris, Luxembourg, and Baltimore.