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# Living in the Balance

## September 2014

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If we don't change, we don't grow. If we don't grow, we are not really living. Growth demands a temporary surrender of security. It may mean a giving up of familiar but limiting patterns, safe but unrewarding work, values no longer believed in, relationships that have lost their meaning.

*Gail Sheehy*

Finish each day  
and be done with it.  
You have done what you could.  
Some blunders and  
absurdities have crept in.  
Forget them as soon as you can.  
Tomorrow is a new day;  
You shall begin it serenely  
and with too high a spirit  
to be encumbered by  
your old nonsense.

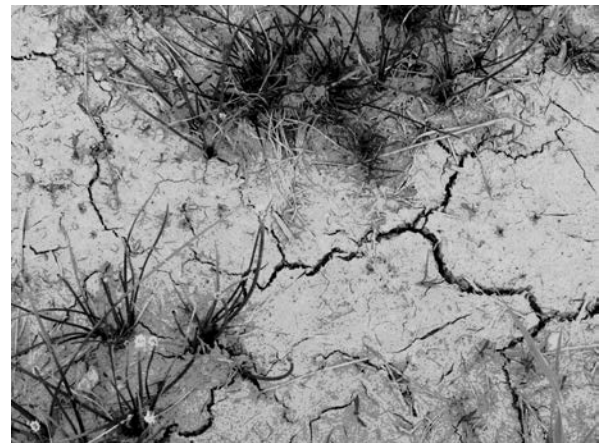
*Ralph Waldo Emerson*

I want to join the human race, yes, but I do not ever again want to have my life, my ideas, my possibilities defined by an institution. I want, before I die, to know who I am when I am completely alone and perfectly free of someone else's projects, schedules, and expectations. I want to know if there is a "me" in me.

*Sr. Joan Chittister  
Called to Question*

"In terms of my growth as a human being... I want to present a whole and complete picture – the yin, the yang; the black, the white; they boy, the girl; the sane, the insane. Because we are all Everyman – a rainbow of different roles and different people. Exploring the colors in myself and in others is my life's passion. There is no such thing as normality – each and every one of us, if we dare to be whole, is a gorgeous peacock. Whether you believe you have one life to live or hundreds, there is no reason not to spread your wings and fly!"

*RuPaul  
Lettin' It All Hang Out*





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## *Calendar considerations.....*

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### **The Sophia Institute**

Heart Callings, Carolyn Rivers, September 6

Mindfulness, Henk Brandt, September 20

Jean Shinoda-Bolen, October 3 and 4

A Spirituality for the 21<sup>st</sup> Century, Matthew Fox, October 24 and 25

The Awakening Heart, the Contemplative Alliance, November 7 and 8

Charleston, SC

[www.thesophia institute.org](http://www.thesophia institute.org)

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Free webinar with Sr. Joan Chittister – Love, Forgiveness and Reconciliation, Saturday, September 20 from 10:00 until 11:45 a.m. EST. For more information <http://monasteriesoftheheart.org>

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

Concentration and Insight, September 11 – 21

Vispassana: Wise Understanding and Joy, September 29 – October 5

Awakening the Bodhisattva Within, October 10 – 13

The Many Facets of Vispassana Practice, October 12 – 24

For more information about retreats and the schedule

<http://www.southerndharma.org>

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### **Compassion: An Interfaith Conversation**

Join an interfaith discussion about compassion and share a complimentary meal

Thursday, September 11 from 6-8 pm

First Presbyterian Church, Spartanburg, SC

No charge but please RSVP by Monday, September 8 at 864-583-4531

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### **Introduction to Dreamwork**

Lead by Marsha Carnaham on Saturday, September 13

### **The Song of Songs**

Lead by Cynthia Bourgeault and Rabbi Rami Shapiro, October 17 -19

St. Mary's Retreat Center, Sewanee, TN

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

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### **Diana Butler Bass**

October 10 – 12 at First Congregational Church, Hendersonville, NC

Bass will present three lectures

For more information and to register [www.fcchendersonville.org](http://www.fcchendersonville.org) or 828-692-8630

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### **Archetypal Dreams at Spiritual Journey**

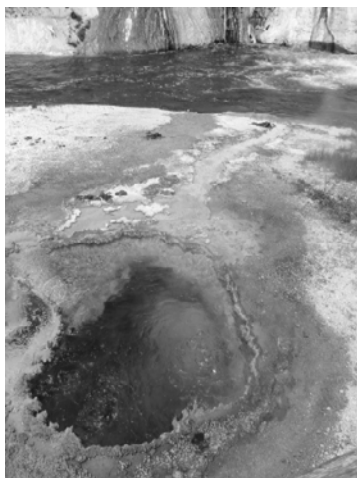
Lead by Dr. Jenny Yates

Friday, October 17 from 7:00 until 9:15 p.m.

Offered by Greenville Friends of Jung

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





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## *Calendar considerations.....*

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### **Kanuga**

Lansing Lee Conference, Experiencing Eternity, Dr. Eden Alexander,  
October 26 – 28  
[www.kanuga.org](http://www.kanuga.org)

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### **Mountain Top Lectures**

Rabbi Rami Shapiro, November 7 and 8  
Davidsonville, GA  
[www/mountaintoplectures.org](http://www.mountaintoplectures.org)

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### **A Day of Silence and Contemplative Prayer**

Lead by Joan Ricci Thome  
Saturday, November 1  
The Oratory, Rock Hill, SC [www.rockhilloratory.net](http://www.rockhilloratory.net)

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### **The Emergence Retreat**

November 7 – 9  
Outdoor Lab in Clemson, SC  
Providing a space where LGBTQ young adults can come together with their families and supportive faith communities for the purpose of promoting love, acceptance and understanding.  
Sponsored by Peace Congregational Church UCC Pendleton  
<http://emergenceretreat.com>

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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**

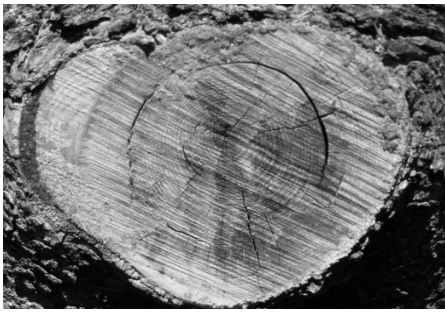
Dr. John Philip Newell, November 9, 2014  
Speaking at 3:00 and at 7:00 p.m.  
For more information <http://astlonline.org>

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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>





## 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)

Wanda Meade, M.Ed., Licensed Professional Counselor  
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*The photos in this month's journal are my work. They were taken in the Tetons and a couple of local places in Greenville where road repairs were being made. They remind me of the dry, cracked or craggy places we sometimes go through in our lives.*

