



Living in the Balance

September 2015

The place is here; the way leads everywhere.

Eihei Dogen

I Worried

I worried a lot. Will the garden grow, will the rivers
flow in the right direction, will the earth turn
as it was taught, and if not how shall I correct it?

Was I right, was I wrong, will I be forgiven,
can I do better?

Will I ever be able to sing, even the sparrows
can do it and I am, well, hopeless.

Is my eyesight fading or am I just imagining it,
am I going to get rheumatism, lockjaw, dementia?

Finally I saw that worrying had come to nothing.
and gave it up. And took my old body
and went out into the morning, and sang.

Mary Oliver



Song of the Builders

On a summer morning
I sat down
on a hillside
to think about God -

a worthy pastime.
Near me, I saw
a single cricket;
it was moving the grains of the hillside

this way and that way.
How great was its energy,
how humble its effort.
Let us hope

it will always be like this,
each of us going on
in our inexplicable ways
building the universe.

Mary Oliver



Calendar considerations.....

John Spong

First Congregational UCC, Hendersonville, NC
September 26 – 27
www.fcchendersonville.org/ashley-lecture-series

Southern Dharma Center

The Midway, September 10 – 13
Staying Present with Mindfulness, Meditation and Yoga, September 17 – 20
Composting Fear into Fearlessness, September 24 – 29
Equanimity: Guardian of the Heart, October 3 – 9
For more information www.southerndharma.org

Greenville Friends of Jung

Images that Change Your Life with Diana McKendree
Saturday morning, October 10
Greenville Unitarian Universalist Fellowship
www.greenvillefriendsofjung.org

Let your life speak based on work of Parker Palmer Circles of Trust

Saturday, September 12 at Tiggs Pond Retreat Center, Zirconia, NC (just north of Greenville, SC)
<http://www.tiggspondretreatcenter.com/let-your-life-speak/>

The Sophia Institute, Charleston, SC

Finding Success First Within Yourself, September 9
Give Rise to your Voice, September 11 and 12
Women, Wisdom and Leadership Summit, September 25 – 27
www.thesophiainstitute.org

Interfaith Forum Dinner Dialogues

Thursday, October 15....free, but must register by October 7
Greenville, SC
<http://www.interfaithforum-sc.org/register/>

Montreat Retreat Center

Neighbor: Being Christian in a Multifaith World, Brian McLaren speaking
October 12 – 15
www.montreat.org

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





Calendar considerations.....

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>

Lake Junaluska Retreat Center

Women's Retreat with Dr. Lauren Winner, September 17 – 19

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

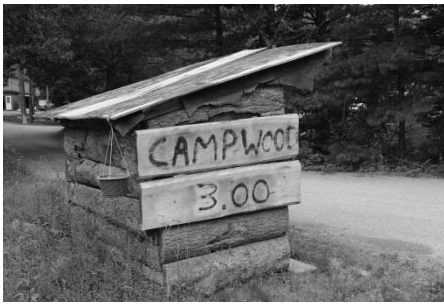
Eight Day Intensive and Post Intensive, November 29 –

December 6

Valle Crucis Conference Center, Valle Crucis, NC

Contact Becky Hannah 828-702-3518





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 are my work. The opening page photos were taken near Charleston, SC and in Eastern Europe. The other photos are from Maine.