



We all play a role  
when it comes to  
the healthy development  
of our nation's children.

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# Living in the Balance

April 2016

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April is officially Child Abuse Prevention Month. Being an advocate for child abuse prevention is my grain of sand to carry and in April I feel a special license to carry and unload an entire tractor truck load of sand.

My goal in the ***Survivors Finding Voice*** project is to raise awareness about sexual abuse.

I have a video on my webpage about the project and it is three minutes and forty seconds in length. I told my web designer and friend Aaron Norris that I hoped the video would get as many views as the average cat video. He laughed and said, "Now that is a lofty goal."

Please....go to the website and watch the video and ask your friends to watch and their friends and so on until everyone on the planet or at least your hometown has seen it.

[www.survivorsfindingvoice.com](http://www.survivorsfindingvoice.com)

And then do something. South Carolina has 17 child advocacy centers. These are the folks in the trenches every day working to provide FREE services to victims of child abuse and their families. Find the advocacy center near you and make a visit. Invite their director to one of your community, church, or civic meetings and ask those attending to bring an item from the center's wish list. If you live in another state, find your advocacy center at the National Children's Advocacy Center website [www.nationalcac.org](http://www.nationalcac.org).

***Darkness to Light*** [www.d2l.org](http://www.d2l.org) provides a wealth of information and on-line training for the community. We can make a difference. One fact you'll learn is that 80% of abuse happens in one-on-one situations so eliminating opportunity is one of our best defenses.

For every person who is informed about abuse prevention ten children are made safe.

It is April. A time of beauty and hope and new life coming forth. And it is the month of mindfulness about preventing abuse.

Our kids need minding. Our kids are counting on us. Please help spread the word. Please. Educate yourself and others. We are the 'someone' in "why doesn't someone do something?"

Bless the beasts and the children  
Give them shelter from the storm  
Keep them safe  
Keep them warm

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## *Calendar considerations.....*

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### **Greenville Friends of Jung**

An Evening with Jungian analyst Anita Chapman  
The Symbolism of Water: A Jungian Perspective,  
with an emphasis on healing, the Mother, and the Unconscious.

Friday, April 8

Garden Room at Furman University Chapel at 7:00 PM

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

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### **The Sophia Institute, Charleston, SC**

The Art of Living the Contemplative Life, Kathleen Norris, April 1, 2016

Journey with No End – Writing and Spiritual Growth, Mark Nepo, May 13 – 15, 2016

The Art of Letting Go – Connie Numbers, June 24 and June 25

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

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### **Centering Prayer Retreat**

May 2 – 6, 2016

Mepkin Abbey, Moncks Corner, SC

Led by Leslie Flynn [lakflynn@yahoo.com](mailto:lakflynn@yahoo.com) 858-449-0395

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### **Greenville Interfaith Forum**

Film Event, *The Children of Chabannes*

Monday, April 11 at 7:00 at St. Joseph's High School, Greenville, SC

Author Presentation by Holocaust survivor Gerda Bikales

Her book is **Through the Valley of the Shadow of Death** Three dates for this presentation each at 7:00 p.m.

Tuesday, April 12 at the Younts Center at Furman, Wednesday, April 13 at Dorman High School Fine Arts Center  
and Thursday, April 14 at Christ Church Episcopal School

[www.interfaithforum-sc.org](http://www.interfaithforum-sc.org)

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### **Southern Dharma Center**

In Nature, Our True Nature, April 5 – 10

Loving Ourselves, At Long Last, April 20 – 24

Spiritual Bypassing, Sand Traps along the Way, May 5 – 8

For more information [www.southerndharma.org](http://www.southerndharma.org)

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### **Eight Day Intensive and Post Intensive Centering Prayer Retreat**

May 29 – June 5

St. Mary's Retreat Center, Sewanee, TN

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

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### **Kanuga Conference Center**

2016 Christian Formation Conference, June 13 – 17, 2016

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





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## *Calendar considerations.....*

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### **Valle Crucis Conference Center**

Women Writers Workshop Session 1, May 26 – 29  
Women Writer Workshop Session 2, September 2 – 4  
Advanced Centering Prayer Retreat, November 27 – December 4  
<http://www.vcconferences.org/programs>

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### **Summer Dream and Spirituality Conference**

May 29 – June 3  
Kanuga Conference Center, Hendersonville, NC  
Offered by the Haden Institute  
<http://www.hadeninstitute.com/summer-dream-conference>

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### **The Anchorage**

Praying Scriptures at Mepkin Abbey  
June 13 – June 20 flexible times available  
October 3 – 7  
<http://www.theanchorage.org/events.htm#Event5>

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### **Many offerings for on-line retreats**

#### **Spirituality and Practice**

<http://www.spiritualityandpractice.com/ecourses>

#### **Abbey of the Arts**

<http://abbeyofthearts.com/programs/self-study-online-classes>

#### **Sounds True**

Many recorded programs for purchase from all traditions and teachers

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### **Harvard offering free online course about world religions**

<http://www.christiantoday.com/article/harvard.to.combat.religio.us.illiteracy.with.free.online.course/80412.htm>

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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)

Wanda Meade, M.Ed., Licensed Professional Counselor  
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*All of the photos this month are my work except the banner on the opening page. The flowers were taken a couple of years ago at the United States Botanical Gardens in Washington, DC.*