



Living in the Balance

October 2016

I was on a search in the attic last week when I came across the *Memory* book that my friends and colleagues at Pickens High School had given me when I retired several years ago. I thumbed through the writings people shared and found this one from Jeanette Winchester. Jeanette was one of the secretaries in the main office who held the place together and who dealt with everything you can imagine from a student body of over a thousand and a faculty and staff of more than 100. Here is part of what she shared with me and that I had forgotten.

.....the gift that stands out most in my mind is when Wanda came in with a small plastic bag with assorted sizes of safety pins. She told me that she was placing these at strategic areas around the school thinking they might be useful. Well, that was an understatement. I didn't realize what an important part these safety pins would play. Several people have been "saved" when a button was popped and just last week a female student didn't have to sign out and go home when her bra strap broke because... thanks to Wanda....I had a safety pin. A male student's private area was protected after his zipper snapped because of Wanda's foresight and knowledge of just how important a little ole safety pin is. The most crucial memory I have relating to the pins was last fall at a home volleyball match. One of the players was having a terrible time keeping her shirt tail tucked in her pants during warm ups and after a few warnings by Coach Anthony that if she didn't keep her shirt tail in she could not go on the court, the girl's mother asked if anyone had any safety pins. She said they normally pin her shirt in but were rushed to get to the match and forgot the pins. Well, no one had a pin with them and I told her one of the guidance counselors had given me some pins but they were in my desk in the locked school building. The assistant principal went into the building with me and I came to my office and got the pins for this player who was overjoyed to get them. After pinning her shirt to her pants she was allowed to play and everyone was happy. Thanks, Wanda! I know the above sounds like a small thing, but believe me it is major when you are the one in need.

This story reminds me that there are no "little things" in this world. That even the smallest gesture or act can have far reaching consequences. I worked with those ninth graders at Pickens High for five years and can't count how many times I heard, "Do you have a Kleenix?" "Do you have a minute to talk?" "Can I borrow that grief book?" "Do you have any more backpacks with stuff? We have a new student and they need one." "Do you have a safety pin?" *Nothing* is too small if you...or the world...are the one in need.

Never underestimate the small stuff. Never say, "I can't do anything about this or that." You can. I can. We all can. Everything matters. Every letter I write. Every phone call I make. Every safety pin. We never know what will ripple out from the smallest effort. Sometimes I just need to remind myself. These two quotes help.

Never doubt that a small group of thoughtful, committed citizens can change the world.

Indeed, it is the only thing that ever has. Margaret Mead

The difference between what we do and what we are capable of doing would suffice to solve most of the world's problems. Gandhi

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Calendar considerations.....

Centering Prayer Retreat

Offered by the Center for Spiritual Wisdom

October 3 – 6

Lake Logan Retreat Center, Canton, NC

For more information about this and other offerings by the Center <https://center4spiritualwisdom.org>

John Philip Newell

Spirituality Conference, St. Philip's Cathedral,

Atlanta, GA, Saturday October 29

<https://www.stphilipscathedral.org/Learn/Prayer-and-Spiritual-Formation/Spirituality-Conference/>

Mountain Top Lectures, Dawsonville, GA, November 11 –12

<http://www.mountaintoplectures.org/page-1108406>

The Sophia Institute, Charleston, SC

Soul Saturation: Igniting an Intimate Relationship with your Soul, October 7 and 8

An Interspiritual Approach to Contemplative Living, October 28 and 29

www.thesophiainstitute.org

Interfaith Dialogue Dinners

Offered Interfaith Forum of Greenville

Thursday, October 27 – Free, but registration required

<http://www.interfaithforum-sc.org/programs.htm#Oct2>

James Carroll: Reimagining Christ for the Modern World

Offered by the Anderson School of Theology for Laypersons

October 16, 2016. Two different lectures at 2:30 and 4:30

<http://astlonline.org/>

Greenville Friends of Jung

A Weekend with Jungian Analyst Dr. Jenny Yates

Friday & Saturday, Oct 21 & 22, the Sears Shelter, 120 E. Park Ave, Greenville

Friday lecture 7 - 9:15 p.m. "Death & Immortality"

Saturday workshop 9:00 a.m. – noon "Dreams"

<https://sites.google.com/site/friendsofjunggreenville/events>

The Anchorage

Praying Scriptures at Mepkin Abbey

October 3 – 7

<http://www.theanchorage.org/events.htm#Event5>





Calendar considerations.....

Kanuga Conference Center

Lansing Lee Conference with Mark Oppenheimer, October 16 – 18

Enneagram Conference, October 27 – 30

Icon Writing, November 13 – 19

www.kanuga.org

Southern Dharma Center

Guardians of the Heart, October 1 – 8

Jhanas and Vipassana, October 13 – 23

Settling, Seeing and Spacious Awareness, October 28 – November 4

For more information www.southerndharma.org

Awakening Soul 2016

Tending the Fire with Brian McLaren and Becca Stephens

November 10 – 13

Lutheridge, Asheville, NC

www.awakeningsoulpresents.org

Valle Crucis Conference Center

Advanced Centering Prayer Retreat, November 27 – December 4

<http://www.vccconferences.org/programs>

Losing Myth: The Price of Lost Feminine Wisdom with Joyce Rockwood Hudson and Bishop Larry Maze

Offered by the Church of the Good Shepherd and The Center for Mindful Living, Lookout Mountain, TN

Friday evening, October 21 and Saturday, October 22

<http://centermindfulliving.org/event-2325016>

“Sometimes I think I understand everything—
then I regain consciousness.”

“Evelyn was an insomniac so when they say she died in her sleep,
you have to question that.”

— Garrison Keillor





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

Wanda Meade, M.Ed., Licensed Professional Counselor
Completed Haden Institute in Spiritual Direction Program
PO Box 14940
Greenville, SC 29610



The photo on the opening page is not mine. All the others are my work. These were chosen randomly from scrolling through photos.