



---

# Living in the Balance

December 2016

---

“Each time a man stands up for an ideal, or acts to improve the lot of others, or strikes out against injustice, he sends forth a tiny ripple of hope, and crossing each other from a million different centers of energy and daring, those ripples build a current that can sweep down the mightiest walls of oppression and resistance.”

*Robert Kennedy*

“At times the world may seem an unfriendly and sinister place, but believe that there is much more good in it than bad. All you have to do is look hard enough and what might seem to be a series of unfortunate events may in fact be the first steps of a journey.”

*Lemony Snicket*

“Life shrinks or expands in proportion to one's courage.”

*Anais Nin*

“Therefore, dear Sir, love your solitude and try to sing out with the pain it causes you. For those who are near you are far away... And this shows that the space around you is beginning to grow vast....

Be happy about your growth, in which of course you can't take anyone with you. And be gentle with those who stay behind.

Be confident and calm in front of them and don't torment them with your doubts and don't frighten them with your faith or joy, which they wouldn't be able to comprehend.

Seek out some simple and true feeling of what you have in common with them, which doesn't necessarily have to alter when you yourself change again and again. When you see them, love life in a form that is not your own and be indulgent toward those who are growing old, who are afraid of the aloneness that you trust.

And don't expect any understanding, but believe in a love that is being stored up for you like an inheritance, and have faith that in this love there is a strength and a blessing so large that you can travel as far as you wish without having to step outside it.”

*Rainer Maria Rilke*

*Letters to a Young Poet*



---

## *Calendar considerations.....*

---

### **The Anchorage in Greenville, SC**

Offering a number of “desert days” now and in 2017  
and their beach retreat and Mepkin retreat in 2017  
<http://theanchorage.org/events.htm>

---

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

The Divine Feminine: Spiritual Evolution for a Woman’s Soul, December 1  
Returning to Our Wisdom, Returning to the Earth, January 27 – 29  
Making Change your Ally with Creativity and Intuition, February 3 – 4  
[www.thesophiainstitute.org](http://www.thesophiainstitute.org)

---

### **Kanuga Conference Center**

Iconography with Suzanne Schleck, February 11 – February 17, 2017  
Faith, Art and Creative Expression: A Liturgical Arts Conference, August 20 – 24  
Lansing Lee Conference, October 22 – 29  
Enneagram, October 26 – 29  
Icon Writing with Teresa Harrison, November 13 – 18  
[www.kanuga.org](http://www.kanuga.org)

---

### **Southern Dharma Center**

Shining the Light of Awareness on Fear: A Vipassana Retreat, December 8 – 12  
For more information [www.southerndharma.org](http://www.southerndharma.org)

---

### **Wild Women Weekends!**

Offered at Lutheridge in Asheville, NC  
February 3 – 5, February 10 – 12, March 10 – 12, March 17 – 19, March 24 – 26, 2017  
<http://www.novusway.com/our-programs/adult/lutheridge/>

---

### **Lake Junaluska Retreat Center**

Listening for the Heartbeat of God, John Philip Newell,  
June 30 – July 2  
Interfaith Peace Conference, November 16 – 19  
[http://www.lakejunaluska.com/events/spiritual\\_enrichment/](http://www.lakejunaluska.com/events/spiritual_enrichment/)

---





---

## *Calendar considerations.....*

---

**Amy-Jill Levine**

March 12, 2017

Anderson School of Theology for Laypersons

<http://astlonline.org/>

---

### **Creative possibilities**

Consider trying or renewing your interest in a creative process.

The John Campbell School offers dozens of programs. <https://www.folkschool.org/>

Or go on line to the Metropolitan Arts Council in Greenville or in your local community and seek out one of the talented artists in your area who is offering classes.

I have truly enjoyed the encaustics process as a way of renewing, refreshing and exploring my love of photography in a totally new way.

---

### **Spirituality and Practice e-courses**

Offering a variety of e-courses on demand in many different traditions

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

---

*"We must be willing to let go of the life we planned so as to have the life that is waiting for us."*

*"If you do follow your bliss you put yourself on a kind of track that has been there all the while, waiting for you, and the life that you ought to be living is the one you are living. Follow your bliss and don't be afraid, and doors will open where you didn't know they were going to be."*

*"We're not on our journey to save the world but to save ourselves. But in doing that you save the world. The influence of a vital person vitalizes."*

*"Regrets are illuminations come too late."*

*"You enter the forest  
at the darkest point,  
where there is no path.*

*Where there is a way or path,  
it is someone else's path.*

*You are not on your own path.*

*If you follow someone else's way,  
you are not going to realize  
your potential."*

**Joseph Campbell**





## 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](mailto:wmeade@meadellc.com)

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



*All of the photos in this month's journal are my work. The photos were originally in color. I changed them to black and white and then inverted each image.*