



Living in the Balance

February 2017

She Just Let Go..... Rev. Safire Rose

She let go. Without a thought or a word, she let go.

She let go of the fear. She let go of the judgments. She let go of the confluence of opinions swarming around her head. She let go of the committee of indecision within her. She let go of all the 'right' reasons. Wholly and completely, without hesitation or worry, she just let go.

She didn't ask anyone for advice. She didn't read a book on how to let go. She didn't search the scriptures. She just let go. She let go of all of the memories that held her back. She let go of all of the anxiety that kept her from moving forward. She let go of the planning and all of the calculations about how to do it just right.

She didn't promise to let go. She didn't journal about it. She didn't write the projected date in her Day-Timer. She made no public announcement and put no ad in the paper. She didn't check the weather report or read her daily horoscope. She just let go.

She didn't analyze whether she should let go. She didn't call her friends to discuss the matter. She didn't do a five-step Spiritual Mind Treatment. She didn't call the prayer line. She didn't utter one word. She just let go.

No one was around when it happened. There was no applause or congratulations. No one thanked her or praised her. No one noticed a thing. Like a leaf falling from a tree, she just let go.

There was no effort. There was no struggle. It wasn't good and it wasn't bad. It was what it was, and it is just that.

In the space of letting go, she let it all be. A small smile came over her face. A light breeze blew through her. And the sun and the moon shone forevermore.

It Is I Who Must Begin

It is I who must begin.
Once I begin, once I try --
here and now,
right where I am,
not excusing myself
by saying things
would be easier elsewhere,
without grand speeches and
ostentatious gestures,
but all the more persistently
-- to live in harmony
with the "voice of Being," as I
understand it within myself
-- as soon as I begin that,
I suddenly discover,
to my surprise, that
I am neither the only one,
nor the first,
nor the most important one
to have set out
upon that road.

Whether all is really lost
or not depends entirely on
whether or not I am lost.

Vaclav Havel

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Calendar considerations.....

Amy-Jill Levine

March 12, 2017

Anderson School of Theology for Laypersons

<http://astlonline.org/>

The Sophia Institute, Charleston, SC

Making Change your Ally with Creativity and Intuition, February 3 – 4

Born for these Times, Joan Borysenko, February 24 – 25

The Way Under the Way: The Place of True Meeting, Mark Nepo, May 19 – 21

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

Southern Dharma Center

Check the website for an updated schedule

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/





Calendar considerations.....

The Anchorage in Greenville, SC

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

Eight Day Centering Prayer Retreat

June 4 – June 11, 2017

St. Mary’s Retreat Center, Sewanee, TN

<http://www.stmaryssewanee.org/about/events/2017/06/04/eight-day-centering-prayer-retreat.2268432>

Advanced Centering Prayer Retreat

Valle Crucis Retreat Center, Valley Crucis, NC

November 26 – December 2, 2017

Contact Becky Hannah for more information (828) 702-3518

Spirituality and Practice e-courses

Offering a variety of e-courses on demand in many different traditions
<http://www.spiritualityandpractice.com/ecourses/>

The Peace of Wild Things

When despair for the world grows in me
and I wake in the night at the least sound
in fear of what my life and my children’s lives may be,
I go and lie down where the wood drake
rests in his beauty on the water, and the great heron feeds.

I come into the peace of wild things
who do not tax their lives with forethought
of grief. I come into the presence of still water.
And I feel above me the day-blind stars
waiting with their light. For a time
I rest in the grace of the world, and am free.”

— Wendell Berry





About Spiritual Direction —

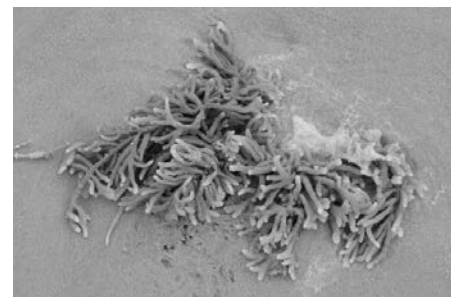
- Offers a space and time for you to explore, reflect upon, and deepen your relationship with God.
- Provides a haven from the daily busyness of the outer world and opens a time to be still and to reflect on your inner journey.
- Is a companioning relationship grounded in dialogue and discernment.
- 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



All of the photos in this month's journal are my work. I chose them randomly.