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# Living in the Balance

## November and December 2017

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### **Gleanings from John O'Donohue.....**

*He was a poet, philosopher, environmentalist, and priest. For me he was the Irish Celtic mystic who brought me to a fresh place and new way of seeing.*

Your beloved and your friends were once strangers. Somehow at a particular time, they came from the distance toward your life. Their arrival seemed so accidental and contingent. Now your life is unimaginable without them. Similarly, your identity and vision are composed of a certain constellation of ideas and feelings that surfaced from the depths of the distance within you. To lose these now would be to lose yourself.



It is a strange and wonderful fact to be here, walking around in a body, to have a whole world within you and a world at your fingertips outside you. It is an immense privilege, and it is incredible that humans manage to forget the miracle of being here. Rilke said, "Being here is so much," and it is uncanny how social reality can deaden and numb us so that the mystical wonder of our lives goes totally unnoticed. We are here. We are wildly and dangerously free.

One of the deepest longings of the human soul is to be seen.



Many of us have made our world so familiar that we do not see it anymore. An interesting question to ask yourself at night is, "What did I really see this day?"



May you experience each day as a sacred gift woven around the heart of wonder.



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## *Calendar considerations.....*

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### **Silent Retreat Weekend**

December 1 – 3, 2017

Order of Saint Helena, North Augusta, South Carolina

<https://www.osh.org/events.html>

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### **Awakening Soul – Sacred Revolution**

Diana Butler Bass and John Dominic Crossan

November 9 – 12, 2017

Lutheridge Conference Center, Asheville, NC

<http://www.awakeningsoulpresents.org/awakeningsoul-events/17-sacred-revolution/>

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### **Kanuga Conference Center**

Icon Writing with Teresa Harrison, November 13 – 18

Iconography with Suzanne Schleck, February 17 – 23, 2018

Lansing Lee Conference: Civil Discourse in America, March 16 – 18, 2018

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

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### **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

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### **Southern Dharma Center**

Awakening the Heart of Mindfulness, November 2 – 5

Wholehearted Engagement without Attachment, November 16 – 19

Risky Dharma: Liberating Our Practice from the Three Poisons, December 7 – 10

Presence and the Open Heart...the New Year's Retreat, December 28 – January 4, 2018

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

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### **Greenville Friends of Jung**

A weekend with Jungian Analyst, Dr. Barbara Kovaz at the Sears Shelter in Greenville, SC

- What Does Birth Have to Do with It? Friday evening February 23, 2018
- What Do We do about it? Workshop 9:00 a.m. until noon, Saturday, February 24, 2018

Mask Making Workshop with Dr. Deborah Armstrong 9:00 a.m. until noon, Saturday, April 21, 2018 (CEU's available)

The group also offers a monthly film and discussion.

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

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## *Calendar considerations.....*

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

Thresholds: Navigating the Difficult Transitions of Life, David Whyte, November 4  
Mindfulness Training with Henk Brandt, November 8  
Living your Truth Series with Millicent Brown, November 14  
Energy Medicine for Healthy Living, Melanie Smith, February 9 – February 10, 2018  
See the website for these and other one day events. [www.thesophiainstitute.org](http://www.thesophiainstitute.org)

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### **James Hollis: Living More Fully in the Shadow of Mortality**

The Jung Society of Atlanta  
Friday evening Lecture December 1 at 7:30 and Saturday workshop from 9:00 until noon, December 2  
[www.jungatlanta.org](http://www.jungatlanta.org)

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### **St. Mary's Retreats**

Eight Day Centering Prayer Retreat, January 28 – February 4, 2018  
St. Mary's Retreat Center, Sewanee, TN  
<http://www.stmaryssewanee.org/about/events>

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### **Interfaith Peace Conference**

Meeting Each Other: Can We Talk? March 1 – 4, 2018  
Lake Junaluska, North Carolina  
[http://www.lakejunaluska.com/events/spiritual\\_enrichment/peace/](http://www.lakejunaluska.com/events/spiritual_enrichment/peace/)

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### **The Anchorage**

Praying the Scriptures, Directed Retreat, November 13 –17, Mepkin Abbey  
<http://www.theanchorage.org/>

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### **Cynthia Bourgeault**

The Cathedral of St. Philip, Atlanta, Georgia  
Saturday, March 17, 2018  
<https://www.stphilipscathedral.org/>

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### **Wild Women Weekends at Lutheridge, Asheville, NC**

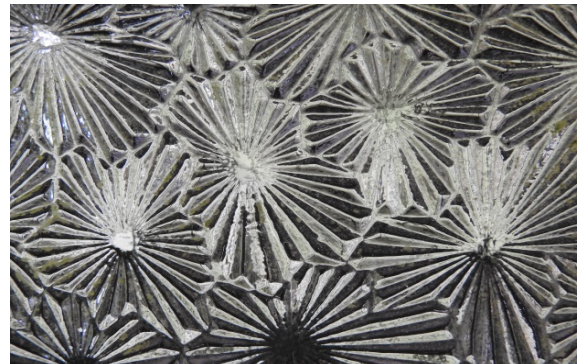
February and March 2018  
For information about this and other events  
<http://www.novusway.com/our-programs/adult/lutheridge/>

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### **Anderson Forum for Progressive Theology**

Robin Meyers will speak on April 8, 2018  
Anderson, SC  
<http://astlonline.org/>

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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.  
Completed Haden Institute in Spiritual Direction Program  
PO Box 14940  
Greenville, SC 29610

*The photos in this journal are my work. The photos on the opening page are from the Aran Islands and the Connemara areas of Ireland that John O'Donohue loved so much. The other photos were taken as we journeyed through Ireland this past month.*

