

---

# Living in the Balance

## February 2018

---

The 400 people attending the Martin Luther King breakfast at Furman University represent a very diverse group...ethnically, racially, generationally. I enjoy that opportunity as I chat with the group at my table. Naomi Tutu (daughter of Desmond) will speak soon. I drink that in. She begins talking about the Truth and Reconciliation work in South Africa. A born orator, she speaks without notes. She is intense. We are intent. Listening. Cringing. Shaking our heads. We hear story after story of the story...the history that is Apartheid in South Africa. She spoke about the country holding the tension between those wanting Nuremburg type trials and those desiring complete amnesty and the journey to the middle. There were three conditions for those seeking amnesty from Apartheid crimes. The first condition required people to come forward and to tell the truth. They had to say publically in hearings what they had done. Tutu spoke about how difficult that was. How do you hold your child at home one night and then the next day kill innocent people....including other people's children? How do you sit in church on Sunday and torture someone on Monday? How do you hold people in confinement for days and weeks on end in cells not fit for an animal and go home for a meal with your family? Tutu revealed how hard it was for people to publically tell the truth...to own their own actions and complicity. Applying for amnesty did not guarantee amnesty, nor did telling the truth. It was the beginning.

She did not leave us comfortably in our own self-righteous, judging, "I'd never do that" seats. Instead she challenged us. "We are all capable of evil. Of torture." She reminded us of the psychological studies that were done in universities here validating this idea. Even though students knew it was an experiment of "prisoner" and "guard" it took little time for the "guards" to begin to torment the "prisoners." "We have within ourselves all the things that we accuse others of doing." She dared us to claim our shadow. Our dark side. And she asked questions. "What is it that I choose not to know/see about myself, my friends, my neighbors, my community, my church, my country? Can we....will we...tell the truth about our own part in the systems of injustice? Will we tell the truth to ourselves? Interrogate ourselves? Question those that we live with? Will we tell the truth about how we came to be who we are?" She went on to say, "To do these things, we must find courage."

I continue to sit with those questions and today heard the quote again from Heschel. "Some are guilty. All are responsible."

And while I reflect on those questions and challenges about my own darkness, I am also looking at the ways that I need to claim my own brightness and that begins with my own inner examination. We are each the prisoner and the guard. The oppressed and the oppressor. The dark and the light. Asking myself where I am part of and/or participating in systems of injustice means getting to the root, digging deeply and then discerning, "How and where can I be a light?" Someone who wants to "see and to know." Who speaks for those without voice. Who welcomes the stranger. Who writes the letters. Who makes the phone calls. Who sends the emails. Who researches the policies. Who has the hard and necessary conversations. That. Tells. The. Truth. We are **all** responsible. We must find a way to live courageously. We can. We must.

© Wanda Meade



---

## *Calendar considerations.....*

---

### **Silent Retreat Weekends**

March 2 – 4, 2018

June 1 – 3, 2018

Order of Saint Helena, North Augusta, South Carolina

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

---

### **Valle Crucis Conference Center**

Mysticism & Mindfulness in the Work of Hildegard of Bingen

Friday, April 13, 10 am - 3 pm

Short Introduction to Centering Prayer

Friday, May 6 - Sunday, May 8

<https://vcconferences.org/programs>

---

### **Kanuga Conference Center**

Iconography with Suzanne Schleck, February 17 –23, 2018

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

Faith, Art and Creative Expression, August 19 – 24, 2018

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

---

### **Southern Dharma Center**

Loving-kindness, Compassion, and the Awakened Heart, March 15 – 18, 2018

Liberating the Mind and Heart, A Metta-Vipassana Retreat, March 29 – April 2, 2018

In Nature, Our True Nature, April 7 – 13, 2018

Fueling the Fire of Our Heart's, Deepest Desire, April 17 – 22, 2018

These programs fill quickly!

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

---

### **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>

---






---

## *Calendar considerations.....*

---

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

Energy Medicine for Healthy Living, Melanie Smith, February 9 – February 10  
 Evolutionary Narrative with Joan Borysenko, February 23 – 25  
 Hidden Grace with Andrew Harvey and Caroline Myss, March 9 – 10  
 The Gift of Deepening and the Radiance of All Things with Mark Nepo, May 18 – 20  
 See the website for these and other one day events. [www.thesophia institute.org](http://www.thesophia institute.org)

---

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

Three Day Lenten Centering Prayer Retreat, March 23 – 25  
 Enneagram Conference, April 6 – 8  
 Three Day Centering Prayer Retreat, June 1 – June 3  
 Ten Day Centering Prayer Retreat, June 22 – July 1  
 St. Mary's Retreat Center, Sewanee, TN  
<http://www.stmaryssewanee.org/about/events>

---

### **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/)

---

### **Cynthia Bourgeault**

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

---

### **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/>

---

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

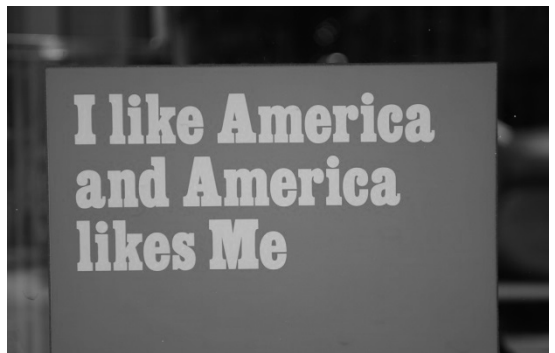
Robin Meyers will speak on April 8, 2018  
 Anderson, SC  
<http://astlonline.org/>

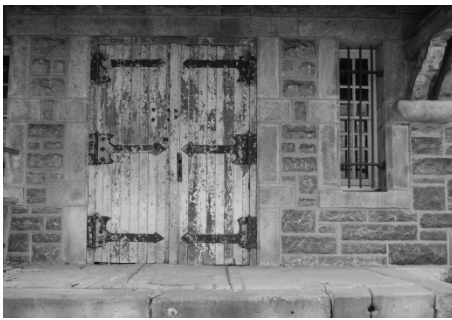
---

### **Haden Institute Summer Dream and Spirituality Conference**

Featuring Jean Shindoa Bolen, Alan Jones, and Pittman McGee  
 May 27 – June 1 at Kanuga Conference Center  
<https://www.hadeninstitute.com/summer-dream-conference>

---





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

*The photos in this journal are my work. They brought up questions for me. What do they say to you?*

