



Living in the Balance

April 2018

An excerpt from Journey of the Universe

By Brian Swimme and Mary Evelyn Tucker

With our empirical observation expanded by modern science, we are now realizing that our universe is a single immense energy event that began as a tiny speck that unfolded over time to become galaxies and stars, palms and pelicans, the music of Bach and each of us alive today. The universe is not simply a place, but a story. A story in which we are immersed and to which we belong, and out of which we arose.

This story has the power to awaken us more deeply to who we are. For just as the Milky Way is the universe in the form of a galaxy and an orchid is the universe in the form of a flower we are the universe in the form of a human. And every time we are drawn to look up to the night sky and reflect on the awesome beauty of the universe, we are actually the universe reflecting on itself.....

A Posting from Words to Live By for March 23

By Eknath Easwaran

Easwaran opens with a quote from Anne Frank.....*I want to go on living even after my death! And therefore I am grateful to God for giving me this gift, this possibility of developing myself and of writing, of expressing all that is in me. I can shake off everything if I write; my sorrows disappear, my courage is reborn.*

When you discover that everyone is contained in you and you are contained in everyone, you have realized the unity of life, which is the divine ground of existence. Then you are not just a person; you have become a beneficial force. Wherever you go, wherever you live, those around you will benefit from your life.

The life of such a person as Gandhi in our own time, becomes a permanent, selfless force on this earth, because even after death his influence continues to bring people together to make them aware of their trusteeship for the resources of the earth and for all creatures. Gandhi is still alive because he is still at work as a real force, advancing peace, goodwill and unity.

Even one unassuming man or woman leading a selfless life, though he or she may live only a few years on earth, enriches all life for all time to come. Even if one person in a community is leading a selfless life, he will make his contribution, and she will slowly inspire others to make the same contribution, because human nature responds to such an example.



Calendar considerations.....

Silent Retreat Weekends

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

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

Icon Writing, November 10 – 16

www.kanuga.org

Southern Dharma Center

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

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

The Blessings of an Imperfect Life, April 26 – 29

Pathway to Freedom: Walking the Eightfold Path, May 5 – 9

The Marriage of Yoga and Meditation, May 15 – 20

These programs fill quickly!

www.southerndharma.org

Greenville Friends of Jung

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>

Center for Spiritual Wisdom

Centering Prayer Lakeside Retreat, Lake Norman, April 20 – 22

Enneagram Series, April 27 – May 22, Elk Haven Wellness Center

For more information and for other offerings

<https://center4spiritualwisdom.org/>





Calendar considerations.....

The Sophia Institute, Charleston, SC

The Gift of Deepening and the Radiance of All Things with Mark Nepo, May 18 – 20

Knowing yourself on a deeper level with Connie Numbers, June 22 – 23

Soul Saturation with Sera Beak, July 6 – July 7

More Together than Alone: Pathways that bring us together, Mark Nepo, Sept 14 – 16

See the website for these and other one day events. www.thesophia institute.org

St. Mary's Sewanee

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>

The Anchorage

Greenville, South Carolina

Offering desert days and contemplative events

<http://www.theanchorage.org/>

A Weekend with Dr. Jerry Wright

September 7 – 9

Lake Junaluska, North Carolina

<http://www.firstlightproductions.org/new-events/>

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

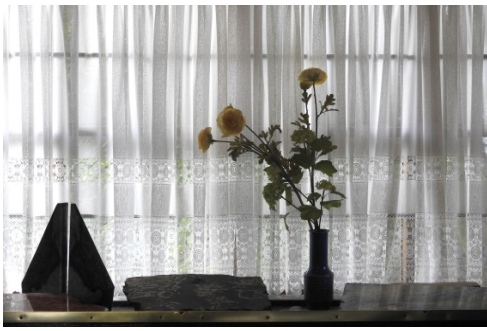
May 27 – June 1 at Kanuga Conference Center

<https://www.hadeninstitute.com/summer-dream-conference>

For online workshops see Spirituality and Practice

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





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
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*The photos in this journal are my work and were taken in
Ireland in September 2018.*

