



Living in the Balance

July and August 2018

The Summer Day

Who made the world?
Who made the swan, and the black bear?
Who made the grasshopper?
This grasshopper, I mean-
the one who has flung herself out of the grass,
the one who is eating sugar out of my hand,
who is moving her jaws back and forth instead of up and down-
who is gazing around with her enormous and complicated eyes.
Now she lifts her pale forearms and thoroughly washes her face.
Now she snaps her wings open, and floats away.
I don't know exactly what a prayer is.
I do know how to pay attention, how to fall down
into the grass, how to kneel down in the grass,
how to be idle and blessed, how to stroll through the fields,
which is what I have been doing all day.
Tell me, what else should I have done?
Doesn't everything die at last, and too soon?
Tell me, what is it you plan to do
with your one wild and precious life?

—Mary Oliver

Bless the Beasts and the Children

Bless the beasts and the children,
For in this world they have no voice,
They have no choice.
Bless the beasts and the children,
For the world can never be,
The world they see.
Light their way
When the darkness surrounds them;
Give them love, let it shine all around them.
Bless the beasts and the children;
Give them shelter from a storm;
Keep them safe;
Keep them warm.

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Calendar considerations.....

Silent Retreat Weekends

August 31 – September 2, 2018

November 30 – December 2, 2018

Order of Saint Helena, North Augusta, South Carolina

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

Valle Crucis Conference Center

Women Writers Workshop, September 13 – 16

Advanced Centering Prayer Retreat, November 25 – December 2

<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

Realizing Freedom from the Unwholesome Roots, July 6 – 10

Seeing Clearly, Opening Up, July 18 – 22

The Three Characteristics of Existence, July 27 – 31

The Three Characteristics of Meditation, August 7 – 12

Striking a Pose Toward Inner Freedom, August 16 – 19

Answering the Call to Awaken, August 22 – 26

Buddhism and the Twelve Steps, August 30 – September 3

These programs fill quickly!

www.southerndharma.org

Lake Junaluska

A Weekend with Dr. Jerry Wright, September 7 – 9

Interfaith Peace Conference, November 21 – 24

Lake Junaluska, North Carolina

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

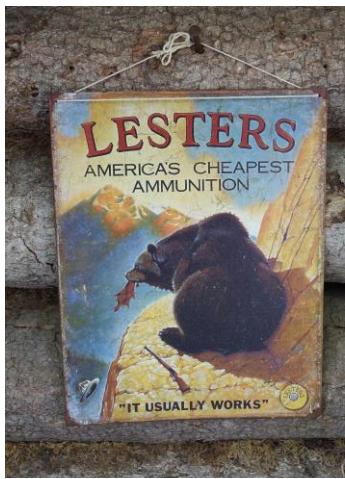
Center for Spiritual Wisdom

Living the Spiritual Life: Tools for the Journey September 3 – 6

For more information and for other offerings

<https://center4spiritualwisdom.org/>





Calendar considerations.....

The Sophia Institute, Charleston, SC

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

Why We Search for Personal Power and Self Esteem, Carolyn Myss, October 19 – 20

See the website for these and other one day events.

www.thesophiainstitute.org

St. Mary's Sewanee

Clear and Calm Meditation Retreat, July 20 – 22

Eight Day Centering Prayer Retreat, September 7 – 14 with Tom Ward

One River Wisdom Retreat, September 21 – 23 with Rami Shapiro and Gordon Peerman

A Labyrinth Journey: Connecting with your Creativity Through Walking and Writing, September 28 – 30

Meaning Making: Mixed Media Artwork Inspired by Poetry, November 16 – 18

One River Wisdom Retreat, November 30 – December 2 with Rami Shapiro and Gordon Peerman

Mindfulness on the Mountain, December 7 – 9

Three Day Centering Prayer Retreat, December 14 – 16 with Tom Ward

St. Mary's Retreat Center, Sewanee, TN

<http://www.stmaryssewanee.org/about/events>

The Anchorage

Praying the Scriptures, Mepkin Abbey, Moncks Corner, SC August 13 – 20, 2018 length of retreat can vary.

Greenville, South Carolina

Offering desert days and contemplative events

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

Anderson Forum for Progressive Theology

Jungian analyst, Dr. Jerry Wright

Reimagining God and Religion

Sunday, October 14

Anderson, SC

<http://astlonline.org/>

Montreat Retreat Center

A Dwelling Place for God: Renewing an Earthly Spirituality

Part of the Columbia Theological Seminary Formation Program

October 18 – 21

Montreat, NC

<http://www.montreat.org/dwelling-place/>





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 over the last three weeks on a tour in Alaska. The children performed at the Alaska Native Heritage Center. The grizzly bear was walking down the road in Denali Refuge. The dogs are dog sled racers. The others reminded me that we....humans....are the danger to the beasts.

