



Living in the Balance

September and October 2018

Things that I'm working toward on these waning days of summer....

- Not making assumptions....about myself and other people.
- Not keeping score.....You did "x" so now I owe you. Or I did "y" and now you owe me.
- Not asking myself and others to choose teams.
- Remembering that "No" is a complete sentence.
- Stating my truth without judging others.
- Not taking things personally.
- Asking myself, "Is this my stuff or someone else's?"
- Not projecting. I never really know what is going on in someone's life. No one's life is perfect even when it looks that way.
- Not having conversations in my head with people that I need to have an actual conversation with.
- Understanding that choosing to be absent is different than being excluded.

And my wish list.....

Let's be ourselves with each other. Authentic.

Please don't "ghost" me. If you need to say something to me....please say it.

Let's not talk each other into things. You enjoy gardening in the summer sun. I enjoy standing in front of the air conditioning vents until frost. Can we meet for an iced tea?

And some other thoughts...

Can I recognize that sometimes people are in a dark place and space and that it takes a lot of time and energy to pretend you are ok when you are not. And that some things may or may not be shared now or ever. That doesn't mean I shouldn't reach out, but to reach out without expectation.

My mentor is wise and funny and direct. She has said to me many times.... "People get on our bus. People get off our bus. We get on and off other people's busses. And sometimes we must tell people to get off our bus. Things change. Relationships change. We move closer. We move apart. Beginnings. Endings. Life...."

And my mentor's other favorite reminder to me.... "This is not your circus....not your monkeys." I have my own unique work to do.

Sometimes I am tired. You are tired. Weary. We experience drama and trauma. People we love have a crisis. There's a health issue. Someone dies. In the South when there is a death, you can get overrun with people bringing casseroles and condolences. But there are many non-casserole losses that we don't or can't share. I remind myself that I'm doing the best I can most days and I assume that you are too. Space and grace. I'm working on it.



Calendar considerations.....

Silent Retreat Weekends

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://vconferences.org/programs>

Awakening Soul

Justice is the Body of Love, Love is the Soul of Justice
Lutheridge Conference Center, November 8 – 11
<https://www.awakeningsoulpresents.org/>

Southern Dharma Center

A Metta (Loving-Kindness) Retreat, September 11 – 16
Guardians of the Heart: A Vipassana & Brahma Vihara Retreat, September 29 – October 6
Jhannas and Vipassana, October 11 – 21
Settling, Seeing and Spacious Awareness, October 28 – November 6
Awakening Intuition: An Insight Meditation Retreat, November 15 – 18
Knowing for Yourself What is True: A Meditation and Dharma Study Retreat, December 7 – 12
Leading with an Open Heart: A Radical Dharma Vision of Using Our Broken Hearts to Get Free, December 17 – 20
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/>

Greenville Friends of Jung

Offering several discussions at Coffee Underground.
Full day workshop from 9:00 until 3:00 with Dr. Jerry Wright
Grounded Mysticism, Jung and the Experience of the Numinous
Saturday, February 9 at the Sears Shelter in Greenville
<https://www.greenvillefriendsofjung.org/about/>





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

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>

Cathedral of St. Philip

Spirituality Conference with Rev. Becca Stevens

Saturday, November 3, 2018

<https://www.stphilipscathedral.org/learn/spirituality/spirituality-conference/>

Anderson Forum for Progressive Theology

Jungian analyst, Dr. Jerry Wright, Reimagining God and Religion

Sunday, October 14 from 3:00 until 6:00

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/>

Kanuga Conference Center

Icon Writing, November 10 – 16

www.kanuga.org

The Anchorage

Offering local "desert days"

21st Annual Beach Retreat: Finding God in Poetry

February 8 – 10, 2019

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





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 mid-July on Prince Edward Island, Canada. Photos include PEI made Cows ice cream, the Anne of Green Gables house, the bottle houses (yes...made of bottles), lighthouses, fishing paraphernalia and the raised board walk. Beautiful.

