



Living in the Balance

January and February 2019

I think I need to get a pair of underwear and write 20/20 on the butt with a magic marker. I'd hang them so I could see them every day as a reminder that sometimes insight is only gained from hindsight.

It's easy to beat myself up with "if only..." or "I wish I'd known...." Yep, looking back I try to convince myself that I'd do a lot of things differently or not at all. Taken chances I didn't take. Or not do some things I did that turned out not to be so hot when they looked so good at the time.

My life is the sum total of all those experiences.....for better or worse....the learnings, the leavings, the evolutions, the revolutions, the ah ha's, the what was I thinking, the if I had only known. The cliffs and edges that I fell off or leapt off....willingly....hesitantly....blindly. Paths taken and not taken....by choice or by default.

I recently talked to one of my oldest and dearest friends as we both prepare to enter a new year and a new decade. She said matter-of-factly, "There are no 'do-overs' or 'un-do's.'" And that conversation circled me around to, "There is a reason why the rearview mirror is so much smaller than the windshield."

A photo of Joan Didion is taped to the bookcase next to my desk. She stands, cigarette in hand, looking knowingly at me. I recognize in her that smoking 20 something I once was. And her words hang in the photo, "*I have already lost touch with a couple of people I used to be.*" And she offers more in her piece **On Keeping a Journal**, "*I think we are well advised to keep on nodding terms with the people we used to be, whether we find them attractive company or not. Otherwise they turn up unannounced and surprise us, come hammering on the mind's door at 4 a.m. of a bad night and demand to know who deserted them, who betrayed them, who is going to make amends.*"

Honestly, I haven't lost touch with the people I used to be. They are still there....along with my experiences....my lessons. The voices of the committee that lives in my head and my heart check in from time to time. They seek to be heard. And that's OK. I know them. They are brave and scared and smart and humble and hand wringers and know it all's and I recognize them. They offer wisdom. They bring warning. They hold memory and experience. They wield the magic markers. They arrive sometimes at 4:00 a.m. and I believe that, like dreams, they come in service to healing and wholeness. I no longer fear them. I gather them close, trying to be invitational and to let them say their say.

I used to sew. I tailored clothes and love beautiful fabric. I enjoyed prowling through fabric shops and ogling the richness and the textures. I imagined how the pieces would drape as I caressed the lusciousness with my fingers. Sometimes I wish my life had been yards and yards of perfect smooth-as-silk fabric. Then I recall that in some Native American traditions as they weave the fabric they intentionally leave a visible space, an imperfection, in the weaving. They do that so the light...the Spirit....can get in. I long to celebrate the imperfections, the knots, and the tangles....the 4:00 in the morning visitations. Those offer deep gifts and wisdom in this no do-overs journey and invite me to see the spaces where Light can enter in.



Calendar considerations.....

Silent Retreat Weekends

March 15 – 17

June 21 – 23

August 30 – September 1

Order of Saint Helena, North Augusta, South Carolina

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

Valle Crucis Conference Center

Women's Writing Workshop 1, March 7 – 10

Centering Prayer Introductory Retreat, April 7 – 9

<https://vcconferences.org/programs>

Information is also available now for registering for one of the hermitages for personal retreat.

Southern Dharma Center

Making Peace with your Ego: Finding Freedom Through Letting Go, March 14 – 17

Working with Emotions the Buddha's Way, March 21 – 24

In Nature Our True Nature, April 6 – 13

The Middle Way, Seeing Clearly, Relating Wisely, and Releasing the Heart, April 18 – 21

Grief, Joy and Awakening: An Insight Meditation Retreat, May 2 – 5

www.southerndharma.org

Lake Junaluska

A Weekend with Diana Butler Bass, March 21 – 23

Festival of Wisdom and Grace, August 5 – 8

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/>

Kanuga Conference Center

Iconography, February 9 – 15

Lansing Lee Conference, The Role of Civil Discourse in America, March 22 – 24

www.kanuga.org





Calendar considerations.....

The Sophia Institute, Charleston, SC

Women Rising, February 7 – 9

Walking Each Other Home, Love and Resilience in Difficult Times, February 23 – 24

Building a Resilient Immune System with Energy Medicine, March 15 – 16

The Bell and The Blackbird, Davie Whyte, March 30

See the website for these and other one day events.

www.thesophiainstitute.org

St. Mary's Sewanee

Eight-day Centering Prayer Retreat, January 6 – 12

The Spirituality of the Enneagram, March 1 – 3

Three-day Lenten Centering Prayer Retreat, March 22 – 24

Courage to Lead: The Soul of Aging, April 5 – 7

St. Mary's Retreat Center, Sewanee, TN

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

Awakening Soul

Barbara Brown Taylor, Jacqui Lewis, and Larry Maze

November 7 – 10

Lutheridge Conference Center, Asheville, NC

<https://www.awakeningsoulpresents.org/>

Anderson Forum for Progressive Theology

Roger Ray

April 7, 2019

Anderson, SC

www.afptonline.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>

Ring the bells (ring the bells) that still can ring
Forget your perfect offering
There is a crack in everything (there is a crack in everything)
That's how the light gets in...

Leonard Cohen





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 2015 in Portugal and Spain.

