



Living in the Balance

March and April 2019

The Journey

One day you finally knew
what you had to do, and began,
though the voices around you
kept shouting
their bad advice --
though the whole house
began to tremble
and you felt the old tug
at your ankles.
"Mend my life!"
each voice cried.
But you didn't stop.
You knew what you had to do,
though the wind pried
with its stiff fingers
at the very foundations,
though their melancholy
was terrible.
It was already late
enough, and a wild night,
and the road full of fallen
branches and stones.
But little by little,
as you left their voices behind,
the stars began to burn
through the sheets of clouds,
and there was a new voice
which you slowly
recognized as your own,
that kept you company
as you strode deeper and deeper
into the world,
determined to do
the only thing you could do --
determined to save
the only life you could save."
— **Mary Oliver**

"You must not ever stop being whimsical. And you must not, ever, give anyone else the responsibility for your life."
— **Mary Oliver**

*"When it's over, I want to say: all my life
I was a bride married to amazement.
I was the bridegroom, taking the world into my arms.*

*When it is over, I don't want to wonder
if I have made of my life something particular, and real.*

*I don't want to find myself sighing and frightened,
or full of argument.*

I don't want to end up simply having visited this world."
— **Mary Oliver**

"And that is just the point... how the world, moist and beautiful, calls to each of us to make a new and serious response. That's the big question, the one the world throws at you every morning. "Here you are, alive. Would you like to make a comment?"
— **Mary Oliver**

*"I held my breath as we do sometimes to stop time
when something wonderful has touched us..."*
— **Mary Oliver**



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

Enneagram Workshop, June 2 – 4 with Rob Fields and Paula Benton

<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/>

Haden Summer Dream and Spirituality Conference

Spiritual Resilience in Uncertain Times

May 26 – 31

Kanuga Conference Center, Hendersonville NC

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

Kanuga Conference Center

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

Art and Soul Retreat, August 18 – 23

Enneagram, October 31 – November 3

www.kanuga.org





Calendar considerations.....

The Sophia Institute, Charleston, SC

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

The Bell and The Blackbird, Davie Whyte, March 30

Mirabai Starr: A Fierce and Tender Wisdom, May 3 – 4

The Gift of Deepening and the Radiance in All Things, Mark Nepo, May 17 – 19

See the website for these and other one day events.

www.thesophia institute.org

St. Mary's Sewanee

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

The Welcoming Prayer, A Three-Day Centering Prayer Retreat, June 7 – 9

Eight-Day Centering Prayer Retreat, June 21 – 28

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" and retreats

<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. Sometimes it just has to be about food. Enjoy!