



# Living in the Balance

May and June 2019

## "Everybody Hurts" by REM

When the day is long  
And the night, the night is yours alone  
When you're sure you've had enough  
Of this life, well hang on

Don't let yourself go  
'Cause everybody cries  
And everybody hurts sometimes

Sometimes everything is wrong  
Now it's time to sing along  
When your day is night alone (Hold on, hold on)  
If you feel like letting go (Hold on)  
If you think you've had too much  
Of this life, well hang on

'Cause everybody hurts  
Take comfort in your friends  
Everybody hurts  
Don't throw your hand, oh no

Don't throw your hand  
If you feel like you're alone  
No, no, no, you are not alone

If you're on your own in this life  
The days and nights are long  
When you think you've had too much of this life  
to hang on

Well, everybody hurts sometimes  
Everybody cries  
And everybody hurts sometimes  
And everybody hurts sometimes

So hold on, hold on  
Hold on, hold on, hold on, hold on, hold on,  
hold on  
Everybody hurts  
No, no, no, no you are not alone

"You cannot swim for new horizons until you have  
courage to lose sight of the shore."

— William Faulkner

"I am fundamentally an optimist. Whether that comes  
from nature or nurture, I cannot say. Part of being  
optimistic is keeping one's head pointed toward the  
sun, one's feet moving forward. There were many dark  
moments when my faith in humanity was sorely tested,  
but I would not and could not give myself up to  
despair. That way leads to defeat and death."

— Nelson Mandela

"To be hopeful in bad times is not just foolishly  
romantic. It is based on the fact that human history is a  
history not only of cruelty, but also of compassion,  
sacrifice, courage, kindness. What we choose to  
emphasize in this complex history will determine our  
lives. If we see only the worst, it destroys our capacity  
to do something. If we remember those times and  
places—and there are so many—where people have  
behaved magnificently, this gives us the energy to act,  
and at least the possibility of sending this spinning top  
of a world in a different direction. And if we do act, in  
however small a way, we don't have to wait for some  
grand utopian future. The future is an infinite  
succession of presents, and to live now as we think  
human beings should live, in defiance of all that is bad  
around us, is itself a marvelous victory."

— Howard Zinn



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## *Calendar considerations.....*

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### **Silent Retreat Weekends**

June 21 – 23

August 30 – September 1

Order of Saint Helena, North Augusta, South Carolina

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

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### **Valle Crucis Conference Center**

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.

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### **Southern Dharma Center**

Unfettering the Natural Mind, June 1 – 8

How to be Sane, Good and Free: What the Dali Lama Wants You to Know: June 13 – 16

Inner Peace in a Chaotic World, June 21 – 25

Beginner's Mind Retreat, July 4 – 7

Seeing Clearly, Opening Up: The Heart of Vipassana Practice, July 11 – 14

Awakening Together: An Insight Dialogue Retreat, July 23 – July 28

These retreats fill quickly. Check the website for wait list.

[www.southerndharma.org](http://www.southerndharma.org)

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### **Lake Junaluska**

Festival of Wisdom and Grace, August 5 – 8

Interfaith Peace Conference, November 21 – 24

Lake Junaluska, North Carolina

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

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### **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>

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### **Kanuga Conference Center**

Art and Soul Retreat, August 18 – 23

Enneagram, October 31 – November 3

Icon Writing, November 16 – 22

[www.kanuga.org](http://www.kanuga.org)

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## *Calendar considerations.....*

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### **The Sophia Institute, Charleston, SC**

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](http://www.thesophia institute.org)

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### **St. Mary's Sewanee**

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

Eight-Day Centering Prayer Retreat, June 21 – 28

Eight-Day Centering Prayer Retreat, August 4 – August 11

One River Wisdom: Road Side Assistance for the Spiritual Traveler with Rabbi Rami and Rev. Peerman  
September 6 – September 8

Eight-Day Centering Prayer Retreat, January 5 – 12, 2020

St. Mary's Retreat Center, Sewanee, TN

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

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### **Awakening Soul**

Barbara Brown Taylor, Jacqui Lewis, and Larry Maze

November 7 – 10

Lutheridge Conference Center, Asheville, NC

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

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### **Anderson Forum for Progressive Theology**

Dr. Riffat Hassan

August 24 – 27

Anderson, SC

[www.afptonline.org](http://www.afptonline.org)

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### **The Anchorage**

Offering local "desert days" and retreats

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

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### **Montreat**

Colnspire, A conference addressing systemic racism in the church

October 7 – 10

Montreat Retreat Center, Montreat, NC

<https://montreat.org/events/micl-2019>





## 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

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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. I have hundreds of flower photos.... Enjoy!*

