



Living in the Balance

January and February 2020

There are always quotes and questions that come and hold my attention. The first is from Ram Dass whom we just lost... "We are all just walking each other home...." And the second is a very profound question by Jonas Salk: "Are we being good ancestors?" I am sitting with those.

Some thoughts at year's end

This year the most frequent declaration said to me by more people than I can count is, "I'm done." Not that they have given up, but that they are finished with whatever is no longer calling including relationships, groups, "should's," "ought's," traditions, expectations, patterns, and habits that are shrinking their lives. And now they are discerning their path forward and sorting which grain of sand is theirs to carry.

You cannot have a dialogue with someone determined to have a duel.

It doesn't take much to poison the well.

The view from the high road is always better.

Nightmares are wake up calls.

It takes a lot of energy to pretend you are OK when you are not.

Sometimes you must call BS, BS.

I am not Atticus Finch. But I am at least 75% Scout.

Time does not mend fences.....I have to take the tools and do it or decide to leave the fence as it is.

I don't seek happiness but meaning and authenticity.

If I were wine, I imagine there are several people who would like for me to stay corked.

Sometimes my life is like being in the desert without a camel, a compass or a canteen. Other times I am completely amazed by the number of oases.

The wheels on the bus go round and round
Like the tapes in our heads
round and round....round and round
all through the town!

Just because someone calls you an onion does not make it so. But if they do it often enough, one day you will sniff your armpits to see if it is so.

I sometimes know more by being off the trail than on it.

I am working to live every moment without expectations. To take in this moment of grace no matter what it looks or feels like and to know that this is all there is and that is enough.



Calendar considerations.....

Silent Retreat Weekends

March 13-15: Silent Retreat Weekend

June 12-14: Silent Retreat Weekend

September 4-6: Silent Retreat Weekend

December 4-6: Silent Retreat Weekend

Spiritual Direction is available on each of the silent retreat weekends

Order of Saint Helena, North Augusta, South Carolina

<https://www.osh.org/calendar/>

Valle Crucis Conference Center

<https://vcconferences.org/programs>

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

Southern Dharma Center

In Nature our True Nature, March 28 – April 4, 2020

Song of the Harmony of Oneness and Difference, April 16 – 20, 2020

Living From The Heart Of Buddhism: A Study Of The Four Noble Truths, April 30 – May 3, 2020

More programs for 2020 are listed on the website. Retreats fill quickly.

www.southerndharma.org

The Anchorage

Annual Beach Retreat, January 31 – February 2, 2020, Pawley's Island, SC

Praying the Scripture Ignatian Directed Retreat, Mepkin Abbey, March 30 – April 3, 2020

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

Kanuga Conference Center

Iconography, February 8 – 14, 2020

Lansing Lee Conference, March 13 – 15, 2020

www.kanuga.org

Awakening Soul 2020

Jennifer Bailey, Serene Jones, and Brian McLaren

November 5 – 8, 2020

Lutheridge Conference Center, Asheville, NC

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





Calendar considerations.....

The Sophia Institute, Charleston, SC

Aspects of Wisdom: Actions of Love for our Times, January 31 – February 1, 2020

Jean Shinoda Bolen, Your One Wild and Precious Life – March 20 – 21

Joan Borysenko, The Mystic Heart – May 1 – 2

Mark Nepo – The Book of the Soul: 52 paths to Living What Matters, May 15 – 17

See the website for these and other one day events.

www.thesophia institute.org

St. Mary's Sewanee

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

St. Mary's Retreat Center, Sewanee, TN

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

Anderson Forum for Progressive Theology

Seasons of the Spiritual Journey, Steve Morgan, 3:00 p.m. Sunday, January 19

Brian McLaren, June 14, 2020

Matthew Fox, October 11, 2020

Anderson, SC

www.afptonline.org

Montreat

Discovering Renewal, Finding Renewal in the Everyday, April 13 – 16

Columbia Theological Seminary Spiritual Formation, April 16 – 19 and April 19 – 22

Montreat Retreat Center, Montreat, NC

<https://montreat.org/events>

Haden Summer Dream and Spirituality Conference

Judith Orloff, MD, Keynote

May 24 – May 29

Kanuga Conference Center

Hendersonville, NC

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





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
864-246-3960 or via email at wmeade@meadellc.com

Wanda Meade, M.Ed.
Completed Haden Institute in Spiritual Direction Program
PO Box 14940
Greenville, SC 29610

*The photos are my work and were taken on a sea voyage from Bergen,
Norway to Montreal, Canada. It was a wild adventure!*

