



Living in the Balance

March and April 2021

You Can Do This Hard Thing! Carrie Newcomer

There at the table
With my head in my hands.
A column of numbers
I just could not understand.
You said, "Add these together,
Carry the two, now you."
You can do this hard thing.
You can do this hard thing.
It's not easy I know, but
I believe that it's so.
You can do this hard thing.

At a cold winter station
Breathing into our gloves.
This would change me forever
Leaving for God knows what.
You carried my bags,
You said, "I'll wait for you."
You can do this hard thing.
You can do this hard thing.
It's not easy I know, but
I believe that it's so.
You can do this hard thing.
You can do this hard thing.

Late at night I called,
And you answered the phone.
The worst... it had happened,
And I did not want to be alone.
You quietly listened,
You said, "We'll see this through."
You can do this hard thing.
You can do this hard thing.
It's not easy I know, but
I believe that it's so.

Here we stand breathless
And pressed in hard times.
Hearts hung like laundry
On backyard clothes lines.
Impossible just takes
A little more time.
From the muddy ground
Comes a green volunteer.
In a place we thought
Barren new life appears.
Morning will come whistling
Some comforting tune for you.
You can do this hard thing.
You can do this hard thing.
It's not easy I know, but
I believe that it's so.
You can do this hard thing.

In her book, *The Listening Path*, Julia Cameron says..... "When I teach, I do a perfectionism exercise. I tell my students to number their page from one to ten and fill in the blank. Number one: If I didn't have to do it perfectly, I'd try to Number two: If I didn't have to do it perfectly, I'd try to... Three: If I didn't have to do it perfectly, I'd try to... Having named ten impulses that their perfectionism has thwarted, my students find themselves thinking, 'Actually, I could try....' And....they see their perfectionism as the boogeyman that it is. By listening to and listing their dreams, they move a notch closer to trying them."

Yeah, I was forced into a winter. Forced to look inside myself because I didn't have anyone else. No mom and dad, no friends, no girlfriend, no straight A's, no phone, no truck, no 'Most Handsome.' And while I was going crazy, I kept telling myself that there was a lesson I was put there to learn, that there was a silver lining in all of it, that I needed to go through hell to get to the other side, and I did.

Greenlights
Matthew McConaughey



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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These photos are my work taken in Acadia, Maine. They had some of the most interesting street signs!

