



Living in the Balance

September and October 2021

*Given the constantly changing landscape of these times, one of the easiest ways to stay connected and up-to-date is to subscribe to email lists. Here are links to several that you've seen **in Living in the Balance** over the years.*

Kanuga [Kanuga: Conference, Retreat and Camp Center | Hendersonville NC](#)

Lake Junaluska [Lake Junaluska Conference and Retreat Center](#)

Montreat [Montreat Conference Center | | Located in beautiful Western North Carolina](#)

Lutheridge [Lutheridge | Summer Camps & Retreats In North Carolina](#)

Valle Crucis Conference Center [Home | Valle Crucis Conference Center \(vcconferences.org\)](#)

St. Mary's Sewanee [Home - St. Mary's Sewanee \(stmaryssewanee.org\)](#)

The Haden Institute [Haden Institute Spiritual Direction Dream work training North Carolina](#)

Awakening Soul [Spiritual Retreat | North Carolina, USA | AwakeningSoul \(awakeningsoulpresents.org\)](#)

Southern Dharma Retreat Center [Southern Dharma Retreat Center | East Coast meditation retreat center](#)

The Sophia Institute [The Sophia Institute - Home Page | Charleston, SC](#)

Dawn Retreat Center [DAWN – A Sanctuary for Stillness and Peace \(dawnretreatcenter.org\)](#)

Mepkin Abbey [Mepkin Abbey | Trappist Monastery, Moncks Corner, South Carolina | Mepkin Abbey](#)

Abbey of the Arts [Home | Abbey of the Arts](#)

Anderson School of Progressive Theology [afptonline.org](#)

Center for Spiritual Wisdom [Home - Center for Spiritual Wisdom — Living a Vibrant Spiritual Life % \(centersw.org\)](#)

The Cathedral of St. Philip [The Episcopal Cathedral of St. Philip | Atlanta, Georgia \(cathedralatl.org\)](#)

Asheville Jung Center [Asheville Jung Center » A Global Jungian Community](#)

Spirituality and Practice [Spirituality & Practice: Resources for Spiritual Journeys \(spiritualityandpractice.com\)](#)

Spirituality and Health [Home | Spirituality & Health \(spiritualityhealth.com\)](#)

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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 Greenville, SC and Canada.

