



Living in the Balance

September and October 2022

OUT OF THE RAIN

Out of the rain, under the shelter
I've been so long where the sun don't shine
Standin' at the cross-roads
Could've went either way
But now I've found you
And the storm is behind
(Out of the rain, out of the rain)
Over the wall, I'm out in the open
Back on the right track, I'm feeling no pain
You took a sparrow and let it fly with the eagles
I can see a long ways, I can feel love again
(Out of the rain, out of the rain, yeah)

There was a time I was taking no prisoners
Standin' with a cold heart, standin' alone
It took your sweet love
To pull me out of the canyon
I believe that I can make it now
I feel I belong
(Out of the rain, out of the rain, yeah)
(Out of the rain, out of the rain)

By Tony Joe White who also wrote Rainy Night in Georgia

Come to the edge, She said. They said: we are afraid.
Come to the edge, She said.
They came. She pushed them and they flew.

Guillaume Apollinaire

THE GUEST HOUSE

This being human is a guest house.
Every morning a new arrival.

A joy, a depression, a meanness,
Some momentary awareness comes
as an unexpected visitor.

Welcome and entertain them all!
even if they're a crowd of sorrows,
who violently sweep your house
empty of its furniture,

Still, treat each guest honorably.
He may be clearing you out
for some new delight.

The dark thought, the shame, the malice,
Meet them at the door laughing,
and invite them in.

Be grateful for whoever comes,
Because each has been sent
As a guide from beyond.

Rumi



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

I am no longer offering spiritual direction but will be glad to talk with you about the process.

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The painting on the opening page was done by my wonderful friend Dabney Mahanes.....artist and inspiration. This portrait has its home in my home. The two photos on the second page are mine taken somewhere when we were crossing the North Atlantic pre-Covid on a cruise ship.

