

A Word from The Center



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A reflective business friend found himself shouldering many hefty responsibilities. So he began a noon practice of shutting his office door, meditating for a few moments, and then—refreshed—emerged to work more productively than before.

His practice reminds one of one of Martin Buber's old Hasidic stories:

Imagine a busy man, whose business hounds him day and night. Only during Afternoon Prayer does he find rest.

He runs to a corner of his office, shuts the door and prays, heaving a sigh of regret from the bottom of his heart that he's spent his day on vain matters.

God hears his prayer and his sign of regret, and holds him very dear, very dear indeed. And his prayer pierces the firmament.

***From Posture of Heart, II: The Mary Pattern.
(Center Monograph, 2007)***

A Word From Marsha Sinetar

For yours truly, this is a season of both enthusiasm and wistfulness: New projects flourish while letters and calls from “old” students, clients, friends, revive long-standing, surprisingly dear memories. Lots of sappiness here. All this evokes fresh excitement, and—yes—nostalgia.

In Salinger’s short story *Teddy*, a fully-illuminated child asks, “Why do people inject sentiment into everything?”

Well, Teddy, I don’t know. It’s just our human way, that’s all.

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1. Updates

 **No Monograph this year: I’m on sabbatical, working on books. And CDs.**

 **CDs: While finishing up a new CD, possibly for sale online, it seems time to repeat the following:**

We no longer send complimentary CDs out of the U.S.A.

New CDs may now be for sale online or, as soon as possible, available in some fashion, on our site.

Those of you loyal CD Circle members, who have so steadily sent feedback, will receive a complimentary copy by U.S. Mail. You are now in a small group of Center friends. As noted, your feedback, occasional notes and donations continue to be such a blessing.

 **You faithful CD Circle listeners have become a quasi-focus group. Any improvements in the upcoming CD—*On Forgiveness*—are due to your bright and thoughtful comments. I am grateful. Really.**

2. Samples of CD Feedback

- ✚ “...just previewed *Forgiveness*: As a teacher, I loved that very last story you tell—you sum up the Christian viewpoint so perfectly, so simply. I plan to share with my pastor who is doing a series on the topic.”
- ✚ “...Content should be more widely shared.”
- ✚ “Well, if you plan to sell these online, the *pace* is way *too slow*. Your average busy listener won’t take notes.... Give us more ‘how-to’... and speed things up. I’m just sayin’....”
- ✚ “That *Prayer* CD ... on your site is fun and informative. I didn’t know you spent your childhood in Asia. Loving animals as I do, your monkey story is endearing.”
- ✚ “The CDs are simple in that story-tellers way that makes learning easy....”
- ✚ “No offense, but when I can’t sleep I listen to your stuff—your voice soothes and puts me right out. Like Mom, telling her kids a bedtime story.”

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3. Sample of Notes

One or two of the aforementioned letters (always paraphrased; always anonymous) are included below in hopes that the enchantment of past years can shine through.

- ✚ “*Are You Mrs. Sinetar?* I’m hoping this message gets to Mrs. Sinetar, who taught English in California decades ago. I was in your class...

If so, just know that I remember your class. It is part of the reason that I became a teacher, although in history, not English. You introduced me to ‘To Kill a Mockingbird’ and frequently made us write and speak

extemporaneously. I remember pulling topics from an envelope and having to speak for two minutes (which seemed forever, when my topic was pickles!). I have taught history in the same school in California since 1978.

... I know how much I appreciate it when a former student thanks me!

So this is me, thanking you, for introducing me to literature, encouraging a shy girl to express herself in writing and out loud, and being an all-around inspiration. You made a difference in my life.”

[Note: Every born teacher knows the deep fulfillments of turning on vocational talent. That this bright and lovely student chose to teach seems an immense gain to the profession and her students. ...M.S. (aka: “Mrs. Sinetar”)]

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 **“You were the catalyst for my making some big changes back in the early 90s. I wrote to you about those changes, and you actually called me, although I was out and could not take your call.**

Then when I purchased and read *To Build the Life You Want, Create the Work You Love*, I found my story, paraphrased, on page 177....

Thank you. Bless you.”

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The Sinetar (*Teleios*) C e n t e r Mission

**To increase understanding of the progression and diverse expressions
of the spiritual completion toward which we strive; to advance and
preserve selected principles of the contemplative tradition
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