

## Notes from The Center



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Volume 1

### A Word From Marsha Sinetar

**With Fall greetings, a few morsels follow as food for spiritual thought and also some tid-bits of news. As always, this message comes with my best wishes for a wonderful, upcoming holiday season. Cheers and peace to all. MS**

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**“One thing have I desired of the Lord... to dwell in the house of the Lord all the days of my life....” (Psalm 27:4)**

**In *Ordinary People As...*, again in *Sometimes Enough is Enough*, we read that the contemplative, mystical or God-centered mind would, in the future, typify a new perspective—a “new creature” in our species. Many people agree**

**These days, we see a shared, collective reverence for the Transcendent. Blogs, films, sermons from all manner of faith-walks discuss the excitement of direct encounter with God. But: Is it only the bells and whistles of non-ordinary experience that’s sought?**

**The Psalmist's posture of heart, for me, raises a question: Do we seek one thing—union with the living God? Or the various thrills of experience?**

**The latter may give us a taste of Heaven, but seems only a *first step along what Isaiah called the Way of holiness.* (Is 35:8)**

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## **1. News & Announcements**

### **Our New Name!**

**For over 30 years our small corporate firm, Sinetar & Associates, Inc. served faithfully. Now please welcome a different entity for R & D, publishing and archiving purposes:**

**The MS *Teleios* Center**

**We'll still call it "The Center." The overarching purpose of the former firm was educative; that function is now more singular, and stands strong.**

### **Website Redesign**

**Please visit our website, and *please keep* visiting! Lots of audios; more coming on the Professional-Leadership section by November.**

**A longer, newer version of our CD *Contemplative Prayer* will be on our Professional Resources page. These will probably be in MP3 format.**

### **No more CD mailings. As of this year, we'll offer audios *only* on our site—still complimentary. A new subscription feature is on the way.**

## 2. Center Feedback (Edited for brevity.)

✚ RE: *Spiritual Wholeness*. Your reference to the movie, *Born Yesterday*, was a very effective [teaching] tool...

...The description of the lead character as, first, ...making internal changes after meeting the other lead and then, later ...making concrete changes is a clear and realistic description of how spiritual wholeness comes to a person.

I.e. [the fullness of spiritual growth] is usually not a “Damascus road” [one-time event]...

✚ The CD, *Prayer*, is too elementary. Give me something more intellectual.

✚ ...I love the depth of thought you provide without being so preachy...

✚ I listened to that *Forgiveness* CD and will listen repeatedly. ...such a critical area of our consciousness. Yours is a high thoughtfulness...

✚ About *Forgiveness*: I hang on and don’t let go [of resentments]. I know that is wasted energy and accomplishes nothing—but my brain goes over all the details and I find some strange pleasure in the recounting even though it upsets me.

✚ You are too over-the-top humble—that’ll turn off your hyped-up listeners who expect a rah-rah, “Here’s-what-I’ve-achieved” tone. For me, your pace is a bit too measured...

✚ That last story on the *Forgiveness* CD was so touching; I love the slower pace of your CDs—I do listen undistractedly, as I think is your intent, so the

presentation—so logical and heartfelt—works as a meditation for me.

✚ Thank you so much for sending the *Prayer and Forgiveness* CD, to which I just finished listening. ... particular gems for me [were]:

(1) that “primer” on contemplative prayer. I need to be reminded to go to the Bible, find a verse, and meditate on it;

(2) the phrase “send away earthly attitudes” is great advice.

(3) ... the story of the “sandwich thief” in the classroom. I also see this as a story of courage. The first child who admitted taking the sandwiches could have stayed quiet, and the second boy certainly did not have to step up. Perhaps, a CD on Courage is next?

(MS note: To record ideas on courage one needs a high degree of that quality, but alas...)

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### **The MS (*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  
and the entirety of the founder’s body of work.  
[www.marshasinetar.com](http://www.marshasinetar.com)**