

# The Way of Spiritual Fortitude - Therese Taylor Stinson

## Contemplative Resources

### Readings from the Conversation

#### Contemplation and Action in World Religions by Elémire Zolla Chapter - "Traditional Methods of Contemplation and Action"

Modern [hu]man[s] [are] constantly tempted to seek spiritual life in sheer method, or else in some kind of blind rapture ringing with spontaneity and rich in creativity. Contemplation needs both. Method in itself leads only to disputation and quarrels. On the other hand, inspiration in itself, without the help of method, will lead to vain strivings toward creativity for its own sake. . . .  
... Contemplation soars above the archetypes and from these back up to the point from which everything arises.

Action is linked to the Greek *agonia*, which led to "agony": action in itself is always a sacrifice. When we leave the paradise of contemplation and descend to the earth of action, everything, including mystical action, becomes sacrificial. But *agonia* signifies "struggle," "contest," as well as "anguish," and esoterically speaking, an unseen warfare. It may well be that the point of failure in contemporary civilization was precisely the failure to realize the necessity of constantly fighting against evil.

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#### A Book of Psalms: Selected and Adapted from the Hebrew By Stephen Mitchell

##### *Psalm 90*

Lord, through all generations  
You have been our strength and our home.  
Before the mountains were born  
Or the oceans were brought to life,  
For all eternity, you are.  
A thousand years in your sight  
Are like yesterday when it passes.  
You return our bodies to the dust  
And snuff out our lives like a candleflame.  
You hurry us away; we vanish  
As suddenly as the grass:  
In the morning it shoots up and flourishes,  
In the evening it wilts and dies.  
For our life dissolves like a vision  
And fades into the air like a cloud.  
We live here for seventy years,

Or eighty, if we are strong —Years filled with pain and suffering;  
They pass, and we fly away.  
Teach us how short our time is;  
Let us know it in the depths of our souls.  
Show us that all things are transient,  
As insubstantial as dreams,  
And that after heaven and earth  
Have vanished, there is only you.  
Fill us in the morning with your wisdom;  
Shine through us all our lives.  
Let our hearts soon grow transparent  
In the radiance of your love.  
Show us how precious each day is;  
Teach us to be fully here.  
And let the work of our hands  
Prosper, for a little while.

## **Liturgy Resource**

Liturgies from Below: Praying with People at the End of the World by Claudio Carvalhaes

## **Contemplative Books**

The Cloud of Unknowing  
Interior Castle (Teresa of Avila)  
The Inward Journey (Howard Thurman)  
Will and Spirit (Gerald May)  
Joy Unspeakable (Barbara Holmes)  
Crises Contemplation (Barbara Holmes)  
Embodied Spirits (Bryant, McNaney, Taylor-Stinson)  
Let Your Life Speak (Parker Palmer)  
A Hidden Wholeness (Parker Palmer)  
Words of Wisdom of Our World (Susan Muto)  
The Human Condition (Thomas Keating)  
Falling Upward (Richard Rohr)  
Into the Silent Land (Martin Laird)  
A Sunlit Absence (Martin Laird)  
An Ocean of Light (Martin Laird)  
Dark Night of the Soul (St. John of the Cross. Translated by Mirabai Starr)  
Practical Mysticism (Evelyn Underhill)

## **Podcasts**

Turning to the Mystics  
Encountering Silence  
NewChurchNewWay - 1001. <https://www.newchurchnewway.org/season-2-1>