

Deep Calls to Deep

by Liz Cummins, OSF

Spirituality can be described as a way of living in response to an inner awakening, to an experience of Mystery that invites us to live from a deep interior place.

It begins with our life experiences. At some point, something catches our attention and causes us to pause. Perhaps it is an experience of loss: a death, an illness, a disappointment; or an experience of great joy and wonder like the birth of a child or a grandchild.



Perhaps it is something less dramatic: one day we notice – really look and see – the tiny purple flower growing between the cement segments in the sidewalk.

The experience causes us to pause – and in that pause, our attention shifts. What we glimpse, often quite vaguely, is the current of life energy pulsating beneath our daily routines. And nothing is ever the same again.

In that moment the ‘deep’ reveals itself to us. When we respond with openness, the ‘deep’ continues to reveal itself and invites us to live a life of greater depth and interiority.

Our spirituality is this living a life of inner depth; it is not a religion – it is more a lifestyle where we cultivate practices and qualities that nurture it: living intentionally; paying attention and noticing what is beckoning us; growing more familiar with quiet and stillness; living more mindfully and less automatically.

Authentic spirituality has a seamless quality to it: silence and mindful living create within us the capacity for action so we move and act in our world from that place within us that stillness has awakened. We discover our interconnectedness to all life and our circle of compassion widens and deepens.

Centers of Spirituality and Retreat Centers like Shalom provide an environment of quiet and silence and simple beauty that nurture an authentic spirituality. They offer resources like retreats, days of quiet and spiritual direction that support and assist us in our spiritual journey “calling us to God and fullness of life.”

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