

Soul Link

“...fostering an awareness of and a response to the sacred in nature, human nature, and the events of everyday life.”

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Fall 2015

SOUL LINK
together on the spiritual path

Soul Link Board

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SOUL LINK RETREAT

Saying “Yes:” The Alpha and Omega of the Spiritual Life

There is within each of us a “still small voice” that summons us to be true to ourselves, to live with integrity, to become our best self. Of course these are things we all hope for, but the way to them though simple, is difficult. Simple because it requires only that we say “yes;” that is, that we entrust ourselves to the source of the voice. But this is difficult because this “yes” means that we must let go of control. Saying “yes” involves allowing a Higher or Inner Power to dictate where and how we are to live. It means surrendering our will and our way to one that may not always be clear or that may not always seem reasonable.

Retreat participants will have an opportunity to reflect on those times in their lives when they were invited to “let go and let God,” and to learn from one another how to listen and respond generously to that summons which is the beginning and end of the spiritual life – the call to entrust ourselves to Someone or Something that is both beyond and within us.

Date: September 19, 2015

Place: Broadmoor Community Church (315 Lake Ave.)

Time: 9:00 a.m. (registration), 9:30-2:00 (retreat)

Cost: \$30 early registration (by Jan. 23), \$35 at the door. Lunch included.

Scholarships available.

Information: (719) 648-3939

From *Markings* by Dag Hammarskjöld with commentary by Tom Stella

“I don’t know Who, or what, put the question. I don’t know when it was put. I don’t even remember answering. But at some moment I did answer Yes to Someone or Something – and from that hour I was certain that existence is meaningful and that, therefore, my life, in self-surrender, had a goal.

From that moment I have known what it means “not to look back,” and “to take no thought for the morrow.”

Taken from his diary, *Markings*, these words of former United Nations Secretary General Dag Hammarskjöld have a clarity and force about them that is enviable. No second guessing. No hesitancy. No “thought for the morrow.” Nothing but a full speed ahead certainty that there was “Someone” or “Something” he could trust to guide him if only he said “yes,” if only he surrendered control of his life.

Surrender is not a word I find appealing; it smacks of failure, defeat, weakness, and the like. If I surrender I admit my incapacity to achieve whatever endeavors I have undertaken; I acknowledge that I'm a loser. But Hammarskjold was anything but a loser. He was an intelligent, compassionate, and skilled leader. He was politically astute, personally persuasive, and spiritually attuned. When he speaks of self-surrender he isn't talking about defeat but of making a gift of himself to a spiritual Presence that called him, as it does all of us, to become more alive, more whole, more positive, more passionate, and compassionate. Far from being weak, surrender of this sort takes courage.

It is often subtle but very persistent this personal summons to let go of control – and persistent it needs to be, for I know of nothing to which most of us cling more tightly than control. Because so much can go wrong in life, and because we and those we care for can easily be hurt, we often try to steer the ship, call the shots, and determine the 'when' 'where' 'what' and 'how' of every aspect of our existence. Life is scary enough as it is, but the thought of allowing "Someone" or "Something" to take the lead is enough to send us into panic mode.

When we try to control life we spend a lot of time looking back, and a lot of time thinking about the "morrow." We become fearful and, well, controlling. But if we say "yes," and begin to trust a Higher/Inner Power or Presence, a delightful surprise awaits us – freedom, from self-preoccupation, unnecessary vigilance, and the weight of undo worry. The work of our lives is still ours to do, but the doing of it becomes less burdensome.

An added benefit of saying "yes" is one stated by writer Brian Andreas: "Say Yes, whatever it is say yes with your whole heart and simple as it sounds, that's all the excuse life needs to grab you by the hands and start to dance."

QUOTE CORNER

- ☞ To say yes you have to sweat and roll up your sleeves and plunge both hands into life up to the elbows.

Jean Anouilh

- ☞ We have to let go of the life we have planned, so as to accept the one that is waiting for us.

Joseph Campbell

- ☞ Even though you may want to move forward in your life, you may have one foot on the breaks. In order to be free, we must learn how to let go.

Mary Manin Morrissey

- ☞ As your faith is strengthened you will find that there is no longer the need to...control, that things will flow as they will, and that you will flow with them, to your great delight and benefit

Emmanuel Teney

BOOKS FOR THE JOURNEY

Markings by Dag Hammarskjold (Alfred A Knopf)

Universally known and admired as a peacemaker, Dag Hammarskjold concealed a remarkable intense inner life which he recorded over several decades in this journal of poems and spiritual meditations left to be published after his death. A dramatic account of spiritual struggle, *Markings* has inspired hundreds of thousands of readers since it was first published in 1964.

The Little Book of Letting Go by Hugh Prather (Conari Press)

Letting go is the bottom-like key to happiness. In *The Little Book of Letting Go* author Hugh Prather offers a simple three-step process for shedding prejudices, preconceptions, and prejudgments and facing each moment with openness and enthusiasm. Prather first explains why it is essential to learn to let go and then outlines a 30-day plan for spiritual renewal. Finally he offers specific techniques for getting a grip on habitual reactions, the need to control, and the addiction to conflict.

Control Freaks by Les Parrott (Tyndale House Publishers)

They're pushy. Forceful. Impatient. Always in a hurry. And they're usually ready to tell others how to do their jobs better. Control freaks. Maybe you know one. Maybe you are one. What are you to do? Psychologist Less Parrott helps readers relate better to the control freaks around them. And if you are one, he will help you become willing to lose the control you love. The book includes self-tests and a lifelong prescription for healthier relationships.

EVENTS OF INTEREST

CABO SERVICE PROJECT

Through Travel with a Purpose, Soul Link will once again offer the opportunity to serve the poor of Cabo San Lucas, Mexico. Steve Shapiro will lead the group in serving people in hospitals, day-care centers, orphanages, and community kitchens. This year's group will leave on December 29, 2015, and return on January 5, 2016. Please contact Steve (719) 495-3400 if you're interested. Learn more at www.thetravelconnection.info.

SOUL LINK BOOK CLUB

For many people reading is a source of stimulation not only for the mind but for the soul as well. The written word can heighten our awareness of God's presence and motivate us to attend to matters of a spiritual nature. *Soul Link* invites you to join with others who wish to share insights gleaned from their reading. The group will meet on Sept. 28, Oct. 26, Nov. 16, Dec. 14, from 6:30 p.m.– 8:00 p.m. at Agia Sophia bookstore, 2902 W. Colorado Ave. For the September meeting participants are asked to bring a book that they have found important on their spiritual journey. For more information contact Vicki Rector (719) 229-9868.

PRIVATE RETREATS

Feeling the need to get back in touch with your soul? Are you longing for some silence and solitude? The Sanctuary of the Rose might be just the place – and it's right here in our own backyard. The Sanctuary is located in Cascade, CO. For more information check out the website www.thesanctuaryoftherose.com or contact Ann Benson at thesanctuaryoftherose@aol.com

CENTER FOR SPIRITUAL LIVING

(Events take place at Broadmoor Community Church, 315 Lake Ave.)

- *Yoga*: Wednesday, & Friday, 9 a.m. Contact Alison Nicholas at alisonnicholas@gmail.com or (719) 936-5060.
- *Laughing Yoga*: Monday, 9:00 a.m. Contact Gary Foote at 473-0716
- *Pilates*: Tuesdays and Thursdays 9 a.m. and 10:15 a.m. (beginners class) Contact Megan Tilma at m3tilma@gmail.com.
- *Classes*: Beginning September 9, a series of classes will be offered through the Center on Wednesday evenings starting at 6:00 p.m. Child care will be provided. For information contact Marta Fioriti (719) 473-1807 ext. 113, or mfioriti@broadmoorchurch.org.

COMING EVENTS

BOOK GROUP

SEPT. 28, OCT. 26,
NOV. 16, DEC. 14
6:30 P.M. – 8:00 P.M.
AGIA SOHPA
BOOKSTORE
2902 W. COLO. AVE

SOUL LINK BOARD MEETING

Sept. 9, 5:00 p.m. –
6:00 p.m.
Soul Link Office

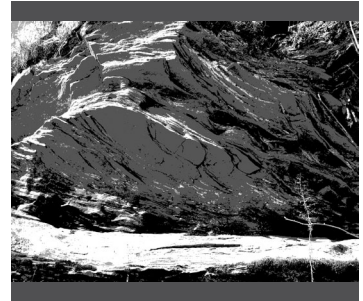


SAVE THE TREES
AND THE COST
OF PRINTING AND
MAILING THE
NEWSLETTER

To receive notice of the latest Soul Link newsletter via email, please contact us at soullink@soullinkonline.org or call the office at 648-3939 and leave your full name and email address.

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SAYING "YES:" THE ALPHA AND OMEGA OF THE SPIRITUAL LIFE

SEPTEMBER 19, 2015
Mail-in Registration Form

Clip and return with registration fee no later than September 14, 2015.

Please complete information below and send it along with your payment of \$30 per person to:

Soul Link, Inc.
2514 W. Colorado Ave. Suite 205
Colorado Springs CO 80904

Name(s) of person(s) attending _____

Phone Number _____

Drop-ins are welcome the day of the retreat.
The registration fee at the door will be \$35 per person.
We hope you will invite a friend to join us for this time of reflection and conversation.