

# Soul Link

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

Volume XV Issue 2

Fall 2016

**SOUL LINK**  
together on the spiritual path

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## SOUL LINK RETREAT *Carpe Diem: The Wisdom of Seizing the Day*

To seize the day, to grasp, to embrace, to make the most of our brief time on planet earth is indeed a wise way to spend our lives. Living in this manner ensures that come the end of our days we will have tasted life to the full and will have few if any regrets - except perhaps that life must come to an end. It makes sense to "*carpe diem*," but attempting to do so requires discipline not only because we can be lulled and dulled by habit and routine, but because many of our days are difficult - filled with conflict, loss, failure, loneliness, and the like. It is one thing to take hold of life when it is pleasurable, but quite another when life is painful.

Our retreat will provide an opportunity to reflect on and dialogue about how to make the most of everyday in good times and bad.

Date: October 1, 2016

Place: Broadmoor Community Church (315 Lake Ave.)

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

Cost: \$30 early registration (by September 27), \$35 at the door.

Lunch is included.

Scholarships available.

Information: (719) 648-3939

### Excerpt from "We Don't Have Time to Waste" by Tom Stella

It may be true that time flies when we're having fun, but also true is that time flies no matter what. Time and our life along with it marches on with unrelenting inevitability. Every moment becomes history in the blink of an eye. Every day becomes yesterday before we know it. The present is turning into the past even as you read these words. Life is too precious to be allowed to pass us by, but also too elusive to contain. How then can we make the most of our time? How can we sustain an appreciation for what and who we have while we have them? How can we drink deeply of this one chance to experience the fullness of life?

The awareness of the fleeting nature of time and the brevity and fragility of life is an invitation to stop waiting and start living. There are a thousand reasons, some of which are good, why we might hesitate to make amends with a person we've hurt, go on a trip to a place we've longed to be,



begin a project that has been left undone for too long, etc. But no matter the reasons/excuses, if we do not *carpe diem* there will come a time when we've waited too long, a time when it's too late."

If you knew you only had twenty-four hours to live, who would you call? What would you say? What are you waiting for? True, we'll probably still be alive tomorrow and still be able to see and hear and do all the things we take for granted. And, yes, we'll most likely still have time to make that call if we put it off for another day. But whether we realize it or not we don't have time to waste."

## QUOTE CORNER

- ☉ You must live in the present, launch yourself on every wave, find your eternity in each moment.

*Henry David Thoreau*

- ☉ Don't count the days, make the days count.

*Mohammed Ali*

- ☉ Too often too late comes too soon.

*Dr SunWolf*

- ☉ Life is not lost by dying; life is lost minute by minute, day by dragging day, in all the thousand small uncaring ways.

*Stephen Vincent Benet*

- ☉ How we spend our days is, of course, how we spend our lives.

*Annie Dillard*

- ☉ The fact that you are not dead is not sufficient proof that you are alive.

*Anonymous*

## BOOKS FOR THE JOURNEY

*When Breath Becomes Air* by Paul Kalanithi (Random House)

At the age of thirty-six, on the verge of completing a decade's worth of training as a neurosurgeon, Dr Kalanithi was diagnosed with stage IV lung cancer. One day he was a doctor treating the dying, and the next he was a patient struggling to live. This memoir finds hope and beauty in the face of insurmountable odds as an idealistic neurosurgeon attempts to answer the question "what makes a life worthwhile."

*The Re-enchantment of Everyday Life* by Thomas Moore (Harper Collins)

Starting from the premise that we can no longer afford to live in a disenchanted world, therapist Thomas Moore shows that a profound, enchanted engagement with life is not a childish thing to be put away with adulthood, but a necessity for one's personal and collective survival. With his lens focused on specific aspects of daily life such as clothing, food, furniture, architecture, ecology, language, and politics, Moore describes the renaissance these can undergo when there is a genuine engagement with beauty, craft, nature, and art in both private and public life.

*Seize the Day* by Saul Bellow (Penguin Classics)

Deftly interweaving humor and pathos, Saul Bellow evokes in the climactic events of one day the full drama of one person's search to affirm worth and humanity.

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## EVENTS OF INTEREST

### *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. 26, Oct. 24, Nov. 28, Dec. 19 from 6:30 p.m. – 8:00 p.m. at Agia Sophia bookstore, 2902 W. Colorado Ave. 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](http://www.thesanctuaryoftherose.com) or contact Ann Benson at [thesanctuaryoftherose@aol.com](mailto:thesanctuaryoftherose@aol.com)

### *VOLUNTEER OPPORTUNITIES*

**CASA** seeks volunteers to advocate for victims of child abuse and neglect 447-9898 ext. 1033 or [casappr.org](http://casappr.org). **Care and Share** seeks volunteers to assist in one-time events and on a regular basis (719) 528.1247 or [volunteermail@careandshare.org](mailto:volunteermail@careandshare.org). **Optum Palliative**

**and Hospice Care** seeks caring volunteers for patients with life-limiting illnesses (719) 265.1109 or [optumhospice.com](http://optumhospice.com). **Project Angel Heart** needs volunteers to help deliver free, nutritious meals to those living with life-threatening illnesses – [projectangelheart.org](http://projectangelheart.org)

**THE CENTER FOR SPIRITUAL LIVING** (events take place at Broadmoor Community Church, (315 Lake Ave.)

- **Yoga:** Wednesday and Friday, 9 a.m. Contact Alison Nicholas at [alisonnicholas@gmail.com](mailto:alisonnicholas@gmail.com)
- **Laughing Yoga:** Monday, 9 a.m. Contact Gary Foote at (719) 473-0716.
- **Pilates:** Tuesdays and Thursdays 9:00 a.m. and 10:15 a.m. (beginners class) Contact Samantha Fitzgibbon at 473-1807.

### **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. Participants will serve people in hospitals, day-care centers, orphanages, and community kitchens. The group will leave on Dec. 29, 2016 and return on January 4, 2017. Contact Steve Shapiro (719) 495-3400. Learn more at [www.thetravelconnection.info](http://www.thetravelconnection.info)

## COMING EVENTS

BOOK GROUP  
SEPT. 26, OCT. 24  
NOV. 28, DEC. 19  
6:30 P.M. – 8:00 P.M.

AGIA SOHPIA  
BOOKSTORE  
2902 W. COLO. AVE.

### SOUL LINK BOARD MEETING

Sept 14, 5 – 6 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](mailto:soullink@soullinkonline.org) or call the office at 648-3939 and leave your full name and email address.

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## CARPE DIEM: THE WISDOM OF SEIZING THE DAY

OCTOBER 1, 2016

### Mail-In Registration Form

Clip and return with registration fee no later than September 27, 2016

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

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Phone Number

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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.