

Soul Link

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

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SOUL LINK
together on the spiritual path

Soul Link Board

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SOUL LINK RETREAT

The Gate of the Year: Walking Boldly into the Unknown

A new year like each new day can be filled with promise, hope, and good intentions; it may also be filled with fear and uncertainty since what is to come is unknown. Given that this new year brings with it the beginning of new leadership and direction for our country, anxiety about the future can be daunting. Because this is so, the gate of this year invites us to live in faith; that is, to go boldly forward into the dark trusting that we are not alone, that we are led, and that good can come about no matter what may occur.

Our retreat will offer the opportunity to reflect on and dialogue about our hopes, fears, and faith in the face of the unknown.

Date: January 14, 2017
Place: Broadmoor Community Church (315 Lake Ave.)
Time: 9 a.m. (registration), 9:30 a.m.- 2 p.m. (retreat)
Cost: \$30 early registration (by January 10), \$35 at the door.
Lunch is included.
Scholarships available.
Information: Tom Stella 719.648.3939

Excerpt from "The Gate of the Year"

"And I said to the man who stood at the gate of the year: give me a light that I may tread safely into the unknown. And he replied, Go out into the darkness and put your hand into the hand of God. That shall be to you better than light and safer than a known way."

The above is an excerpt from the poem "God Knows" quoted by King George VI in a Christmas broadcast to the citizens of Great Britain. The year was 1939 and England, along with much of the world, was on the brink of a great war. The times were dark in part because the future was unknown, but also because the present was so precarious. The message of the poem and the king was meant to inspire the people to reach beyond and/or deep within themselves for the courage to meet whatever challenges were in store.

Like all beginnings, a new year holds much uncertainty. Will there be joy, the likes of which we've never experienced? Will there be trials that

test our mettle? Will there be sorrows that can break our hearts? Most likely there will be some of each, but until they visit us the future remains unknown.

As with the England of King George, our present is also precarious. Terrorism, war, gun violence, racial tension, religious intolerance, global warming, and the like, create an atmosphere of fear and insecurity that hang heavy over our daily comings and goings. The poet's plea is one we could easily echo: "give me a light that I might tread safely into the unknown."

The response to that plea, "Go out into the darkness and put your hand into the hand of God," remains good counsel today. We cannot be passive in the face of fear. We cannot be reluctant to enter the unknown. If we are to be fully alive we cannot afford to wait for life to happen to us. Bold action based on trust in a Higher/Inner Power is always "better than a known way."

QUOTE CORNER

☪ Whatever you're scared of doing, do it.
Neil Gaiman

☪ The object of a new year is not that we should have a new year. It is that we should have a new soul.
G K Chesterton

☪ Today's mighty oak is yesterday's nut that held its ground.
Anonymous

☪ This moving away from comfort and security, this stepping out into the unknown, uncharted and shaky – that's called liberation.
Pema Chodron

☪ Faith is stepping out into the unknown with nothing to guide us but a hand just beyond our grasp.
Frederick Buechner

BOOKS FOR THE JOURNEY

Comfortable with Uncertainty by Paul Pema Chodron

This book offers short, stand-alone readings designed to help us cultivate compassion and awareness amid the challenges of daily living. More than a collection of thoughts for the day, this book offers a program of spiritual study, leading the reader through essential concepts, themes, and practices of the Buddhist path.

Let Your Life Speak by Parker Palmer (Jossey Bass)

Let Your Life Speak is an openhearted gift to anyone who seeks to live authentically. The book's title is a time-honored Quaker admonition, usually taken to mean "Let the highest truths and values guide everything you do." But Palmer reinterprets these words, "Before you tell your life what truth you intend to do with it, listen for what it intends to do with you." Sharing stories of frailty and strength, of darkness and light, Palmer states that vocation is not a goal to be achieved but a gift to be received.

Change Your Mind and Your Life Will Follow by Karen Casey (Conari Press)

This book suggests that we have only two real choices in life. The first is to fall into despair, become numb, and let fear have its way with us. The second is to open our hearts to those around us, to heal ourselves and each other by changing how we react. We can learn to act out of our own hearts rather than to react in hurt or anger. When we stop focusing on problems, solutions tend to appear.

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 Jan. 23, Feb. 27, Mar. 27, April 24, May 22 from 6:30 p.m. – 8 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.sanctuaryoftherose.com or contact Ann Benson at thesanctuaryrose@aol.com

VOLUNTEER OPPORTUNITIES

- **CASA** seeks volunteers to advocate for victims of child abuse and neglect 447.9898 ext. 1033 or 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
- **Optum Palliative and Hospice Care** seeks caring volunteers for patients with life-limiting illnesses. 719. 265.1100 or optumhospice.com
- **Project Angel Heart** needs volunteers to help deliver free, nutritious meals to those living with life-threatening illnesses – 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
- **Laughing Yoga:** Monday, 9 a.m. Contact Gary Foote at 719.473.0716.
- **Pilates:** Tuesdays and Thursdays 9 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 December 29, 2016, and return on January 4, 2017. Contact Steve Shapiro 719.495.3400. Learn more at www.thetravelconnection.info

COMING EVENTS

BOOK GROUP
JAN. 23 • FEB. 27
MAR. 27 • APRIL 24
MAY 22
6:30 P.M. – 8 P.M.

AGIA SOHPIA
BOOKSTORE
2902 W. COLO. AVE.

SOUL LINK
BOARD
MEETING

January 4, 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 or call the office at 648.3939 and leave your full name and email address.

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THE GATE OF THE YEAR: WALKING BOLDLY INTO THE UNKNOWN

JANUARY 14, 2017

Mail-In Registration Form

Clip and return with registration fee no later than January 10, 2017.

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.