

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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Winter 2014

SOUL LINK
together on the spiritual path

Soul Link Board

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SOUL LINK RETREAT

Silence: Doorway to the Soul

Ours is a noisy culture. There seems to be an almost constant din both within and around us, one that makes it difficult to hear the “sounds of silence.” Even worship services where one might expect a quieter ambiance, words – spoken, sung, prayed, read, preached – can make it hard to listen to the deeper, wordless word of the Spirit.

Although our time together will include brief presentations on matters of the soul (silence, solitude, meditation/centering prayer) the retreat will be spent primarily in silence. Reading, journaling, prayer, walking the labyrinth, or just walking, may be ways you choose to enter into what Dag Hammarskjold referred to when he said: “There is within each of us a point of stillness surrounded by silence.” At the end of the day there will be an opportunity to share your experience of being present, in silence, to yourself/God.

Date: February 8, 2014

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 Feb. 4), \$35 at the door. Lunch included.

Scholarships available.

Information: Tom Stella (719) 648-3939

Excerpt from *Ten Poems to Set You Free* by Roger Housden

Be still
Listen to the stones of the wall
Be silent, they try
To speak your name

In his extraordinary poem, “In Silence” Thomas Merton tells us that even the stones speak, that they know who we are, and that they will tell us if we can be still enough to hear them...

When we listen to the life in the world about us with an active, relaxed attentiveness, we allow our self-consciousness, the observer in us, to fade away. Deep listening – whether to the stones in the wall of our house, to the birdsong outside, or to our companion across the kitchen table – joins us to the living world. It melts the judging mind, it softens the separation

between our own consciousness and that of life itself.

In stillness we fall into the Unknown in ourselves, and the world comes alive in a whole new way. We see that the world is on fire, burning with life, with a passion for existence that is invisible to our ordinary eyes...

Do we dare sit in this silence now, and risk everything we know going up in smoke? For this is the fire that will set us free; free to know who we truly are.

QUOTE CORNER

☞ Silence isn't absence of noise but absence of self (ego).
Stephen Mitchell

☞ My existence is noisy but my being is silent.
Thomas Merton

☞ Silence is the tribute we pay to holiness.
We slip off words when we enter a sacred place like we slip off shoes.
Pico Ayer

☞ Before speaking ask whether your words are an improvement on the silence.
Buddhist saying

BOOKS FOR THE JOURNEY

Silence: The Mystery of Wholeness by Robert Sardello (North Atlantic Books)

WITH ITS BEAUTIFULLY RICH PROSE, the author invites us to experience silence as a companion presence, a creative heart-felt experience that renews, restores, and deepens the body's response to the internal and external world. The book delves deeply into the subtleties of silence, exploring the phenomenon as a source of wholeness and revitalization. Sardello takes us on an inner-journey beyond chaotic noise of the ego to a place of inner-communion and self-healing.

Listening Below the Noise by Anne LeClaire (Harper)

PART MEMOIRE, PART PHILOSOPHICAL INQUIRY, this book is a reflection on how silence can help us attend to the world around us, expand our awareness, and achieve inner-peace. In eighteen chapters, LeClaire explores the soul's yearning for quiet, the ego's resistance to it, the intrusion of society, the lessons silence holds, and the healing it can effect.

The World of Silence by Max Picard (Eight Day Press)

IN THIS PROFOUNDLY ILLUMINATING BOOK renowned Swiss philosopher Max Picard expresses the nature and meaning of silence in poetic, lyrical, and honest language that helps call forth the silence that lies as the mostly unrecognized source of our being. Without fanfare the book takes us back to the beginning of things. Picard takes us on a journey into ourselves, covering such topics as the nature of silence, the silence in speech, the ego and silence, knowledge and silence, love and silence, time and silence, and the noise of words.

EVENTS OF INTEREST

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. 27, Feb. 24, Mar. 24, Ap. 28, May 19 from 6:30-8:00pm at Agia Sophia Bookstore, 2902 W. Colorado Ave. For the January meeting we will read Anne LeMott's book, *Stitches*. Call Vicki Rector (719) 229-9868 for more information.

CABO SERVICE PROJECT

Last fall a group of people from Soul Link went on a service project to Cabo San Lucas, Mexico, where they had a powerful experience serving the poor of that city. Once again we will offer that opportunity through Travel With a Purpose. Our own Steve Shapiro will organize this project, which will involve serving people in hospitals, day-care centers, orphanages, and community kitchens. This spring the group will leave on March 21st and return on March 27th. Please contact Steve (719) 495-3400 if you're interested. Learn more at www.thetravelconnection.info.

CENTER FOR SPIRITUAL LIVING

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

- **Yoga:** Monday, Wednesday, and Friday, 9:00 a.m.
Contact Alison Nicholas at alisonnicholas@gmail.com.
- **Broadmoor Laughing Club:** Monday, 9:00 a.m.
Contact Mary McInnis at (719) 473-1807.
- **Pilates:** Tuesdays and Thursdays 9:00 a.m. and 10:15 a.m.
Contact Megan Tilma at m3tilma@gmail.com.
- **Retreat with Dr James Finley**
Former monk and Thomas Merton scholar, Jim Finley, will facilitate a retreat, "The Spirituality of Healing," at the Arvada Center for the Arts in Denver. The dates are Jan. 10 & 11. For information and registration call (720) 369-2335, or email spiritualityofhealing@sdcolo.org.

COMING EVENTS

BOOK GROUP

JAN. 27, FEB. 24,
MAR. 24, AP. 28
MAY 19
6:30 – 8:00PM

AGIA SOHPHIA
BOOKSTORE
2902 W. COLO. AVE

BOARD MEETING

Jan 29,
5:00 – 6:00 p.m.
Soul Link Office

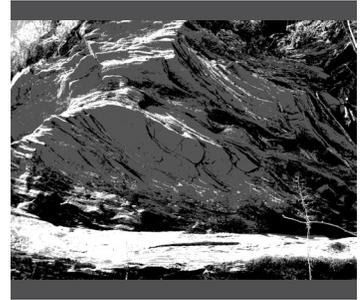


SAVE THE TREES
AND THE COST
OF PRINTING AND
MAILING THE
NEWSLETTER

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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SILENCE: DOORWAY TO THE SOUL

SATURDAY, FEBRUARY 8, 2014

Mail-In Registration Form

Clip and return with registration fee no later than Feb. 4, 2014.

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.