

Soul-Link, Inc.

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

Volume 1 Issue 7
Fall 2002



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A New Way of Being: "Awakening Our Potential, Sharing Our Passion"

Join us for the Fall Retreat on Oct. 5 at the Fine Arts Center. The retreat is scheduled from 9:00 a.m. - 2:30 P.M. The focus for this session is: A New Way of Being: Awakening Our Potential, Sharing Our Passion and the day will include presentation, reflection, and conversation.

Early registration fee (through Sept. 29) is \$15.00 which includes lunch. Registration fee for "walk-ins" the morning of the retreat will be \$20.00 and also includes lunch. You may register by calling the Soul-Link number **473-5852** and leaving your name and phone number or you may use the registration form on the last page of this newsletter. and mail prior to Sept. 29. Scholarships are available for those who have a financial need.

Autumn Vulnerability

"This is the season of vulnerability, when trees open wide to wounding, when all the summer security is given away to another season."

Wiser are the trees than humans who clutch small arms round self, shielding their fragile hearts and stifling future springtimes."

We humans have a lot to learn from autumn trees. No one of us wants to be so surrendered, so vulnerable to winter as the October trees. Yet, each of us, if we are open to growth and change, will experience this in our inner selves. Our relationships and our experiences of life will ask us to be open, to be willing to let go in order that new growth can come.

C. S. Lewis understood this vulnerability when he wrote: "To love at all is to be vulnerable." Lewis cautions that the only way of being sure we will not be hurt or wounded is to give our heart to no one and never be vulnerable. If we do this, then we lock our heart up in a tomb of selfishness where it will eventually become "unbreakable, impenetrable, irredeemable."

Being vulnerable does not mean being weak and allowing anyone or anything to hurt us. It is actually a great inner strength which comes from freely choosing to be open to being wounded because we are open to loving freely.

This fall season, let us pause and allow falling leaves to remind us of the call to be vulnerable, the call to be open to the possibility of being hurt, the call to accept and to grow from the daily dyings of our days, daring to love and be loved. --Excerpts from *Fresh Bread*, Joyce Rupp, *osm*



FALL 2002

Some Reading Suggestions

The following are some resources you may find spiritually enriching.

Ten Poems To Change Your Life, Harmony Books, Roger Housden

Using the poetry of, among others, Mary Oliver, Walt Whitman, Rumi, Kabir, and St. John of the Cross, Housden invites us to look deeply within ourselves and creation to discover the Sacred. This discovery challenges us to be faithful to the spiritual dimension of life, and to be fully and passionately alive.

I Will Not Die An Unlived Life: Reclaiming Purpose and Passion, Conari Press, Dawna Markova

This book takes us on a journey of "what it would mean to live fully, sensually alive, and passionately on purpose." Markova reminds us of what we already intuit: "My head is stuffed with knowledge, but something in me is still starving." She challenges us to exit the fast lane and move into the slow river of wonder, which summons us to our true passion.

Comfortable With Uncertainty, 108 Teachings, Shambhala, Pema Chodron
In this book, Tibetan Buddhist nun Pema Chodron offers short readings designed to help us cultivate compassion and awareness amid the challenges of daily living. The author does not assume prior knowledge of Buddhist thought or practice, making it a perfect introduction to Chodron's teaching.

Soul-Link Passages

Please remember these individuals and their families in your prayers ...

*July and August 2002 Deaths of
Soul-Link Participants:*

*Becky Fleming and Mary Mayhern
and
Orval Lohman*

(Husband of Soul-Link Participant, Toni Lohman)

The Autumn of Anything

...the autumn of anything -- of a work, of a life, of a relationship -- is something to reverence. Whatever we did for it, it did more for us. Just when the summer gets perfect, fresh nights, soft sun, casual breezes, crushingly full and quietly cooling trees, it ends. Life is like that, too. Just when we get it right, it starts to change. That's diminishment

That's life on the edge of autumn. And that's beautiful, if we have the humility for it.

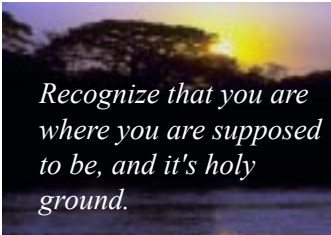
Joan Chittister, OSB



Autumn is the season when we learn the lessons of life and death. The trees decree that death is near. But it is not something to

fear. There is beauty in the dying, as evidenced by those leaves that reach their peak with striking colors. These autumn leaves bring beauty to the eyes and the soul. They shout to those who stand in awe that they are going down to death in a blaze of glory. Other trees, their leaves long past their prime but still clinging tenaciously to limbs through rain and wind, remind us to hold on for dear life. Still other trees lose their leaves quickly and stand naked, unashamed that they have already embraced Mother Earth's invitation to participate in autumn's dance of death. They do so willingly, freely, because they know the clothes they've worn these past few months will become the fabric for next spring's fashions. Life in the forest on autumn's edge has much to teach us. As a season of change, autumn offers us an opportunity to watch, to wait, to wonder, to reverence with one another in prayer, in memory, in hope. We discover that there is both sorrow and joy in the beauty of autumn leave-taking. We find there is hope in death.

*"We spend a long time
wishing we were elsewhere
and otherwise" --Robert Farrar
Capon in Bed & Board*



Recognize that you are where you are supposed to be, and it's holy ground.

BEING PRESENT . . .

Being present in the spiritual life always has a double meaning.

There's present as in here, in attendance. And there's present, as in now, a moment of time. What is the spiritual practice of being present? Being here now.

The world's religions all recommend living in the moment with full awareness. Zen Buddhism especially is known for its emphasis on "nowness." Hindu, Taoist, Jewish, Moslem, Christian, and other teachers urge us to make the most of every day as an opportunity that will not come to us again.

Also under the rubric of being present is the traditional spiritual exercise called practicing the presence of the Sacred One. This means recognizing that the Sacred is here now moving through our everyday activities no matter how trivial they might seem. Recognize that you are where you are supposed to be, and it's holy ground. --*Excerpts from Spirituality and Health Magazine, Practice Being Present*

Some Perspectives on Being Present . . .

"The present moment holds infinite riches beyond your wildest dreams but you will only enjoy them to the extent of your faith and love. The more a soul loves, the more it longs, the more it hopes, the more it finds. The will of God is manifest in each moment, an immense ocean which only the heart fathoms insofar as it overflows with faith, trust and love." --*Jean-Pierre De Caussade in The Sacrament of the Present Moment*

"Now is the only time. How we relate to it creates the future. In other words, if we're going to be more cheerful in the future, it's because of our aspiration and exertion to be cheerful in the present. What we do accumulates; the future is the result of what we do right now." --*Pema Chodron in When Things Fall Apart*

You may now contact Soul-Link leadership using e-mail on our web site and you may print current and past issues of our newsletter from:

www.soulinkonline.org



MARK YOUR CALENDARS

- Oct. 5 **Fall Retreat at the Fine Arts Center** on W. Dale St. 9:00 a.m. to 2:30 p.m. Registration preferred.
- Oct.14 **Soul-Link Potluck and**
- Nov.11 **Discussions (2nd Mon. each mo.)**
- Dec. 9 6:30-8:00 p.m. - Holy Trinity
- Jan. 13 Parish Meeting House at 3117 Poinsetta Dr. No RSVP needed.
- Oct. 21 **Spirituality Meets Technology: "On-line Resources To Enrich the Spiritual Journey"** Presenter, Jeff Tschida - 6:30-8:00 p.m. Class is designed for those who would like to learn more about accessing spiritual resources using the internet. Meet in the Holy Trinity Parish at 3117 Poinsetta Dr. \$10.00 registration fee may be paid at the beginning of the class. Limited space is available in the computer lab so RSVP is needed. Call 473-5852 by Oct. 10.
- Nov. 18 **Changing Seasons: "How They Affect The Soul and the Psyche"** Presenter, Dr. Martin Olsen, Psychologist. This session will provide presentation and discussion focusing upon the many ways we may be impacted psychologically and spiritually, by the changing seasons throughout a year. - 6:30-8:00 p.m. at the Holy Trinity Parish Meeting House, 3117 Poinsetta Dr. \$10.00 registration fee may be paid at the beginning of the class. RSVP by calling 473-5852 by Nov. 14.
- Jan. 18 **Soul-Link Winter Retreat at the Center for Creative Leadership,** 9:00 a.m. to 2:30 p.m. Registration preferred.



Soul-Link, Inc.

P. O. Box 7790

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TO:

**Fall Retreat Registration -- A New Way of Being: "Awakening Our Potential, Sharing Our Passion"
Saturday, October 5, 2002 at the Fine Arts Center on West Dale Street, Colorado Springs
9:00 a.m. - 2:30 p.m. -- Lunch Included**

(Clip and return with your check made payable to: Soul-Link, Inc.)

Mail to: Soul-Link, Inc. P.O. Box 7790, Colorado Springs, CO 80933-7790

Registrations received by Sept. 29, 2002: \$15.00 incl. lunch

Registrations on day of retreat: \$20.00 incl. lunch

No. of persons attending _____ Amount enclosed _____

Name _____ Phone No. _____

Name _____ Phone No. _____

Name _____ Phone No. _____

Please list any special dietary needs _____

Thank You!