

Soul-Link, Inc.

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

Volume III Issue 3
Summer 2005

SOUL LINK RETREAT

I Once Was Lost But Now I'm Found: Re-Discovering Our Identity and Our Life's Calling

SOUL LINK
Together on the Spiritual Path

Identity theft is a big thing these days. There are many ways in which thieves can access our personal and financial information, assume our identity, and rob us blind. There are also many ways in which we can be the victim of spiritual identity theft, the loss of a sense of soul occasioned by engaging in the normal and necessary responsibilities and activities of our lives. When this occurs, we feel lost and uncertain. But when we walk this world aware of our true identity we make decisions about what to do/how to live that are in our own, and others best interest. Our retreat will focus on the reality of our true spiritual identity, and on how to live attuned to it.

Soul-Link Board

Jim Francek
Ruth Heine
Eva McGeehan
Patrick Smith
Tom Stella

Date: October 1, 2005

Place: First Congregational Church (Tejon & St. Vrain)

Time: 8:30 (registration), 9:00 - 12:30 (retreat)*

Cost: \$15 pre-registration, \$20 at the door.

Information: 776-2672

* Note: Due to time and space restrictions, the length of the retreat is shorter than usual; therefore, the cost is less, and lunch will not be provided. Drinks and snacks will be available.

Our True Identity

A person is sacred because humanity is first and foremost spiritual. "We are not human beings having a spiritual experience," says priest-paleontologist Teilhard de Chardin, "we are spiritual beings having a human experience." This truth has to do with our identity. It is basic, it is primary, but most of us do not know the first thing about ourselves. We know the second and third things; that is, the biological and psychological dimensions of our being. We are aware of the condition of our bodies and the state of our minds and hearts, but we are often ignorant of the spiritual truth that is the core of our personhood.

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We find out who we are not by consulting others or by looking into the mirror, but by going to... the center of our soul. According to Annie Dillard, what we discover in the stillness and quiet of our deepest selves is that "our lives are a faint tracing on the surface of mystery." What an awakening it is to realize that who we thought we were was merely the tip of the iceberg, and that what lies beneath the surface is not only vast, but also divine. A word for this truth is 'mysticism.'

When we are able to open our minds and hearts to our mystical nature then, like the sun breaking through a cloudy sky, the world is bathed in a new light. We can then see the unity that lies beneath diversity, the common bond that unites us to all people, and to the earth that sustains us.

From the Tao of Psychology

When the ego is cut off from experiencing the Self - or, put differently, when an individual lacks the inner sense of being connected to God or being part of the Tao - then a wound exists that the person experiences as gnawing, pervasive, persisting insecurity. All kinds of defensive maneuvers from smoking to amassing power, are unsatisfying efforts to feel better. The narcissism of modern times seems fueled by the feeling of being deprived and unnourished emotionally or spiritually, which is part of the same wound. A person thus wounded seeks novelty, excitement, power, or prestige to compensate for a lack of joy or inner peace. Chronic anger and depression seem to hide just below the surface of the persona, or face presented to the world...

Emotionally, scarcity rather than abundance prevails, and thus generosity, compassion, giving hope and helping all are constricted, and joy and growth are stifled.

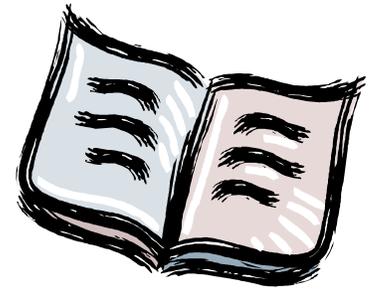
New Offerings

Nurture Your Soul. Take a morning to refresh your spirit with various journaling exercises, centering prayer, and understanding the meaning of your dreams. This event will take place on Sat, Sept 17 from 8:00am—12:30pm. The cost is \$30; Call Michelle Hair (510-5096) to register.

Affirming Our Creativity: A Guided Tour of *The Artist's Way*. This 13-week course leads participants through a spiritual process of discovering and recovering creativity using Julia Cameron's book, *The Artist's Way*. The course is ideal for those interested in writing, art, music, cooking, teaching, etc. It will meet on Thursday evenings from 6:30—8:00pm beginning Sept 15. The cost is \$75; call Kim Newberry (684-2319) to register.

The Cup of Our Life. This sharing group will explore how the cups we use daily can connect us with our spiritual life. Through discussion, reflection, and prayer based on Joyce Rupp's book *The Cup of Life*, participants will examine the open cup, the chipped cup, the broken cup, and the cup of compassion. The group will meet on Tuesday evenings from 5:30—7:00pm beginning Oct 4 until Nov 8. The cost is \$35; call Michelle Hair (510-5096) to register.

Books and More Books



Merton Palace of Nowhere

by James Finley, Ave Maria Press.

Finley has mined a rich vein of Thomas Merton's thought—the quest for spiritual identity—and in the *Palace of Nowhere* offers a guide to the difficult journey leading from an awareness of a false and illusory self to a realization of the true self.

Toward a Psychology of Awakening

by John Welwood, Shambala Publications

Here is a guide for all those interested in integrating the psychological and the spiritual sides of human existence and living in a more balanced and harmonious way. The book's first section addresses basic questions about the relationship between psychology and contemplative spirituality. The second explores the practical implications of this convergence for psychological health and healing. The third considers some implications for relationship and community.



Coming Events

Sept 11 Film Group will view "Defending Your Life" (Soul Link House, 2:00pm)

Sept 12, Oct 10, Nov 14, Dec 12 Potluck discussions (Soul Link House, 6:30pm)

Sept 14 Board Meeting (Soul Link House, 5:30pm)

Sept 15—Dec 15 Affirming Our Creativity . . . (Soul Link House, 6:30—8:00pm)

Sept 17 Nurture Your Soul (Soul Link House, 8:00am—12:30pm)

Sept 20 Book Club; please read *The Idiot* by Fyoder Dostoyevsky (Soul Link House, 6:30pm)

Sept 25 Spiritual Support Group (Soul Link House, 1:00pm)

Oct 4—Nov 8 The Cup of Our Life (Soul Link House, 5:30—7:00pm)

Oct 16 Film Group will view "My Life as a Dog" (Soul Link House, 2:00pm)



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Quote Corner

"What do I fear most? . . . the ignorance that comes from the decision to regard my ego as my full, complete, real self, and the work to maintain this illusion against the call of the secret truth that rises up within me." *Thomas Merton*

Rabbi Zusya of Hanipol used to say, "If they ask me in the next world, 'Why were you not Moses?', I will know the answer. But if they ask me, 'Why were you not Zusya?', I will have nothing to say."

"What lies behind us and what lies before us are tiny matters compared to what lies within us."
Ralph Waldo Emerson

"The first peace. . . is that which comes within the souls of people when they. . . realize at the center of the universe dwells the Great Spirit, and that this center is really everywhere, it is within each of us." *Black Elk*

"The purpose of life is to relocate the center of gravity of the personality from the ego to the Self."
C.G. Jung

"My being is encompassed within Being itself. The mystery of the Self is part and parcel of the mystery of Being." *Sam Keen*

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Saturday, October 1, 2005

*Mail-In Registration Form—Clip and return with registration fee
no later than September 26, 2005*

Please complete information below and send it along with your payment of \$15.00 per person to:

SOUL-LINK, INC.
2413 N. Cascade Ave.
Colorado Springs, CO 80907

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 \$20.00 per person. We hope you will invite a friend to join us for this time of reflection and conversation. For more information, call 776-2672.