

Soul-Link, Inc.

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

Volume IV, Issue 2
Autumn 2006

Soul Link Board

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SOUL LINK
Together on the Spiritual Path

Soul-Link, Inc.
2413 N. Cascade Ave.
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SOUL LINK RETREAT

“Living in the “I” of the Hurricane”

For many of us, most of the time, life is a swirl of activity that flows from the responsibilities and relationships that comprise our personal and professional lives. Expectations, demands, deadlines, and the like can result in physical, emotional, and spiritual stress. Our attempt to survive the chaos of life gives birth to the ego - that self-understanding that is out of touch with the quiet, peaceful center that, like the eye of a hurricane, is at the core of who we are. This retreat will focus on the sacred, silent stillness that is our “true self,” and on what makes it so difficult for us to become aware of, and to rest in this “palace of nowhere” that lies within.

Date: September 23, 2006

Place: Julie Penrose House (Mesa Rd. behind the Broadmoor)

Time: 8:30 (registration), 9:00 - 2:30 (retreat)

Cost: \$20 pre-registration, \$25 at the door. Scholarships available

Information: 776-2672

Egolessness

(from *Toward a Psychology of Awakening* by John Welwood)

The sense of a separate self initially arises out of contracting against the boundless openness of being in order to establish some measure of security and control. This contraction establishes me as something bounded, definite, substantial, and separate...Although the egoic activity of contracting, grasping, and identifying is relentless, it is not solid or continuous...Rather, it is like a fist alternately clenching and relaxing. Ego continually arises out of and subsides back into egolessness, like a fist tensing and relaxing again. (continued pg 2)

Coming Events

Sept 11, Oct 9, Nov 13, Dec 11, Jan 8:

Potluck Discussions
(Soul Link House, 6:30pm)

Sept 20, 5:30pm:
Board Meeting
(Soul Link House)

Oct 3, 6:00pm:
Book Group
(Soul Link House)

Oct 15, 2:00pm:
Film Group
Monsoon Wedding
(Soul Link House)

Sept 24, 1:00pm:
Spiritual Support Group
(Soul Link House)

(from pg 1)

Understanding egolessness as the open hand out of which the clenched fist of ego forms, helps us see that it poses no real threat to our existence or effective functioning in the world. Recognizing ego death as an integral, recurring aspect of life makes it possible to overcome or fear of letting go. When we are not so driven to prove, justify, defend, or immortalize our bounded self, we can breathe more deeply, appreciate death as a renewing element within the larger circle of life, and embrace reality in all the forms in which it presents itself.

Quote Corner

“Let us not pray to be sheltered from dangers, but to be fearless when facing them.”
Rabindranath Tagore

“Do you really want to look back on your life and see how wonderful it could have been had you not been afraid to live it?”
Caroline Myss

“No one could make a greater mistake than he who did nothing because he could do only a little.”
Edmund Burke

“The most difficult times for many of us are the ones we give ourselves.”
Pema Chodron

Books For the Journey

The Soul of the Story by Rabbi David Zeller (Jewish Light Publishing)

Many who embark on a spiritual quest discover that the people they meet along the way ultimately point them back home, into the very soul of the religious tradition they had left behind. Thoughtful and endearing, provocative and witty, Zeller's stories recall his meetings with Carl Jung, Shlomo Carlebach, Alan Watts, Ram Dass, Carlos Castaneda, and many others.

The Inner Experience by Thomas Merton (Harper San Francisco)

Thomas Merton's final book explores the meaning and daily practice of contemplation. This book signals Merton's growing interest in Eastern, especially Buddhist, traditions of meditation and spirituality. The book not only provides a far-reaching presentation of the best teaching about contemplation and meditation, but also how contemplation can be practiced in everyday life.

Sinners Welcome by Mary Karr (Harper Collins)

This is Karr's fourth collection of poems. It traces her improbable journey from the inferno of a tormented childhood into a resolutely irreverent spirituality. Her essay on faith at the conclusion of this book weaves the tale of how the language of poetry eventually becomes, for her, the language of prayer.

Soul-Link Happenings

Dance & Movement Programs

Soul Linker, Jenny Finn has started a business - Soma, Ltd. that is designed to help us experience the spirituality of our bodies. The following workshops are being offered: "Pathways to Wholeness" (women only), "Let it Shine" (for children ages 4-6), "Moving Into the Divine" (men and women), "The Circle" (women ages 12 and above).

Call Jenny (291-3120) for the specifics

Cup of Life

Michelle Hair is offering this series of six classes based one of Joyce Rupp's books. Using cups as a metaphor for the self, the sessions will examine the notions of openness, woundedness, anxiety, and compassion. Call Michelle (510-5096) for details.

Northwest Earth Institute Courses

NEI is an organization headquartered in Portland, OR that facilitates discussion courses locally for those interested in issues pertaining to the environment. Groups of six are ideal for these discussions which consist of 8-9 sessions. Following is a listing of the courses offered: Voluntary Simplicity, Exploring Deep Ecology, Discovering a Sense of Place, Choices for Sustainable Living, Globalization and Its Critics, Healthy Children - Healthy Planet. If you are interested in participating in any of these courses, call the Soul Link office (776-2672)

Reshaping Christian Imagination

The above is the title of a video series featuring Michael Morewood that Soul Link is offering beginning in October. For those whose quest for spiritual depth is rooted in Christianity, these sessions will offer a refreshing perspective on matters close to the soul. There will be five gatherings of about an hour and a half to view and discuss the videos - the dates and time will be determined by what best fits the participant's schedules. For more information call Soul Link (776-2672).

Spiritual Formation Program

Benet Hill monastery offers a two-year course of study focused on spiritual growth and personal transformation designed to deepen the participant's inner journey and to open new pathways of spiritual service. A number of Soul Linkers have gone through this program, and recommend it highly. If you are interested call Patty Degen at 528-5303

Soul Link Groups

There are several groups that meet on an ongoing basis (see Coming Events for times and dates). Book, film, and spiritual support groups meet regularly, and all are anxious to have **new participants**. In their own way, each group focuses on dimensions of the spiritual life with the hope that doing so will "grow the soul" of all who take part. If you would like to learn more about these groups call the Soul Link office (776-2672).



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“Living in the “I” of the Hurricane”

Saturday, September 23, 2006

Mail In Registration Form - *Clip and return with registration fee no later than
September 18, 2006.*

*Please complete information below, and send it along with your payment of \$20 per person
(includes lunch).*

Mail 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 \$25 per person. We hope you will invite a friend to join us for the is time
of reflection and conversation.