

# Soul-Link, Inc.

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

Volume IV Issue 1  
Winter 2006

**SOUL LINK**  
*Together on the Spiritual Path*

## Soul-Link Board

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Ruth Heine  
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Patrick Smith  
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## SOUL LINK RETREAT

### *Questioning Beliefs, Examining Faith: Looking at the Role of Religious Teachings in Our Quest for Spiritual Maturity*

Because religious beliefs have a powerful impact, for better or worse, on our lives, it is crucial for our spiritual development that we look at them critically. Do they free us, or bind us? Are they alive, or have they atrophied? If they no longer make sense, how can we breathe new life into them? Using presentation, meditation, discussion, and readings, David Gardiner, professor of Asian religions at Colorado College, will lead us on an exploration of our beliefs based on his knowledge of eastern religions, and his own quest for an authentic faith.

**Date:** January 21, 2006

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

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

**Cost:** \$25 pre-registration, \$30 at the door. Scholarships available.

**Information:** 776-2672

## *Holding Our Views Lightly*

There is a natural pleasure when we speak with someone who doesn't know everything, who is open-minded, eager to listen. There is a delightful presence, receptiveness, and humility in such a mind...In the oldest of Buddhist texts, the Sutta Nipata, the Buddha speaks of this: "Seeing misery in views and opinions, without adopting any, I found inner peace and freedom. One who is free does not hold to views or opinions...But those who grasp after views and opinions only wander about the world annoying people..."

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Underneath all the wanting and grasping, underneath the need to understand is what we can call "the body of fear." At the root of suffering is a small heart, frightened to be here, afraid to trust the river of change, to let go in this changing world. This small unopened heart grasps and needs and struggles to control what is unpredictable and unpossessable. But we can never know what will happen. With wisdom we allow this not knowing to become a form of trust.

With spiritual maturity the basis for [our] practice shifts away from ambition, idealism, and desire for self-transformation. It is as if the wind has changed, and a weather vane - still centered in the same spot- now points in a different direction: back to this moment. We are no longer striving after a spiritual destination, grasping for another world different from the one we have. We are home. And being home, we sweep the floor, make nourishing meals, and care for our guests.

From *After the Ecstasy, the Laundry*

## *The Cup of Our Life*

This sharing group will explore how the cups we use daily can connect us with our spiritual life. Based on Joyce Rupp's book *The Cup of Life*, participants will examine, through discussion, reflection, and prayer, the open cup, the chipped cup, the broken cup, and the cup of compassion.

The group will meet at the Soul Link House on Fridays from 11am - 12:30pm beginning February 16th. The cost is \$35; call Michelle Hair (510-5096) to register.



## *Quote Corner*

*"Your doctor must have a broken leg to doctor. Your defects are the ways that glory gets manifested. Whoever sees clearly what's diseased in himself begins to gallop on the way. There is nothing worse than thinking you are well enough. More than anything, self-complacency blocks the workmanship."*

Rumi (Sufi poet and mystic)

*"Ring the bell that still can ring. Forget your perfect offering. There is a crack in everything, that's how the light gets in."*

Leonard Cohen



## *Concert*

*"Music For the Spirit, Songs For the Soul"*

Joe Uveges and Steve Hoke will entertain us with thoughtful, humorous, lively, and soothing songs.

This is sure to be a memorable evening—don't miss it. The concert will take place at First Congregational Church (Tejon and St. Vrain) on January 27 from 7-9pm.

Cost is \$10 early reservation (send checks made out to Soul Link to: 2413 N. Cascade Ave, 80907) or \$12 at the door.

## *Books, Books, Books*

*After The Ecstasy, The Laundry*

by **Jack Kornfield**

Bantam Books

In this book, Kornfield, cofounder of the Insight Meditation Society and The Spirit Rock Center, articulates a series of soul-expanding activities and exercises to use in the everyday world of work, family, and community. He writes about the four gates of awakening: sorrow, emptiness, oneness, and eternal presence.

*The Heart of Stillness*

by **David A. Cooper**

Bell Tower Books

Drawing on his many years of inner experience, David Cooper clearly and skillfully articulates the essence of the wisdom traditions in a way that makes practical sense. He helps seekers avoid spiritual cul-de-sacs by weaving psychological issues into the context of meditation.



## *Coming Events*

**Jan 9, Feb 13, Mar 13, Apr 10, May 8** Potluck Discussions (Soul Link House, 6:30pm)

**Jan 10** Book Group discusses *A Faith Worth Believing* by Tom Stella (Soul Link House, 6:30pm)

**Jan 11** Board Meeting (Soul Link House, 5:30pm)

**Jan 27** "Music for the Spirit, Songs for the Soul" concert (First Cong. Church, 7-9:00pm)

**Jan 29** Spiritual Support Group (Soul Link House, 1:00pm)

**Feb 16 - Mar 17** Cup of Our Life (Soul Link House, 11:00am - 12:30pm)

**Feb 19** Film Group will view and discuss "Ever After" (Soul Link House, 2:00pm)

