

Soul-Link, Inc.

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

Volume V, Issue II
2007

SOUL LINK RETREAT

“Get Serious, Lighten Up: Living the Paradox of the Spiritual Life”

Soul Link Board

Jim Francek
Ruth Heine
Eva McGeehan
Patrick Smith
Tom Stella

Spirituality is serious business, for being in touch with our soul is, according to Carl Jung, nothing less than the meaning of life. It is no easy task to get beneath our ego and to recognize/identify with our deeper self; to do so requires commitment, discipline, and accountability. However, to be serious about spirituality can be a problem, for in trying to become more spiritual we can miss the fact that we are essentially spiritual. We end up trying to become someone we already are. In our time together we will explore both the serious and lighter sides of the spiritual journey.

Date: May 12, 2007

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

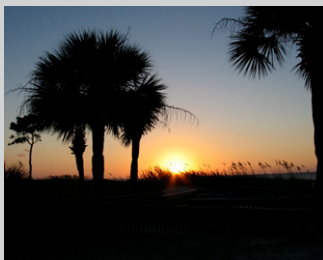
Time: 8:30 (registration), 9:00 - 2:30 (retreat)

Cost: \$25 early registration, \$30 at the door. Scholarships available

Information: 776-2672

SOUL LINK
Together on the Spiritual Path

Soul-Link, Inc.
2413 N. Cascade Ave.
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www.soullinkonline.org

From Christian Meditation, by James Finley

As a way of arriving at some sense of this marvelous state (spiritual serenity), imagine that you are in a boat, crossing a vast expanse of water. There are many people on the boat. Music is playing. There is some kind of party going on. In a moment of carelessness, you fall overboard. Everyone on the boat is having so much fun they do not notice that you have fallen overboard. Treading water, yelling and waving, you watch the boat disappear off into the horizon. It becomes quickly apparent that you cannot tread water for very long, but you can float for a long time. So your survival strategy becomes that of floating until, you hope, those on board notice that you are missing and come back to rescue you.

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. . . *continued from page 1*

Now, in order to float, you have to relax. For if you tense up, you sink. So there you are, all alone in the vast expanse of water, floating, relaxing, floating, relaxing. How would you be relaxing out there? Knowing your life depended on it, you would be *relaxing very seriously*. You'd be relaxing with all your heart. Each time fear arises, causing you to tense up, you would review the letting go embodied in your life-saving relaxation. Tensing up, you relax; tensing up, you relax - a life-saving dance in the midst of the sea.

Quote Corner

The road to enlightenment is long and difficult so don't forget snacks and a magazine. *Anonymous*

I arise in the morning torn between the desire to improve the world and a desire to enjoy the world. This makes it hard to plan the day. *E.B. White*

Life does not cease to be funny when people die anymore than it ceases to be serious when people laugh. *G.B. Shaw*

Laughter is carbonated holiness. *Anne LaMott*

Anything worth doing is worth doing badly. *G.K. Chesterton*

There is a time for Buddhist meditation and a time for Irish whiskey. *Joseph Campbell*

Books For the Journey

Anatomy of an Illness, by Norman Cousins (W.W. Norton)

Cousins writes: "This book is about a serious illness that occurred in 1964. I was reluctant to write about it for many years because I was fearful of creating false hopes in others who were similarly afflicted. Moreover, I knew that a single case has small standing in the annals of medical research, having little more than "anecdotal" or "testimonial" value. However, reference to the illness surfaced from time to time in the general and medical press. People wrote to ask whether it was true that I "laughed" my way out of a crippling disease..."

The Spirituality of Imperfection, Enerst Kurtz and Katherine Ketcham (Bantam Books)

I am not perfect is a simple statement of profound truth, the first step toward understanding the human condition, for to deny your essential imperfection is to deny yourself and your own humanity. *The Spirituality of Imperfection*, steeped in the rich traditions of Hebrew prophets and Greek thinkers, Buddhist sages and Christian disciplines, is a message as timeless as it is timely. This insightful work draws on the wisdom stories of the ages to provide an extraordinary wellspring of hope and inspiration to anyone thirsting for spiritual growth and guidance in these troubled times.

Zen to Go, Jon Winokur (Sasquatch Books)

This provocative guide offers bite size wisdom from East and West, from such intuitive Zen masters as Henry Miller, Albert Einstein, Yogi Berra, Woody Allen, and Joan Didion. It conveys the essence of Zen with an eclectic mix of pithy ponderings on life, death, art, nature, reality, time, and nothingness. Witty and wise, airy and deep, *Zen to Go* is open to all.

Soul-Link Happenings

Bishop Spong's Visit

As mentioned in the last newsletter, Bishop John Shelby Spong will be in Colorado Springs May 4 - 6. Following are the particulars related to his visit:

May 4 (Fri) 7:30pm Shove Chapel (Colorado College), topic "The Source of Religious Anger" Free

May 5 First Congregational Church (Tejon and St. Vrain) 8:30 registration, 9:30 workshop, "Separating the Myth From the Man," 1:00 registration, 1:30 workshop "The Interpretation of Images" Cost \$20 per workshop, \$30 if you attend both. Lunch is not included

May 6 First Congregational Church, 9:00 Forum "Questions and Answers," 10:30 worship service, sermon "Jesus For the Non-Religious"

Spiritual Directors Workshop

Many Soul Linkers serve others as spiritual directors. This is a significant role to play in the lives of those who seek to "grow their souls." If you are a spiritual director you might be interested in a workshop taking place in Denver May 9 from 4-6:15 pm, the title of the gathering is Dreaming Awake: Directional Signals for Journeyers and Guides. For more information contact Barb Chambless (barbchsd@aol.com)

Retreat

"The Inner Journey: Measuring the Health of Our Soul" is a retreat that will be facilitated by Tom Stella for the Thomas Merton Center in Denver. Through presentation, reflection, discussion, and the use of a spiritual assessment tool, participants will take stock of those qualities of their soul (meaning, connection, passion, compassion, vocation, joy, attentiveness) that give flesh to the life of the Spirit. For information and registration contact Rose Annette Liddel (303-936-8218) or roseannettelid@msn.com

Coming Events

Apr 9, May 14,
June 11, July 9,
Aug 13:
Potluck Discussions
(Soul Link House,
6:30pm)

May 2:
Board Meeting
(Soul Link House,
5:30pm)

Apr 17:
Book Club
(Soul Link House,
6:30pm)

May 20:
Video Group
(Soul Link House,
2:00pm)
"As It Is In Heaven"

Apr 29:
Spiritual
Support Group
(Soul Link House,
1:00)

There are currently 345 names on our mailing list. If you know anyone who would like to receive the newsletter, have them call the office at 776-2672. If you no longer wish to receive the newsletter, please call and ask that your name be deleted. Each newsletter is also posted under the Newsletter tab on our website at www.soullinkonline.org.



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Together on the Spiritual Path

***“Get Serious, Lighten Up:
Living the Paradox of the Spiritual Life”***
Saturday, May 12, 2007

Mail In Registration Form - *Clip and return with registration fee no later than
May 8, 2007*

Please complete information below, and send it along with your payment of \$25 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 \$30 per person. We hope you will invite a friend to join us for this time of reflection and conversation.