

Soul-Link, Inc.

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

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Soul Link Board

Ruth Heine
Eva McGeehan
Sheilah Shapiro
Patrick Smith
Tom Stella

SOUL LINK
Together on the Spiritual Path

Soul-Link, Inc.
2413 N. Cascade Ave.
Colorado Springs CO
80907
(719) 776-2672



www.soullinkonline.org

SOUL LINK RETREAT

“Making Choices, Taking Chances: Recreating Our Lives”

In both our personal and professional lives we develop routine patterns of thought and behavior that help us get through the day without having to make conscious decisions at every turn. This is a good thing, but it can also lull and dull us to the point that we sleepwalk through life, becoming complacent rather than content (there is a difference), fearful of change rather than open to adventure. Because the spiritual life is about living not just existing, becoming who we can be not merely settling for who we have been, openness to growth and change is its life blood.

Our retreat will invite us to look at where in our lives we might be stuck, why this is so, and what we must do to become free.

Date: Saturday, May 3, 2008

Place: Julie Penrose House (1661 Mesa Rd. behind the Broadmoor)

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

Cost: \$30 early registration, \$35 at the door. Scholarships available.

Information: 776-2672

From *Let Your Life Speak* by Parker Palmer

I was in my early thirties when I began, literally, to wake up to questions about my vocation. By all appearances, things were going well, but the soul does not put much stock in appearances. Seeking a path more purposeful than accumulating wealth, holding power, winning at competition, or securing a career, I had started to understand that it is indeed possible to live a life other than one's own. Fearful that I was doing just that - but uncertain about the deeper, truer life I sensed hidden inside me, uncertain whether it was real or trustworthy or within reach - I would snap awake in the middle of the night and stare for long hours at the ceiling.

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Then I ran across the old Quaker saying, "Let your life speak." I found those words encouraging, and I thought I understood what they meant: "Let the highest thoughts and values guide you. Live up to those demanding standards in everything you do."

Today, some thirty years later, "Let your life speak" means something else to me, a meaning faithful both to the ambiguity of those words and to the complexity of my own experience: "Before you tell your life what you intend to do with it, listen for what it intends to do with you. Before you tell your life what truths and values you have decided to live up to, let your life tell you what truths you embody, what values you represent."

Quote Corner

The difference between a rut and a grave are the dimensions. - Anonymous

How you live your day is how you live your life. - Annie Dillard

When we decide, then Providence moves. - Anonymous

If the doors of perception were cleansed everything would appear to us as it is, infinite.
- William Blake

This is the true joy in life, the being used for a purpose recognized by yourself as a mighty one; the being thoroughly worn out before you are thrown on the scrap heap; the being a force of Nature instead of a feverish selfish little clod of ailments and grievances complaining that the world will not devote itself to making you happy.
- George Bernard Shaw

Books For the Journey

Ten Poems to Change Your Life Again & Again, edited by Roger Housden (Harmony Books)

Every great poem invites us to step beyond what we know, what we think we can dream or dare. Great poetry is a catalyst for change; a change of mind, a change of heart, a change of life. In this new volume of his Ten Poem series, Roger Housden takes ten great poems and in personal, intimate essays, shows how they led him, and can also lead us, into a more deeply lived and examined life.

Let Your Life Speak, by Parker Palmer (Josse Bass)

"Is the life I am living the same as the life that wants to live in me?" With this searching question, Parker Palmer begins an insightful and moving meditation on finding one's true calling. Let Your Life Speak is an openhearted gift to anyone who seeks to live authentically.

I will Not Die An Unlived Life: Reclaiming Purpose and Passion, by Dawna Markova (Conari Press)

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.

Soul-Link Happenings

Lecture

Walter Brueggeman, professor of Old Testament at Columbia Theological Seminary will speak on Friday, May 2nd at 7:30pm in Shove Chapel on the campus of Colorado College. The title of his talk is "Journey to the Common Good." Admission is free.

The Moving Word

It has been said that primitive religions weren't believed they were danced. Every Saturday morning from 9-10am a group gathers at First Congregational Church (Tejon and St Vrain) to read scripture and dance. This form of spiritual practice has helped many people get in touch with the mystical core of their being. There is no cost, and all are welcome.

Women's Nurture Nights

Enjoy an informal evening attending to your body, mind, and spirit in ways that are relaxing and invigorating. The dates are all on Saturdays (Apr 19, May 17, and June 28) beginning at 6:00pm. Call Michelle Hair at 510-5096 for details.

Retreat Day

On Saturday, April 12 from 9 - 2:30 Tom Stella will present reflections on the life and teachings of Thomas Merton at Montview Presbyterian Church in Denver (1980 Dahlia). Cost for the day, including lunch, is \$20. To register call Ann Christianson (303-355-2095 ext 117) or email her at christianson@montview.org.

Spiritual Sustainability Group

What do I hold sacred? What spiritual principles have gotten me through in difficult situations? What generates a sense of renewal in my life? These, and similar questions, will be discussed at the first meeting of the Spiritual Sustainability Group on Thursday, Apr 10 at 6:30pm at the Soul Link House. All are welcome to participate.

There are currently 342 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 Resources tab on our website at www.soullinkonline.org.

Coming Events

Apr 14, May 12, June 9, July 14, Aug 11, Sept 8, Oct 13, Nov 10, Dec 8: **Potluck Discussions** (Soul Link House, 6:30pm)

Apr 8, 6:30pm: **Book Group** *Ten Poems to Change Your Life Again and Again* (Soul Link House)

Apr 10, 6:30pm **Spiritual Sustainability Group** (Soul Link House)

Apr 23, 5:30pm: **Board Meeting** (Soul Link House)

Apr 27, 1:00pm: **Spiritual Support Group** (Soul Link House)

Jun 8, 1:00pm: **Film Group** *The Ultimate Gift* (Soul Link House)

Save the Date

SoulLink Fall Retreat

Saturday, Oct 18, 2008

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“Making Choices, Taking Risks: Recreating Our Lives” ***Saturday, May 3, 2008***

Mail In Registration Form

Clip and return with registration fee no later than April 28, 2008

Please complete information below, and send it along with your payment of \$30 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 \$35 per person. We hope you will invite a friend to join us for the is time of reflection and conversation.