

Soul-Link, Inc.

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

Volume VII, Issue 2

Spring 2009

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

“Alone Together: Balancing Solitude and Community on the Spiritual Journey”

It's hard to imagine growing spiritually without spending time alone. It is in the quiet of our own mind and heart that many of us discover the “still, small voice” that tells us there is more to life than the busy pursuit of success or happiness as society defines it. Although it is necessary for the life of our soul, solitude alone is not sufficient. The dynamic of the spiritual life requires engagement with others. Community, whether it is with one other or many, can affirm and nurture our questing and our questioning. Our retreat will embody the balance necessary for the health of our souls as it will provide time for both quiet reflection and for conversation on matters pertinent to “the journey.”

Date: Saturday, April 18, 2009

Place: Broadmoor Community Church*** (315 Lake Ave, C/S 80906)

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

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

Information: 776-2672

**** For the past several years Soul Link retreats have been held at the Julie Penrose House, a wonderful setting that has served us well. It has come to our attention that in order to continue using this facility we would only be able to charge enough to meet the costs of the retreat. Because Soul Link has other expenses, and because the retreats are our only source of revenue, we will not be meeting at Penrose House for the foreseeable future. Many thanks to the staff there for their assistance.*

From USA Today January 14, 2008

Two weeks into the New Year, life in the USA is largely back to normal. That means time is scarce, stress is high and an ordinary day - filled with chatter and other noise - permits barely a moment for the mind to rest in silence.

Maybe that's why a growing number of Americans are recognizing a need to develop their inner life... But many don't know where to begin, especially if they don't consider themselves “religious.” Even if they are religious, many haven't found everything they're seeking in weekly services...

continued on Page 2.

continued from Page 1

To many people, focusing on their “inner life” means cultivating a closer relationship with God perhaps by developing a meditation or prayer practice or developing other spiritual disciplines...

An inner life is something everybody has, but we lose touch with it... As Americans, our lives don't support a contemplative lifestyle so much as a constant search for efficiency. We've got to have some way of breaking through to what's really important for us, and spiritual discipline helps us to do that.

Embarking on the purposeful inner life means daring to be alone in silence at times, but that doesn't mean cutting oneself off altogether from other people. On the contrary... community is “critical” to keep the process fruitful.

Quote Corner

Never less alone than when alone. - **Anonymous**

Community is the place where the person you least want to live with lives!
- **Parker Palmer**

Loneliness is the pain of being alone, solitude is the glory of being alone. - **Paul Tillich**

We have all known the long loneliness, and we have all found that the answer is community.
- **Dorothy Day**

Solitude is not something you must hope for in the future. Rather, it is a deepening of the present.
- **Thomas Merton**

Books For the Journey

***The Value of Solitude* by John D. Barbour (Univ. of Virginia Press)**

Most people feel ambivalent about solitude, both loving and fearing it depending on how they experience being alone. Barbour explores, by means of autobiography (he considers the lives of St. Augustine, Thomas Merton, and Thoreau among others) some of the ways in which the experience of solitude, both positive and negative, have been interpreted as religiously significant.

***The Spirituality of Community Life* by Ron McDonald (Haworth Press)**

The Spirituality of Community Life is a deeply personal analysis of community life and its importance in helping people develop to their full potential. McDonald examines the dynamics of community life from the perspective of the participant in a variety of settings including the classroom, sports teams, church groups, recreational groups, and the workplace.

***The Wisdom of Wilderness* by Gerald May (Harper San Francisco)**

The natural world has a power to inspire the best and soothe the worst in each of us. It also has much to teach us about the wilderness within and the divine presence that is manifest in nature. In this, his last work, beloved author Gerald May offers a memoir and spiritual guide that reveals the great lessons available to us when we retreat from our busy lives to the serenity of the natural wilderness.

***Spirituality and Community* by Donald Calhoun (Schenkman Books)**

A lifetime of communal experience is the foundation for Calhoun's thesis on his personal spiritual development within the context of community life. He focuses on two models of community: geographically positioned communities involving common life at a specific location, and social movements linking communities of people over space and time.

Events of Interest

Lenten Journey With the Poor

The Pikes Peak Justice and Peace Commission is sponsoring walks with the poor in order to better understand the issues of homelessness, poverty, abuse and mental illness in Colorado Springs. The walk is being conducted a number of times throughout March and Early April. For more information contact Steve Saint (638-6876 or econjustice@ppjp.org).

Benet Hill Retreat

Jim Finley will lead a retreat focusing on the spirituality of the Spanish mystic John of the Cross. The retreat will consist of presentations by Jim, and the opportunity to experience ample amounts of silence. It will take place May 1 - 3 at Glen Eyrie. For more information and registration contact www.silentjourney.org/events.

Our Healthcare Future

Rev. Max Hale will lead a four-week exploration of how people of faith can help move our nation toward a healthcare system that works for everyone. The sessions will take place on Monday evenings from 6:30 - 8:00pm at 332 W. Bijou St Suite 106. For more information contact Steve Saint (638-6876 or econjustice@ppjp.org).

Stress Management 101

Learn simple ways to de-stress at work and at home. In this one hour workshop you will learn and practice techniques for relaxation including deep breathing exercises, guided meditation, noticing self-talk, and practicing gratitude. contact Michelle Hair (510-5096) for more information.

Taize Prayer Service

Taize prayer services are communal experiences consisting of simple chants, readings, and quiet meditation. They will take place at First Congregational Church on Thursday evenings, March 19 and 26 beginning at 7pm.

Coming Events

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

April 16, 6:30pm:
Book Group
*Participants bring a book that
has had meaning for you*
(Soul Link House)

April 8, 5:30pm:
Board Meeting
(Soul Link House)

March 29, April 26,
1:00pm:
**Spiritual Support
Group**
(Soul Link House)

Save the Date

**Soul Link
Fall Retreat**
October 17, 2009
"REVIVAL III"

As our mailing list grows so does the cost of mailing the newsletter. If, in lieu of receiving a hard copy of the newsletter via snail mail, you would be willing to receive an email stating that a new newsletter is available on our website (www.soullinkonline.org) please send an email to soullink@soullinkonline.org stating your name and email address. We will continue to print the newsletter, but the cost of printing and postage is significant. We are trying to be good stewards of our limited funds.



Soul-Link, Inc.
2413 N. Cascade Ave.
Colorado Springs CO 80907
719.776.2672
www.soullinkonline.org



SOU LINK

Together on the Spiritual Path

.....
***“Alone Together:
Balancing Solitude and Community on the Spiritual Journey”***

Saturday, April 18, 2009

Mail In Registration Form
Clip and return with registration fee no later than April 14, 2009

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 this time of reflection and conversation.