

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

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SOUL LINK
Together on the Spiritual Path

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SOUL LINK RETREAT

“Mortality and Spirituality: Partners in the Dance of Life”

Reflecting on death is thought by many to be somber, negative, and counter to the more upbeat energy and life-promoting focus that is characteristic of those on a spiritual journey. But death-consciousness is essential for spiritual wellbeing and growth, as it keeps us grounded in the sober truth of the impermanence that comes with the territory of our humanness. Without this awareness spirituality easily becomes spiritualism - a dis-embodied, other-worldly pursuit of piety, purity, and perfection, rather than a body-grounded, creation-centered sensitivity to the sacred in the midst of ordinary life. Whether it is grappling with our own mortality, grieving the loss of a loved one, or moving beyond the control of a stubborn ego, death can teach us many lessons as it invites us to discover new meaning, more strength than we thought we had, and an appreciation for the fragile mystery that is each breath we take and every day we live. Our retreat will offer the opportunity to face the reality of mortality with an openness to its place in the life of our soul.

Date: Saturday, January 24, 2009

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 *After the Ecstasy the Laundry* by Jack Kornfield

In the life story of Buddha as Prince Siddhartha, the Buddha-to-be was deliberately protected from the problems of the world by his father... Finally the young prince insisted on going out to see the world. As he rode through the kingdom with his charioteer Channa, he saw three sights which stunned him deeply. First the Buddha saw a very old person, tottering, bent over, and frail. Next he saw a man grievously ill, cared for by his friends. Then he saw a dead body. Each time he asked his charioteer, “To whom do these things happen?” Each time Channa replied, “To everyone, my Lord.”... This first up-close encounter with sickness and death sent a shock through Siddhartha’s whole being. “How can we best live in a life haunted by illness and death?” he wondered...

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Carlos Castaneda's shaman Don Juan recommends taking death as an advisor:
Death is our eternal companion. It is always to our left, at an arm's length. It has always been watching you. It always will until the day it taps you.
The thing to do when you're impatient is... to turn to your left and ask advice from your death. An immense amount of pettiness is dropped if your death makes a gesture to you, or if you catch a glimpse of it, or if you just catch the feeling that your companion is there watching you.
If we are spiritually committed, we must face our fears of death while we are alive.

Quote Corner

- I find no comfort among death-forgetting men.* - Thomas Merton
- Life does not cease to be funny when people die anymore than it ceases to be serious when people laugh.* - George Bernard Shaw
- I'm not afraid of death, I just don't want to be there when it happens!* - Woody Allen
- The idea is to die young as late as possible!* - Ashley Montagu
- The shell must bread before the bird can fly.* - Tennyson
- We die on the day when our lives cease to be illuminated by the steady radiance, renewed daily, of a wonder the source of which is beyond reason.* - Dag Hammarskjold

Books For the Journey

***The Denial of Death* by Ernest Becker (The Free Press, a division of Macmillan Publishing Co.)**

Winner of the Pulitzer prize for general non-fiction, this book is a profound synthesis of theological and psychological insights about human nature and our incessant efforts to escape the burden of life - and death. This is not an easy read, but it is well worth the effort to wade through it.

***On Death and Dying* by Elizabeth Kubler-Ross (Macmillan Publishing Co.)**

This classic is considered the master text on the subject of death and dying. In it, Kubler-Ross identifies five stages in the grieving process (denial, anger, bargaining, depression, acceptance). This book is required reading in most medical and nursing schools, and in many graduate schools of psychology and theology.

***The Next Place* by Warren Hanson (Waldman House Press)**

An illustrated book for children, it is a journey of light and hope to a place where earthly hurts are left behind. An uncomplicated journey of awe and wonder to a destination without barriers, *The Next Place* is a celebration of life and a source of comfort for anyone who has lost a loved one.

***The Last Lecture* by Randy Pausch (Hyperion Books)**

"We cannot change the cards we are dealt, just how we play the hand." When Randy Pausch, a computer science professor at Carnegie Mellon, gave his last lecture, "Really Achieving Your Childhood Dreams," he was dying of pancreatic cancer. The lecture wasn't about dying, but living - overcoming obstacles, enabling the dreams of others, seizing every moment because time is all we have, and because we may one day find that we have less of it than we thought.

Events of Interest

Offerings from 'Insight Journey'

Nurture Night for Woman Enjoy an in formal evening of being pampered, and time to nurture your body, mind, and spirit. (Jan 10, 6pm), \$25.

Loving What Is Learn to find love and appreciation in relationship instead of disappointment and hurt. Thursday afternoons (Jan 8,15, 22 from 12 - 1:30pm, or evenings from 5 - 6:30pm), \$45.

Finding Your Center Learn and practice ways to feel more relaxed, centered, and focused at work and in your everyday life. Thursday afternoons (Jan 8, 15, 22, 29 from 2:30 - 4:30), \$65.

For more information contact Michelle Hair at 510-5096 or michelle@insightjourney.com.

Colorado College Visiting Writers Series

For those with literary interests, the following events at CC are free and open to the public. For more information call 389-6853.

Dick Davis, English poet whose latest collection of poetry is titled *A Trick of Sunlight* will be reading from his works on at February 5th at 7pm in Gates Common Room.

David Keplinger, a jazz singer as well as a poet whose books include *The Prayers of Others* and *The Clearing*, will read on February 19 at 7pm also in Gates Common Room.

Jonathan Lethem, a novelist and author of *You Don't Love Me Yet*, *Motherless Brooklyn*, and *The Fortress of Solitude* will read on March 4th in Armstrong Theatre at 7pm.

Meditation Retreat

For those interested in Buddhist practice, a retreat on the "Four Foundations of Mindfulness" will take place at "The Abbey" in Canon City from March 20 - 29. For more info contact Don or Nancy Burrows (719-528-3979) or burrowsdonandnancy@comcast.net.

MLK Holiday Ceremonies

A march from the downtown YMCA (Nevada and Bijou) to Shove Chapel (Colorado College) will begin at 5pm. A keynote address will be given at 6pm by former Colorado Lt. Governor Joe Rogers. Musical selections will be performed by the Colorado Springs Children's Chorale, Gospel Voices of Joy, and Pikes Peak Singers.

Coming Events

Jan 12, Feb 9, Mar 9,
Apr 13, May 11:
Potluck Discussions
(Soul Link House,
6:30pm)

Jan 8:
Book Group
*Participants bring a book that
has had meaning for you*
(Soul Link House)

Jan 14, 5:30pm:
Board Meeting
(Soul Link House)

Jan 25, 1:00pm:
**Spiritual Support
Group**
(Soul Link House)

Feb 15, 1:00pm:
Film Group
Bella
(Soul Link House)

Save the Date

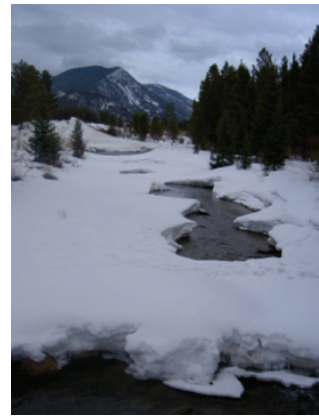
**Soul Link
Spring Retreat**

April 18, 2009

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 at www.soullinkonline.org, please call the Soul Link office 719-776-2672 and leave your full 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.



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“Mortality and Spirituality: Partners in the Dance of Life”

Saturday, January 24, 2009

Mail In Registration Form

Clip and return with registration fee no later than January 20, 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.