

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
Together on the Spiritual Path

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SOUL LINK RETREAT

Growing Old But Not Up: Living Gracefully Throughout Our Lives

It's no secret that ours is a culture that is fixated on youthful appearance; for many of us aging is considered an enemy to be feared and fought. Of course we would rather be healthy, fully mobile, and of sound mind, even though the accumulation of years eventually makes such things a matter of history. But the inevitability of physical aging need not rob us of a youthful spirit, one that can help us remain positive and productive as we grow older. We may all know young people who seem old and older people whose approach to life exudes vitality. The secret of youthfulness is not a magic potion that will restore our bodies, but an attitude that enables us to remain young-at-heart. Our retreat will focus on ways we can be vital and vigorous mentally and spiritually for as long as we live.

Date: January 22, 2011

Place: Broadmoor Community Church (315 Lake Ave.)

Time: 8:30 a.m. (registration), 9:00 a.m.–2:30 p.m. (retreat)

Cost: \$30 early registration (by Jan. 17), \$35 at the door. Lunch included. Scholarships available.

Information: 648-3939

From Aging to Saging by Rabbi Zalman Schachter-Shalomi

We don't normally associate old age with self-development and spiritual growth. According to the traditional model of life span development, we ascend the ladder of our careers, reach the zenith of our success and influence in midlife, then give way to an inevitable decline that culminates in a weak, often impoverished old age. This is aging pure and simple, a process of gradually increasing personal diminishment and disengagement from life... As an alternative to inevitable senescence... saging is a process that enables older people to become spiritually radiant, physically vital, and socially responsible "elders of the tribe."

In putting forth a new model of spiritual elderhood, I am not only reviving an ancient and venerable institution that has enriched civilization since time immemorial, but taking it a step further. As part of the emerging approach to late-life development, the contemporary sage draws on

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these sources: models of the traditional tribal elder whose wisdom guided the social order for thousands of years; state-of-the-art breakthroughs in brain-mind and consciousness research, and the ecology movement which urges us to live in harmony with the natural world.

Once elders are restored to positions of leadership, they will function as wisdom-keepers, inspiring us to live by higher values that will help convert our throwaway lifestyle into a more sustainable, earth-cherishing one. They also will serve as evolutionary pathfinders offering hope and guidance to all those searching for models of a fulfilled human potential.

Quote Corner

The fact that you are not dead is not sufficient proof that you are alive. ~Anonymous

It takes a long time to become young. ~Pablo Picasso

If I had known I was going to live this long I would've taken better care of myself. ~Eubie Blake

The older I get, the more vividly I remember things that never happened. ~Mark Twain

Retirement at sixty-five is ridiculous. When I was sixty-five I still had pimples. ~George Burns

Here is the test to find whether your mission on earth is finished. If you're alive, it isn't. ~Richard Bach

Books for the Journey

***From Aging to Saging* by Rabbi Zalman Schachter-Shalomi (Warner Books)**

Rabbi Zalman shows you how to create a radically different aging process characterized by adventure, passion, mystery, and fulfillment. Using brain/mind research, he gives you the means to combat the negative aspects of growing older. He offers techniques that expand your horizons beyond the narrow present to a grand and enduring eternity.

***The Gift of Years* by Joan Chittister, OSB (Blue Ridge Press)**

The Gift of Years invites us to embrace older age as a natural part of life that is active and contemplative, productive and reflective, and therefore, deeply rewarding. Older age gives us wisdom, freedom, and prosperity of another kind. Older age enlightens not simply ourselves, but also those around us. To live these years well, we need to look at every one of them heads-up and alive. These are the capstone years, the time in which a whole new life is in the making again.

***Living Healthier and Longer—What Works, What Doesn't* by Carl Bartecchi, MD and Robert Schrier, MD (MFTP Publications)**

Although education physicians and patients has been the continual focus of their practice, the authors have written this book for the lay public in response to patients' requests and the need for medically sound and substantiated data. The text includes the best scientific and practical information available for people who desire to make reasonable efforts to extend the quality and length of their lives.

Events of Interest

Contemplative Connection

Our fast-paced and noisy world often kidnaps us from the “still point” at the center of our being. One of the ways to avoid this and to heighten our awareness of the spiritual nature of life is to gather with others who value being attuned to the sacred. Contemplative Connection is a support/reflection group whose discussions will be based, in part, on *New Seeds of Contemplation* by Thomas Merton. Meetings will be held every other week on Wednesday nights from 7:00 to 8:30 (January 12–May 18) at Agia Sophia Bookstore 2902 W. Colorado Ave. Call Tom Stella at 648-3939 for more information.

Bridges to Islam

There is a great deal of misunderstanding about and antipathy toward the Muslim faith in our country. “Bridges to Islam” is a session course on Islam in partnership with the Muslim community of Colorado Springs. These sessions are presented with the hope of furthering our knowledge and appreciation of this ancient faith tradition. For more information contact Steve at 632-6189 or dynamic@ppjpc.org.

Cabo Service Project

You have already received word about an opportunity to serve the poor in Cabo San Lucas, Mexico (February 26–March 4). There is still time and room to participate in this worthy effort. It is not only a chance to serve, but to experience receiving more than we give when reaching out to people in need. To sign on with this project, call Steve Shapiro at 495-3400. To see more about this, go to www.thetravelconnection.info.

Soul Link Book Club

Our book club is always open to new participants. Meetings are held on the last Tuesday of the month from 6:30 to 8:00 p.m., at Agia Sophia Bookstore. The book we’ll consider at our meeting on January 25 is *Creation Spirituality* by Matthew Fox. Call Vicki Rector at 229-9868.

Music for the Spirit-Songs for the Soul

Joe Uveges and Stephanie Pauline will provide the entertainment for this night of both meaningful and lighthearted music. This concert will take place on Friday, March 11, from 7:00 to 9:00 p.m. at Broadmoor Community Church. Tickets may be purchased ahead of time for \$12 (send checks made payable to Soul Link, Inc. to the SL address) or at the door for \$15. Call Tom Stella at 648-3939 for information.

Coming Events

Book Group

January 25
February 22
March 29
6:30-8:00 p.m.
Agia Sophia Bookstore
2902 W. Colorado Ave.

Board Meeting

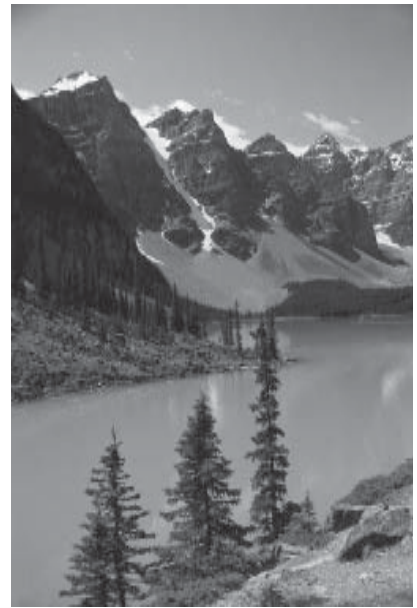
January 12
5:00-6:00 p.m.
Soul Link Office

Save the Date

Soul Link
Spring Retreat
Sat., April 30, 2011

Save the trees and the cost of printing and mailing the newsletter. To receive notice of the latest Soul Link newsletter via email, please contact us at soullink@soullinkonline.org or call the office at 648-3939 and leave your full name and email address.

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***Growing Old But Not Up:
Living Gracefully Throughout Our Lives
Saturday, January 22, 2011***

Mail In Registration Form
Clip and return with registration fee no later than January 17, 2011.

Please complete information below and send it along with your payment of \$30 per person to:

Soul Link, Inc.
2514 W. Colorado Ave. Suite 205
Colorado Springs, CO 80904

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.