

# Soul Link, Inc.

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

Volume X, Issue 2

Fall, 2012

**SOUL LINK**  
together on the spiritual path

## Soul Link Board

Ruth Heine  
Eva McGeehan  
Sheilah Shapiro  
Patrick Smith  
Tom Stella

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

719.648.3939  
soullink@soullinkonline.org



## SOUL LINK RETREAT (REVIVAL VI)

### *Dark Gifts: Becoming Our True Self Through Hard Times*

No pain, no gain: is one of those saying that we wish weren't true. Why can't it be that we learn life's important lessons through pleasure rather than pain? Why can't we grow in wisdom without the failures and losses that bring us to our knees? Because it is impossible to avoid hurtful situations or a lifetime we would do well to find ways to not only survive but thrive in the face of difficulties.

During our retreat we will view the film "Peaceful Warrior" which is based on the true story of an Olympic hopeful who discovers the hidden treasure of his soul through a career threatening accident. We will also have the opportunity to reflect on and share how we may have grown through dealing with "dark gifts."

Singer/songwriter **Joe Uveges** will, through sharing his musical talent, help to create a day that promises to be both depth-full and delightful.

**Date:** November 10, 2012

**Place:** Broadmoor Community Church (315 Lake Avenue)

**Time:** 9:00am (registration), 9:30am-2:00pm (retreat)

**Cost:** \$30 early registration (by Nov 6), \$35 at the door. Lunch included.  
Scholarships available.

**Information:** 648-3939

from notes by Doug Muder on *When Bad Things Happen to Good People*

Is there an answer to the question of why bad things happen to good people? That depends on what we mean by 'answer.' If we mean 'Is there an explanation which will make sense of it all?'...then there probably is no satisfying answer. We can offer learned explanations, but in the end...the pain and the anguish and the sense of unfairness will still be there. But the word 'answer' can also mean response as well as explanation, and in that sense there may well be a satisfying answer to the tragedies in our lives. The response would be...to forgive the world for not being perfect, to forgive God for not making a better world, to reach out to the people around us, and to go on living despite it all.

## QUOTE CORNER

- ☞ Religious people believe in hell, spiritual people have been there. *Anonymous*
- ☞ Be patient toward all that is unresolved in your heart. And try to live the questions themselves.  
*Rainer Maria Rilke*
- ☞ How did I get so lucky to be moved by other people and their suffering? *Pema Chodron*
- ☞ What is to give light must endure burning. *Victor Frankl*
- ☞ Life does not accommodate you, it shatters you. Every seed destroys its container, or else there would be no fruit. *Scott Maxwell*

## BOOKS FOR THE JOURNEY

**The Losses of Our Lives: The Sacred Gifts of Renewal in Everyday Loss** by *Dr. Nancy Copeland-Payton* (Skylight Paths Publishing)

Based on her experience as a physician, hospital chaplain, and pastor, Dr Copeland-Payton invites us to awaken to the losses of our lives – big and small – and embrace the wisdom each has to teach us about the deep mystery of God and the nature of living. Written for those experiencing loss and those accompanying them, this book encourages us to venture deeper into our losses through practical exercises drawn from the world's major faith traditions.

**When Bad Things Happen to Good People** by *Harold Kushner* (Bobbs-Merrill)

A conservative rabbi, Kushner addresses in the book one of the principle problems of theodicy, the conundrum why, if the universe was created and is governed by a God who is of a good and loving nature, there is nonetheless so much suffering and pain in it. The book is dedicated to the memory of his young son, Aaron, who died at the age of 14 of the incurable genetic disease progeria.

**The Way of the Peaceful Warrior** by *Dan Millman* (New World Press)

This is a part-fictional, part-autobiographical book based on the early life of the author. It tells of a chance meeting with a gas station attendant who becomes a spiritual teacher to the young gymnast. The attendant, whom Millman names Socrates, becomes a kind of father figure and teaches Millman how to become a “peaceful warrior.”

Also see **Wisdom of the Peaceful Warrior** and **Sacred Journey of the Peaceful Warrior**.

## CENTER FOR SPIRITUAL LIVING

For the past several years Soul Link has found a home for its retreats at Broadmoor Community Church. In an attempt to address the needs of seekers, BCC has established the Center for Spiritual Living which sponsors a variety of holistic opportunities (presentations, seminars, classes, etc.) aimed at enhancing the spiritual lives of people in the Colorado Springs community. Several of their activities are listed below.

# EVENTS OF INTEREST

## ***BCC LECTURE SERIES***

“Focus on the Spirit” is a program featuring readings and discussions relating to various spiritual writers and teachers both within and outside of the religious mainstream. Sunday mornings from 10:05 – 10:50. Contact Charlie Coon (632-2004) for information.

“Finding God Beyond Religion” will consist of presentation and discussion on the relevance of religious teachings for the 21st Century. Contact Tom Stella (648-3939) for information.

## ***CENTER FOR SPIRITUAL LIVING***

“Essential Pilates” is an introduction to the principles of Pilates: breathing, ideal alignment, core strength. Class meets on Tuesdays and Thursdays from 10:15 – 11:15am at BCC. Cost is \$5.00 per session. Contact Megan at m3tilma@gmail.com for information.

“Intermediate Pilates aims to develop optimal physical performance (strength, flexibility, endurance). Classes meet from 9:00 – 10:00am at BCC. Cost is \$5.00 per session. Contact Megan as above.

“Tai Chi Chuan for Health and Self Defense” is an excellent activity for both young and old alike. Classes are held from 6:00 – 7:30pm at BCC. Contact Jim Evans (359-2389) for information.

## ***CABO SERVICE PROJECT***

Soul Link, through Travel with a Purpose, is once again offering an opportunity to experience serving the poor of Cabo San Lucas. The group will visit and attend to the needs of those in an orphanage, daycare center, hospital, AIDS clinic, and neighborhood kitchen. In ministering to those in need you will discover that when you give, you receive more. Along with service, there will be ample time to relax and enjoy the beauty of Cabo. The trip will take place from January 9-15, 2013 and will cost \$895. To learn more go to [www.thetravelconnection.info](http://www.thetravelconnection.info). To sign on with this project call Steve Shapiro (495-3400).

## ***SOUL LINK BOOK CLUB***

For many people reading is a source of stimulation not only for the mind but for the soul as well. The written word can heighten our awareness of God’s presence and motivate us to attend to matters of a spiritual nature. Soul Link invites you to join with others who wish to share insights gleaned from their reading. Meetings will be held on Mondays Sept 24, Oct 29, and Nov 26, from 6:30 – 8:00pm at Agia Sophia Bookstore (2902 W. Colorado Ave). For the September meeting each participant is asked to bring/share a book that has had a positive impact on their life. Call Vicki Rector (229-9868) for more information.

## COMING EVENTS

### BOOK GROUP

SEPT 24, OCT 29,  
NOV 26  
6:30 – 8:00PM

AGIA SOHPIA  
BOOKSTORE  
2902 W. Colo. Ave

### BOARD MEETING

Nov. 5  
5:00 – 6:00pm  
Soul Link Office



### 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](mailto:soullink@soullinkonline.org) or call the office at 648-3939 and leave your full name and email address.

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## DARK GIFTS: BECOMING OUR TRUE SELF THROUGH HARD TIMES

SATURDAY, NOVEMBER 10, 2012  
Mail In Registration Form

Clip and return with registration fee no later than November 6, 2012

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.