

Soul Link

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

Volume XV, Issue 1

Winter 2016

SOUL LINK
together on the spiritual path

Soul Link Board

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SOUL LINK RETREAT

Prayer: What is it? How do I do it? Why Should I Bother?

As they pursue the longings of their soul many people leave behind the traditional doctrines and practices of their faith family; prayer is sometimes a casualty of this leave-taking. Because our spiritual evolution often involves the "death of God" as we used to understand "Him," and because prayer is often considered a form of communication with God, traditional forms of prayer may seem meaningless. If God is no longer considered a Supreme Being who responds to our needs, what is the point of praying?

Although many no longer bother praying, some have taken up the challenge to find new ways of thinking about and practicing prayer. Meditation/contemplation has replaced petition/praise/thanksgiving as a form of prayer for those who think of themselves as spiritual seekers. Prayer for them is less about communication and more a matter of communion – being present to the One with whom we are one.

Our retreat will offer the opportunity to reflect on the notion of prayer and dialogue with others who have found or are searching for meaningful ways to pray.

Date: January 16, 2016

Place: Broadmoor Community Church (315 Lake Ave.)

Time: 9:00 a.m. (registration), 9:30-2:00 (retreat)

Cost: \$30 early registration (by Jan. 12), \$35 at the door. Lunch included.

Scholarships available.

Information: (719) 648.3939

From *A New Christianity for a New World* by Bishop John Shelby Spong

"In the more traditional and theistic phase of my life, I developed a habit of spending the first two hours of the day...in prayer and study. I would pray first for those nearest and dearest to me..."

Then I would go through the world's trouble spots, praying for peace and for the end of suffering in war-torn lands. ...Finally, I would go over the things I had to do that day, bringing both people and events into my prayer focus..."

As I moved beyond theism into a post-theistic understanding of God, I discovered that my commitment to starting my day with this focused two-hour time slot did not change, but my understanding of what I was doing did. ...

Prayer became for me the way I lived, loved, and struggled, the way I dared to be. Preparation for prayer was the time I spent in my office each morning recalling who I am, remembering where God is and how God can be met.”

QUOTE CORNER

☉ Absolute unmixed attention is prayer.

Simone Weil

☉ What I do is live. What I wear is pants. How I pray is breathe.

Thomas Merton

☉ We pray best when we don't know we're praying.

Desert Fathers

☉ Prayer is not asking. It is a longing of the soul...

It is better to have a heart without words than words without a heart.

Mahatma Gandhi

☉ When I marched in Selma I felt like my legs were praying.

Abraham Heschel

☉ To clasp the hands in prayer is the beginning of an uprising against the disorder of the world.

Karl Barth

Prayer is taking a chance that above all odds and past history, we are loved and chosen.

Anne Lamott

BOOKS FOR THE JOURNEY

With Open Hands by Henri Nouwen (Ave Maria Press)

Henri Nouwen makes it clear that prayer sensitizes us to discern the presence of God within us and all around us. Nouwen explores the links between prayer and silence, acceptance, hope, compassion, and prophetic criticism. The spiritual practice of openness shows itself in prayer as we let go of our expectations and timetables and relax into the grace and bounty of God.

Help, Thanks, Wow by Anne Lamott (Riverhead Books)

In these three prayers – asking for assistance from a high power, appreciating what we have that is good, and feeling awe at the world around us – that can get us through the day and can show us the way forward. In *Help, Thanks, Wow* Lamott recounts how she came to these insights, explains what they mean to her and how they have helped, and explores how others have embraced these same ideas.

The Awakening Call by James Finley (Ave Maria Press)

By sharing his own inner journey and introducing the reader to some of the original intuitions of classical spiritual writers, Finley has produced a source of guidance and encouragement for those who seek intimacy with God in the silence of contemplative prayer. His explanations are lucid, his language personal, lyrical and compelling. The result is a practical book that provides insight into the actual practice of contemplative prayer; one that is suitable for beginners and one that is experiential.

EVENTS OF INTEREST

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. The group will meet on Jan 25, Feb 22, Mar 21, Apr 25, May 23, from 6:30 p.m.– 8:00 p.m. at Agia Sophia bookstore, 2902 W. Colorado Ave. For more information contact Vicki Rector (719) 229.9868.

VOLUNTEER OPPORTUNITIES

CASA seeks volunteers to advocate for victims of child abuse and neglect 447-9898 ext. 1033 or casappr.org. **Care and Share** seeks volunteers to assist in one-time events and on a regular basis (719) 528.1247 or volunteermail@careandshare.org. **Optum Palliative and Hospice Care** seeks caring volunteers for patients with life-limiting illnesses (719) 265.1109 or optumhospice.com. **Project Angel Heart** needs volunteers to help deliver free, nutritious meals to those living with life-threatening illnesses – projectangelheart.org

PRIVATE RETREATS

Feeling the need to get back in touch with your soul? Are you longing for some silence and solitude? The **Sanctuary of the Rose** might be just the place – and it's right here in our own backyard. The Sanctuary is located in Cascade, CO. For more information check out the website www.thesanctuaryoftherose.com or contact Ann Benson at thesanctuaryoftherose@aol.com

CENTER FOR SPIRITUAL LIVING

(Events take place at Broadmoor Community Church, 315 Lake Ave.)

• **Yoga:** Wednesday and Friday, 9 a.m.
Contact Alison Nicholas at alisonnicholas@gmail.com

• **Laughing Yoga:** Monday, 9 a.m.
Contact Gary Foote at (719) 473.0716.

• **Pilates:** Tuesdays and Thursdays 9:00 a.m. and 10:15 a.m. (beginners class) Contact Samantha Fitzgibbon at (719) 473.1807

COMING EVENTS

BOOK GROUP

JAN. 25, FEB. 22
MAR. 21, AP. 25
MAY 23
6:30 P.M. – 8:00 P.M.
AGIA SOHPA
BOOKSTORE
2902 W. COLO. AVE

SOUL LINK BOARD MEETING

Jan. 6, 5 – 6 p.m.
Soul Link Office

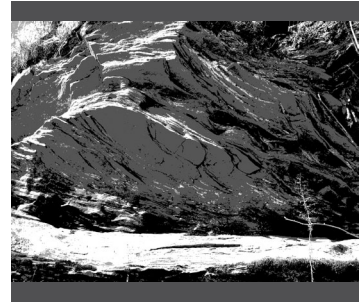


SAVE THE TREES
AND THE COST
OF PRINTING AND
MAILING THE
NEWSLETTER

To receive notice of the latest Soul Link newsletter via email, please contact us at soullink@soullinkonline.org or call the office at (719) 648.3939 and leave your full name and email address.

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PRAYER: WHAT IS IT? HOW DO I DO IT? WHY BOTHER?

January 16, 2016
Mail-in Registration Form

Clip and return with registration fee no later than January 12, 2016.

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.