

# Soul Link

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

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**SOUL LINK**  
together on the spiritual path

## Soul Link Board

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## SOUL LINK RETREAT *Wabi-Sabi: The Virtue of Imperfection*

Many of us are prone to striving for perfection. Often thought a virtue to be attained, when we attempt to rid ourselves of faults, when we cannot be content with doing/being our imperfect best, we become anxious, intense, and incapable of resting in the present moment. Striving for perfection is a problem in the spiritual life.

Ours is a culture that applauds effort, hard work, productivity, and accomplishment. These are all good things without which the world would be the poorer and our individual lives less full. However, when it comes to matters of the soul, it is more often beneficial to linger, to wait, to be still, to accept the reality of what is - to trust rather than strive.

Because perfectionism is so universal and so detrimental, it may be helpful to look at the often subtle ways it is manifest in our lives. Our retreat will be an opportunity to do just that, to consider in what ways we may be driven by the need to be perfect and, in sharing about this, to discover how we might let go of that need, accept our faults, and realize that imperfection may just be a virtue.

Date: September 22, 2018  
Place: Broadmoor Community Church (315 Lake Ave.)  
Time: 9:00 am (registration), 9:30 am— 2:00 pm (retreat)  
Cost: \$30 early registration (by September 18), \$35 at the door.  
Lunch is included.  
Scholarships available.  
Information: Tom Stella (719) 648-3939



From *Ten Poems to Change Your Life Again and Again* by Roger Housden

To praise the imperfect, the ordinary, is not something that comes easily to us in the Western world, wedded as we are to the idea of the new, the young, the latest innovation. But in Japan there is an entire worldview that appreciates the value of the imperfect, unfinished, and faulty. It's called wabi-sabi, where the first term refers to something simple and unpretentious, and the second points to the beauty that comes with age. Wabi-sabi is the aesthetic view

that underlies traditional Japanese art forms like the tea ceremony, calligraphy, and ceramics. It's an aesthetic that sees beauty in the modest and humble, the irregular and earthy. It holds that beauty comes with the patina of age and in the changes that come with use. It lies in the cracks, the worn spots, and the green corrosion of bronze, the pattern of moss on a stone. The Japanese take pleasure in mistakes and imperfections.

## QUOTE CORNER

☞ Reality and perfection are one and the same.  
*Spinoza*

☞ If a thing is worth doing, it is worth doing badly.  
*G.K. Chesterton*

☞ Sing like you don't need the money. Love like you'll never get hurt. Dance like nobody's watchin'.  
*Kathy Matea*

☞ Ring the bell that still can ring. Forget your perfect offering. There is a crack in everything,  
that's how the light gets in.  
*Leonard Cohen*

☞ Where perfectionism exists, shame is always lurking.  
*Brene Brown*

☞ Satisfaction requires contentment with imperfection.  
*Thomas Merton*

## BOOKS FOR THE JOURNEY

*The Spirituality of Imperfection* by Ernest Kurtz and Katherine Ketcham (Bantam Books)

Who are we? Why do we so often fall short of our goals for ourselves and others? By seeking to understand our limitations and accept the inevitability of failure and pain, we begin to ease the hurt and move toward a greater sense of serenity and awareness. *The Spirituality of Imperfection* brings together stories from many spiritual and philosophical paths. It speaks to anyone who yearns to find meaning in suffering.

*The Gift of Imperfection* by Brene Brown (Hazelden)

Each day we face a barrage of images and messages from society and the media telling us who, what, and how we should be. We are led to believe that if we could only look perfect and lead perfect lives, we'd no longer feel inadequate. This important book is about the lifelong journey from "What will people think?" to "I am enough." Brown's unique ability to blend original research with honest story telling makes this book like having a long, uplifting conversation with a friend.

*Flunking Sainthood* by Janis Reiss (Paraclete Press)

This memoir tackles twelve spiritual practices in a quest to become more saintly. Reiss begins with great plans for success but finds to her growing humiliation that she is failing. What emerges is a funny yet vulnerable story of the quest for spiritual perfection and the reality of spiritual failure which turns out to be a valuable practice in and of itself.

## EVENTS OF INTEREST

### ***EVENTS AT UNITY CHURCH 1945 MESA ROAD***

The Best is Yet to Come is a series of meetings for those interested in recovery no matter what the addiction. The group meets on Mondays from 5:30 – 6:30 pm. Contact Shenna at 205-3127.

Way of Mastery is a class based on the book *The Way of Mastery*. For more information see the website [shantichristo.com](http://shantichristo.com). Classes are the 1st and 3rd Mondays of the month from 6:30 – 7:30 pm. Information (471-4556)

Chair Yoga is a low-impact and fun class that will challenge your body and mind through strengthening, stretching, balancing, and relaxing. \$10 suggested donation. Wear comfortable clothes. Meets on Tuesdays from 1:30 – 2:30 pm. Information (471-4556)

### ***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.sanctuaryoftherose.com](http://www.sanctuaryoftherose.com) or contact Ann Benson at [thesanctuaryrose@aol.com](mailto:thesanctuaryrose@aol.com).

### ***BOOK GROUP***

The Soul Link Book Group will meet on September 18 at the Old Colorado City library on Pikes Peak and Colbrunn from 6:30 – 8:00. When we gather there will be a new focus. Rather than merely discussing a book as we have in the past, we will use the book as a catalyst for sharing about ourselves. *Soul Link* is all about connecting with others at a deep, personal level. We are all on a spiritual journey – talking about what that is like for us can reinforce the commitment necessary to sustain the ups and downs inherent in such a venture. For the September meeting, bring a book that has meaning for you and that has helped you become more attuned to your soul. Subsequent meetings are on the following dates: October 23, November 13, December 18.

### ***CABO SERVICE PROJECT***

Through **Travel with a Purpose**, *Soul Link* is offering the opportunity to serve the poor of Cabo San Lucas, Mexico. Participants will serve people in hospitals, day-care centers, orphanages, and community kitchens. There will be ample time for R&R in the surf and sun. The group will leave on January 3, 2019, and return on January 8, 2019. Contact Steve Shapiro (719)495-3400. Learn more at

### COMING EVENTS

#### BOOK GROUP

SEPTEMBER 18

OCTOBER 23

NOVEMBER 13

DECEMBER 18

6:30 PM – 8:00 PM

OLD COLORADO  
CITY LIBRARY  
PIKES PEAK AVE &  
COLBRUNN

#### SOUL LINK BOARD MEETING

September 12

5:00 – 6:00 pm

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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*Wabi-Sabi: The Virtue of Imperfection—September 22, 2018*

Mail-In Registration Form

Clip and return with registration fee no later than September 18, 2018.

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 quiet reflection and lively conversation.