

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

Charlie Coon
Judy Iwata
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 *Leap and the Net Will Appear: Daring to Live Beyond Our Comfort Zone*

It's scary how easily we can allow the voices of insecurity, fear, and self-doubt dictate the way we live. Rather than go about life with an air of joyful abandon, we are too often hesitant and halting, reluctant and reticent, careful and cautious. There is wisdom in being careful/thoughtful, but there is freedom in trusting our self, others, life, and God. One often hears the term "free spirit" to describe a person who allows her/him self to take risks, or to follow the promptings of a "different drummer" rather than the conventional voice of the religious, familial, and cultural status quo.

Our retreat will be an opportunity to look at the ways we may have chosen, consciously or otherwise, to limit our thoughts and actions to what is familiar and comfortable, and to consider whether the following statement applies to us: the fact that you are not dead is not sufficient proof that you are alive!

Date: October 17, 2020 **

Place: Broadmoor Community Church (315 Lake Ave.)

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

Cost: \$30 early registration (by October 14), \$35 at the door.

Lunch is included.

Scholarships available.

Information: Tom Stella (719) 648-3939

**All Covid-19 precautions will be followed –
masks and social distancing required.

Please return your registration as early as possible – if there are fewer than 20
people we may have to cancel the retreat.

From Voice In the Head by Chris Wright

"For weeks, my inner idiot had been bucking common sense. It started after I signed up for a charity walk from London to Brighton, which involved trekking about 60 miles in the space of 24 hours. Some people had questioned the wisdom of this decision, given that I tend to get wheezy climbing onto a barstool. Blisters were mentioned, as were muscle seizures, pulled hamstrings, and death.

The idiot – we'll call him Stuart – was having none of this. "It's walking," he'd say, rolling his imaginary eyes. "How hard could it be?" Stuart was also

skeptical about the need for special equipment. “After all,” he said, “it’s not like you’re trudging up the Matterhorn, or wandering off in search of the elusive Amazonian otter. This is a springtime stroll through the English countryside. Suck it up...”

I should have known. Stuart and I have a history. It was he who aggressively maintained, at a friend’s barbeque a couple of summers back, that a bit of rare chicken never hurt anybody, who goaded me into hurtling down a black diamond the first time I ever skied, who elbowed my ribs encouragingly the day I met my now ex-wife.”

Stuart, by whatever name, is no stranger to most of us; he is the voice in our head that sometimes whispers and sometimes shouts bad advice. For some, that voice challenges us to go beyond our limits – physical and otherwise – in ways that are doomed to failure. But for many of us Stuart’s voice is more restrictive than encouraging: one that invites us, through the likes of fear, insecurity, and self-doubt, to stay within our comfort

QUOTE CORNER

☞ It’s not because things are difficult that we dare not venture. It’s because we dare not venture, that things are difficult.

Seneca

☞ Opportunity dances with those on the dance floor now.

Anonymous

☞ You can only be as good as you dare to be bad.

John Barrymore

☞ Take risks: if you win, you will be happy; if you lose you will be wise.

Anonymous

☞ You always miss 100% of the shots you don’t take.

Wayne Gretzky

BOOKS FOR THE JOURNEY

Ten Poems to Change Your Life Again & Again by Roger Housden (*Harmony Books*)

Every great poem invites us to step beyond what we know, what we think we can dream or dare. Great poetry is a catalyst for change. That’s why poetry is dangerous. It gives voice to our unspoken dreams; it is a mirror to our own deepest joys, desires, and sorrows. It can tip us over into a new life, into a new way of seeing and being, that a moment ago we might not even have had words for. In this volume, Housden takes ten great poems and in personal, intimate essays shows how they led him into a more deeply lived and examined life.

The Alchemist by Paulo Coelho (*HarperCollins*)

This enchanting novel is about an Andalusian shepherd who travels from his homeland in Spain to the Egyptian desert in search of a treasure. Along the way he meets a Gypsy woman, a man who calls himself king, and an alchemist. What starts out as a journey to find worldly goods turns into a discovery of the treasure found within. This story is a testament to the transforming power of our dreams and the importance of listening to our hearts.

Let Your Life Speak by Parker Palmer (*Jossey-Bass*)

“Is the life I’m living the same as the life that wants to live in me?” With this searching question, Parker Palmer begins an insightful and moving meditation on finding one’s true calling. This book is an openhearted gift to anyone who seeks to live authentically. Before you tell your life what you intend to do with it, listen for what it intends to do with you. Before you tell your life what truths and values you have decided to live up to, let your life tell you what truths you embody, what values you represent.

EVENTS OF INTEREST

JOURNEYS

Focusing on the significance of Non-Duality - with attention to what is called the "Direct Path" - is what many feel is vital in coping with modern life, especially in this pandemic time. The Journeys group is currently meeting via Zoom on the 3rd Wednesday of each month from 9:30 – 10:30 am. Please contact Charlie Coon charlesrcoon@gmail.com for a Zoom invitation, or for more information.

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 or contact Ann Benson at thesanctuaryrose@aol.com.

BOOK GROUP

The Soul Link Book Group will meet via Zoom from 6:30 – 8:00 pm Sept. 22, Oct. 27, Nov. 17, Dec.15. If you are already on the email list, you will receive a Zoom invitation/link. If you would like to participate in the Book Group as a new member, please contact Vicki Rector (229-9868). For our September meeting, be prepared to talk with the group about a book that has been helpful in your quest for spiritual growth.

MEDITATION

The Buddhist meditation group that had been meeting at All Souls Unitarian Church on Wednesdays from 6:30 - 7:30 am is now meeting at the same time via Zoom. Great way to start your day! For more information contact Pete Michelin 594-6158.

CENTERING PRAYER

There are numerous opportunities in Colorado Springs to join with others in learning about and experiencing centering prayer – a form of contemplative/meditative prayer in the Western spiritual tradition. For information about times, days, and locations, contact Mike Smith 4smiths@bresnan.net.

COMING EVENTS

BOOK GROUP

Sept. 22

Oct. 27

Nov. 17

Dec. 15

6:30 PM – 8:00 PM



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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Leap and the Net Will Appear: Daring to Live Beyond Our Comfort Zone

Mail-In Registration Form

Clip and return with registration fee no later than October 14, 2020.

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.