

Soul Link

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

Volume XXX,
Issue 1
Spring, 2021

SOUL LINK
together on the spiritual path

Soul Link Board

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SOUL LINK RETREAT

On Being Mediocre Mystics: Claiming Our Spiritual Identity

The term "mediocre mystic" qualifies as an oxymoron, a contradiction. How can one be "so, so" and yet have attained the spiritual heights that the word 'mystic' implies? The derivation of 'mediocre' has to do with being half way up a mountain. We don't have to arrive at the top of our spiritual journey to be in communion with God, for that reality, however understood, is at the bottom (where we aren't even aware there is a journey), the middle (wherever we happen to be on the climb), as well as at the top (which may only be experienced fully when we die). We are mediocre, we are unfinished, we are a work in progress, we are half way up the mountain - if that far. But while this is true, it is also the case that we are always one with the One who is the source and satisfaction of our deepest longings.

Our retreat will offer the opportunity to consider our status as "mediocre mystics," to hear from and about the journey each of us is on, and about how we deal with the ups and downs that come with knowing that we have "arrived" at the same time that we are only "half way up the mountain."

Date: April 17, 2021**

Place: Broadmoor Community Church (315 Lake Ave.)

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

Cost: \$30 early registration (by April 13), \$35 at the door.

Lunch is included.

Scholarships available.

Information: Tom Stella (719) 648-3939

From *A Room Called Remember* by Frederick Buechner

"We are all of us more mystics than we believe or choose to believe... We have seen more than we let on, even to ourselves. Through some moment of beauty or pain, some subtle turning of our lives, we catch glimmers at least of what the saints are blinded by, only then, unlike the saints, we tend to go on as though nothing has happened. To go on as though something has happened, even though we are not sure what it was or just where we are supposed to go with it, is to enter the dimension of life that religion is a word for."

When Buechner uses the word religion he is not referring to institutionalized sects with their doctrines, worship, and rules of behavior, but to the root meaning of 'religion' which, from the Latin *re ligare*, means to re-bind. And when he says that we are all mystics, he is not talking about our being saint-like; rather, he is asserting that we are all capable of sensing the sacred, be it in beauty or pain. When, by allowing ourselves to be smitten by the "glimmers" outside of ourselves, we are reconnecting with the sacred within, to our mystical core, to our soul.

QUOTE CORNER

☞ The difference between mystics and schizophrenics is that mystics are careful who they talk to!

James Finley

☞ Mysticism begins with mist, ends with schism, and has “I” in the middle!

Huston Smith

☞ Theologians may quarrel, but mystics of the world speak the same language.

Meister Eckhart

☞ Silence is the language of God, everything else is poor translation.

Rumi

☞ The moment we attempt to organize mysticism, we destroy its essence.

Tom Robbins

BOOKS FOR THE JOURNEY

The Mystic Heart by Wayne Teasdale (*New World Library*)

This rare and wonderful book awakens readers to their own mystic nature. We discover here how previously divided spiritual traditions are converging into a new river of holiness, an interspirituality. What is unique in this work is the luminous guidance the author gives us for deepening one's personal faith while exploring the mystical genius of other traditions.

Flunking Sainthood by Jana 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 her quest for spiritual perfection, and the reality of spiritual failure which turns out to be a valuable practice in and of itself.

The Awakening Call by James Finley (*Ave Maria Press*)

This lucid and beautifully written guide to Eastern meditation provides Westerners with a method of learning the skills of mindfulness — of being awake and fully aware. The author's gentle anecdotes and practical exercises focus the reader's attention on breathing and show that the contexts for being mindful are numerous and close a hand — washing the dishes, answering the phone, drinking tea. His compassionate spirit and the method of meditation described here will help both beginners and advanced students arrive at greater self-understanding and peacefulness.

EVENTS OF INTEREST

JOURNEYS

Focusing on the significance of Non-Duality - with attention to what is called the "Direct Path" - is what many feel to be 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 Mar. 23, Ap. 27, May 25. 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).

MEDITATION

The Buddhist meditation group that had been meeting at All Souls Unitarian Church on Wednesdays 7:00 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 EVENT

BOOK GROUP

March 23
April 27
May 25
6:30 PM – 8:00 PM
ON ZOOM



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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Mail-In Registration Form

Clip and return with registration fee no later than April 13, 2021.

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.