

# Soul Link

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

Volume XIII, Issue 1

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**SOUL LINK**  
together on the spiritual path

## Soul Link Board

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## SOUL LINK RETREAT *Awake and Alive: Making the Most of Our Lives*

Sometimes it's a dull ache, at others it's a subtle intuition, and once in a while it hits like a freight train – I am not who I want to be, I am not living an authentic life. Because we are spiritual beings it is no surprise that we would, from time to time, feel that something is missing. As we become immersed in the day-to-day responsibilities that come with family, work, and other aspects of life, we easily lose touch with the deep place in us that is the venue of the divine. It is this inner-connection that can give us a sense of meaning and purpose in the midst of those same responsibilities. We don't necessarily have to change what we do in order to be more alive; rather, we have to realize who it is that is doing it.

Our retreat will provide the opportunity to reflect on matters of the soul, and to discover ways in which we can make the most of our lives.

Date: Saturday, February 7, 2015

Place: Broadmoor Community Church (315 Lake Ave.)

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

Cost: \$30 early registration (by Feb. 4), \$35 at the door. Lunch included.

Scholarships available.

Information: Tom Stella (719) 648-3939

### Excerpt from *Walden* by Henry David Thoreau with commentary by Tom Stella

"I went to the woods because I wished to live deliberately, to front only the essential facts of life, and see if I could not learn what it had to teach, and not, when I came to die, discover that I had not lived. I did not wish to live what was not life, living is so dear: nor did I wish to practice resignation...I wanted to live deep and suck out all the marrow of life, to live so sturdily and Spartan-like as to put to rout all that was not life. ...and, if it proved to be mean, why then to get the whole and genuine meanness of it...or if it was sublime, to know it by experience..."

As difficult as it would be to live without the creature-comforts we grow accustomed to, there can be something appealing about going "back to nature," - so simple, raw, and real. When we are caught up in the fast pace of life, and when our days, weeks, months, and years are consumed with meeting the responsibilities that come with work and family, we can

sometimes feel the restless discontent that is a sign of our estrangement from the meaning of life and the essence of our selves.

To listen and respond to the restlessness that invites us to live deliberately, simply, and with a desire to “suck out all the marrow of life” is nothing less than courageous, for it puts us out of step with most others. Thoreau experienced this and wrote about it at the end of *Walden*: “If a man does not keep pace with his companions, perhaps it is because he hears a different drummer. Let him step to the music which he hears, however measured or far away.”

## QUOTE CORNER

☞ Heaven is under our feet as well as over our head.

*Henry David Thoreau*

☞ Most of us go to our grave with our music still inside of us.

*Anonymous*

☞ Big shots are only little shots who keep shooting.

*Christopher Morley*

☞ Life was meant to be lived, and curiosity must be kept alive. One must never, for whatever reason, turn his back on life.

*Eleanor Roosevelt*

☞ The fact that you are not dead is not sufficient proof that you are alive.

*Anonymous*

## BOOKS FOR THE JOURNEY

*Walden* by Henry David Thoreau (Alfred A Knopf)

An American classic, *Walden* is a reflection on simple living in natural surroundings. The work is part personal declaration of independence, social experiment, voyage of spiritual discovery, satire, and manual for self-reliance. It details Thoreau’s experiences over the course of two years, two months, and two days in a cabin near Walden Pond. By immersing himself in nature, Thoreau hoped to gain a more objective understanding of society through personal introspection.

*Packing Light* by Allison Vesterfelt (Moody Books)

Part memoir, part philosophical inquiry, this book is a reflection on how silence can help us attend to the world around us, expand our awareness, and achieve inner-peace. In eighteen chapters, Vesterfelt explores the soul’s yearning for quiet, the ego’s resistance to it, the intrusion of society, the lessons silence holds, and the healing it can effect.

*Gift from the Sea* by Anne Morrow Lindbergh (Pantheon Books)

In this beloved classic, Anne Morrow Lindbergh shares her meditations on youth and age; love and marriage; peace, solitude and contentment as she set them down during a brief vacation by the sea. Drawing inspiration from shells on the shore, her musings on the shape of a woman’s life bring new understanding to both men and women at any stage of life. Lindbergh casts an unsentimental eye on the trappings of modernity that threatens to overwhelm us; the time-saving gadgets that complicate rather than simplify. She helps readers find a space for contemplation and creativity within their own lives.

# EVENTS OF INTEREST

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

## **BOOK GROUP**

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 26, Feb 23, Mar 23, Ap 27, May 18 from 6:30-8:00 p.m. at Agia Sophia Bookstore, 2902 W. Colorado Ave. For the January meeting we will discuss the book *Too Soon Old, Too Late Smart* by Gordon Livingston. Call Vicki Rector (719) 229-9868 for more information.

## **CENTER FOR SPIRITUAL LIVING**

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

- **Yoga:** Wednesday, and Friday, 9:00 a.m.  
Contact Alison Nicholas at [alisonnicholas@gmail.com](mailto:alisonnicholas@gmail.com) or (719) 936-5060.
- **Laughing Yoga:** Monday, 9:00 a.m.  
Contact Gary Foote at (473-0716)
- **Pilates:** Tuesdays and Thursdays 9:00 a.m. and 10:15 a.m. (beginners class)  
Contact Megan Tilma at [m3tilma@gmail.com](mailto:m3tilma@gmail.com).

## **COLLIDING CURRENTS: EXPLORING THE BOUNDARIES OF HUMOR, FAITH, AND POLITICS**

This performance is the final event in the Colorado College series that looks at tradition and change in the Islamic world. It will take place on February 6 at 7p.m. in the Cornerstone Arts Center 825 N. Cascade Ave. For information call 389-6607.

## **JAMES W. WHITE LECTURE SERIES**

This years J.W. White presenter is Rev. Nadia Boltz-Weber, a controversial Lutheran minister whose church in Denver is known throughout the country. The topic of her presentation has not yet been announced but it promises to be thought-provoking. Following are the times and places of her weekend in Colorado Springs: Friday, April 24 at 7p.m. in Armstrong Hall on the Colorado College campus. Saturday, April 25, a seminar at First Congregational Church, corner of Tejon and St Vrain. Sunday, April 26, she will preach at the services at First Congregational at 8:30 a.m. and 11:00 a.m. For information call 635-3549.

## **CABO SERVICE PROJECT**

Through Travel with a Purpose, Soul Link will once again offer the opportunity to serve the poor of Cabo San Lucas, Mexico. Steve Shapiro will lead the group in serving people in hospitals, day-care centers, orphanages, and community kitchens. The dates are March 9 – 14, 2015. Please contact Steve (719) 495-3400 if you're interested. Learn more at [www.thetravelconnection.info](http://www.thetravelconnection.info).

## COMING EVENTS

### BOOK GROUP

JAN 26, FEB 23,  
MAR 23, AP 27  
MAY 18

6:30 – 8:00 P.M.

AGIA SOHPIA  
BOOKSTORE  
2902 W. COLO. AVE.

### SOUL LINK BOARD MEETING

Jan 28,  
5:00 – 6:00 p.m.  
Soul Link Office

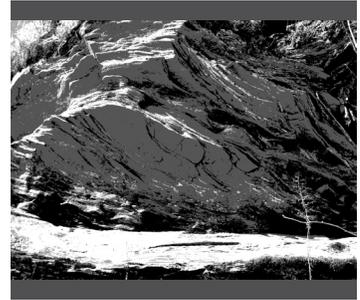


SAVE THE TREES  
AND THE COST  
OF PRINTING AND  
MAILING THE  
NEWSLETTER

To receive notice of the latest Soul Link newsletter via email, please contact us at [soullink@soullinkonline.org](mailto:soullink@soullinkonline.org) or call the office at 648-3939 and leave your full name and email address.

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## AWAKE AND ALIVE: MAKING THE MOST OF OUR LIFE

SATURDAY, FEBRUARY 7, 2015

### Mail-In Registration Form

Clip and return with registration fee no later than February 1, 2015.

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.