

# 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

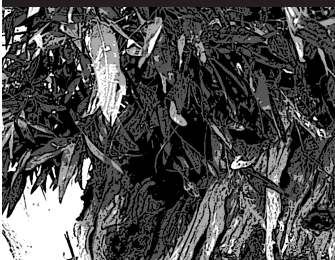
## Soul Link Board

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## SOUL LINK RETREAT *Abide Inside: Being at Home with Ourselves*

Everyone experiences times when they feel "off." Perhaps the feeling is one of being lost or lonely, confused or conflicted, sad or sorry for ourselves, etc. At times like these we tend to look for something or someone to fill the void, to take away our pain, to make us feel better. At times like these, searching beyond ourselves is exactly what we shouldn't do. A generic term for the feelings mentioned above is nostalgia which means homesick; nostalgia is an invitation to find our home within.

Our retreat will offer the opportunity to spend time with ourselves and with others who know deep down that it is important to abide inside. We will examine what makes this difficult and learn from one another ways to resist the temptation to look outside of ourselves for a comfort that can only be found within.

Date: April 21, 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 October 24), \$35 at the door.

Lunch is included.

Scholarships available.

Information: Tom Stella (719) 648-3939

From *The Gift of Loneliness* by Tom Stella

The experience of feeling lonely is a catalyst for much of our addictive behavior. This inner-ache, this sense of emptiness, can fuel unhealthy cravings for alcohol and drugs, for over-work and binge eating, for compulsive shopping, obsessive use of email, phones, television, video games, and all the many ways we try to fill the void. We will do almost anything to escape feeling lonely.

Dutch priest and psychologist Henri Nouwen makes an important distinction between loneliness and solitude; the latter is a state of wholeness that lies beneath our ill-at-easiness. When we attempt to run from feeling lonely, we miss out on the interior sense of peace and contentment without which restless senses and outward-reaching can rule and ruin our lives.

Theologian Paul Tillich says: "Loneliness expresses the pain of being alone, solitude expresses the glory of being alone." Whether we are by ourselves or in the company of others, loneliness can be a gift if we choose to linger with, instead of running from it; for loneliness is not a matter of being disconnected from others, rather, it is being disconnected from our deep, soul-self. If we resist the impulse to busy ourselves and, instead, befriend our essential aloneness, we might find that we are not so alone after all, and that we are able to relate to others without being needy or dependent.

## QUOTE CORNER

☞ Never less alone than when alone.

*Anonymous*

☞ I have a lot of company in my house; especially in the morning when nobody calls.

*Henry David Thoreau*

☞ I live in that solitude which is painful in youth, but delicious in the years of maturity.

*Albert Einstein*

☞ Loneliness is such an omnipotent and painful threat to many persons that they have little conception of the positive values of solitude.

*Rollo May*

☞ It is only in solitude that I ever find my core.

*Anne Morrow Lindbergh*

## BOOKS FOR THE JOURNEY

***Co-Dependence: Healing the Human Condition* by Charles Whitfield, MD (Health Communications, Inc)**

Of all the books on the often misunderstood concept of co-dependence, this is probably the clearest, most complete, and informative. Charles Whitfield is a frontline clinician who has been assisting co-dependents for over twenty years. He sees co-dependence as a way to more accurately describe the painful and confusing part of the human condition. In careful detail he describes just what co-dependence is and what it is not, how it comes about, and how to heal it.

***Reaching Out* by Henri Nouwen (Doubleday&Company, Inc)**

With the clarity, depth, and mystical quality found in all great spiritual works, Henri Nouwen offers stimulating reflections on reaching out to our innermost self, reaching out to our fellow human beings, and, ultimately, reaching out to our God. He sees our spiritual ascent as occurring in three essential stages: the movement from loneliness to solitude, from hostility to hospitality, and from illusion to prayer.

***Thoughts in Solitude* by Thomas Merton (Farrar, Straus and Giroux)**

*Thoughts in Solitude* is a book of meditations, thoughtful and eloquent, as timely (or timeless) now as when it was originally published. In his preface, Thomas Merton described it with characteristic modesty and precision: "These pages were written...at times when the author, by the grace of God and the favor of his Superiors, was able to enjoy special opportunities for solitude and meditation... They are in no way intended as an account of spiritual adventures. As far as the writer is concerned, there was no adventure to write about, and if there had been, it would not have been confided to paper in any case!"

# 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.

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 cloths. Meets on Tuesdays from 1:30 – 2:30 pm.

## *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 SIGNING*

**Sam Gould** (*Being Christian in the Twenty-First Century*) and **Tom Stella** (*CPR for the Soul*) will speak about and sign their books at **Hooked on Books**, 12 E. Bijou on Saturday, March 24th from 12 – 3:00 pm. Public parking for \$1 is available on the corner of Bijou and Cascade.

## *PRESENTATIONS*

Minister, scholar, poet, and peacemaker, **John Philip Newell** is internationally acclaimed for his work in the field of Celtic spirituality. He will speak at **Library 21 C**, 1175 Chapel Hills on April 10th (*Religion Without Borders: The Marriage of East and West*) and at First United Methodist church, 420 N. Nevada on April 11 (*Boundless: A Celtic Vision of the Sacred in All Things*). Both events begin at 6:30 pm. and are free. Call the specific venues for more information.

## *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. Participants will serve people in hospitals, day-care centers, orphanages, and community kitchens. The group will leave on January 1, 2019, and return on January 6, 2019. Contact Steve Shapiro 719.495.3400. Learn more at [www.thetravelconnection.info](http://www.thetravelconnection.info)

## COMING EVENTS

### BOOK GROUP

MARCH 20  
APRIL 17  
MAY 15  
6:30 PM – 8:00 PM

OLD COLORADO  
CITY LIBRARY  
PIKES PEAK AVE &  
COLBRUNN

### SOUL LINK BOARD MEETING

April 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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**ABIDE INSIDE: BEING AT HOME WITH OURSELVES**  
**April 21, 2018**

**Mail-In Registration Form**

Clip and return with registration fee no later than April 17, 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.