

# 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

### *Being Present to the Present: Daily Living as a Spiritual Practice*

When we begin to take the life of our soul seriously, it is normal to search for spiritual practices that serve to heighten awareness of the Sacred. Traditional practices like meditation, spiritual reading, religious devotions, spiritual direction, retreats, etc., often present themselves as the best way to accomplish this goal - and they often are. However, there is a way of understanding the term spiritual practice that is other than adopting such endeavors; that way is giving our selves wholeheartedly to everyday life. In this case, a practice isn't something we do that is out of the ordinary, but a way of being present to what we do. When we mindfully go about our life and relationships, there is a possibility that the most mundane activities and encounters can become the portal to life's soulfulness, a way to connect with the presence of the Presence that is ever before us if we are aware enough to experience it.

During our time together we will explore ways to live in such a way as to encounter the Sacred in the midst of our daily lives.

Date: January 25, 2020  
Place: Broadmoor Community Church (315 Lake Ave.)  
Time: 9:00 am (registration), 9:30-2:00 (retreat)  
Cost: \$30 early registration (by January 21), \$35 at the door.  
Lunch is included.  
Scholarships available.  
Information: Tom Stella (719) 648-3939

From *Rufus Jones Essential Writings* by Kerry Walters

"Two good signs that we don't truly believe God is already present to us are our popular assumptions (1) that any genuine experience of God must be a flashy, road-to-Damascus encounter, and (2) that this lightning-bolt kind of epiphany is possible only by submitting to the spiritual equivalent of a boot camp obstacle course...

...while spiritual techniques can be helpful in preparing us to become increasingly open to God's presence in our lives, they are also terribly seductive. If we're not careful, we focus so intensely on our methods of seeking God that we become trapped in them. Fasting, prayer, meditation, lectio divina, contemplation, centering, controlled breathing, mantras, retreats, twelve-step programs, all these have value only if they are seen as disposable springboards to God. But because such techniques demand high levels of time and concentration from us, the sheer mastery of them can eventually mutate into an end in itself."

## QUOTE CORNER

☪ The spiritual life does not remove us from the world, but leads us deeper into it.  
*Henri J. M. Nouwen*

☪ You must live in the present, launch yourself on every wave, find your eternity in each moment.  
*Henry David Thoreau*

☪ Be here now  
*Ram Dass*

☪ You can read books without ever stepping into a library, and practice spirituality without ever going to a temple.  
*Anthony DeMello*

☪ Spiritual opening is not a withdrawal to some imagined realm...but a touching of all the experience of life.  
*Jack Kornfield*

☪ Enlightenment is an accident, a spiritual practice makes us accident prone.  
*Buddhist saying*

## BOOKS FOR THE JOURNEY

*Rufus Jones Essential Writings* by Kerry Walters (*Orbis Books*)

Rufus Jones was a Quaker mystic and social activist, who received a Nobel Prize as co-founder of the American Friends Service Committee. He was recognized at the time of his death as one of the most significant religious voices in America. Jones' writings impart a vision of the ever-present reality of God in our souls and in the world.

*The Practice of the Presence of God* by Brother Laurence (*Image Books*)

In the words of this humble, seventeenth-century lay Carmelite, "we must trust God once and for all and abandon ourselves to Him alone." This difficult task necessarily requires perseverance and continual conversation with God in all activities great and small. In reading these conversations, letters, and spiritual maxims, we learn the key to endless joy. In the words of this humble, seventeenth-century lay Carmelite, "we must trust God once and for all and abandon ourselves to Him alone." This difficult task necessarily requires perseverance and continual conversation with God in all activities great and small. In reading these conversations, letters, and spiritual maxims, we learn the key to endless joy.

*The Miracle of Mindfulness* by Thich Nhat Hanh (*Beacon 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

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

- The Best is Yet to Come

Addiction recovery group meets on Mondays from 5:30 – 6:30

- Chair Yoga

meets Tuesdays from 1:30 – 2:30 contact 471-4556.

### ***JOURNEYS***

An exploration of Non-Duality with attention to the “direct path,” is an approach that many feel vital in coping with modern life. The group meets on the 3rd Thursday of each month from 3:30 – 4:30 in the West Wing of Broadmoor Community Church, 315 Lake Ave. Contact Charlie Coon [charlescoon@gmail.com](mailto:charlescoon@gmail.com) 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](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 Jan 28, Feb 25, Mar 24, Apr 28, and May 26 at the Old Colorado City library on Pikes Peak and Colbrunn from 6:30 – 8:00 pm. Rather than merely discussing a book, 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 more information contact Vicki Rector (229-9868).

### ***MEDITATION***

Join a Buddhist meditation group held at All Souls Unitarian Church (corner of Tejon and Dale) on Wednesdays from 6:30 - 7:30 am. 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](mailto:4smiths@bresnan.net).

## COMING EVENTS

### BOOK GROUP

Jan 28

Feb 25

Mar 24

April 28,

May 26

6:30 PM – 8:00 PM

OLD COLORADO  
CITY LIBRARY  
PIKES PEAK AVE &  
COLBRUNN

### SOUL LINK BOARD MEETING

December 18

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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*Being Present to the Present: Daily Living as a Spiritual Practice*

Mail-In Registration Form

Clip and return with registration fee no later than January 21, 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.