

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
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

*Nowhere to Go, Nothing to Attain, No One to Become:
Embracing Ourselves As We Are*

The message that we are not good enough is one that, for many of us, came through loud and clear from our earliest years. Society, family, and church, all encouraged us to become our best self, a lofty but often unattainable goal. Spiritually speaking, the drive to be the best version of ourselves often takes the form of overcoming our ego, that dimension of us that is satisfied with nothing less than always attaining the ideal, always being the strongest, brightest, holiest, etc. Because ideals are, well, ideal, it can be difficult to resist their appeal and, instead, to embrace ourselves as we are, flaws and all.

Through presentation, reflection, and dialogue, our retreat will be an opportunity to realize that our striving to become our ideal self may get in the way of recognizing that we are good enough - as we are.

Date: May 4, 2019

Place: Broadmoor Community Church (315 Lake Ave.)

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

Cost: \$30 early registration (by April 29), \$35 at the door.

Lunch is included.

Scholarships available.

Information: Tom Stella (719) 648-3939

From *The Contemplative Heart* by James Finley

"Our egocentric self sets out with an egocentric understanding of what it means to be free of the tyranny of egocentricity. This egocentric understanding is that of having to jump over a bar that is set so high that only the most finely tuned spiritual athlete could ever hope to clear it. Our struggle...brings us to a point of near despair, convincing us that our doubts were true concerning our inability to master such a seemingly unreachable challenge. Then, just as we are spent in the futility of investing ourselves in our own illusions concerning the nature of the fulfillment that alludes us, the saving event happens. Love steps out and places the bar flat on the ground! Approaching the bar, disoriented by the unthinkable simplicity of the task, we trip over it, falling headlong into God, wholly poured out in and as who we simply are - all precious in our fragility, strangely whole and one with God in the midst of our fragmentation."



QUOTE CORNER

☪ My only regret in life is that I'm not someone else!"
Woody Allen

☪ Ideals are like stars, we don't arrive there, we chart our course by them.
Anonymous

☪ How long will it take me to reach enlightenment?" "Five years."
What if I try hard?" "Ten years."
Buddhist Story

☪ A person does not have to be an angel in order to be a saint.
Albert Schweitzer

☪ You are amazing grace. You are a precious jewel.
You – special, miraculous, unrepeatable, fragile, fearful, tender,
lost, sparkling ruby emerald jewel, rainbow splendor person.
Joan Baez

BOOKS FOR THE JOURNEY

Small Victories by Anne Lamott (*Riverhead Press*)

In this book, Lamott offers a new message of hope that celebrates the triumph of light over the darkness in our lives. Our victories over hardship and pain may seem small but they change us – our perceptions, our perspectives, and our lives. Lamott writes of forgiveness, restoration, and transformation, how we can turn toward love even in the most hopeless situations, how we can find joy in getting lost and our amazement in finally being found.

Dissolving the Ego, Realizing the Self by David Hawkins (*Hay House*)

How does one traverse the spiritual landscape to move beyond suffering to experience the peace and love of God, to dissolve illusion and realize the state of enlightenment? In this collection of inspiring passages, the reader is reminded of the illusory nature of the personal self, and the direct pathways to dissolve the ego and its trappings.

Song of the Bird by Anthony DeMello (*Image Books*)

This book consists of 124 stories/parables from a variety of traditions, both ancient and modern. Each story is really a single lesson of life that teaches inescapable truths about ourselves and our world. The *Song of the Bird* uses stories to illustrate profound realities that put us in touch with the problems and concerns of everyday life as well as our common spiritual quest.

EVENTS OF INTEREST

JAMES WHITE LECTURESHIP

This year's James White lecturer is Rev. Dr. Miguel De La Torre, a professor of Social Ethics and Latinx Studies at Iliff School of Theology. Dr. De La Torre will be speaking on the weekend of May 10-12. For details call First Congregational Church (635-3549).

GROUPS MEETING AT FIRST CONGREGATIONAL CHURCH

- **Contemplative Prayer** — every Thursday at 11:30 am
- **Centering Prayer** — every Monday at 5:50 pm
- **Grief Support Group** — every Friday at 3:00 pm

Information call 635-3549.

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 on May 28 at the Old Colorado City library on Pikes Peak and Colbrunn from 6:30 – 8:00 pm. We do not meet during the summer, but will start in again on September 24. Rather than merely discussing a book as we have in the past, 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).

CABO SERVICE PROJECT

Through **Travel with a Purpose**, *Soul Link* is offering the opportunity to serve the poor of Cabo San Lucas, Mexico. Participants will serve people in hospitals, day-care centers, orphanages, and community kitchens. There will be ample time for R&R in the surf and sun. The next trip is scheduled for January 2-7, 2020. If you are interested in experiencing this adventure, contact Steve Shapiro (719) 495-3400. Learn more at www.thetravelconnection.info

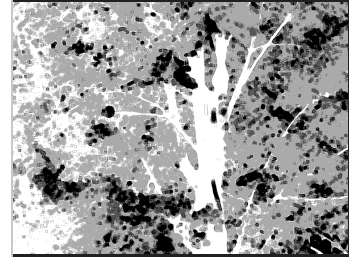
HOLOCAUST COMMEMORATION

Bernice Lewis shares the story of her family's emigration from Berlin in 1941. This will take place at Colorado College's Bemis Hall, 920 N Cascade, on May 1, from 7-9:00 pm. Information call 389-6638.

JOURNEYS

An exploration of Non-Duality with attention to the "direct path," 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 pm in the West Wing of Broadmoor Community Church, 315 Lake Ave.

Contact Charlie Coon charlescoon@gmail.com for more information.



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

To receive notice of
the latest *Soul Link*
newsletter
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please contact us at
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or
call the office at
648-3939
and leave
your full name
and email address.



SOUL LINK

together on the spiritual path



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*NOWHERE TO GO, NOTHING TO ATTAIN, NO ONE TO BECOME:
EMBRACING OURSELVES AS WE ARE*

Mail-In Registration Form

Clip and return with registration fee no later than April 29, 2019.

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.