

January 2011

# The SoulCare Project

## The SoulCare Project: A Rich Resource

### Upcoming Events

#### KINGDOM ADVISORS

The SoulCare Project is pleased to announce itself as a new ministry partner with Kingdom Advisors. As partners we will be hosting a booth at the Kingdom Advisors Annual Conference in Orlando, February 16-18. We are also available as a resource to any Kingdom Advisors member.



The SoulCare Project, as a part of our local partnership with the Chattanooga Youth Network, will be leading the next "Pause" retreat March 4, 2011. Click [here](#) to learn more about Pause retreats.

### Partner With Us



Partnering is often a fancy way of saying "please give us money" - But when we ask you to partner with us, we are asking for so much more than financial support.

### Upcoming Retreats

#### March Retreat:

March 6-8, at Barnsley Gardens - "A Time For the Business Leader"

We are pleased to have Gordon MacDonald lead our next retreat. This retreat will be a small gathering of businessmen. If you are a businessman and this retreat is something that would resonate and be of value to you, please feel free to contact us. Click [here](#) to view the invitation



#### April Retreat:

We are presently finalizing the plans for our April retreat in Colorado. Like the MacDonald gathering, the group will be limited to less than 20 and for April, likely less than 16. The leader of this gathering is one which will interest you. Our February newsletter will have more details.

## How we may serve you

[Retreats](#) - Living under the constant pressure of always going from one thing to the next and no sign of anything slowing down? Consider taking some time to reflect, refresh, and re-think the rhythm of your life by attending one of our retreats. God did not design us to live in such a constant hurry. Click [here](#) to learn about our past retreats, which have been lead by Dr. Larry Crabb, Steve Smith, Keith Meyers, . . . .

[Resources](#) - For daily thoughts and inspirations regarding your journey with God, follow us on facebook or twitter.

Partnering to us means you are "for" us and stand by our mission. It means you are telling others about your experience or interaction with The Soulcare Project. And it means you are praying not just for leaders attending our retreats, but you are praying for specific individuals and their own spiritual journey and renewal.

The SoulCare Project is privately funded and we are very grateful for the support that a few financial partners committed for our work in 2010.

Our desire for 2011 doesn't necessarily mean just having more retreats. That said, we continue to encounter more opportunities to offer retreats and substantial avenues to serve the hearts of ministry and marketplace leaders. The need we encounter is significant and so we do desire to be diligent.

To support us financially click [here](#) to make a donation.



[Join Our Mailing List!](#)

Subscribing to our newsletter does not mean we will start sending you un-ending emails. At this point our Newsletter is quarterly. The objective of the newsletter is to serve leaders as a valuable resource as you journey in faith with God.

Join us on Facebook, Twitter, and LinkedIn!



### Thought for the Day

The quote below, taken from Henri Nouwen's *Bread for the Journey*, is an example of one of the daily quotes and



For articles and any suggested reading, please reference our Resource page on our website by clicking [here](#).

**Consulting** - The SoulCare Project is partnered with experienced Spiritual Directors who we know and can recommend. If you find yourself at a season of where you'd like to process life on an individual level, click [here](#) to see how you may be cared for one-on-one.

## What others are saying

**"The Soul Care Project has this annoying habit of asking you to take time out of your very busy world and to be quiet and reflect for a bit. Funny thing. I responded and found it wasn't so annoying. It was in fact precisely the antidote that I needed for my busyness. How necessary their work is whether you are a business leader, ministry leader or just a regular person trying to sort out meaning and truth. May your work continue to rise above the din!"**

**William F. High,  
President/General Counsel  
Servant Christian Community Foundation**

### A bit of thought about life's journey



I found myself in a sandbox recently. I wasn't alone but shared the play area with others so we all had to conform to the standard practices of the playground: don't kick sand on another, don't call each other names, and don't take another playmate's toys. And when the whistle blows it's time to get back to class. How easily we can forget these standard rules of the playground. But I don't always play well with

others and abide by the rules. The difficulty comes when another person doesn't do so either, or perhaps one who seems to be self-designated as the hall monitor begins to impose a few rules. Sometimes, we might be sitting there creating a wonderful experience amidst the trucks and sand sifters when we get shadowed by a bully. That can easily raise the level of concern (and fear) in the sandbox and the dynamics, whether it's perception or reality, can certainly change. Amidst all of this plodding around in the sand, it's worthwhile to remember that our time in the sandbox is only one period of the day. Absolutely, it's incredibly easy and natural to scream out and say, "Whoa, he's not playing by the rules!" or, "Why are you making me give up my toys to Johnny? He doesn't deserve them!" or maybe, "I got sand kicked in my face."

inspirations we post on facebook. Click [here](#) to view the daily posts on our facebook page.

### The Voice in the Garden of Solitude

Solitude is the garden for our hearts, which yearn for love. It is the place where our aloneness can bear fruit. It is the home for our restless bodies and anxious minds. Solitude, whether it is connected with a physical space or not, is essential for our spiritual lives. It is not an easy place to be, since we are so insecure and fearful that we are easily distracted by whatever promises immediate satisfaction. Solitude is not immediately satisfying, because in solitude we meet our demons, our addictions, our feelings of lust and anger, and our immense need for recognition and approval. But if we do not run away, we will meet there also the One who says, "Do not be afraid. I am with you, and I will guide you through the valley of darkness."

Let's keep returning to our solitude.  
-Henri Nouwen

When these things happen, what does God want us to do? I'm not entirely sure, but these things happen every day in organizational structures and so, for one trained or lead to operate in these structures, how should we function? The answers likely don't lie here but it's a valuable exercise in reality. It's not an easy task but it does seem that God calls us to hold things lightly and to extend grace in the best manner possible. We may see an apparent lie or an injustice and when we do, how does God call us to respond? My simple uninformed observation (and I welcome another opinion on this because all organizations face this reality) but it seems that we should 1) hold things lightly, 2) extend grace where possible, 3) seek God's revelation and the insight of others, and along with the premise of holding things lightly, be willing to journey on.

How stalwart do we want to be as we journey on and how stalwart does God want us to be? Again no definitive answers, but it is freeing to look outside of our own reality and to be curved out toward others and not curved in to ourselves. I've had the privilege of coming to the realization, not through any of my own doing, that I am very expendable. There is very little that I offer that can't be replaced or substituted. In some ways it's not an easy reality to have revealed, but in other ways it is incredibly freeing. This self and divine revelation keeps me from getting white-knuckled and dogmatic about where I sit in the world, what I think I control, and my perspective. Sure, I carry some measure of hearty conviction (after all, I am a living, breathing soul) but my expendability imposes a realism that my conviction only matters so much . . . if at all.

My efforts and my spot in life are realistically quite meager. I'm not sure if the greatest of the great-which thankfully I'm not (though enough self in me wishes I were)-encounter this realization but it seems that they do. What they do with it is another matter. I know some at their pinnacle have decided to give much of it all away or step away from their power. And others realize the realistic meagerness and get sad and self-medicate in various forms and fashion. Eventually, we all begin to see it as it is brought to us by limitations of power, failure, illness or old age. In time these realizations comes to each of us.

What about those we encounter in life's journey who say we don't live well? It's tough medicine to take and not easy to digest. And typically, it doesn't come in bubble-gum flavor and often it comes from those we have some measure of a relationship with in life.

My friend, Keith Meyer offered this up once to a group of us:

"How about if you go to a true friend and one you trust, preferably not your spouse, and ask the question: 'What exists in me, something that others observe or see, but don't tell me that I need to change?'"

Now that's a tall order isn't it? It's also one that in the last 6 months since Keith shared it, I have not had the guts to ask another. I've gotten close in the last few months and have had discussions related to it but haven't as of yet pulled the trigger. I do hope God gives me the strength to do so, but it still may be a while. Part of it is I think that I may fall into the camp that perhaps all of us fall into which Keith notes, "We're all just that 5-year-old kid who wants to hear 'I love you.'" It's not an easy journey, is it? I find this to be the case the more I engage with others. And I find that when it's true engagement, the kind where we sit and digest, hear the hearts of others, and share our own hearts, we mutually come to recognize the true heartfelt needs of humanity. God seems to form us most when we're engaged with the least capable and those who've been

given to us.  
-Dan Maclellan

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