



DEPTH SOUNDINGS

The Anchorage:
A Contemplative Community for All
Come away...

Encouragement, Inspiration and News from The Anchorage

August 2016

Community



Rublev Icon of the Trinity



*anchor
deep*

“The Flow of Love: Made in God’s Image”

By Catherine Powell

“Community” is this year’s theme for Depth Soundings and we hope it is an encouraging word, a word of healing in our torn world. The icon on the front is a favorite of mine, and sits on the book shelf behind the rocking chair where directees sit when we meet inside for spiritual direction. This popular Trinity icon seems to welcome the viewer to the table, to join the flow of love among them. I sense this flow of energy and love coming over to include the directee and then to me too where I sit. Since we are made in God’s image, we are ALL included in this incredibly graced flow. All gift!

The new subtitle for *The Anchorage: A Contemplative Community for All* comes from several years of knowing we were already community.

Building Community in Our Times: A Spiritual Approach

By Rebecca Yarbrough

The past year has been a time of global tumult—terrorist attacks, both at home and abroad, shootings, and inflammatory rhetoric in our political campaigns. There are those who would say our country is falling apart, the whole world is falling apart...so we’d better arm ourselves, and stockpile food, and gather ourselves into like-minded circles to stand against the enemy. And then, there are many people who are out there calling for us to come together, to be united...but who don’t really talk about how that happens other than by political action.

I think the truth of the matter is that combatting the violence and fear of our times, “coming together,” building community, takes a lot of work. It takes intentionality, it takes stretching, it takes time and listening to the stories of others who may be very different from us, and sharing our own stories. It takes discovering our pain, and willingness to name it, and listening for the pain of others and their naming of their pain. It takes willingness to abandon “position” and operate from “interest”—what is the end goal, rather than “what’s my position on how we get there?” There are courses one can take in conflict-resolution, and collaborative leadership, which help with this work...but as I’ve gotten older, I’m convinced that at its root, it is spiritual work. It’s the reconciling work of Christ, and the single most important element that leads to “success” in it, is letting go.

That’s where *The Anchorage* and its spiritual listening programs come in. Letting go is a spiritual gift, born of contemplative practice, getting to a place where one’s trust in God and God’s love outweighs the demands of ego and the fear of failure and what it may bring. When we build community, we don’t give up our essence, we don’t give up our gifts and our creativity, but we DO give up the need to be top dog, to be the one in the spotlight, and often to be the one in charge, the one drawing the biggest paycheck if it’s a paying situation. Those ego demands are strong—remember the T-shirts that said, “The one who dies with the most toys wins?”

For me, this has been a year of letting go—thanks be to an amazing retreat at Mepkin Abbey, and to a little best seller called “The Life-Changing Magic of Tidying Up” written in the Shinto tradition. The author reminds us that we don’t need our “stuff” unless it really feeds our spirits, and if it doesn’t, we can thank it for its presence in our past, and send it on its way. Isn’t that also true for so many habits of ego? When we let go of our “stuff” we make room to breathe, and when we let go of our ego’s demands, we make room for God and others.

Letting go, and community-building, is not just a Christian call, either, although Christ is the Great Reconciler. This week, there’s a Muslim from Charlotte at the Republican National Convention; she’s gone there to pass out pens with flowers on them, to use as a conversation starter with the delegates and observers. Rose is doing that not to make a “statement,” or as a protest, but because she was impressed by the apologies she got from several attendees at a rally when other attendees acted rudely. She wants

(Cont.’d on page 5)



The Anchorage

Vision

For all people everywhere to see God more clearly, love God more dearly and follow God more nearly. For when just one person moves toward living out of that graced space, where we know we are loved, there is a ripple effect which is our best hope for the healing of our world. The Anchorage wants to contribute to that hope.

Mission

The Anchorage provides a setting in which women and men may come away to be with God, as revealed in Jesus the Christ; and to come to love more deeply, through contemplative retreats, book studies, and spiritual direction this God who loves us beyond measure.

Metaphor

A safe harbor in which to anchor deep in still waters as a respite from the wind and waves; where pilgrims may enjoy prayerful grace, honor the rhythm of Sabbath and open more fully to the mystery of God’s love.

Staff

*Catherine Powell,
Founding Servant Leader*

Servant Leaders

*Rosemary Goodall
Jason Loscuito
Juan Ortiz
Starla Revels
Angela Sudermann
Holland Webb*

*Susan Leaphart, Volunteer Coord.
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The Anchorage

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Greenville, SC 29604
(864) 232-LOVE (5683)
www.theanchorage.org*

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Gifts In Honor

Skeeter & Catherine Powell in
honor of Abbot Stan Gumula
Dave & Kelly Strum in honor of
Abbot Stan Gumula

US Postal Service

We are sending this edition of our quarterly Depth Soundings by USPS because we hear that many of you are filing the email to look at later, and never reading it. We are hopeful that having a copy in hand will encourage reading!

“Friend (of God) Raiser”

By Catherine Powell

“Friend Raiser” is a common term used for “Fund Raisers” by non profits. It is well chosen! We have used it often, because the intention of the event is truly to raise friends not just funds. To build relationships that create a community, so that people become partners in ministry, who desire to sustain the ministry by prayer and funds.

But I must add – and this came to me in prayer – that raising “Friends of God” is an even stronger intention of every event.

Before any friend raiser OR fund raiser The Anchorage has ever had, dating back to our first one in 2008, we have always listed the primary reason for the gathering is that people would encounter the living God, as revealed in Jesus the Christ. That they would experience God's love and grace. Even if they decide not to pray for or give to The Anchorage, if they know they have been with God – we have succeeded.

In all our events: the annual Beach Retreat, ongoing monthly spiritual direction, Desert Days and Evenings and Directed Retreats, the primary focus is on God as front and center. And we say it at each event as we light a candle. You may not recall who led the retreat or even what it was about – but if you grow in your love for God, we are delighted.

So in 2017 when we have our next Friend Raiser (missed 2016) know that our greatest hope is that all who attend will leave grateful they came because God was front and center. Then it will have truly been a “Friend of God Raiser.”



Chronological Listing of Events

August 5, Friday, "Desert Day," Catherine

Plan to arrive between 9 and 9:30, and conclude by 2:30. Opening prayer, content, reflection time in solitude, lunch conversation, similar afternoon. Fee: \$30 (\$20 if you BYO lunch) Location: Gower Estates

September 13, Tuesday "Come and See!" DESSERT/COFFEE,

Plan to arrive between 6:45 and 7pm, and conclude by 8:30. The purpose of the evening is to encounter God and introduce your friends to the ministry called The Anchorage: A Contemplative Community for All. We will enjoy dessert, informative presentations/conversation around the tables. Please send info to: cathie@theanchorage.org or (864) 232-LOVE (5683). Fee: FREE Location: Earle Street Baptist Church, Greenville, SC

September 20, Tuesday, "Desert Evening," Catherine

The autumnal equinox is the occasion of this Desert Evening. The format will be similar to the Desert Day except only one session, not two. Fee: \$10 Location: Gower Estates

October 3-7, Monday – Friday

"Praying Scripture" Directed Retreat, Mepkin Abbey, Catherine

Includes daily individual spiritual direction with suggested scripture for each day. The Trappist monks invite us to participate with them in the liturgy of the hours. You may attend any of the prayer times. Each retreatant has a single room/bath. The setting along the Cooper River is most inviting. Arrive Monday by 2:30pm, leave Friday by 11am. Fee: \$350 (Full at print time, but no waiting list) Dep. (\$10) due Aug. 31

October 14, Friday, "Desert Day." Catherine

Similar to August

December 2, Friday, "Desert Day." Catherine

Similar to August

December 21, Tuesday, "Desert Evening," Madeline

Similar to Sept. 20 – (Winter Solstice)

2017 January, Epiphany/Taize "Friend" Raiser (Details TBA)

February 3, Friday, "Desert Day," Catherine

Similar to August

March 10-12, weekend "Beach Retreat (19)" Caroline

Plan to arrive between 3 and 4:30, we will begin at 5. We will conclude by 11:00am Sunday. The theme is "Ye shall See the Face of God and Live: On Contemplation and Mercy." We again will enjoy unparalleled teaching! Fee: \$395 (includes oceanfront single room, meals) Dep. (\$10) by Jan. 29

March 12 – 13, Sunday – Monday, "Going Deeper" Caroline

Opportunity to delve more deeply into the weekend topic. Begin at 5pm Sunday – conclude by 11am Monday. Fee: \$180 (includes breakfast) Dep. (\$10) by Jan. 29

March 21, Tuesday, "Desert Evening," Catherine

Similar to Sept. 20 (Vernal Equinox)

March 27-31, Monday – Friday

"Praying Scripture" Directed Retreat, Mepkin Abbey, Catherine

Same as above just different dates. Dep. (\$10) due Feb. 28

April 7, Friday, "Desert Day." Catherine

Similar to August.

LEADERSHIP

Madeline Blackwell, MSW

an Episcopalian, holds degrees from Virginia Tech and Clemson. Her professional history includes education and counseling in the public and private sector. She practices centering prayer and served as The Anchorage Servant Leader Chair. Over many years she has enjoyed retreats and spiritual direction. She and her husband Tim have two grown children and six grandchildren. She is grateful to live a 'ministry of availability' as needed.

Catherine Powell, D. Min.

Founding Servant Leader of The Anchorage, has a Doctor of Ministry from The Lutheran Theological Seminary at Philadelphia. Her formation also includes a 3-week spiritual psychological process, the Spiritual Guidance Program of The Shalem Institute, The Spiritual Exercises of St. Ignatius as well as training at the Jesuit Center in Wernersville to lead 8-day retreats. She was ordained in 1999. She is married to Skeeter. They enjoy time with their grown children and grandchildren

Caroline Smith, Ph.D, SSMN

Has just completed her terms as Provincial of the Sisters of Saint Mary of Namur in Buffalo, NY. She holds an MA in Theological Studies from the Jesuit School of Theology in Cambridge, a Ph. D. in Pastoral Counseling from Loyola College, Baltimore, and received additional training in Ignatian Retreats at Guelph Spirituality Center in Ontario, Canada. A licensed counselor, she has worked extensively in Jungian dream work and the integration of the spiritual and psychological. She has been leading retreatants through the 30-Day Spiritual Exercises of St. Ignatius for over 30 years. She has led our Annual Beach Retreat 13 of our 19 years.

**If \$10 is all you can pay,
then that is all you pay!**

*** July 21-24 & Nov. 13-16, 16-20, 2017 at **Mepkin Abbey** – and other remaining events in Nov. Depth Soundings. Stay tuned!

Abiding in the Community of Love” (John 15:1-17)

By Betty Kay Hudson

I watched as the wind tore through the trees and rain fell in sheets. The next morning the air was clear and clean like always after a storm. My eyes swept across the green of a summer’s day, and there it was...breaking the peaceful moment, a broken limb, crooked and twisted. Already the leaves had lost some of their life, fading and curling on the edges. The disconnected branch was dying and its death was so pronounced next to the branches still alive and abiding in the mother tree.

I have always believed that nature holds the mirror to our world. God has written a divine word for us in the scriptures, on breezes, in hummingbird wings and in the flow of cold water over stones.

Plants and trees put down deep roots so that when drought or winds come, the roots hold. Trees don’t pull up roots and run when they see the storm coming. They hunker down and abide. The leaves and branches have hope and faith that the mother tree will hold firm.

The tree (vine) is Love and the branches are those dependent on Love. The vine and branches are Love’s great world-wide community.

In the parable of the Good Samaritan, Jesus taught us a wider understanding of neighbor. And in this passage of the vine and the branches, Jesus is giving us a wider understanding of community and the force of Love that holds community together.

“I am the vine; you are the branches. If you remain (abide) in me and I in you, you will bear much fruit; apart from me you can do nothing.” v.5

Love is the force driving this community, and Love is calling for a harvest of souls from those of us already in community. And the only way to produce the fruit that leads to salvation is to abide, remain, and live in the vine, in Love. Is it easy? No. This passage speaks of cutting and pruning. Can we abide when our egos are trimmed back, our selfishness is lopped off? Or do we become indignant and leave Love?

Abiding speaks of permanence, commitment, dedication and mutual goals. Humbling ourselves before Love and living in quiet contemplation and self-awareness of sins makes it possible to live in community with God and neighbor, with those like us and those unlike us. In Love, we commit to a way of life that accepts, uplifts, and affirms others seeking community.

Since Love is our life-source, we too, can produce the fruit of Love, which is peaceful community. We receive the new leaves that grow, the new Christians that come in our path. We affirm the diversity of the world, friend or stranger. We forgive those who persecute us because persecutions can lead to a greater harvest as it did when the early Christians were persecuted. Just as the vine of Love connects us to the Vine-self in peace, may we share that peace within the community of the world.

(Thanks to Betty Kay for this article and for her support of and participation with The Anchorage for many years. She is a former teacher and a retired United Methodist Pastor. Her pastoral role included “The Bridge,” a worship experience for all the church’s neighborhood friends. She enjoys sitting in quiet by the pond or tearing through the yard with her grandchildren.)

Building *(Cont.’d from page 2)*

to get to know these folks as people, and for them to get to know her as a person. Bridge-building is everyone’s work.

Pens with flowers—a “hi” on the street—time to listen—a shared story. Community-building doesn’t have to take a grand action, or a big campaign...or a leader with power. But it does take letting go.

(Thanks to Rebecca for this article and for her years of participation with and support of The Anchorage. She is a deacon at St. Albans Episcopal Church in Davidson, NC, works with outreach/justice ministries including Galilee Ministries of E. Charlotte, which serves refuges, immigrants and the poor. She is retired from 40 years of regional planning, facilitation and community engagement. She is married to David with grown twin girls who are now no longer on the family paycheck (thanks be to God.))

Financial Status as of June, 2016 (Fiscal Year is July 15 – June 16)

Total gifts budgeted	\$ 13,250
Total received	\$ 15,900
Amount over thank you!	\$ 2,650

Total income budgeted	\$ 39,400
Total received	\$ 42,490
Amount over thank you!	\$ 3,090

BUT – our expenses were more than expected by \$7300 so we ended the year **about \$4000 in the red**. This shortfall was due to the expectation of more participants, and also because our website company of 15 years shut down and we had to move the website, etc.

THANK YOU FOR YOUR SIGNIFICANT HELP COVERING THIS SHORTFALL!!

New gifts will be credited for fiscal year 2016-17 beginning July 1.

All gifts are fully tax-deductible.

Use our online PayPal donation/registration!

Thank you Advisors!!

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*Our diversity is intentional!
We are a truly ecumenical
Christian Community.*



The Anchorage

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*"For there is still a vision for the appointed time;
it speaks of the end and it does not lie.
If it seems to tarry, wait for it;
it will surely come, it will not delay."
Habakkuk 2:3*



The Anchorage Servant Leaders received Service Awards at the May 2016 meeting. Front: Stephen Clyborne and Madeline Blackwell received awards, for 3 years and 4 years respectively. Back: Jason Loscuito, Rosemary Goodall, Catherine Powell and Holland Webb. We are a Community that listens for God. John 15:5 is our key verse.

“The Strength of the Wolf is the Pack”

By Catherine Powell

If some of you are fans of The Jungle Book, either Kipling's book or either of the Disney movies of it, the Law of the Jungle may be familiar to you. It fits well with our focus on community.

These verses are only the first two of 19! MOST important here is that the wolf needs the pack. So Christ has called us to community – to love and serve God and God's people. Not as “lone wolves” but as a pack!

“Now this is the Law of the Jungle.
As old and as true as the sky.
And the Wolf that shall keep it may prosper
But the Wolf that shall break it must die

As the creeper that girdles the tree trunk
The law runneth forward and back --
For the strength of the pack is the Wolf
And the strength of the Wolf is the pack.