



# DEPTH SOUNDINGS

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

Encouragement, Inspiration and News from The Anchorage

May 2016

## Ordinary Mystics

"First He Looked Confused"  
By Tukaram

I could not lie anymore so I  
started to call my dog, God.  
First he looked  
confused,

then he started smiling,  
then he even  
danced.

I kept at it: now he doesn't  
even bite.

I am wondering if this  
might work on  
people?



*anchor  
deep*

## “Ordinary Mystics in the Animal Kingdom?”

By Catherine Powell

Continuing our annual theme of “Ordinary Mystics,” this last issue is a bit whimsical as we highlight creatures as God’s blessings in our lives. Our extended family has received countless blessings from rescued cats and dogs. (see p. 4 for one personal story)

Here you will find stories, poems and the recommendation of a book by Linda Bender, *Animal Wisdom: Learning from the Spiritual Lives of Animals*. “She opens up a spiritual dimension of animals that many people feel intuitively but find hard to express.” (from the cover.)

Imagine how delighted God is to see us when we show up! Could it be similar to the way a dog is when his master comes home? Tail wagging, all smiles? What can we learn from this? What if our greatest desire, our main motivator, for how we lived each day, was to delight God? What about a mutual delight? Wouldn’t that delight God? For us to be so in love, too? (from a sermon at Grace Church by Bill White – thanks Bill.)

## “Abbey...”

By Lynn Sewell

When I arrived at Mepkin Abbey on October 13, 2014, I was on a quest. I was looking for a key, or a set of keys, that would give me access to my treasure...carefully hidden, tightly secured, and most definitely behind doors dead bolted and slammed shut. The treasure?...my deep, long- abandoned emotions....hurt, shame, maybe anger and bitterness, etc. To be specific, my issue was that I could not cry!!..even when it was entirely appropriate, called for, expected..something so simple that it’s the first thing a baby does upon being born. However, I did not know how to get “there.” I had lost the ability and I showed up at Mepkin with my friend and mentor to travel on whatever path God would take me in order to regain this primal function of my heart.

While my dear friend was with me for the week, we were observing silence most of our time together, letting God fill the space that is normally loaded with the “noise” of life. God, in such a rich creative, relational style, provided a companion for me who did not tempt me to compromise my time of being quiet.. God introduced me to a sweet pup named Abbey. I think God allowed Abbey to see that I was in need of help..especially as I was “prone to wander” around on the enormous and beautiful rice plantation..I think Abbey suspected that I would need her help before the week was over!

The 3rd morning we had some time to hike and we found ourselves going on a path that took us to a remote graveyard. As Abbey and I set out on our return, there were no signs and nothing looked familiar. Feeling like Dorothy and Toto and wishing I had learned my lesson from Hansel and Gretel about the pebbles, I continued to get us more and more LOST!!! As we ended up on the bank of the Cooper River, the briars and the length of our journey did not seem to concern Abbey in the least. She seemed to be enjoying the exercise, open to the adventure, and appreciating the moment...just the two of us with God in control (obviously, I wasn’t). God miraculously led us out of that pea-patch and I was so thankful to see a highway that led us “home”... I think that morning I came face to face with one of my deeply felt emotions..self-condemnation (how could I be so irresponsible?? I should be ashamed!!...) But in that moment as all those thoughts begin to surface, I was reminded of God’s goodness and delight and devotion..and I had a perfect picture of God’s grace in this sweet dog who adopted me for the week.

(Thanks to Lynn Sewell, for her involvement and support of The Anchorage and for this article. She lives in Charlotte. Her husband of 30 years, Stan, passed away in 2012 from colon cancer. She is finding that God is richly creative in bringing healing to God’s children. Lynn is a soon-to-be “empty nester” as her oldest, Travis, was married in April, 2015; and in May 2016, daughter, Carly will be married and youngest, Emily, will graduate from App State and work in Greenville, SC.)



## The Anchorage

### Vision

A Contemplative Community to encourage all people toward a mutual love relationship with God.

### 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, this God who loves us beyond measure. Spiritual direction, “Depth Soundings” (quarterly mailing), Desert Days and a variety of contemplative retreats, are some of the ways we encourage and inspire.

### 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.

### Core Focus

Encouraging contemplative community anchored in our Triune God.

### Staff

Catherine Powell,  
Founding Servant Leader

### Servant Leaders

(Board of Directors)  
Madeline Blackwell, Chair  
Stephem Clyborne  
Rosemary Goodall  
Jason Loscuito, Chair-Elect  
Holland Webb

### Other Support

Susan Leaphart, Volunteer Coord.  
Camp Wynn, Treasurer

### The Anchorage

P. O. Box 9091  
Greenville, SC 29604  
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www.theanchorage.org

## “Her World”

By Carol Laquement Penick

She was so gentle, so warm,  
I was not one of her own kind,  
Yet she took me in  
And taught me to love her world.

We never spoke,  
But in her quiet manner  
She taught me how to love –  
What to love.

I never touched her  
For that was not her way,  
But her thoughts and mine  
Forever will embrace each other.

Her world was one of simple things –  
A tree of fall colors,  
A soft bed of grass,  
The gentle breeze,  
All such gifts of God.

She revealed all this to me  
The one time our eyes met,  
That tiny bird's and mine.

*(Thanks to Carol Laquement Penick for this poem, written when she was 16, and for her involvement with The Anchorage. Since 2006, she has been in private practice as a counselor/spiritual director in Winston-Salem, NC. Carol, her husband, daughter and son-in-law began and now run a goat dairy, Once Upon a Meadow.)*

## “Faithful Clark”

By Catherine Powell, as told by Melody Fifer, on her husband Steve

“Clark does centering prayer every morning with Steve. Sits on his lap while Steve prays. (Clark is a 5-year old rescued 24-pound Maine Coon, whose brother Lewis died a year ago. They are distant relatives of the famous explorers.) Well, earlier this week, while we were sitting a guide dog puppy, (Clark was NOT happy about this puppy invasion), Steve had the puppy come sit beside him on a leash during his prayer time (learning the value of stillness!) Steve was not sure he would last 20 minutes. After a couple of minutes, Clark paws the French door open in the sunroom to join Steve as usual. Then he stops when he sees the puppy and turns around and leaves. Steve was so upset about betraying Clark! That was when he realized how faithfully Clark shows up every morning.”

## “The Sacraments”

By St. Francis of Assisi

I once spoke to my friend, an old squirrel, about the Sacraments -  
he got so excited

and ran into a hollow in his tree and came  
back holding some acorns, an owl feather,  
and a ribbon he had found.

And I just smiled and said, “Yes, dear,  
you understand:

everything imparts His grace.”



## Upcoming Events

**Friday, June 3, 9:30-2:30**

**Desert Day** “Leaving everything, following Christ into the desert.” We have several in the Greenville area. Check the map on our website – may be one in your area – or just join in on your own!  
Fee: \$30 (\$20 if BYO lunch)

**June 13 – 20, 4-day Mon. – Fri, 3-day Fri – Mon, or 7-day Mon. - Mon. Praying Scripture retreat.**

Using the Ignatian method of entering into scripture with the imagination, companioned by a spiritual director in daily meetings, and joining the Trappist monks for prayer. The grounds are beautiful at **Mepkin Abbey, Moncks Corner**  
Fee: 4-\$350, 3- \$300 or 7-\$600  
\$10 deposit (due May 9)  
(full but no waiting list at print time)  
Led by Catherine Powell

**September, “Come and See”**

**Dessert** Date and location TBA. This FREE event is for YOU to invite folks who do not know about this best kept secret in Greenville, SC, The Anchorage. We will enjoy conversation in a contemplative setting with God front and center. Please plan to attend and bring your friends. Look for details in our August “Depth Soundings.”

**Mon.-Fri., Oct. 3 -7. Praying Scripture retreat.**

Using the Ignatian method of entering into scripture with the imagination, companioned by a spiritual director in daily meetings, and joining the Trappist monks for prayer. The grounds are beautiful at **Mepkin Abbey, Moncks Corner**  
Fee: \$350, \$10 deposit (Aug. 30)  
Led by Catherine Powell

**Jan. 13?, 20?, 27? (Date TBA) Beach Retreat XIX “Ye Shall See the Face of God and Live: on Contemplation and Mercy.”**

Litchfield Inn, Pawleys Island, SC  
Led by Sr. Caroline Smith, Ph. D.

**Jan. Sun. – Mon. after weekend “Going Deeper”** (at beach)

Led by Sr. Caroline Smith, Ph. D.

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





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P.O. Box 9091  
Greenville, SC 29604

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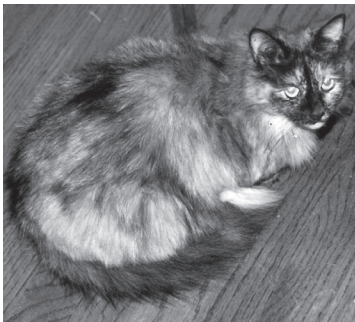
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Return Service Requested

*Jesus came and stood among them and said, "Peace be with you." After he said this he showed them his hands and his side. Then the disciples rejoiced when they saw the Lord. Jesus said to them again "Peace be with you. As the Father has sent me so I send you." When he had said this, he breathed on them and said to them, "Receive the Holy Spirit."  
John 20:19-22*

## "DandyLion, Who Knew"

By Catherine Powell



We were in my home, using *The Cup of Our Lives* by Joyce Rupp as a book study with The Anchorage. One woman was quietly crying. There was a box of tissue nearby so we were trying to give her space, when DandyLion, (1997-2011) our longhaired tortoise-colored alpha cat, came dashing around the corner, jumped onto the woman's lap, and nuzzled her face, before settling down on her lap. Through her tears, the woman said, "That was just what I needed." Somehow DandyLion, the ordinary mystical cat knew.

## "A Rabbit Noticed My Condition"

By St. John of the Cross

I was sad one day and went for a walk; I sat in a field.

A rabbit noticed my condition and came near.

It often does not take more than that to help at times –

to just be close to creatures who are so full of knowing,  
so full of love that they don't .. chat

they just gaze with their  
marvelous understanding.

### Financial Status as of April 20, 2016 (Fiscal Year is July 15 – June 16)

|                       |                 |
|-----------------------|-----------------|
| Total gifts budgeted  | \$ 13,250       |
| Total received        | \$ 12,500       |
| <b>Amount needed</b>  | <b>\$ 750</b>   |
| Total income budgeted | \$ 39,400       |
| Total received        | \$ 32,500       |
| <b>Amount needed</b>  | <b>\$ 6,900</b> |

***Praising God for YOU,  
our donors and participants!***

### Gifts for Printing

Thanks for your fantastic response last year to our request for funds to print "Depth Soundings" for those who prefer/require a printed copy. Thank you for your generosity!

***All gifts are fully tax-deductible.***

***THANK YOU!***

***You are invited to  
visit our FaceBook page and share a  
story of an animal who has graced  
your life as an ordinary mystic.  
On our website, be replenished by  
our Contemplative Coffee Break***