



The Anchorage
A Contemplative Ministry

Come away...

DEPTH SOUNDINGS

Encouragement, Inspiration and News from The Anchorage

August 2009



Photograph by Jennifer J. Wilson is from Praying with Our Hands: 21 Practices of Embodied Prayer from the World's Spiritual Traditions by Jon M. Sweeney © 2000 SkyLight Paths Publishing. Permission granted by SkyLight Paths Publishing P.O. Box 237 Woodstock VT 05091 www.skylightpaths.com.

letting go...

shedding...

The Purgative Way



*anchor
deep*

“Tightly or Lightly?”

By Cathie Powell

Our theme for this new fiscal year is The Classic Three Ways... Plus One. A very brief history of The Classic Three Ways finds its origins traced back to Pseudo-Dionysius the Areopagite who wrote around the year 500. He wrote as if he were a contemporary of Paul, using the pseudonym Dionysius the Areopagite mentioned in Acts 17:34. Because it was about a thousand years before scholars discovered the false identity of Dionysius, his writings greatly influenced many, such as St. Bonaventure (1217-1274), who in turn influenced many others down through the centuries.

The Classic Three Ways is an ancient process that includes The Purgative, Illuminative and Unitive Ways (My “Plus One” will be revealed in our May “Depth Soundings” issue.) This process is not prescriptive, but descriptive – as believers on the journey grow in their love relationship with God. And, as you may already know, it is not a one-time thing, but ongoing.

This first “Depth Soundings” issue looks at The Purgative Way. The Purgative Way is about purging, shedding, letting go. It is a process of emptying; not only emptying the hands of whatever one is holding tightly, but at a deeper level, emptying the self, the false self. The Purgative Way most often begins when life is not going well and one discerns that in order for life to go well, there is a need for some change. Usually one begins by changing the outer situation and sometimes that is enough at first. However, when old habits continue, or recurring “self” themes become evident, the pain may lead one to a greater letting go. Rarely does one choose this awareness, and many go through life willing to bear or numb the pain rather than deal with it. (Cont.'d on page 4.)

“With... In... and For....”

By Fil Anderson

My impression is that the spiritual life is more of an accidental procedure for many. To illustrate an underlying truth, let me share an ancient story about a man living in the purgative state. One day he approached a holy hermit and asked what he must do to achieve the unitive way.

Without hesitation the hermit replied, “If you wish to live in intimate union with God there are two things you must know:

“The first is that all of your efforts are of no avail.

“The second is that you must live as if you did not know the first.”

The life God uniquely designed for us to live and for which our hearts naturally yearn cannot be achieved by means of our own effort, no matter how disciplined we may be. Instead it comes only by way of a few prepositions: *WITH... IN... and FOR...*, what Eugene Peterson calls “prepositional participation.” These prepositions join us to God.

It is essential for our experience and central to our understanding that we trust God and remain assured that we are not now, nor have we ever been, alone; therefore we can trust that God is with us always. “The virgin shall conceive and bear a son, and they shall name him Emmanuel” which means “God is with us.” (Matthew 1:23), furthermore, Jesus is in us. “I have been crucified with Christ and it is no longer I who live, but it is Christ who lives in me, and the life I now live in the flesh I live by faith in the Son of God who loved me and gave himself for me.” (Galatians 2:20), and finally we can trust that God is for us. “What, then, are we to say about these things? If God is for us, who is against us?” (Romans 8:31) *WITH...IN...and FOR...* These are the connecting, relationship-forging words that set us on the course God designed us to follow.

Thanks to Fil Anderson for this article and for his leadership for our upcoming August retreat. He is a spiritual director, conference speaker, writer and retreat leader. He is the Founder/Director of Journey Resources. Fil has authored several books; his latest is Breaking the Rules: Trading Performance for Intimacy with God. (2010).



The Anchorage

Vision

For all people everywhere to see God more clearly, love God more dearly and follow God more nearly in response to God's love. We believe that God loves all people, and is healing the universe one person at a time as each of us moves toward living out of that graced space of knowing we are fully known and fully loved. The Anchorage wants to be part of God's heading.

Mission

The Anchorage provides contemplative settings for men and women to step away from their busy lives to be with God, as revealed in Jesus the Christ, for healing, for comfort, for discernment, for rest, for whatever God knows we need.

Metaphor

Come away to a safe harbor, and anchor deep in still waters as a respite from the wind and waves; to honor the rhythm of Sabbath and enjoy the mystery of God's love.

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Margaret Hardy
David Leaphart
Susan Leaphart
Donna Meyer
Robert Miles, Chair
Henry Mitchell
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Cathie Powell, Executive Director
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The Anchorage

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**“cannot be achieved
by means of our
own effort, no matter
how disciplined
we may be.”**

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Upcoming Events

**Sun., Aug. 16 – Thurs.
 Aug. 20, 4-Day Directed
 Retreat**, Avila, Durham, NC
 Led by Cathie Powell

**Mon., Aug. 24 Info Session
 for "A Retreat in Every-
 day Life"** Led by Donna
 Meyer in her home

**Fri. Aug. 28 – Sat. Aug. 29
 "Breaking the Rules",**
 Kanuga, Hendersonville, NC
 Led by Fil Anderson

**Thurs. Sept. 3
 Fall Caregivers' Dinner,**
 First Baptist, Greenville
 Led by Peggy Dulaney

**Fri. Sept. 4
 Clergy Series #1**

**Fri. Oct. 2
 Clergy Series #2**

**Fri. Oct. 9 "Wind &
 Water, Hull & Heart"
 A Sailing Retreat** on
 Lake Norman, NC
 Led by Robert Miles

**Sat. Oct. 17
 Saturday Series #1**
 Led by Cathie Powell

**Fri. Oct. 30 – Sat. Oct. 31
 "Listening to Your
 Stories"** Bonclarken,
 Flat Rock, NC
 Led by Carroll Page

**Fri. Nov. 6
 Clergy Series #3**

**Fri. Nov. 6 – Fri. Nov. 13
 Fall Directed Retreat,**
 Mepkin
 Led by Cathie Powell

**Fri. Nov. 20
 Fall Quiet Day: "Listening"**
 Led by Cathie Powell

Unless otherwise noted
 all events are held at **The
 Anchorage.**

**If \$10 is all you can pay,
 then that is all you
 pay! It's not about the
 money.**

*To reserve your space, send \$10
 payable to The Anchorage.*



The Anchorage

A Contemplative Ministry

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*“(God) said, ‘My presence will go with you,
and I will give you rest.’”*
Exodus 33:14

“(Tightly or Lightly?” Cont.’d)

So, let me ask you, how are you holding your life? The people in your life? The things in your life? Your life dreams? Are you holding tightly or lightly? The Purgative Way encourages us to open our hands, holding all things lightly – instead of tightly. Let me illustrate this with the capital letters T and L – for tightly and lightly. The crossbar on the ‘T’ is in charge, in control, holding things down, in place, maybe even squishing the life out – no wiggle room. If we take the cross bar of the “T” and invite it to lie down – willingly – (nothing forced) just graced – it becomes the ‘leg’ of the “L” – and Tightly can be turned to Lightly. The difference is between willful (T) – exhausting - and willing (L) - open and available to whatever God is doing.

What’s essential is knowing that God loves us and meets us wherever we are, inviting us to a deeper relationship.

Holding all things lightly



In May, The Anchorage honored Francina Bardsley and Mike Flanagan (pictured) for their three years of service as Servant Leaders. We are very grateful for their significant energy, insight and devotion to our God.

Financial Status as of July 31, 2009

(Fiscal Year is July 09 - June 10)

Gifts hoped for	\$42,440
Received FGA*	4,509
Other gifts received	365
Balance Needed	\$37,566

Total income hoped for	\$78,638
Total received	6,754
Balance Needed	\$71,884

**From God's Abundance*

Update on FGA progress

(2008-2011)

3-year Goal:	\$153,700
Pledged:	\$133,420
Remaining:	\$ 20,280

Please prayerfully consider a 2-year pledge as God leads!

If you have office 'stuff' you would like to donate please be in touch. We need everything: end tables, lamps, loveseats or sofas, comfy or folding chairs, office and break room supplies/appliances.

We will provide a donation receipt for your tax records!

If you prefer to receive our newsletters by email let us know on our website.