



**The Anchorage**  
A Contemplative Ministry  
P.O. Box 9091  
Greenville, SC 29604

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*"The Lord is  
your Keeper."  
Psalm 121:5*

## "Good News in These Troubled Times"

*by Cathie Powell*

We ache for so many who have lost savings and/or jobs. I don't know of any families who are not affected to some degree by this disturbing reality, including my own. *Yet there is God.*

With deep gratefulness for our faithful donors who give and pledge so generously for The Anchorage, we wonder if they will be able to give as in the past. How does that affect our decisions about hiring a Mary Heart and moving from free office space in my home, to rented office space with more visibility? *Yet there is God.*

And what about our retreatants and directees who now more than ever long to discern God's leading, in a setting that helps them be present and open to listen for God? If they have the choice of putting food on the table or coming on retreat there is no question. So what do we do? We say even more loudly than before



### "IF \$10 IS ALL YOU CAN PAY – THEN THAT IS ALL YOU PAY!"

Some have suggested we raise our fees, but that is that last thing we want to do since from our beginnings 10 years ago, it has been important to us to serve everyone regardless of ability to pay. Most have said that now is the time when folks need what The Anchorage offers – more than ever! In keeping with that thought, the folks here at The Anchorage are saying:

"If we die giving the ministry away, what a way to go!"

There is One who is constant in the 'changes and chances' of this world – and that One is God. God is our hope, a sure and steadfast anchor for the soul. We ask for the grace to remember – often!

**God was, God is, and God shall be.**

### Financial Status as of January, 2009 (Fiscal Year is July 08 - June 09)

Total gifts hoped for	\$ 35,500
Received FGA*	\$ 25,481
Other gifts received	\$ 5,165
<b>Balance needed</b>	<b>\$ 4,854</b>
Total income hoped for	\$ 63,380
Total received	\$ 55,058
<b>Balance needed</b>	<b>\$ 8,322</b>

*\*From God's Abundance*

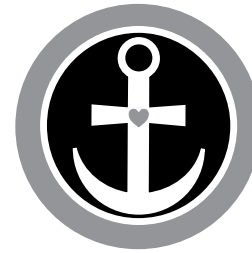
### Thank you donors and participants!

#### Update on FGA Progress (2008-2011)

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

### Please prayerfully consider a 3-year pledge of any amount - as God leads!

*We invite you to listen in prayer with us, as we are in the negotiating phase for new office space. We want to be faithful stewards with all that God and you have entrusted to us. Be in touch with any revelations!*



**The Anchorage**  
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*Come away...*

# DEPTH SOUNDINGS

Encouragement, Inspiration and News from The Anchorage

February 2009



### Sunday Solace by Linda Marlowe

*Tattered dark clouds allow shafts of rising sunlight.  
On the horizon, silver-tipped waves seem advancing steeds—horses,  
unicorns, nymphs or warriors?  
Bands of light through cloud portals give a sunrise benediction.  
A look away at pirouetting pelicans...and back.  
The light creatures catapult onto the shore.  
I hear God's glittering laughter.*

*Anchorage Beach Retreat  
January 25, 2009*



*anchor  
deep*

## “Releasing My Need to Control”

by Sharon Decker

“Be still and know that I am God.” I had read the verse all of my life. Understood it to be true. Never questioned the value of stillness. Yet I have to admit that I rarely practiced it. Stillness was not a part of my vocabulary and certainly not a part of my daily prayer practice. In fact, being the workaholic that I am, I had made prayer into work. Organized with my prayer journal, pen in hand, assigned readings for the day and enough paper and “stuff” to choke out any chance of stillness, I followed the practice daily.

I suppose it was well and good that I did read the Bible daily and that I did pray (prayers organized by type, of course) but “how in God’s name” was I ever to hear God speak? I was way too busy “doing” to be listening! Can you relate?

**And to me, that is what contemplation really is, “giving in” to God, surrendering, peacefully, to God’s voice in my heart.**

I was first introduced to the idea of contemplation when my husband was being treated for a chronic auto-immune illness. We attended the Mind-Body Clinic at Presbyterian Hospital, an outreach of their chaplaincy program. There we were taught different types of meditation, prayer and contemplation, focused on bringing stillness

to our busy bodies and quietness and peace to our souls, being aware of God’s presence in and around us.

It was a wonderful experience but it was nearly fourteen years before I really began to embrace contemplation as a way of life. To say I was a reluctant student is an understatement. In the quiet, there were too many questions, too many voices. And besides, there were too many things that I needed to be “doing” as a wife, mother and business person, to spend much time in stillness and contemplation.

It was a nagging “call on my heart” to pursue ministry on a full time basis that brought me to my knees, literally. I knew there had to be change in my heart, in my life, in my lifestyle. And it was only in silence that I could begin to understand what God was really telling me to do. But trust me, I had to try every other sort of spiritual *activity* before I “gave in” to the stillness!

And to me, that is what contemplation really is, “giving in” to God, surrendering, peacefully, to God’s voice in my heart. It is being willing to sit with God enough to be able to see God in and around me, always. Contemplation to me is about releasing my need to control, to God’s amazing ability to absolutely astound and awe me, time and time again. Contemplation is about releasing my need to be active and doing, to God’s amazing ability to create peace within me even when my world is churning.

I have a favorite praying chair, out on the ridge, over on the western side of our property. There, I can sit for a very long time, no need to do but only to be, and there I have found that in the stillness, I can begin to experience and know God. I have another favorite praying chair by the big window in the front of our home, where in the very early morning hours, coffee cup in hand, puppy dog in lap, I can sit for a very long time and pray for my sleeping family and listen to God’s voice.

And now, after several years of using my chairs, I am finding I have another favorite praying chair, well maybe chairs.....the driver’s seat of my car, behind the grocery cart while shopping, sitting in the salon chair as the gray hairs are regularly trimmed, in the carpool line.....Well, you get the idea. Contemplation is a way of life, for God is everywhere, if I can just shift my “doing” to “being” and *be still and know*.

*(Thanks to Sharon Decker for this article and for her participation with The Anchorage. She is founder of The Tapestry Group, encouraging women to weave their faith into their daily lives [www.thetapestrygroup.com](http://www.thetapestrygroup.com), co-host of a weekly Charlotte-based radio show, “The Satisfied Life,” and attends Gardner Webb Divinity School.)*



## 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.*

## Servant Leaders

Francina Bardsley  
Barbara Borom  
Mike Flanagan, Chair  
Margaret Hardy  
Donna Meyer  
Robert Miles  
Carroll Page  
Cathie Powell, Exec. Dir.

**The Anchorage**  
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## “A Dynamic Understanding of Contemplation”

by Jeff Rogers

Contemplation of the Trinity never was something I had much interest in (I say that now as a confession, not a boast). But several years ago, during a clergy day of quiet prayer, discussion and solitude, at The Anchorage, I found myself surprised by the liveliness of the group’s reflection together and alone on the doctrine of the Trinity. As fascinated as we were, of course, we were centuries late to the Trinitarian action.

For example, in the fourteenth century, a Russian named Bartholomew Karillovich, who has come to be known in history and legend as Saint Sergius of Radonezh, founded a monastery in Moscow dedicated to the Holy Trinity. Saint Sergius’s goal, according to a fifteenth-century account, was “so that *contemplation of the Holy Trinity would conquer the hateful fear of this world’s dissensions.*” His confidence in the dissension-conquering capacity of the Trinity was not merely theological lip service, as Saint Sergius is remembered for more than contemplation. He was a strong supporter and principal motivator of a Russian prince named Dimitry Donskoy, who pursued a policy of unification that brought the independent and infighting local Russian principalities together and led them in 1390 to the first significant Russian military victory against the Mongols. Conquering “the hateful fear of this world’s dissensions” by uniting the infighting and overcoming the oppressors was an essentially theological pursuit for Saint Sergius, who was motivated by a distinctively Eastern understanding of the Trinity: “Being undivided, the Trinity denounced strife and called for togetherness; being individualized, it condemned oppression and called for liberation.”

Saint Sergius’s dynamic understanding of the Trinity—denouncing strife and calling for togetherness, and condemning oppression and calling for liberation—and his evidently dynamic understanding of contemplation—connecting ultimate reality to worldly realities in quiet prayer and solitude—model for us the work of The Anchorage in its ministry to clergy in its “Clergy Days.” Time with God is not “time away” so much as it is “time on the Way” we are called to follow and to lead.

(Adapted in part from *Building a House for All God’s Children: Diversity Leadership in the Church*, Abingdon Press, 2008.)

*(Thanks to Jeff Rogers for this article and for leading our Spring Clergy day since 2005. He has served as Senior Pastor of First Baptist Greenville, SC since 2001 and has authored the above book. See Upcoming Events at right for more about our Spring Clergy Day, which is distinguished from our Clergy Quiet Day Series in that there will be more conversation and interaction with Jeff and each other at the Clergy Day. There is still room in Jeff’s Quiet Day – as well as all 3 of our remaining Clergy Quiet Day Series. All clergy are welcome and bring a friend.)*

## Welcome, Margaret Vincent!

by Cathie Powell

It is with great joy that we introduce you to our new Mary Heart! Tony Vincent, clergy at Trinity Baptist Church in Seneca, SC read our article in our November “Depth Soundings” about hiring someone. He called his mom, Margaret to say, “Mom, this job sounds like you.” He was right! Margaret began her ministry with The Anchorage January 13, and we are delighted! You will enjoy her friendly way and her natural kindness as she serves God and God’s people in this new adventure.



## Upcoming Events

February - June, 2009

**Feb. 10, Tues.,** 9:30 – 3:30  
“Money: Enemy and Friend of God” is a retreat day focusing on our relationship with money. Led by Robert Miles and Camp Wynn.

**Feb. 13, Fri.,** 9:30 – 3:30  
Clergy Quiet Day Series (3). New folks are welcome. Led by Mike Flanagan.

**Mar., 2, Mon.,** 9:30 – 3:30  
Spring Clergy Day “The Trinity and Beyond: Time with the Self-Revealing God.” Led by Jeff Rogers.

**Mar. 3 – 24, Tues.,** 7 – 9pm  
Lenten Prayerful Book Study, *Into the Silent Land: A Guide to the Christian Practice of Contemplation*. Led by Cathie Powell. \$16 book is available through The Anchorage.

**Apr. 10, Good Friday,** 9:30 – 3:30  
Clergy Quiet Day Series (4). New folks are welcome. Led by Cathie Powell.

**Apr. 17, Fri.,** 9:30 – 3:30  
“Spring Quiet Day: Resting in the Way of Love.” Gentle rhythm, time to just “be.” Led by Francina Bardsley.

**May 3, Sun. - May 6, Wed.,** Spring Directed Retreat at Diakonia Retreat Center, Salem, SC. Led by Cathie Powell. (Same format as Mepkin Abbey, without the monks.)

**June 12, Fri.,** 9:30 – 3:30  
Clergy Quiet Day Series (5). New folks are welcome. 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.*