



The Anchorage
A Contemplative Ministry
Come away...

DEPTH SOUNDINGS

Encouragement, Inspiration and News from The Anchorage

February 2014

sit here with me...



*anchor
deep*

"My prayer chair is a great place to sit with God and it seems important in this cold weather to include a place to sit INSIDE." Catherine Powell

“Adsum”

By Catherine Powell

Our theme, “Sit Here with Me” continues with this the third of four issues of our fiscal year that runs July – June. Several readers have made comments about the theme and I’m finding it more universal than I knew. One fellow on retreat with me last year said that he hears those exact words from God, often, as do I. Could it be that our holy and loving God really wants us to sit? In my experience there are many ways to engage God: walking, gardening, washing dishes, driving. Is there something special about sitting?

An experience comes to mind from years ago when Eugene Peterson was the speaker at a Kanuga Conference. During a social time, I had asked him a question. To my surprise he asked if we might sit because his knees were bothering him. You can imagine my delight as we sat together on a stone wall. Because we sat we were not interrupted by others, and I knew I had his full attention. Could that be it - why God wants us to sit? So we can be more fully attentive? Less distracted?

This past fall, while directing four retreatants at Mepkin Abbey, a Trappist Monastery in the SC low country, there was a kind man helping at the retreat center. He was a monastic guest, not a monk, but it seemed natural to call him Br. Jan which I did. In one of our conversations I asked him if he knew the word “adsum.” I first saw it in a *Thin Places* newsletter. It is Latin and is what someone speaking Latin would answer during role call, “adsum” or “present,” “I am here.” Br. Jan replied that those were the words he said when he began his prayer in the chapel. “Here I am.” The
(Adsum, Continued on p. 4)

“Here I am.”

“Walk with Me”

By Peggy Dulaney

I am and have been a caregiver, both professionally and personally. I have a heart for those who care for others, often day in and day out with little relief or time for themselves. A motivational speaker I heard once said that many of us are “need meters,” and as she spun her hand quickly in a circle, she added: “show me a need, any need, and I’ll meet it.” We all laughed at the image of ourselves whirling around like a weed-eater. But unfortunately, that is all too often how life feels for those of us who are caregivers. We get so busy trying to meet the many needs of those in our care, we don’t find time to just sit and soak in God’s replenishing love.

“Just walk with me. It will be so much easier.”

One of my favorite books is *Having a Mary Heart in a Martha World* by Joanna Weaver (WaterBrook Press, 2000). I confess...I am a “Martha” by nature, but my participation in The Anchorage has taught me the value of “having a Mary heart.” When I quit running ahead with my own agenda and just stop to

be still and listen for God’s guidance, life simply works much better.

For several months now, I have been hearing God call me to follow the example of Jesus. I was trying to take my son’s dog for a walk. Bodie is still a bit of a puppy at heart and he was quite a challenge. First, he strained at the leash and wanted to rush ahead. Then he spied something interesting off to the side of the path and suddenly dashed off into the bushes. A squirrel startled him and he (2 feet tall and 60 pounds of pure muscle) tried to hide behind me. I remember thinking, “It would be so much much easier if he would just walk beside me.” Then it hit me that all too often I am like Bodie in my walk with God. God was trying to tell me, “Just walk *with* me. It will be so much easier.”

After times of teaching, healing and caring for God’s children, Jesus would withdraw to a quiet place for prayer and replenishment. God is saying “walk with me, on my path, on my schedule.” When we do as Jesus did and take time to “be still and know,” then God can renew our strength, reassure us of God’s love and lead us on the right path.

On Friday, March 14 from 9:30-3:30 I will be facilitating a retreat day for caregivers. “God Cares for Caregivers” will be an open format to
(Walk with Me, Continued on p. 3)



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

(Board of Directors)
Madeline Blackwell
Stephem Clyborne
Peggy Dulaney
Martha Ebel

Other Support

Susan Leaphart, Volunteer
Coord.
Camp Wynn, Treasurer

Staff

Catherine Powell, Founder,
Executive Director

The Anchorage

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“Be Still? – Are You Kidding?”

By Kelly Dickerson Strum

“Be still and know that I am God.” (Psalm 46:10) This verse has been a beacon for me, growing in me through seasons of my life, especially now in motherhood. Prior to the birth and adoption of our son 14 months ago, I was a co-pastor. I quickly learned as a new mother that much like the days of a pastor, my days, too, would be full and busy! How could I ever “be still”?

Before, this verse guided me most often not to literally *be still*, but to allow God to “center” me in the midst of the busyness, creating stillness and a Godward perspective within. However, now, at this point in my life as a mom, God *just as often* uses this verse to call to me to *literally stop all activity* and “**Sit here with me.**”

Early in my days of motherhood and even sometimes now, I thought/ think, “How can I just sit here with you, God? Though I really want to, there’s just so much to do!” I am learning though to trust that when I STOP, in the midst of all that “needs” to be done and spend a few moments or an hour sitting with God, God brings blessings more meaningful and lasting than a completed “To-Do” list – because God knows exactly what I need.

Let me tell you about a day when this spiritual practice came to life for me. It was during a season in which Malachi wasn’t sleeping well in his crib for naps. I decided that I would hold him while he was sleeping so he could get his much needed nap. I decided to dedicate this time to sitting with God. It felt like a real leap of faith because I knew the nap would be long with me holding him and there was much to do around me!

After sitting a while quietly in a rocking chair on our back screened in porch, I picked up my favorite book of poems by Edwina Gately and began to read as the rain was falling. I read further in it than I’ve ever been able to read before, reaching a poem I’d never seen entitled, *Child Sleeping*. Words cannot describe the richness of God’s Presence in this moment, as the “child sleeping” Gately *specifically* described happened to also be *my son*, sleeping in my arms. I thought, “Yes, be still and **know** that I am God.” In that moment of complete stillness, I **knew** in a way like never before that God is God. I, too, was being held and felt God saying, “I see you, Kelly. I know where you are – that you are a new mom, that you are holding your child as he sleeps, that you are surrounded by much to do. I am with you as you mother your son and I always will be. All is well. Just sit here with me a while and come back again soon.” What a tender and loving God, to invite us to sit and receive. May we encourage one another to accept God’s invitation.

(Thanks to Kelly Dickerson Strum for her involvement with The Anchorage. She and husband, Dave are the parents of their pride and joy, Malachi, 4 months old. Prior to Malachi’s adoption, Kelly was a co-pastor at Eau Claire Baptist Church in Columbia. She is a graduate of Lutheran Theological Southern Seminary and a member of Kathwood Baptist Church. Ordained to the gospel ministry in 2007, Kelly feels God’s calling in this particular season to be at home where there is much to learn about God and self!)

(Walk with Me, Continued from p. 2)

accommodate the varying schedules of those who can come and stay all day or just drop in for an hour or two. We will have short periods of group gatherings to hear encouraging words from Scripture interspersed with times to be alone in prayer and contemplation. Snacks, beverages and a light lunch will be provided, but the REAL food will be food for the soul, provided by the God who loves us.

(Thanks to Peggy Dulaney for her significant contribution to The Anchorage over 15 years. She is a trained consultant/educator, a specialist in mental health nursing and a certified parish nurse. She is an active member of Bethesda United Methodist Church. She and her husband Brian have two married grown children and four grandchildren. She serves as our Board Chair and will lead our Caregivers’ Day.) See column at right!

“I, too, was being held and felt God saying, ‘I see you Kelly.’”



Upcoming Events

2014

Mon. – Fri., February 24-28, Mepkin Abbey 4-day Directed Retreat using the Ignatian method of entering into scripture with the imagination, meeting daily with the director, joining the monks for prayer. The brand new retreat space is fantastic! Space for 1 more until 2/14. Led by Catherine Powell

Fri., Mar. 14, 9:30 – 3:30 God Cares for Caregivers A day to appreciate caregivers as we remind them that God sees every cup of cold water given, and applauds, even if no one else seems to notice. Retreatants are free to come and go, having lunch or snacks with other care-givers. Encouraging teaching led by Peggy Dulaney (see article on pages 2 and 3)

Thurs. – Sun., Mar. 20 - 23, 3-day Directed Retreat, at The Oratory in Rock Hill, SC using the Ignatian method of entering into scripture with the imagination, meeting daily with the director. We will be in silence, including meals. We are welcome to enjoy a labyrinth and daily Mass with the community in this urban setting. Space for 3 at print time. Led by Catherine Powell

Mon. – Fri., April 7 – 11, Mepkin Abbey 4-day Directed Retreat (see Feb. 24-28 description above) Space for one at print time.

Fri., Apr. 13, 9:30 – 3:30 Spring Quiet Day: Take Heart! Attention given to phrases that reference the heart, especially in Scripture. Similar format as Fall Quiet Day, but during the peak of the **azaleas!** Silence is respected with the option for conversation at lunch. Led by Catherine Powell

Fri. - Mon., April 25-28, Mepkin Abbey 3-day Directed Retreat (see Feb. 24-28 description, above except this is for 3 days, not 4.) Space for one at print time.

More directed retreats for late summer and fall – **stay tuned!**

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



The Anchorage

A Contemplative Ministry

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*"Come," my heart says, "seek his face!"
Your face LORD do I seek.
Do not hide your face from me.
Psalm 27:8, 9a*

(Adsum, Continued from p. 2)

Words became even more alive to me as I saw how important it is to be there. Reminds me of Thomas Keating's well-known phrase, "You can't fail at prayer; just show up."

We all know too well, we can be somewhere physically and not really be there at all. To say "adsum" at the beginning of our prayer is a kind of surrender isn't it? "Here I am, Lord, to sit with you, open to you, loving you." Can you sense God smiling at hearing those words? Take a moment and recall how many before us have said the same words. Too many to list here, but to name just three: Abraham, when God called him to sacrifice his only son Isaac, he said "Here I am." (Gen. 22) I've been told another way to translate the Hebrew is "ready!" And Isaiah's response to God's call, is "Here I am, send me!" (Is. 6) Perhaps the one that we know best is Mary's response to the angel Gabriel, "Here I am. Let it be done to me..." (Lk. 1).



God's invitation, "Sit here with me" is not complete without our response, "Adsum - here I am." Our response of presence shows our desire to be with God, too. When we return God's love, we allow a mutual exchange of love. So when you hear God's invitation, "sit here with me," what is your reply?

Financial Status as of January 31, 2014 (Fiscal Year is July 13 – June 14)

Total gifts budgeted	\$ 12,450
Total received	<u>\$ 7,548</u>
Amount needed	\$ 4,902

Total income budgeted	\$ 28,000
Total received	<u>\$ 17,355</u>
Amount needed	\$ 10,645

Praising God for you, our awesome donors and participants!

**YOU ALL ARE INVITED!!
Annual Friend Raiser,
February 18, 6:30 – 8:30
Greenville, SC**

If you cannot attend, you can be with us in Spirit, as part of our Silent Phase! Between now and the event, all pledges will be combined and the total announced at the dinner. Could you consider making a pledge to help with our planning? Now thru Feb. 2015, any amount! You may give online using **Paypal!**

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. Please prayerfully consider it again?

All gifts are fully tax-deductible.