



The Anchorage
A Contemplative Ministry
Come away...

DEPTH SOUNDINGS

Encouragement, Inspiration and News from The Anchorage

February 2016

*After the fullness of Lent, Holy Week and Easter,
 You are invited to "Come away – Anchor deep" - just to BE with God.
 Let God replenish you... as only God can do.*

3 Options for A Desert Day

with

The Anchorage **Friday, April 1**

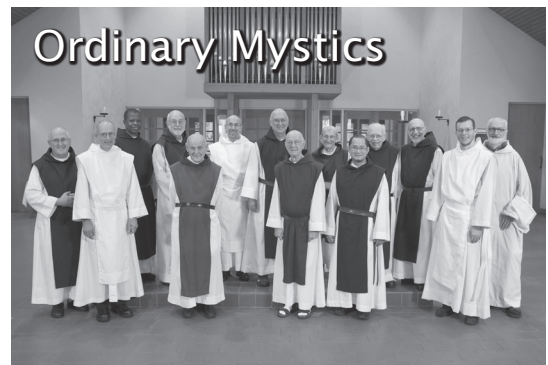
Daytime gathering: 9:00 – 9:30 arrive - depart by 2:30 pm
and

Thursday, March 31 & Friday, April 1

Evening gatherings: 7pm to 9pm

In August, The Anchorage began offering Desert Days on First Friday's in even months. We invited everyone on our mailing list to consider joining in, either hosting a group, attending a group or alone. Check out our map on our website with a dot for each person participating. Over 100 now! We hear God-filled stories from New York to Florida. You may join in wherever you are February 5th. The point of the day is to **"leave everything, following Christ into the desert."**

These 3 events are such that you can make a 'weekend' of it! Come in Thursday, and leave Saturday. Greenville is lovely in the spring.



Monks at Mepkin Abbey, Fall, 2015

Topic: "Prayer as an Easter People"



Led by: Fr. Stan Gumula, Abbot of Mepkin Abbey

Fr. Stan is a monk at Mepkin Abbey, a Trappist monastery near Moncks Corner, South Carolina. He is a native of Philadelphia, PA, having been born there in 1941. After graduating from LaSalle High School in 1959, he entered the monastic community at Mepkin and has been there ever since. He did philosophical and theological studies at Gethsemani Abbey in Kentucky during the early 1960s, privileged to study under Dan Walsh, Thomas Merton and John Eudes Bamberger. He has been Junior Director, Novice Director, and Business Manager at Mepkin and at present is the Abbot. His life centers on his love for Christ.

Location: Kroc Center, Greenville, SC (directions following registration receipt)

Fee: FREE. These events are our gift to you, our generous Community, from The Anchorage. But it would be helpful to know of your intention to attend. Coffee/dessert will be served Thursday and Friday evenings and a light lunch on Friday. Reserve your space at www.theanchorage.org or call (864) 232-LOVE to leave a message.



“Being One with God”

By Catherine Powell

Continuing our theme of “Ordinary Mystics,” our contributors give us gems to ponder. I encourage you to read their writings slowly, perhaps after reading the prayer by Aelred of Rievaulx found on page 4.

Bill speaks from his heart, from his own experience, as a teacher would, encouraging, challenging us to live into this truth. Carol speaks from her heart as a poet would, sharing images that are already part of who we are.

It seems fitting to call our attention to what is often called the Priestly Prayer of Jesus at the end of his ministry, just before he was handed over to be crucified. He is with his disciples, as he prays to his Abba for us all to know that we ARE one with Jesus and with the Father. We are already one with the Trinity as they are one. We ARE ordinary mystics! His prayer that we be one with each other is so timely. May we all live into what is true!

“More Than”

By Bill Clemmons

My perspective is that we all are potential mystics (aware of God's ordinary, deepening Presence). One does not have to have an out of bounds “mysticism,” to be a mystic, just a deepening sense of God in the living out of daily life. My mysticism grows as I grow in intimacy with God, and God reveals God's self to me -- and I to God.

We all seek the “more than” in all dimensions of our lives. We want to experience the beyond in our daily living. When we settle down to just live the ordinary we miss the extraordinary -- we are not present to that which is surrounding us. So we miss that which is essential to life -- intimacy with the One who is my all-in-all, who has not abandoned me, but still seeks me out in many ways, even when I am not present to the One who is so present to me -- I am absent.

But, that kind of Presence takes time. On a daily basis, it means pausing at the beginning and many short pauses throughout the day. In addition, it means taking long timeouts throughout the day.

Sometimes, it can also mean that it is necessary to plan long periods of meditative reflection. It means refocusing all of life to be open to the “more than” in which I am called to live. It may mean refocusing what is necessary, and what is essential. It may mean listening at a much deeper level. It may be responding to a faint call that is persistent and requires I stop and respond.

This response in the midst of living life is a part of living in the present, while being open to the other. A mystic does not stick out because one is different, but because one is open to the many dimensions of the “more than” as they impinge on daily decisions. There is a difference in the way life is lived, and that gets noticed.

(Thanks to Bill Clemmons for this article and for his encouragement and support of The Anchorage since our beginnings. He is a retired professor of Christian Spirituality and well respected in retreat work, especially in the areas of prayer and spiritual growth. His book, Discovering the Depths: Guidance in personal spiritual growth, was breaking new ground when it came out in the 60's, and a revised edition was published in 1987. He now lives in Memphis with his wife, Bettie. He sends out a weekly email that relates to the lectionary reading, including saints' feast days and icons.)

(Thanks to Carol Lacquement Penick, for her involvement and support of The Anchorage over many years. She has been a counselor and spiritual director for 24 years. She was a Minister of Spiritual Formation in S.C., and was also a chaplain and therapist in the Christian Therapy Unit within a psychiatric hospital in VA. Since 2006, she has been in private practice in Winston-Salem, NC. Her seminary training yielded a Masters of Divinity in Pastoral Care and Counseling. She was mentored by Dr. E. Glenn Hinson and Dr. Edward Thornton. She was ordained in the Baptist tradition in 1995. Carol, her husband, daughter and son-in-law began and now run a goat dairy, Once Upon a Meadow.)



The Anchorage

Vision

A Contemplative Community to encourage all people to 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
Holland Webb*

Other Support

*Susan Leaphart, Volunteer Coord.
Camp Wynn, Treasurer*

The Anchorage

*P. O. Box 9091
Greenville, SC 29604
(864) 232-LOVE (5683)
www.theanchorage.org*

“Mystic Trance”

*Refrain: In mystic trance and lofty prayers
you look for me too high.
In majestic steeples and ancient creeds
you look for me too high.*

Hear me in the water fall
See me in your best friend's face
Smell me in the fragrant flower
Feel me in your lovers embrace

Refrain

I AM in the honey's sweetness
I AM the firm beneath your feet
I'm in the baby's cry
I AM in each one you meet

I AM here in all these ways
- the gentle breeze
- the morning dew
Find my Self in a thousand places

Find my Self in you
Find my Self in you.

*(For the melody to go with this song, please contact Carol at
carolpenickLPC@gmail.com)*

“Warm for the Journey”

My Warm Sustainer,

You comfort me
Like my morning mug of coffee
Warming my hands and my insides:
Comfort within and without

We begin the day together
Just the two of us
In a quiet, sleeping house
I hold You close and feel Your warmth

Just holding You in my hands calms me

The darkness gradually gives way
As the morning sun tiptoes in my window

Your Light inches in
Bringing bright possibilities and hope
For this new day

I relax in Your soothing warmth
And begin to believe, once again,
All will be well...

I reach for a second cup
And pray You will fill me to the brim.

Both poems by Carol Lacquement Penick (bio on page 2)



Upcoming Events

Friday, Feb. 5, 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)

Fri. – Sun., Mar. 4-6, Lenten Beach Retreat, “Growing in Prayer with Female Images of God”

We will be encouraged to experience the beauty of the feminine face of God as revealed through Scripture and life's experiences. The silence of these days will draw us into deeper union with God, self, and others. Our time will include guided reflection, prayer, ritual, and time to enjoy the wonder of God's creation.

Location: St. Christopher's, John's Island, SC

Fee: \$350 (\$10 deposit (now))
Led by Maria McCoy, SSJ, D. Min.

Sun. – Mon. Mar. 6 – 7,
(Stay over one more day for)

“Deepening our Prayer”

personal and communal reflection on our retreat – listening for God together.

Fee: \$195. Led by Maria McCoy

March 17-23, Praying Scripture at Ignatius House, Atlanta, GA.

Fee: \$500 Led by Catherine Powell

March 31 – April 1, Desert Day with Fr. Stan Gumula, Abbot of Mepkin Abbey. Greenville, SC

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)

Led by Catherine Powell

Mon.-Fri., Oct. 3 -7, at Mepkin,
(same as above) \$10 (due Sept. 1)

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



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A Contemplative Ministry

P.O. Box 9091

Greenville, SC 29604

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*"I ask not only on behalf of these, but also on behalf of those who will believe in me through their word, that they may all be one. As you, Father, are in me and I am in you, may they also be in us, so that the world may believe that you sent me."
Jesus in John 17:20, 21*

"Prayer of Saint Aelred of Rievaulx"

Good Jesus,
the water of your teaching
flows in silence.
Your Gospel
is not poured into our ears
by an eloquent tongue
but is breathed into our hearts
by your sweet spirit.
Your voice never strains nor shouts.
You do not force us to hear you.
You ask only
that we open our hearts to you,
and in tranquility your love enters our soul.
Aelred became a Cistercian in 1134, in Yorkshire, England.

"What Is a Monk?"

From Trappist: Living in the Land of Desire, By Michael Downey

"It is not easy to define the monk. The reasons why someone is drawn to the monastic life are hard to pin down. Many refer to it as a "call" or "vocation." All who say yes to God's call, whatever it may be, find deeper levels of freedom as they respond to it anew each day of their lives.

"It is only the face of God for which the heart of the monk longs, God in Christ Jesus. Spending his one and only life in such a way is a waste if he does not get this part right. He spends his whole life trying to do so."

"May we be more in love with Jesus at the rising of the evening star."

Blessing prayed by Abbot Stan Gumula, Mepkin Abbey
at the closing of Lauds, the office of prayer prayed at daybreak.

Financial Status as of January 31, 2016 (Fiscal Year is July 15 – June 16)

Total gifts budgeted	\$ 13,250
Total received	\$ 9,400
Amount needed	\$ 3,850

Total income budgeted	\$ 39,400
Total received	\$ 29,700
Amount needed	\$ 9,700

***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 gave so generously to
our appeal in December!
We were able to cover the
unbudgeted expense
of moving our website
to a new host.***