



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

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*The Anchorage*  
A Contemplative Ministry  
*Come away...*

# DEPTH SOUNDINGS

Encouragement, Inspiration and News from The Anchorage

March 2013

Return Service Requested

*"Listen! I am standing at the door, knocking; if you hear my voice and open the door, I will come in to you and eat with you, and you with me."  
(Rev. 3:21)*

**In Invitation** (continued from page 2)

In Steve Doughty's book, *Answering Love's Call*, he says that people saying "yes" to God, or "Here am I," or "I wish to follow and I wish to grow" are ways of saying "I love You" to God with our lives. Often in my reading and in my prayer I am struck by how much God longs for us to say "I love You." I think it gives God a particular joy when we come to God saying yes with all of who we are to whatever God is doing.

I'll close with an illustration that brings me joy as I remember it. Last month I took my 6-year old granddaughter Madelyn out to celebrate her HALF birthday. She eagerly wanted to do whatever I suggested as we went to toy stores, lunch, my P. O. box, and then to the zoo to see the new baby giraffe. She liked the baby giraffe best. Often she was bouncing along beside me, smiling, saying yes. It was such a joy for me! I want my yes to God – to feel like that to God. All joy, regardless, because we are together.



Sometimes it comes easily as it did for Madelyn that day; other times it comes only by God's grace, as I trust that God has held me in the past through joys and sorrows, and will continue to hold me – through whatever lies ahead. Let's pray for the grace for this kind of generous YES to God, for ourselves and for each other.

**Financial Status**

Still finding our way financially, we plan to keep the 501c3 open to make it more desirable for donors to give. Donations cover ongoing expenses such as our annual accountant fee, printing, mailing, office supplies, scholarships, and other expenses as funds are available. Income is still ahead of expenses! A huge thanks to those of you who give so generously!

**Receiving Depth Soundings**

The printing of this newsletter to the 2400 on our mailing list is our greatest expense. We want to send it via US Mail to all who want it.

If you have not done so, please return the enclosed card indicating how you want to receive "Depth Soundings" by USPS or by email? We will delete the names of those who do not reply by early June.

Online donation/registration is available all the time!

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



*"For all that has been...*

*Thanks!*

Now Here

*For all that shall be...*

*Yes!"*

Dag Hammarskjöld



*anchor deep*

*Sunrise at January Beach Retreat  
Photo by Jo Ann Hoffman*

## “An Invitation: A Time for Love”

By Catherine Powell

This issue of “Depth Soundings” is the third and last using the theme of the Dag Hammarskjold quote on the front. The insert of the “now here” comes from a play on words that has spoken to many: without the open space in the middle, the “now here” becomes “nowhere.” If we do not take time/space to be aware of the now, to be mindful, we are easily unsettled and there is a sense of being nowhere. This issue will focus more on the second half of the quote, the YES to whatever is ahead.

Both halves of the quote are beautiful responses, “Thanks” and “Yes,” as Hammarskjold looks at his life. But you may be asking to whom is he responding? My sense is that he is praying; that these words are a prayer. So if he is responding to God, then these words are personal, intimate even, as he speaks with the One who knows him and his life fully. Thanks for all that has gone before, reminds me of my favorite Richard Rohr book, *Everything Belongs*. When we can look back over our lives and be grateful for it all, good, bad and ugly, we have moved to a place of deep trust in God. You might say, ‘even that?’ And the response would be ‘yes, even that.’ Being thankful for it doesn’t mean that it was all okay. A lot of what happens in our lives is not okay, such as child abuse and other painful experiences. But to be able to see that somehow it all belongs, and perhaps glimpse God’s hands holding and molding us through it all, seems to indicate we have new eyes, or even a new heart. To be grateful even though there was pain, reveals a heart that is healing, and therefore can be open to whatever may happen in the future.

With that thought, I would suggest that our best, maybe our only, hope of saying ‘yes’ unreservedly to whatever lies ahead comes from that place of gratitude for the past. Gratitude to God lays the foundation of trust necessary to say yes, without knowing what lies ahead.

Nancy Reeves wrote a book on spiritual discernment titled, *I’d say Yes, God If I Knew What You Wanted*. I was blessed to meet Nancy at a Spiritual Directors International gathering and from our short conversation I experienced her as a wise and compassionate woman of God. The book title was catching the attention of many as I heard them say, “That’s it!” In the book she leads the reader through many discernment exercises to hear God better. The title even came to her in prayer. But I think she would agree with me, that while many want to know specifics about their call (and who doesn’t?), the bigger picture is that this One who knows us and loves us, God, the Creator of the universe, invites us to say yes without knowing the details, one day at a time.

Another way to look at the thanks and yes is to see them as a mutual exchange of love. God has loved us and been with us through the joy and pain so far, and we are grateful for God’s love and care, and want to give back. Our yes becomes a way to say “I love You too” to God. To me, that is what this ‘yes’ is all about. It is a yes to God, just because of who God is. After all, loving God is the first and greatest commandment. According to Bernard of Clairvaux, God knows that we are happiest when we love God. At first I thought no – I’m happiest when I’m loved. Then I became aware that while being loved is wonderful, loving in return gives even more joy. This concept of loving God and living in that mutual exchange of love has become so central to me, that I am completing a D. Min. in order to have the discipline to create a booklet about it.

(continued on page 4)

## “Try to Grasp How Important You Are”

As Kathryn Fitzgerald, my spiritual director at the Jesuit Center in Wernersville, PA, says when I find it difficult to express what is going on in my prayer, “You are trying to ‘eff’ the ineffable.” Always brings a smile. So this short article is in place of an appeal letter, in an attempt to “eff” the ineffable, sharing just some of the beauty that is going on in the lives of those who are attending the beach retreat, honoring the centuries old practice of spiritual

(Continued on page 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

Peggy Dulaney  
John Hever, Chair

### Other Support

Camp Wynn, Treasurer

### Staff

Catherine Powell, Founder,  
Executive Director

### The Anchorage

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## “Lost and Laughing”

By Susan Lang

I get lost a lot. When God made me, seems my internal compass was left out. Now this is not a complaint about how God created me - just accepting myself as I am. Over the years I resented my husband taking my arm to steer me from one place to another, finding myself in strange neighborhoods after carefully following Map Quest directions, and the feeling of being confused in places that should have been familiar – like our very large church building. After being assured by my doctor that this wasn’t early onset dementia, I’ve learned to laugh at myself - which is a gift – and I laugh often! But, something that goes with feeling lost is a willingness to let someone else lead and openness to the future.

This brings me to a life-changing experience at Mepkin Abby last October. I’d never been on a silent retreat before, not to mention that the lovely grounds were unfamiliar, as was the schedule. The first night, we were sent back to our cabins in the dark, armed with flashlights. You can imagine my anxious thoughts. As we filed out the door, I saw the beam from two other lights – one in front and one behind, and the Psalmist’s observation came unbidden, *You hem me in – behind and before; you have laid your hand upon me. (Psalm 139:5)* I knew I’d be all right, and felt an overwhelming sense of peace – coming from God within.

My spiritual director accepted me just as I was – often lost and laughing. She listened, and encouraged me to use the visualization technique. I experienced Jesus in a new, personal and exciting way. He welcomed me saying, *Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light. (Matt. 11:28-30)* God provides. In the presence of my spiritual guide, I could share honestly what Jesus was teaching me – so gently and humbly. My soul truly was at rest in that prayer-filled place. By the end of the retreat, I felt I knew my way around the abbey grounds – even though I had to ask for directions to the gift shop on the way home.

And since October? I still get lost and am still laughing. I’m newly retired, and am navigating the unfamiliar waters of a new health insurance program, living on a fixed income, and trying to decide how to fill many leisure-time hours. Again, God is my guide through the words of Jeremiah, *“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.” (Jer. 29:11)*

I am searching for a new Spiritual Director at home, expecting God to delight me with just the right choice. And, I can get on with my journey, fulfilling Paul’s suggestion to, *Be joyful always, pray continually, and give thanks in all circumstances, for this is God’s will for us in Christ Jesus. (1Thes. 5:3)*

*(Thanks to Susan Lang for this article and for her participation with The Anchorage. She is a retired elementary school teacher, currently fulfilling her lifelong love of learning in the Spiritual Guidance Program of the Shalem Institute for Spiritual Formation. She lives in Dayton, Ohio.)*

### Try to Grasp, continued from page 2

direction, and those who generously give themselves to God for a directed retreat either at Mepkin Abbey or elsewhere.

These fellow pilgrims are hungry for genuine encounters with God. Some come in sorrow, and are comforted; some come with hope, asking could God really love me, and find God saying YES; some are enjoying a deeper relationship with God than they knew possible, and long for time to soak in God. My sense is that God loves it all! Try to grasp how important your prayer, your sacrificial gifts are to keep offering such opportunities to all who will come regardless of ability to pay! It is ineffable! Thank you!

“Peace -  
coming from  
God within”



## Upcoming Events

### 2013

**March 18-22 Directed Retreat at Mepkin Abbey, Moncks Corner, SC** In silence, using the Ignatian method of entering into scripture with the imagination, meeting daily with the director, joining the monks for prayer. Led by Catherine Powell

**May 3, Friday, 6-8pm, 15th Anniversary** Powell home in Greenville, SC Program at 7pm, food/drink. **Please RSVP! Even now.**

**The March description above applies to all 3 scheduled directed retreats:**

**Oct. 7-11 Directed Retreat**

### 2014

**Jan. 24 –26 Beach Retreat XVI** (place, topic TBA)

**April 7-11 Directed Retreat**

Another option is to arrange a directed retreat in a location within an hour’s drive, but without monks. I would drive for our daily meetings, if there are three retreatants.

## Advisors:

**Elizabeth Canham, Episcopalian**  
Teacher, Spiritual Director, Retreat Leader, Black Mountain, NC

**William Dietrich, Quaker**  
Spiritual director, retreat/workshop leader, Bethesda, MD

**W. Travis Ellison, Presbyterian**  
Physician, Internal Med., Greer, SC

**Kathryn M. Fitzgerald, Catholic**  
Spiritual Director, Retreat Leader, Jesuit Center, Wernersville, PA

**E. Glenn Hinson, Baptist**  
Prof. at Louisville Pres. & Lexington Theological Seminaries, KY

**Merwyn S. Johnson, Pres.,**  
Prof., Union Pres. Sem., Charlotte, NC

**Carl McKenzie, Lutheran**  
Retired Pastor, Hendersonville, NC

**Kent Satterfield, Episcopalian**  
Partner-in Charge, People and Infrastructure, Dixon Hughes Goodman, LLP, Charlotte, NC

**The Anchorage is an ecumenical Christian ministry.**