



The Anchorage:
A Contemplative Community for All
Come away...

DEPTH SOUNDINGS

Encouragement, Inspiration and News from The Anchorage

February 2019



Jesus to John: I will hold you to myself in tenderness.

“The Beloved and the beloved”



*anchor
deep*

“Intimacy with God”

By Catherine Powell

This issue of our quarterly Depth Soundings is the third of four with the theme “The Beloved and the beloved.” It speaks so clearly of our purpose as you can see in our core focus to the right. As I’ve listened for God’s leading, I’m sensing an opportunity to write about “Intimacy with God” in some of our upcoming events since three of them are NEW. They may “bloom” better with a little “watering.”

First, our **March 15-16 retreat, “Prayer: Experiencing the Intimate Encounter” in Greenville** with Duke Walker, who founded The Inner Hue. His article on page three brings to light how practical this focus can be. We will meet in my home. Address will be sent when you register.

Second, our **May 3-5 “Make Your Home in My Love: an Invitation to Intimacy” retreat at Kanuga** in Hendersonville, NC. Our rhythm will provide spacious flow with reflection in solitude in a beautiful setting, as well as with others in small listening groups. Saturday afternoon will be free for napping, hiking the trails, walking around the lovely lake, rocking in a chair on the porch, however God leads you. Our hope is that you will experience a deeper sense of our Triune God’s love for you – and be moved to love God in return, making your home in God’s love as Peterson paraphrases John 15.

Our leaders for this retreat are lovers of God: Clarence is a lifelong Episcopalian, who has served in a variety of ministries, including spiritual companion to those in the ordination process. He earned a Masters in pastoral studies from Loyola University, and completed the Shalem Spiritual Guidance Program. He currently offers spiritual direction and leads a Bible study. His love and gratitude for Julian of Norwich will surely be part of the retreat. He and his wife Jan live in Davidson, NC. Cindy has been active in music ministry most of her life. She left the group RainChild as she felt called to try solo ministry and currently serves as worship leader at Russell Community Church in Greenville, SC. She will “sing over us” and lead us in worship songs as the Spirit prompts her – her voice and guitar playing are graced and a gift. Harriette has a passion for refugee ministry. She has served churches in Louisburg, NC, Durham, NC, Washington DC and Oxford, NC as their deacon and Coordinator of Children’s Ministry. She is a graduate of Shalem’s Spiritual Guidance Program, has a Masters of Theology from Duke University and is an ardent environmentalist. I’m the fourth leader and most of you know my call is doing exactly this! Providing settings for others to encounter the living God.

Third, we are offering an Ignatian “Praying Scripture” Retreat at a new location, the **Ignatius House in Atlanta, GA. Dates are July 7-12.** Leslie’s article on page 4 reveals how God gifted her and affirmed her life so graciously. The daily rhythm includes Mass, and passages for prayer drawn from the Spiritual Exercises of Ignatius of Loyola. The retreat space, on 20 wooded acres, includes trails for walking, a waterfall and wooden perches for sitting alone with God with a view of the Chattahoochee River. The meals are delicious! God’s presence is palpable!

Perhaps now more than ever, I sense a personal and global need for God. We believe that our retreats, both in silence and with conversation, our Desert Days, Clergy Days and spiritual direction are part of the world’s healing as we honor God’s invitation to “be still and know.”

**“People’s souls are starved
for meaningful space
that allows them room to see and feel life
from the openness of their spiritual hearts
rather than the drivenness of their over-stuffed minds,
an openness
where they can touch their own and life’s wholeness
in God.”**

*Tilden Edwards, Founder and Senior Fellow
of The Shalem Institute for Spiritual Formation*



The Anchorage

Vision

A Contemplative Community to encourage all people in a mutual love relationship with God.

Mission

The Anchorage provides a setting for women and men to come away and 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*

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The Anchorage

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“The Freedom to Love”

By Duke Walker

Call to mind a time when you were with one of your closest: a spouse, a friend, a coworker, or another? Call to mind a season when you were deeply connected to this person. Call to mind how difficult it was to love them, to really care for them, to give of yourself without thought of your own interests? Did the last question throw you for a loop? Seem out of sync with the previous ones? A bit of psychological whiplash? Sure. Why? Because when we are *In Love* more Life flows in, with and through us in our relationships with others.

So why at times do we so easily get offended, our feelings hurt, get angry, or reactive in life towards our spouses, friends, coworkers — much less those we dislike or who dislike us — not to mention our enemies, whom Jesus calls us to love also?

Could it be that we have lifted the importance of *another* over **Another**? In that moment, I imagine you like myself went to “another” as *another person more than God*? The truth of the matter is that ‘*the another*’ is ourselves. Let me try to explain, but hopefully not too much. When we lift up another person’s significance in our lives (experienced when we get bent out of shape depending on how they respond to our treatment of them) we are actually putting ourselves in the place of God (never a good thing ask Adam and Eve). If they respond favorably to me (what I do for them, think of them, care for them, offer them) I will treat them well (read bless them) if they do not respond favorably to me (respond with affirmation or some other reciprocity) I will treat them poorly—withdraw, attack, complain, etc... (read I will curse them). The Jesus’ Way challenges this first century way of living whereby if you do well you will be blessed and if you do not, you are cursed. As we experience intimacy with Christ this pressured and either/or way of living disappears and we relax more deeply into our relationships with others.

In **Prayer: Experiencing The Intimate Encounter** we will discover the relationship between Intimacy with God and the freedom to love. My hope for us during this time is that we will recapture a sense of God’s Voice whispering that we are God’s first love and so be inspired to more deeply commit to this God as our first love with the fruit showing up in our relationships with others. For more information please see The Anchorage website. *(Thanks to Duke Walker for his friendship and participation with The Anchorage. He currently serves as Chaplain with Lanier Village Estates Retirement Community in Gainesville, GA, where he lives with his new bride, Grace. He founded the Inner Hue Ministries while pursuing The One who has been in pursuit of him for 25 years. He’s come to realize there is no Life without intimacy with God. He began focusing on knowing God intimately in the here and now, in, with and through others. This journey has led him through a variety of formational experience, including Asbury Theological Seminary, The Shalem Institute, Richard Rohr’s Men’s Rite of Passage, Francis MacNutt’s Christian Healing Ministry, a Doctor of Ministry from The Graduate Theological Foundation with a focus on Spiritual Direction and Greenville Health System’s CPE Residency. For the last 14 years from Texas to North Carolina, Duke has imparted a passion for others to know and be known in Christ with the reasonable expectation of hearing God’s voice shape our lives and others.*

A few more words about Duke’s retreat in Greenville might be helpful to those hearing God’s call to “come away – anchor deep.” It will be a time of reflection on prayer as the mutual listening and the new life that comes from such intimate encounters with self, God and others. We will focus on the place of silence, being listened to, experiencing our desire, listening to God, and becoming what we hear or literally becoming grateful.

Within the unhurried rhythm of the retreat, you may rest in a rocking chair or sofa by the fire place, a swing on a secluded deck, a bench by the creek, or in the prayer garden. Out of town retreatants will need to find overnight lodging. We recommend the nearby Embassy Suites or will be glad to help you find just the right place. Be in touch as God leads.



Upcoming Events

***Desert Days: First Fridays in even months, Feb. 1, Apr. 5, June 7 9:30-2:30** “Leaving everything, following Christ into the desert.” Reflection alone & together.

Fee: \$40 (\$30 if BYO lunch)
Led by: Catherine Powell

Feb. 8-10, Fri. – Sun. 21st Annual Beach Retreat, “Finding God in Poetry” at The Litchfield Inn, Pawleys Island, SC. Oceanfront single room, all meals. Fee: \$395 Led by: Caroline Smith

***Clergy Days: Second Fridays in odd months, Mar. 8, May 10 9:30 – 2:30** “To Love Our God” Reflection alone and together. Fee: \$40 (\$75 for both)
Led by: Catherine Powell

***Mar. 15-16, Fri. 6:30-9:30, Sat. 9:30 – 5. “Prayer: Experiencing the Intimate Encounter”** See article at left for details and bio. Fee: \$75 (includes lunch)
Led by: Duke Walker

Mar. 29 – Apr. 1, Fri. - Mon. “3-day Praying Scripture Retreat” Using the Ignatian method of entering into scripture with the imagination, companioned by a spiritual director daily and joining the Trappist monks for prayer. Mepkin Abbey, Moncks Corner Fee: \$300 Led by: Catherine Powell

May 3 – 5, “Make Your Home in My Love” Weekend Retreat Based on John 15 this retreat will provide time for reflection in solitude and together with others. Kanuga Conference Center, Flat Rock, NC
Fee: \$495 Led by Clarence Fox, Cindy Orr, Catherine Powell and Harriette Sturges

May 17-20, Fri. – Mon. “3-day Praying Scripture Retreat” Mepkin Abbey. (See Mar. above)
Fee. \$300 Led by Catherine Powell

July 7-12, Sun. – Fri., “5-day Praying Scripture Retreat” at Ignatius House, Atlanta, GA.
Fee. \$690 Led by Catherine Powell

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

**events are in Gower Estates, Greenville*



The Anchorage

A Contemplative
Community for All

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“So we have known, and believed the love that God has for us. God is love, and those who abide in love abide in God, and God abides in them. Love has been perfected among us in this: that we may have boldness on the day of judgment because as he is, so are we in this world. There is no fear in love, but perfect love casts out fear; for fear has to do with punishment, and whoever fears has not reached perfection in love. We love because God first loved us.”
1 John 4:16-19

“Fullness of Divine Presence”

By Leslie S.

During Holy Week of 2015, I participated in a five-day silent Ignatian retreat at Ignatius House under the spiritual direction of Catherine Powell. It was my first Ignatian retreat, my first stay at Ignatius House, and my first meeting with Catherine Powell. To this day, the profound mysteries of my time there continue to work in me.

The gifts of retreat time in a devotional environment, of prayer, guided readings, silent community, silent inquiry, beautiful and spacious natural surroundings, and wise, attuned, loving spiritual direction all gently opened me to a fullness of Divine Presence.

I became highly sensitive to a kind of subtle awareness that I could not brush past as I did so often in the busyness of everyday life. During this numinous time, everything seemed to speak to me in the silence and respond to my silent inquiry. At times I could not help but weep in the presence of such mystery and generosity and love.

I am forever grateful for all that I learned and received, and to the Holy Presence—the great friend and comforter—there, here, everywhere.

(Thanks to Leslie S for this article and for her friendship, participation in and support of The Anchorage. She is a semi-retired social worker living in Gainesville, FL.)



A peaceful place to sit with God at the Ignatius House

Financial Status as of January 22, 2019 (Fiscal Year (FY) is July 18 – June 19)

FY gifts budgeted	\$ 24,220
Total received	\$ 14,800
Amount needed for FY	\$ 9,420
FY income budgeted	\$ 58,180
Total received	\$ 25,440
Amount needed for FY	\$ 32,740

Grateful to God for you, our donors and participants!

Thank you for your financial gifts to The Anchorage. They help provide scholarships along with the day-to-day ministry operation, all essential parts of what we offer:

Undistracted time with God.

And God keeps encouraging us to ‘give it away.’ Lack of funds will never keep someone away.

Please **prayerfully consider** what is that encounter with God worth? However God leads, it will be just the right amount!

You are a blessing!

Also “Like” us on FaceBook and share with your friends.