



The Anchorage
A Contemplative Ministry

Come away...

Anchor deep

July, 2013 through June, 2014



The Anchorage

A Contemplative Ministry

Vision:

For all people everywhere to see God more clearly, love God more dearly and follow God more nearly in response to God's love. We believe that God loves all people, and is healing the universe one person at a time as each of us moves toward living out of that graced space of knowing we are fully known and fully loved. We want to be part of God's healing.

Mission:

The Anchorage provides contemplative settings for men and women to step away from their busy lives to be with God, as revealed in Jesus the Christ, for healing, for comfort, for discernment, for rest.

Metaphor:

Come away to a safe harbor, and anchor deep in still waters, as a respite from the wind and waves.

The Anchorage is an ecumenical Christian non-profit 501c3 (tax- exempt) ministry. All are welcome regardless of faith, age, gender or race. We are most grateful for your prayer, volunteer and financial support, as God leads you.

All gifts are tax deductible.

NOTE: This booklet lists events through May; you may want to file this for future reference.

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www.theanchorage.org

**Cover picture is from our website.*

Dear Friends,

Thank you for hanging in with us as we found our way through many changes. We are grateful that they have all seemed God-led and we have landed on holy, solid ground.

Here's some history to catch you up! At the May 2012 Servant Leader meeting, Carroll Page and Janice Jennings were honored with gifts for their significant service during our interim year after I resigned in June 2011 due to cancer. In August, Sue Perrin, our new Executive Director, wisely saw that The Anchorage could no longer afford to pay her salary so she and Margaret Vincent, GREAT Office Manager for over three years, turned in their resignations. In October 2012 a task force began meeting to discern if The Anchorage could continue and if so, how. It became clear to the group that lying fallow for a year seemed like God's leading, so we cancelled most events. It also became clear that we could continue with me as Executive Director, part time, if I did not take a salary.



At our 15th Anniversary Celebration May 2013, we had gifts to honor Sue Perrin, Margaret Vincent and Rob Powell, for their exceptional service with The Anchorage, though they were not able to attend the celebration. (Rob moved all 15 years of The Anchorage data from our dying desk-top to our laptop without losing anything!) We also gave gifts to John Hever, Peggy Dulaney and Skeeter Powell, my husband: John, for completing his three-year term as a Servant Leader and serving as Chair the last year, Peggy for holding The Anchorage together during two tumultuous years and Skeeter for tremendous help over 15 years of ministry in our home!

The program was highlighted by Sr. Caroline Smith who borrowed the repeated pattern used at a Seder meal, saying "If there had only been one blessed Quiet Day, it would have been enough, and we would have been grateful, but there were more..." On and on she went through many events, so that by the end we saw all that God had done over 15 years, and all joined her in saying "To God be the glory."

You'll note that this year we are offering nine events, down from 30 two years ago. These events are the heart of The Anchorage! We learned that "Depth Soundings," our newsletter, appears to be a central part of the ministry, so we are moving back to four issues a year.

Now, by God's grace and YOUR generosity, we are in the black with a modified budget and are delighted to be alive and well looking forward to next year! **THANK YOU!!**

We pray The Anchorage will meet your contemplative needs well in our new lean form.

To God be the glory,
Catherine

Year Round Offerings

(One Time Events begin on p.5. A chronological Listing, with leadership begins on page 6.)

Spiritual Direction

In Spiritual Direction, a guide serves as a midwife to the soul, lovingly paying attention to God's movement in the life of one who seeks to respond more fully to God. The first session is free, as we discern together if what we are offering is what you are seeking.

For more information about Spiritual Direction, see p. 9.

Fee: \$60/monthly session with a sliding scale as needed.

You may call/email The Anchorage to begin this graced relationship with Catherine.



Bear Cabin at Solitude Pointe

Directed Individual Retreats

(Directed Group Retreats are in August, October and April.)

We offer Directed Individual Retreats at your convenience. The daily rhythm, following the Ignatian method, includes suggested Scripture passages for prayer and meeting with your spiritual director for about an hour. We often use cabins at Solitude Pointe in Cleveland, SC.

For more information about Directed Retreats, see p. 10.

Fee: \$295/3 nights, \$450/5 nights (Sun. – Thurs. nights.)

Weekend nights are more, without the clergy discount: \$395/3 nights, \$570/5 nights. You may call The Anchorage to schedule a Directed Retreat with Catherine.

Let The Anchorage come to you!

We are ready, willing and able to bring “The Anchorage experience” to your church or other group. The options in this booklet are but a sampling of the offerings available and we can provide them in a variety of settings: day-long retreats, weekend retreats or sessions over several weeks.

Just call us and we will gladly listen, pray and work with you to design just the right format.

One Time Events

“Summer Directed 4-Day Group Retreat”

The experience at Mepkin Abbey is unique. The Trappist monks who live there invite us to participate with them in the liturgy of the hours. You may attend any or all of the services. Each retreatant has a single room and private bath. The food is simple but tasty and ample. The setting along the Cooper River is most inviting.

Monday, August 5th – Friday, August 9th

Please arrive by 2pm and plan to leave before lunch Friday.
Fee: \$160 for spiritual direction Dep. (\$10) by July 19th
(The monks provide room/board to guests. Please plan to leave a generous gift for Mepkin, for their hospitality.)

Location: Mepkin Abbey, Moncks Corner, SC

Led by: Catherine Powell

Space for 3, (1 opening at printing)

More information about Directed Group Retreats, p. 10.



Monk at Mepkin

“Fall Directed 4-Day Group Retreat”

(See Summer Directed 4-day Group Retreat above for more details. This retreat will be identical.)

Monday, October 7th - Friday October 11th

Fee: \$160 for spiritual direction Dep. (\$10) by Sept. 19th

Location: Mepkin Abbey, Moncks Corner, SC

Led by: Catherine Powell

Space for 3 (filled, 1 on waiting list)

“Love Songs from Sacred to Secular: Fall Quiet Day”

Enjoy a day in spacious silence within a gentle rhythm of music and quiet reflection together and in solitude. There are many benches for sitting outside, rocking chairs and a swing on a covered deck, and comfy chairs by a fireplace inside.

Our hope for the day is to nurture our love relationship with God, however we experience God. We will use Scripture and love songs that might surprise you – some from the 60’s that are good for dancing! (no dancing required however.)

Friday, November 8th

9:30 – 3:30

Fee: \$30 (includes lunch)

Deposit \$10 by Oct. 29th

Location: Gower Estates, Greenville

Led by: Catherine Powell

Chronological Listing

July 2013 - June 2014

Beginning Date	Event	Page
YEAR 'ROUND OFFERINGS		
July – June,	Monthly Spiritual Direction (CP)	4
July - June,	Individual Directed Retreats (CP)	4
ONE-TIME OFFERINGS		
2013		
August		
5-9	Summer 4-day Directed Retreat (CP)	5
October		
7-11	Fall 4-day Directed Retreat (CP)	5
November		
8	“Love Songs: Fall Quiet Day” (CP)	5
December		
5	“Making Room in the Inn: Advent Retreat” (MB)	8
2014		
January		
24-26	“Beach Retreat (XVI): St. Francis of Assisi” (CS)	8
26-27	“Praying the Hours” (CP) Chef for both (MH)	8
March		
14	“God Cares for Caregivers” (PD)	9
April		
4	“Take Heart: Spring Quiet Day” (CP)	9
7 – 11	Spring 4-day Directed Retreat (CP)	9

All events are affordable for everyone!
(If \$10 is all you can pay, then \$10 is all you

Leadership

MADLINE BLACKWELL, an Episcopalian, holds degrees from Virginia Tech and Clemson. Her professional history includes education and counseling in the public and private sector. She practices centering prayer. Over many years she has enjoyed retreats and spiritual direction. She and her husband Tim have two grown children and four grandchildren. She is grateful to live a ‘ministry of availability’ as needed.



PEGGY DULANEY, MSN, RN, is a trained educator and



consultant, a specialist in mental health nursing and a certified parish nurse. She earned her degrees at Duke University. With many years of experience in the areas of stress management, communication and coping skills training, Peggy enjoys helping others discover a holistic approach to dealing with the pressures of daily life.

She and her husband Brian enjoy their two children and their families, including four grandchildren.

MARGARET HARDY is a spiritual director & retreat leader,



a student of culinary arts at Anne Arundel Community College's Hotel, Culinary Arts and Tourism Institute in Geln Burnie, MD. As a volunteer, she cooked for two months in 2007 in the retreat center kitchen on the Isle of Iona. She is developing a program of cooking and eating together for seniors living alone or in assisted

living. Her volunteer activities include community theater, choir, altar guild and baby-hugging at a pediatric hospital.

CATHERINE POWELL, D. Min., founder of The Anchorage,



earned degrees from the University of Florida, Erskine Theological Seminary and Lutheran Theological Seminary at Philadelphia. Her formation includes a 3-week spiritual psychological process, the Spiritual Guidance Program of The Shalem Institute, The Spiritual Exercises of St. Ignatius as well as training to lead 7-day

Ignatian Retreats at the Jesuit Center in Wernersville, PA. She was ordained in 1999. Catherine and her husband, Skeeter, enjoy time with their children and grandchildren.

CAROLINE SMITH, SSMN, is Provincial of the Sisters of



Saint Mary of Namur in Buffalo, NY. She holds an MA in Theological Studies, with specialization in Spiritual Direction from the Jesuit School of Theology in Cambridge, a Ph. D. in Pastoral Counseling from Loyola College, Baltimore, and received additional training in Ignatian Retreats at Guelph Spirituality Center in Ontario,

Canada. A licensed counselor, she has worked extensively in Jungian dream work and the integration of the spiritual and psychological. She has been leading retreatants through the 30-Day Spiritual Exercises of St. Ignatius for over 30 years.

“Making Room in the Inn (XV): An Advent Retreat”

Each year, as we enter the Holy Season of Advent, many of us sense that we need help to be more intentionally aware of the holiness of this time, and less caught up in the exhausting expectations that can go with Christmas. Our hope is that this time of simply being attentive to God, becoming more still, within and without, will provide some space in us for God. When the nights are darkest as we near the winter solstice, we often experience a deeper longing for this One who comes to us in **Jesus the Christ**. Come away, and let Jesus make room in your heart and fill your longing with his very self.

Enjoy some quiet reflection as a group and in solitude in a rocking chair on a covered deck or by a fireplace.

Thursday, Dec. 5th

6:30 – 8:00 PM

Fee: \$15

Deposit (\$10) by Nov. 26th

Location: Gower Estates

Led by: Madeline Blackwell

“Annual Beach Retreat (XVI): Pray with St. Francis of Assisi”

Let your heart be opened to the wisdom and the prayer of St. Francis of Assisi, the Holy Poverello. Many throughout the world are expressing increased interest in St. Francis since our new Pope has chosen his name. Come experience this saint!

As always our graced rhythm will include silence between Evening and Morning Prayer. We will enjoy reflection together and in solitude, time to nap, read, walk on the beach, and just ‘be’ with God and each other.

Friday January 24th - Sunday, January 26th

Please plan to arrive by 4pm and depart by noon.

Fee: \$295

Deposit (\$10) by Nov. 30th

(Includes ocean-front single room and 5 meals.)

Location: Springmaid Beach Resort, Myrtle Beach

Led by: Caroline Smith

Chef: Margaret Hardy (Logistics are ironed out!)

Space for 15 fills up quickly.



“Praying the Hours” at the Beach

During this quiet retreat that follows the annual beach retreat, we observe the monastic ‘hours’ of the day beginning with Vespers Sunday evening and ending Monday noon. We

Conversations may be about the person's prayer life, or anything else that suggests an invitation from God. We meet monthly, allowing time in between for the work of the REAL Spiritual Director, the Holy Spirit.

Some folks in ministry have even suggested that to be in ministry of any kind without being in spiritual direction is a disservice to those served, but mostly to the one serving. We are hopeful that more men and women will see the blessing of 'tending the holy' together with someone who is called and formed in this way of paying attention to God.

The image of midwife says it well. The woman is going to have the baby whether the midwife gets there or not. In the same way, we all have a relationship with God with or without a spiritual director. But, like the midwife, the director has been through similar experiences before, although every birth is unique, and can suggest when to breathe lightly and when to push, just gentle nudges that are supporting and encouraging on this adventure of faith.

Directed Group Retreats

During a Directed Retreat, though with a group of others, you may honor your own rhythm for prayer, nourishment and rest. The only conversation after initial introductions is during your daily time 1-on-1 with a Spiritual Director as you process your prayer, and discern the movement of God's Spirit in your life.

The structure for retreat is Ignatian, as the spiritual director suggests Scripture readings each day for prayer, particular for each retreatant, and encourages the retreatants to enter the story using their imagination.

Directed Group Retreats continue to be incredibly fruitful, as we spend the majority of the day with few outside distractions, simply paying attention to God. **God is so 'front and center' at these retreats!**

Directed Individual Retreats

The format is similar to the Directed Group Retreats above. You meet daily with your spiritual director, however, your spiritual director is in Greenville, so included in your day is the one-hour drive from Solitude Pointe in Cleveland to Greenville and back. Much of the drive is scenic along highway 11, with a view of Table Rock.

Your cabin has a living room, bedroom, bath, kitchen and deck or screened porch, so you may do your own cooking. You'll want to purchase your groceries ahead of time so you can more fully be away with God on your retreat. If driving is a concern, we may be able to arrange for a closer place. Just let us know.

We suggest at least three nights to allow time to settle in. Longer retreats can be even more fruitful, as God leads. We are glad to coordinate your stay.

Servant Leaders:

Madeline Blackwell	Episcopalian
Retired child therapist, volunteer, Greer, SC	
Peggy Dulaney	Methodist
Nurse Consultant and Educator, Easley, SC	
Martha Ebel	Presbyterian
Retired Pres.Pastor, Hospice volunteer, Aiken, SC	

Advisors:

The Rev. Dr. Elizabeth Canham	Episcopalian
Teacher, Spiritual Director, Retreat Leader, Black Mountain, NC	
William Dietrich	Quaker
Spiritual director, retreat/workshop leader Bethesda, MD	
Dr. W. Travis Ellison	Presbyterian
Internal Medicine of Greer, Greer, SC	
Dr. Kathryn M. Fitzgerald	Catholic
Spiritual Director, Retreat Leader, Jesuit Spirituality Center, Wernersville, PA	
The Rev. Dr. E. Glenn Hinson	Baptist
Visiting Professor, Louisville Presbyterian & Lexington Theological Seminaries, KY	
The Rev. Dr. Merwyn S. Johnson	Presbyterian
Professor at Union Seminary, Charlotte. NC	
The Rev. Dr. Carl McKenzie	Lutheran
Retired Lutheran 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.**



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P.O. Box 9091
Greenville, SC 29604

Return Service Requested

“By the tender mercy of our God,
the dawn from on high will break upon us,
to give light to those who sit in darkness
and in the shadow of death,
to guide our feet into the way of peace.”
Luke 1:78,79

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