



The Anchorage:

A Contemplative Community for All

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Come away...

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Dear Friend of The Anchorage Community,

In his song, *A Rhythm to Live By*, Kyle Matthews sings: "I need a rhythm to live by so my feet can keep the beat of my heart." A rhythm to live by . . . Rhythm, by definition, is an arrangement of beats and off-beats. A piece of music with just one long beat is not a song, any more than time without time-outs is a life. We were all created in such a way that we need rhythm in our lives; and we ignore that need for rhythm to our own peril.

Do you ever feel like your life is out of rhythm, like your heart is trying to keep up with your feet, like your schedule is out of control, like you're trying to do everything and not doing anything, like you're trying to take care of everybody else but can't take care of yourself, like you are expending more and more energy with fewer and fewer results, like you're trying to play a high-energy, competitive basketball game with no time-outs?

It may come as a surprise to some of us that even Jesus had to take time-outs. According to the Gospel of Mark (1:21-39), Jesus actually began His public ministry with an exorcism of an unclean spirit. As you can imagine, that was all it took for His fame to spread throughout the region of Galilee. Immediately after the demon exorcism, Jesus healed Simon's mother-in-law, who was sick with a fever. By that time, the word was out, and Mark tells us that the same evening, they brought to Jesus all who were sick and possessed with demons. In fact, Mark tells us that the whole city gathered and clamored for His attention. That night, Jesus healed *many* who were sick - - many, but not all. Even Jesus could not get to them all, and the temptation to just keep working and keep healing must have been great. The magnitude of the needs before Him was staggering. But even Jesus had to stop. There was a rhythm by which He lived. At a certain point, he had to call it a night. So He healed many, but not all.

The next morning, a long time before sunrise, Jesus went to what some translations call a "lonely place." But the word is actually "wilderness." Jesus withdrew to a place that was lonely and barren, a place where there were no distractions or demands, a place where He could be alone with Himself and with God, a place where He could pray without having to perform. And if we are serious about following Him, we will need to find a place like that. In our fast-paced world, we, too, need to find a nearby desert, a lonely place, a quiet place where our energy can be replenished and our lives can be restored.

The Anchorage offers us such a place. But it offers us so much more than a place. It offers us a countercultural way of life, and a contemplative community for all who sense the need for rhythm in life - - so *our feet* can keep the beat of *God's heart*. As a recipient of *Depth Soundings*, you can be an important partner in the ministry of The Anchorage not just by reading this newsletter, but through your own practice of the contemplative way of life, your participation in The Anchorage events, your prayers for the ministry of The Anchorage, your helping us get the word out by sharing this well-kept secret with your circle of friends who might be kindred spirits, and your financial support as well. Please prayerfully consider what you might be able to give or pledge to support The Anchorage because God is changing lives through this contemplative community open to all.

Seeking the beat of Christ's heart,

Stephen Clyborne,
Participant, Pledger, Servant Leader
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