



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

DEPTH SOUNDINGS

Encouragement, Inspiration and News from The Anchorage

August 2019

“Make Your Home in My Love”



“Your Wings” by Lauren Daigle

When ten thousand arrows take flight
Remind me that You are my armor
There's always a place I can hide
When I am desperate for shelter

Refrain

*You're my covering
I'm safe, I'm safe
Whatever comes at me
I'm safe, I'm safe
You've got me under Your wings, under Your wings
I'm under, I'm under Your wings
You've got me, You cover me, You cover me
I'm under, I'm under Your wings*

With every step that I take
You are before and behind me
In every fear that I face, oh
I'm constantly finding

Refrain Repeat



*anchor
deep*

“An Invitation to Make Your Home in God’s Love”

By Catherine Powell

It is a new fiscal year, so with this issue, we begin a new theme for our four quarterly issues of Depth Soundings. The theme this year is “Make Your Home in My Love” from Eugene Peterson’s paraphrase (*The Message*) of “abide in me,” John 15, the vine and the branches (See page 6). This phrase is the title of a book I’ve written by God’s grace, that is due out in early 2020 so you will see it as the content for some of our events.

Please take a moment to notice the cover picture and words to the Lauren Daigle song. When I heard the song, I knew it belonged on the front along with the picture. God is our covering when we make our home there. Beautifully expressed in both picture and song. But please let me offer this understanding of being safe. I can be under God’s wings and still get cancer, have traffic accidents and deal with relationship issues. I know. All have happened to me.

(Cont.’d on page 5)

“Rest in My Love”

By Clarence Fox

“Rest in my love,” or “abide in my love,” has a history reaching back to the writing of John’s Gospel in the late first century. John has Jesus say this phrase as one of his core statements about the nature of a Christian life.

By the twenty-first century, many of us have heard this saying and others so often that we see them as familiar, comforting words which act as a sort of pain reliever and calmative. This may be as far as our reflections go.

But what does “rest in my love” really say to us about living with the fear, anger and uncertainty of our present day? One wouldn’t expect to find an answer for today in fourteenth-century thought, but I have discovered that the English mystic, Julian of Norwich, gives me clarity and hope when she shares Jesus’s words to her during her near-death experience in 1373. Rather than say more in my own words, **I’ll let Julian speak:**

“Everything that has its being is through the love of God.

“God is inside us, and inside God is everything. And so, whoever loves God loves all there is.

“We do not begin seeking God until he begins to show himself to us.... God loves it when we seek him.... Seeking is as good as finding.

“Behold and see the Lord, your God, who is your creator and your endless joy.... My child, behold and see the utter delight and bliss I take in your liberation. For love of me, enjoy it with me now.

“Let me be the only object of your attention, my beloved child. Focus on me alone, for I am enough for you.

“I will keep you safe.

“God showed me that we are completely loveable in his sight and we stand fully at the center of his love.

“I am the ground of all your praying....Don’t you see? Your whole life is a prayer in my eyes.

“God rejoices that he is our Father. God rejoices that he is our Mother. God rejoices that he is our Beloved and we are his true lover.

“God is closer to us than our own soul.

“I am the one who causes you to love. I am the one who causes you to yearn. It is I, the endless fulfillment of all desire.

“We are his home of homes, his eternal dwelling.

“And so, what I saw most clearly is that love is his meaning.... Our creation has a starting point, but the love in which he made us has no beginning, and this love is our true source. Thanks be to God!”

Quotes are from *The Showings of Julian of Norwich: A New Translation*, by Mirabai Starr.

(Thanks to Clarence Fox for this article and for his friendship and support of *The Anchorage* over many years. His bio information is on page 4.)



The Anchorage

Vision

A contemplative community to encourage all people everywhere to live in 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, through contemplative retreats 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.

Core Focus

Encouraging a love relationship with our Triune God, especially in contemplative community.

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Catherine Powell,
Founding Servant Leader

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The Anchorage

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Make Your Home in My Love: Live Here, Love Here

by Catherine Skinner Powell

As the working title suggests, the hope is that this book will encourage and inspire ministers of the Gospel, clergy and lay, to love God, honoring the first and greatest commandment, as found in both the Old and New Testaments. With an increased awareness of this mutual love relationship with God, as God's sheer gift, there will be more joy in ministry, and more importantly, in life itself.

The book is grounded in Scripture, as John 15:1-11 provides the key metaphor from the last discourse of Jesus before his crucifixion. Jesus is the vine, we are the branches; apart from the vine the branch can do nothing. God wants to be the supply, the source, in a mutual exchange of love; an intimate encounter of the finite with the infinite.

We learn about the need for this love relationship with God, by looking at the writings of these heroes of the faith: Augustine of Hippo, Bernard of Clairvaux, Catherine of Siena, Ignatius of Loyola, John Calvin, and Teresa of Avila. Using a descriptive process of spiritual growth called The Classic Three Ways, including the purgative (letting go), illuminative (seeing with the heart), and unitive (intimacy), dating back to around 500 CE, we now add a fourth way, the unitive/active (the dance). From that dance of mutual love (never equal since God is God) ministry overflows. This unitive/active way is fully participatory, humankind with God, however God leads.

This love relationship, the human with the Divine, is the key for all of life, resulting in ministry yes, as a by-product, but first, a joy-filled life. As Jesus said, "I have told you all this so that my joy would be yours and your joy would be full." John 15:11.

The last chapter suggests a rhythm of work and rest to help us stay in the dance, always listening for God's leading.



Chronological Listing of Events

“Desert Days” 1st Fri. even months, (one exception) Aug. 2, Oct. 4, Dec. 6, Feb. 7, Apr. 10, June 5. Opening prayer, varying content, reflection time in solitude, lunch with conversation, similar afternoon. Arrive between 9:00 and 9:30, conclude by 2:30.

Fee: \$40 (\$30 if you BYO lunch) Deposit (\$10) due a week ahead. Discount for signing up for all sessions \$180 for all 6. (BYO \$120)

Led by Catherine. Location: Gower Estates

“Clergy Days” 2nd Fri. odd months, (one exception) Sept. 13, Nov. 8, Jan. 17, Mar. 13, May 8. Opening prayer, content relating to a love relationship with God, reflection in solitude, lunch, similar afternoon. Arrive between 9:00 and 9:30, conclude by 2:30.

Fee: \$40 (\$30 if you BYO lunch) Deposit (\$10) due a week ahead. Discount for signing up for all sessions \$150 for all 5. (BYO \$100)

Led by Catherine. Location: Gower Estates

“Praying Scripture” Ignatian Directed Retreat Nov. 11-15 (Mon. – Fri.) Includes daily individual spiritual direction with suggested scripture for each day. The Trappist monks invite us to participate with them in the liturgy of the hours. You may join them for any of the prayer times. Each retreatant has a single room/bath. The setting along the Cooper River is most inviting. Arrive Mon. by 2:30pm, leave Fri. by 11am.

Fee: \$350 NOTE: full at print time, no waiting list Dep. (\$10) due now

Led by Catherine. Location: Mepkin Abbey, Moncks Corner, SC

2020 Praying Scripture Retreats, format as above:

3-Day, Jan. 10-13, May 15-18. Fee \$300

4-Day, Mar 30 – Apr. 3, Sept. 7-11. Fee \$350

Led by Catherine. Location: Mepkin Abbey, Moncks Corner.

22nd Annual Beach Retreat: “Make Your Home in My Love”

Jan. 31 - Feb. 2, weekend. We will use Catherine’s book, due out early 2020 for content as we become more aware of God’s invitation to live in God. Plan to arrive between 3 and 4:30, we will begin at 5. We will conclude by 11:00am Sunday. We will miss our dear Sr. Caroline who graced us with her teaching for about 14 retreats over the years. She will be praying for us but is no longer able to make the trip to SC. We have increased the price to cover the delicious food from Austin’s. We will have ample time to walk on the beach, nap, renew our souls with God and each other.

Fee: \$495 (includes oceanfront single room) Dep. (\$10) by Dec. 29th

Led by Catherine. Location: The Litchfield Inn, Pawleys Island, SC

Annual Kanuga Retreat: “Make Your Home in My Love”

May 1-3, weekend. The content will be similar to last year’s Kanuga retreat but with some new material. Based on John 15, the vine and the branches, we will be led to consider living in God, making our home there. The Julian of Norwich readings flow well into the retreat, very Spirit led. We will have time for reflection in solitude and together, around a NC mountain lake. Arrive by 4, begin at 5. Depart before lunch at 11:30.

Fee: \$495 (Includes all meals) Dep. (\$10) by Feb. 29th.

Led by Clarence, Cindy and Catherine, Location: Kanuga Conferences, Hendersonville, NC

We always say:

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

(Donations are always welcome for scholarships)

LEADERSHIP

Clarence Fox is a Maryland native, and is retired from a career in public health. A lifelong Episcopalian, he has served in a variety of ministries at the parish and diocesan level, including spiritual companion to those in the ordination process, and a year in Costa Rica as companion diocese officer. He earned a master’s degree in pastoral studies from Loyola University New Orleans and completed the Spiritual Guidance Program at the Shalem Institute. Clarence currently provides spiritual direction and leads study groups. He practices centering prayer and Soto Zen. He and his wife Jan live in Davidson, NC.

Cindy Orr has been active in music and ministry most of her life. She has served in her church music program, taught Sunday school classes and served on various committees through the years. In the past she has been in the music ministry group, RainChild, with two other ladies. They performed concerts at churches, fairs, festivals, sporting events, retreats and dinners where they also led praise and worship. Cindy felt led to embark on a solo adventure in music ministry and currently serves as the worship leader at Russell Community Church in Greenville, SC. Guitar in hand, Cindy will provide worship that glorifies God and encourages God’s people.

Catherine Powell, Founding Servant Leader of The Anchorage, has a Doctor of Ministry from The Lutheran Theological Seminary at Philadelphia. Her formation also includes a transformative 3-week spiritual psychological process, the Spiritual Guidance Program of The Shalem Institute, The Spiritual Exercises of St. Ignatius as well as training at the Jesuit Center in Wernersville, PA to lead 8-day retreats. Her greatest sense of call is directing Ignatian (Praying Scripture) retreats. She was ordained to the Gospel ministry in 1999. She is married to Skeeter and wrote this poem.

**“God knows me and loves me,
that always undoes me.”**

“Finding the Way Home”

By Janet Yusi

“Make your home in Me just as I do in you. Make yourselves at home in My love.” What a winsome invitation from Jesus (John 15:4 & 9) for The Anchorage’s new year.

“Home.” After a summer filled with the gift and busy-ness of family, I longed to go “home,” to re-connect intimately with Jesus, my Source of life and balance. Ah, that word alone stoked my desire to *be there now*. I felt that same sense of relief/comfort/security my grandson’s voice held when he, at age 1, turned the corner after a long walk, knew his house was two doors up, and announced with a reverent, contented sigh, “Home.”

But, how to find the way home to our triune God? Holy Spirit took my hand as “Stop. Look. Listen.” came to mind. That reminded me I was on a street busy with emotions and tasks. Quiet space, inviting Jesus, and becoming willing to receive His love cleared my eyes. Then songs came, with words directing me to the path towards home. I like to think of these as “songs of ascent.”

“Be still and know that I am God.” After all, God hadn’t moved; I had.

“I come to the garden alone, when the dew is still on the roses. And the voice I hear falling on my ear, the Son of God discloses.”

“Holy Spirit, You are welcome in this place.”

“Abide with me, fast falls the eventide.”

“Let Him have the things that hold you, and His Spirit like a dove will descend upon your life and make you whole.”

I began to wonder. How would I know when I’ve arrived at home? Pictures of what “at home in My love” felt like began to come. Holy Spirit invited me into a slow dance, two hearts beating as one. My spirit would be at rest. Peace would be unshakable. I wouldn’t want to leave. I would feel secure and safe, despite circumstances. I would sit with open heart and open hands, ready to give and receive. My song would be, “All is well, all is well with my soul.” And I’d truly be able to sing, “Blessed be your name” in both good and painful times.

And then...the dance quickened. As the truths of John 15-17 sank in, joy came! “I’m saying these things so my people can experience my joy *completed in them*.” “I want those you gave me to *be with me* right where I am.” (Jn. 17:13 & 24). With all my frail humanity, I give Jesus joy? Jesus wants me to be with him *that much*? Where I’m accepted, understood and forgiven?

Wow, *that* is HOME. My heart sang!

Thank you for lightening my spirit,
Thank you for brightening my day,
Thank you for leading, Holy Spirit,
Thank you for showing the Way.

(Thanks to Janet for this article and for her friendship and support of The Anchorage. Janet’s retirement years are full. She serves on the board of Presbyterian Reformed Ministries International, is active with Christian Learning Centers of Greenville County, participates in healing prayer ministry, and serves in her church and neighborhood. A long-time Greenvillian, her career in nonprofit and ministry management includes board and staff training, administration, development and consulting. She enjoys kayaking, biking, the Greenville Chamber Singers, grandchildren, travel and being “available and flexible.”)

(Cont.’d from page 2)

The thought reminds me of a conversation with John Stackhouse who wrote *Can God Be Trusted?* When I said, “Don’t we need a qualifier there?” he had his answer ready. The promise from God is that God is **Emmanuel, God with us**. And through my cancer, my car wrecks, and my relationship work, I was never alone. God was faithful to give me just what I needed when I needed it. So safe? Not exactly, but in God’s arms for sure.

“Rain”

By Nancy Riegel

I love to listen to the rain,
Lord, to hear the rise and fall
It’s rhythm, its insistence
Its dynamics
Even its harmonies
It is music to my ears, a symphony
It mutes all other sounds.

The look of the rain, it sparkles
Each drop is like a falling star
It moves the leaves
It darkens the tree trunks
Magnolia leaves wait for it
It surprises the flowers

Rain creates tiny lakes by its
showers
When the sun comes out I see
diamonds settle
On leaves, and pearls float
slowly down

If I could, I would taste the
rain, it would be delicious
If I would, I could walk in it,
that would be capricious and
cooling, perhaps a bit chilling

My breath changes, warmer,
slower
And calming

Thank you for all, Lord

Thank you for all

(Thanks to Nancy for this poem written during a spring Desert Day, and for her friendship and support. She was born in Ecuador, father Ecuadorian, mother English; grew up mainly in Miami; graduate of Bennington College in Vermont. Nancy has lived in Greenville since 1959, married with two wonderful sons. She worked as a school librarian for 38 years at Christ Church School. After years of hiking and traveling she now loves walking, symphonies, books and OLLI classes at Furman University.)

The Anchorage Advisors

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Peggy Dulaney, Methodist
Travis Ellison, Presbyterian
Kathryn Fitzgerald, Catholic
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*“Live in me. Make your home in me just as I do in you. In the same way that a branch can't bear grapes by itself but only by being joined to the vine, you can't bear fruit unless you are joined with me. I am the Vine, you are the branches. When you're joined with me and I with you, the relation intimate and organic, the harvest is sure to be abundant. Separated, you can't produce a thing.”
John 15:4,5 (The Message)*

The Anchorage Servant Leader Annual Service Awards



Servant Leaders Starla Revels and Angela Sudermann receive The Anchorage Servant Leader Service Awards at our May 2019 meeting. Seated left to right: Starla Revels, Angela Sudermann, Standing left to right, Alan Kinsey, Peggy Dulaney, Michael Fleenor. (Not pictured, Catherine Powell). Starla and Angela served for three years. Starla served as Chair her last year. Thank you, Starla and Angela for jobs well done! We read John 15:5 at the beginning of each meeting, knowing we are dependent on God, and then listen for God's leading.

Financial Status (as of June 30, 2018)

FY gifts budgeted	\$ 27,700
Total received	<u>\$ 27,855</u>
Amount needed	MET IT!
FY income budgeted	\$ 54,800
Total received	<u>\$ 50,045</u>
Amount needed*	\$ 4,755

**Some lack of income is attributed to people paying Mepkin directly instead of paying The Anchorage as expected. Result is the same since The Anchorage pays Mepkin whatever is paid to us.*

Thank you all so much for believing in what we are about. Thank you for your generous pledges! We give all the glory to God with grateful hearts for those who listened for God's leading about how much to give. It WAS just right!

All gifts are fully tax-deductible.

Use our convenient online PayPal donation/registration!