



The Anchorage
A Contemplative Ministry
Come away...

DEPTH SOUNDINGS

Encouragement, Inspiration and News from The Anchorage

August 2015



"Surge"

Painting and poem by Claire Bateman

"Restraint"

*The work of water
is to taste like nothing.*

*The work of wind
is to look like nothing.*

*The work of fire
is to billow in the bloodstream,
impersonating nothing
even as it burns.*



*anchor
deep*

“Ordinary Broken Mystics”

by Catherine Powell

This year's theme, “Ordinary Mystics,” was chosen because you asked for it! Several of you commented on the phrase in the last newsletter, so here it is for all 4 issues. It really says well what is at the heart of this ministry. We want to encourage encounters with God, because any encounter, is all you need to call yourself an ordinary mystic.

You'll notice I added a word in the middle of the title of this article. It seems important to be clear that being a mystic is not about being holier, especially not “holier than thou” – as we all, if we are honest, know we are broken people, in need of a Savior. Listening to a Christian Meditation CD set by James Finley yesterday in the car driving back from Charlotte, I so resonated with his suggestion that our brokenness is the main place where we connect deeply with God. Take a moment and reflect over your life noticing when you seemed closest to God, when your prayer was most real, when you thought of God more than usual. For many of us it is our wounds, our places of pain, where we have known God more intimately.

In the same CD, Finley mentioned the difference between active and passive prayer, and he added that passive prayer can be called mystical prayer. In active prayer we form the words and thoughts, we speak and God listens. In passive prayer, we are like Samuel in 1 Samuel 3:10, saying “Speak Lord, your servant is listening.” In passive prayer, God speaks and we listen. Not for an audible voice, but for a sense of God's presence. May I suggest you begin with these words?

“Behold God beholding you in love.”

That's what God does all the time – if we would just stop and notice.

As I'm writing this article I am aware of my own brokenness, as just tonight I was not as kind as I could have been to the person I love most in this world. My brokenness is not hidden from view. It is clear, not just to me and my husband, but also to others. Not that I'm proud of it at all, but I do know it keeps me depending on God for mercy and grace. And to know that it in no way diminished God's love for me.

(Cont'd. on page 6)

“New Beginnings”

by Catherine Powell

We are delighted that The Anchorage is announcing a few “new” areas of interest and somehow it fits with our theme for the year, “Ordinary Mystics,” for it is in the “everyday,” attending to our tasks, both in our work and in our personal lives, that we encounter God.

First, Desert Days: You have already read about Desert Days, but I will include a bit more here so you can refresh your memory. Beginning with our new fiscal year, July 1, we are offering a series of Desert Days for YOU – wherever you are! Every first Friday in even months, we will support Desert Days all over the country! **Please go to the website to see the map!**

The first Desert Day will be on Friday, August 7.

The format will be simple, so that anyone can do it. If you want to join in a Desert Day with a group, or by yourself, or host a group, let us know as soon as you know and your name and location will be added to our list. For more information please be in touch and I will send you a page with the suggested but not required, format to use by yourself or with a group.

Second, Face Book: Our younger Servant Leaders, have encouraged us to have a presence on Face Book. I am so glad Jason Loscuito has agreed to do the work! Please see his article on the back page and then visit our site!

Third, new website emphasis, with more options and updates. Our hope is that all the new encourages and inspires you in your desire to live from a contemplative stance in this frenzied world. Check out our “Contemplative Coffee Break” - just take a few minutes with the scripture and photos provided there each morning with your coffee. We would like for our website be another place you go, to be with God – in the midst of the full and active life. God is “even there” as in Psalm 139:10.



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.

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Catherine Powell,
Founding Servant Leader

Servant Leaders

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Madeline Blackwell
Stephen Clyborne
Rosemary Goodall
Jason Loscuito
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The Anchorage

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Rhett and Sarah McCraw in
 honor of *Leigh Batson*

Financial Status as of June, 2015 (Fiscal Year is July 13 – June 14)

Total gifts budgeted	\$ 16,614
Total received	\$ 11,450
Amount in red	\$ 5,164
Total income budgeted	\$ 33,480
Total received	\$ 24,812
Amount in red	\$ 8,668

Praising God for you, our awesome donors and participants!

New gifts will be credited for fiscal year 2015-16 beginning July 1.

All gifts are fully tax-deductible.

Online donation/registration is available all the time!

Friend Raiser instead of Fund Raiser

You may have noticed non-profits using the term "Friend Raiser" instead of "Fund Raiser?" We have too because the raising of friends will also raise funds. As we listen to God in our prayer we are aware now that if more folks are blessed by our website and our events, then THAT is our greatest desire – even if the funds do not come in.

The Anchorage exists to provide space for men and women to take time, our most precious commodity, to be with God, listening, and then following. So while raising funds is necessary, especially with our new beginnings with our website, it gives us great joy to learn of someone who cannot give, but is planning to 'come away – anchor deep!'

We are experiencing new energy and are anticipating this year and all it will hold, sensing God is moving in new and exciting ways.

"I am about to do a new thing; now it springs forth. Do you not perceive it?" (Is. 43:19)



Sunset from parking lot



Chronological Listing of Events

September 14-18, 2015 (4-days)

"Praying Scripture" Directed Retreat, Mepkin Abbey, Catherine

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 attend any of the prayer times. Each retreatant has a single room/bath. The setting along the Cooper River is most inviting. Arrive Monday by 2:30pm, leave Friday by 11am.
Fee: \$350 (Full at print time) Dep. (\$10) due Aug. 31

September 29

"Come and See!" DESSERT and COFFEE, 7-8:30pm

An Introduction to The Anchorage: A Contemplative Ministry

Bring your friends to learn about this counter-culture ministry. We will enjoy dessert, praying scripture and Q & A. Send contact info for all who will come: cathie@theanchorage.org or (864) 232-LOVE (5683).

Fee: FREE Location: Earle Street Baptist Church, Greenville, SC

January 18-22, 2016 (4-days)

"Praying Scripture" Directed Retreat, Mepkin Abbey, Catherine

Same as above just different dates. Dep. (\$10) due Dec. 14

January 29-31 (Can be for 2 or 3 nights)

Beach Retreat (19): "Pathways of Grace," Litchfield Inn, Mary

This inviting retreat reminds us that we have an essential role to play if we are to have a vibrant Spirit-filled Christian faith. This retreat affirms our value and dignity in the eyes of a loving God as it suggests pathways for spiritual growth which include responding to God's universal call to holiness, prayer, spirituality/mysticism, discipleship and loving service.

Arrive Friday by 4pm, leave Sunday by 11am.
Fee: \$350 (includes oceanfront single room, meals) Dep. (\$10) by Dec. 19

January 31 – Feb. 1, "Pray Always" Mary

During this retreat which follows the Beach Retreat, we will briefly explore how we can live a deeply spiritual, contemplative life in the midst of our everyday activities. We do not have to enter a monastery in order to "pray always." We need only enter what many spiritual writers refer to as "the monastery of the heart." From 5pm Sunday – 11am Monday.

Fee: \$180 (includes breakfast) Dep. (\$10) by Dec. 29

March 4-6 (Can be for 2 or 3 nights) This retreat grew out of the depth of our last beach retreat – for those who desire more silence.

"Growing in Prayer through Female Images of God," Maria

A silent retreat for men and women desirous of exploring God's revelation in and through female images and metaphors. Exploration of the feminine is essential for bringing to light the fullness of what it means to be created in God's image and likeness. This retreat will help participants experience the beauty of the feminine face of God as revealed through Scripture and life's experiences. The silence of these days will draw retreatants into deeper union with God, self, and others. Our retreat will include guided reflection, prayer, ritual, and time to enjoy the wonder of God's creation.

Fee: \$350 (includes single room, meals) Dep. (\$10) by Feb. 9
Location: St. Christopher's, John's Island, SC. Arrive by 4, leave by 11.

March 6 – 7 "Deepening Our Prayer", Maria

We will take time to reflect together on the weekend retreat, and meet with Maria for spiritual direction individually. From 5pm Sun. to 11am. Mon.

Fee: \$195 (includes dinner/breakfast) Dep. (\$10) by Feb. 9

June 13-20 (7-days, 4-days or 3-days)

"Praying Scripture" Directed Retreat, Mepkin Abbey, Catherine

Same as Sept. - different dates. Dep. (\$10) due by May 31

LEADERSHIP

Maria McCoy, SSJ, D. Min.

Sister of Saint Joseph from Chestnut Hill, PA is in her 24th year on the spiritual growth staff at the Jesuit Center, Wernersville, PA, where she offers spiritual direction, directed retreats and supervision. She directs and teaches in the Training Program for Spiritual Directors in the Ignatian Tradition. Maria has a Master's in Christian Spirituality from Creighton University and a Doctor of Ministry from Lancaster Theological Seminary. Her doctoral project examines the interfacing of Ignatian Spirituality and Christian Feminist scholarship. Maria has also taught in Lancaster Theological Seminary's Summer Renewal Program for Ministers. For 14 years Maria has accompanied women and men on retreats as they experience God's revelation through female images and metaphors.

Mary Miller, D. Min.

brings to ministry both professional and life experience to share with others on the spiritual journey. An experienced, versatile spiritual director and retreat facilitator, she ministers to individuals from a variety of cultures and religious traditions. A lifelong Roman Catholic, Mary is deeply committed to ecumenical ministry and the discipleship of equals in the light of Gospel teaching. She has a Doctor of Ministry in Christian Spirituality from the Washington Theological Union in Washington, D.C. She has led many retreats on contemplative prayer and Christian spirituality. She also is trained in Ignatian Spirituality and is experienced in models of the directed retreat and the Spiritual Exercises of St. Ignatius of Loyola.

Catherine Powell, D. Min.

Founding Servant Leader of The Anchorage, has a Doctor of Ministry from The Lutheran Theological Seminary at Philadelphia. Her formation also 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 at the Jesuit Center in Wernersville to lead 8-day retreats. She was ordained in 1999. She is married to Skeeter.

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

“Healing in Our World”

by Catherine Powell

The Ministry of The Anchorage, the Contemplative Way, seems even more important than ever. Please reread our Vision Statement on page 2. Knowing we are infinitely loved by God, and that there is nothing we can do to make God love us more, or to make God love us less, gives us the inner healing and peace for which we all long. The familiar Augustine quote says, “you have made us for yourself O God, and our hearts are restless until they rest in you.” God’s love makes a difference in how we see ourselves and others. To know we are loved and that each person is precious to our holy and Triune God, opens our eyes and hearts to others as nothing else can.

Because the tragic shooting in Charleston, SC happened in our state, it seemed important to mention it, especially since those dear grieving people at Mother Emmanuel AME Church showed us all what it means to know God’s love for yourself and for others. They lived out their faith in such a tangible way for the world to see. It is wonderful to be proud on my state! So below you can read the letter from the Abbot at Mepkin Abbey, in Moncks Corner, SC. May we all claim his words as our own.

A Letter from Mepkin Abbey to Mother Emmanuel AME Church

written by Abbot Stan Gumula

The hearts of the monks of Mepkin Abbey have embraced and surrounded you ever since we heard of the tragedy of the night of June 17. This deed, “beyond incomprehension”, has been the subject of our prayer and tears and groanings. We stand with you and by your side as you grieve your loved ones and comfort one another with the balm of faith and your commitment to the love of the Lord Jesus.

You are an inspiration to all of us as your individual and Church response to this massacre has been to offer forgiveness to the one who has inflicted you with such heartbreak. This is what we hear in the Scriptures and in the Church day in and day out. Forgiveness and mercy are the first message of Jesus on the day of his Resurrection, as they were from his Cross. May your Light continue to shine brightly in all the darkness this tragedy has brought upon us. All we can say is “Thank You”, “Thank You”, “Thank You”, for this incredible witness. May new life spring up for you, for our beloved City, Lowcountry and State from the seeds of Love you are planting with your words and actions. The Face of Christ has never shone out with more splendor. Through you, may Jesus inspire us to look deeply into our hearts, to confront the darkness, prejudice and hate we find there, and to work with all our energy to make our city and our state a place of reconciliation. A place where we see each other as brothers and sisters under the Fatherhood of God.

We pledge ourselves to work more closely with one of your daughter churches, Emmanuel A.M.E. of Cordesville, just a few miles down the road from our Abbey, to make this a reality in our local community here.

We pledge our support as well to you, Mother Emanuel, in whatever way we may help.

Your brothers in the Lord Jesus...

(Thanks to Fr. Stan Gumula for this letter and for his encouragement of The Anchorage over many years. He is a monk at Mepkin Abbey, a Trappist monastery near Moncks Corner, in the low-country of SC. He is a native of Philadelphia, PA, born there in 1941. After graduating from LaSalle High School in 1959, he entered the monastic community at Mepkin and has been there ever since. He did theological and philosophical studies at Gethsemani Abbey in Kentucky during the early 1960s, and was privileged to study under Dan Walsh, Thomas Merton and John Eudes Bamberger. He has been Junior Director, Novice Director, and Business Manager at Mepkin and at present is the Abbot.)

Advisors:

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Episcopalian**

Teacher, Spiritual Director,
Retreat Leader, Black
Mountain, NC

William Dietrich, Quaker

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*"Come to me, all you who are weary and carrying heavy burdens, 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."
Jesus in Matthew 11:28-29*

"Launching Our Facebook Page"

by Jason Loscuito

The Anchorage now has a presence on Facebook! The servant leaders believe that in order to spread the good word about our contemplative ministry that The Anchorage needs a presence on social media in addition to the website. This will allow us to make connections with our constituents and those who might be interested in learning more what it means to live a contemplative life. While using social media as part of the contemplative life might seem strange, several other contemplatives such as Richard Rohr and John Michael Talbot, have used it effectively. A Facebook page will provide us with another avenue to promote the retreats, quiet days and spiritual direction that are offered. We invite you to visit our new Facebook page here, <https://www.facebook.com/theanchorageministry?ref=hl>, and ask that you would help us promote our ministry by sharing the page with your Facebook connections.

(Thanks to Jason for this article and for his support of The Anchorage over many years. Jason is Chaplain and Director, Bonner Leader Program, at Converse College in Spartanburg, SC, where he also teaches. He has honored the contemplative stance for much of his life. We are grateful he can help us reach the contemplative folks via social media.)



From Artists and Mystics Retreat at Snail's Pace

Ordinary Broken Mystics *(Cont.d from page 2)*

Last week in a homily at Mepkin Abbey, Fr. Stan Gumula, Abbot, reminded us to own our weaknesses. From 2 Corinthians he read, "(The LORD) said to me, 'my grace is sufficient for you, for power is made perfect in weakness.'" So I will boast all the more gladly of my weaknesses so that the power of Christ may dwell in me. Therefore I am content with weaknesses, insults, hardships, persecutions and calamities for the sake of Christ, for whenever I am weak, then I am strong." We are ordinary broken mystics!