



The Anchorage 20:
A Contemplative Community for All
Come away...

DEPTH SOUNDINGS

Encouragement, Inspiration and News from The Anchorage

August 2018

See yourself
with the same
Gentleness,
Expectation,
& Compassion
with which
the Divine
beholds you at
every moment.

- John O'Donohue



*anchor
deep*

“The Beloved and the beloved”

“How Poetry Became the Focus of This Issue”

By Catherine Powell

It is a new fiscal year, so we are beginning a new theme for our four quarterly issues of Depth Soundings. The theme is “The Beloved and the beloved.” Without even asking for poems, some friends sent me poems they had written – and I was excited to include them all. Then Sr. Caroline wrote to say she was prayerfully pondering the theme for our beach retreat and was thinking about “God and Poetry.” It was then that I realized there was a force bigger than I leading this planning and I agreed to go along. (Always a wise move when God seems to be leading.)

So here you have what I consider some exceptional poems, by some even more exceptional people, who love God and are finding time in their lives to express it in poetry.

Today as I began to move toward writing, I saw an article – a page on my desk. The title, “Homing In: The place of poetry in the global digital age” by Philip Metres. Here is a brief excerpt from it

“Poetry’s oldest and least-marketable power, paradoxically, offers us a secret vitality. Poetry’s slowness, its ruminativity, enables us to step back from the distracted and distracting present, to ground ourselves again through language in the realities of our bodies and spirits and their connections to the ecosystems in which we find ourselves. The form of a poem is one that forms us, holding us in its thrall. To dwell with singular lines or phrases, lines that puzzle or clarify, carries us back to the ancient practices of ritual chant and shamanic trance, fundamental to the ecstatic possibilities of communion and healing.”

It has been said that the ‘rests’ in music are just as important as the notes. So perhaps with poetry. The spaces between the words and the grouping of the words, are as important as the words themselves. So I invite you to enjoy these offerings. May they draw you more deeply into the love of God. And if you would like to send a poem for the next issue know it is welcome.

“One Day the Calm”

By LaMon Brown

One day the calm of Cooper Creek transported me
as waters peacefully passed by
twigs playfully afloat in the current.

Across the way an island of grasses and evergreens
and trees left leafless
by winter’s cold.

While in the sky only a wisp of cloud on a clear day
blue of heaven touching blue of brook.

And an old oak limb stretching out
to rest in the water.

I imagined that day
that I would come back
later.

(Thanks to LaMon Brown for this poem and for his participation and support over many years. He served as a Baptist Missionary early in his ministry and then served many churches as a full time minister of the Gospel, while doing adjunct teaching at local seminaries. LaMon is a prolific writer. He is currently retired from pastoral ministry both in the church and in the seminary classroom. He still enjoys part-time work as a supply preacher, interim pastor, spiritual director, writer and as a seasonal worker for a plant nursery. He lives in Birmingham, AL with his wife Pat.)



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 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 contemplative community anchored in our Triune God.

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Founding Servant Leader*

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The Anchorage

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Financial Status (as of June 30, 2018)

Total gifts budgeted	\$ 27,700
Total received	<u>\$ 27,855</u>
Amount needed	MET IT!
Total income budgeted	\$ 54,800
Total received	<u>\$ 54,225</u>
Amount needed	\$ 575

NOT BAD!!! Thanks so much for believing in what we are about. Thank you for your generous pledges! We credit this blessing to God – and to those who listened for God's leading about how much to give. It WAS just the right amount.

All gifts are fully tax-deductible.

Use our online PayPal donation/registration!



Chronological Listing of Events

“Desert Days” First Fridays (even months) Aug. 3, Oct. 5, Dec. 7, Feb. 1, Apr. 5, June 7. **Led by Catherine.** 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 lunch \$120)

Location: Gower Estates

“Praying Scripture” Ignatian Directed Retreat Aug, 13-20, (Mon – Mon.) or 13-17, (Mon. – Fri.) or 17-20 (Fri. – Mon),

Led by 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 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 first day by 2:30pm, leave last day by 11am.

Fee: \$300 (3-day), \$350 (4-day), \$600 (7-day)

NOTE: One space open at print time Deposit (\$10) due now

Location: Mepkin Abbey, Moncks Corner, SC

“Clergy Days” Second Fridays, (odd months) Sept. 14, Nov. 9, Jan. 11, Mar. 8, May 10. **Led by Catherine.** 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 lunch \$100)

Location: Gower Estates

“Encountering God” Dessert/Coffee Thursday, October 4.

Facilitated by Kellie Wilson, Priest for Faith Development at Christ Church. Plan to arrive by 6:30 and conclude by 8:30. The purpose of the evening is to encounter God and introduce your friends to contemplative ministries, including The Anchorage, but also other ministries at Christ Church. Over our dessert, we will meet kindred spirits, enjoy informative presentations/experiences and conversation around the tables. Please send registration info to: cathie@theanchorage.org

Fee: FREE **Location: Christ Church Episcopal, Greenville, SC**

“21st Annual Beach Retreat: Finding God in Poetry” Feb. 8-10.

Led by Sr. Caroline. We will discover new dimensions of our loving, gracious God in poetry, Plan to arrive between 3 and 4:30, we will begin at 5. We will conclude by 11:00am Sunday. Again we will enjoy unparalleled teaching, have ample time to walk on the beach, nap, renew our souls with God and each other.

Fee: \$395 (includes oceanfront single room) Deposit (\$10) by Dec. 29th

NOTE: See article on page 5 for more information

Location: The Litchfield Inn, Pawleys Island, SC

“Prayer: Experiencing the Intimate Encounter” March 15-16, Fri. evening 6:30-9:30/Sat. 9:30-5. **Led by Duke.** An experience and time of reflection on prayer as the mutual listening and new life that comes from such intimate encounters with self, God and others. (Participation will be capped at 10 so reserve your spot soon.)

Fee: \$75 (includes lunch) Deposit (\$10) due by Feb. 28

Location: Gower Estates, Greenville, SC

For our out of town participants, a block of rooms is being held at Embassy Suites, on Verdae. They offer a complimentary breakfast.

NOTE: We have submitted a proposal for a grant. Look for more info in the November Depth Soundings – and please join us in prayer.

LEADERSHIP

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 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. She was ordained in 1999. She is married to Skeeter.

Caroline Smith

Past Provincial of the Sisters of Saint Mary of Namur in Buffalo, NY, is now volunteering with women in recovery from trafficking. She holds an MA in Theological Studies 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. She has led our Annual Beach Retreat 14 of our 20 years.

Duke Walker

has been in pursuit of The One who has been in pursuit of him for 23 years often getting lost and found. This journey has led him through a variety of experiences. His education includes Asbury Theological Seminary, The Shalem Institute, Richard Rohr's Men's Rite of Passage, Francis MacNutt's, Christian Healing Ministries, a Doctor of Ministry from The Graduate Theological Foundation and Greenville Health System's CPE Residency. For the last 14 years from Texas to North Carolina, Duke has imparted a passion to others to know and be known in Christ with the reasonable expectation of seeing God's voice shape our lives and others that *Thy will might be done on earth as it is in heaven.*

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

“Beach Retreat on God and Poetry”

By Sr. Caroline Smith

Ever since childhood I have always found comfort, peace and joy in poetry. Dusty old poetry books were stored in our big attic and often I'd sneak upstairs, find my favorite book and sit for hours on the stairs reading. I still know some of those poems by heart today. Maybe you have favorites that have touched your heart too?

Or perhaps you have never been attracted to poetry at all. It doesn't matter... You will discover new dimension of our loving, gracious God either way.

The High School English teacher, played by Robin Williams in the movie “Dead Poets Society” reminds us that “we don't read or write (or pray) poetry because it is cute. We read or write (or pray) poetry because we are members of the human race and the human race is filled with passion.” It is passion that opens our human hearts to depths of truth and revelation we may have never thought possible. Revelation of ourselves, and of our God. Robert Frost write “We dance in a ring and suppose, But the SECRET sits in the middle and KNOWS” Retreat time offers us the time to search for the SECRET of the Holy and to ask ourselves the question again and again; Where does God meet me? In this poem? How might it inform my life?

A favorite poem of mine below says better than I can where our Beach Retreat will lead us this year.

“The Lightest Touch”

By David Whyte

Good poetry begins with
the lightest touch,
a breeze arriving from nowhere,
a whispered healing arrival,
a word in your ear,
a settling into things,
then like a hand in the dark
it arrests the whole body,
steeling you for revelation.

In the silence that follows
a great line
you can feel Lazarus
deep inside
even the laziest, and most deathly afraid
part of you,
lift up his hands and walk toward the light.

“Bear Us Soft”

By Mike Fleenor

Lord of the rising storm,
from which we ne'er escape --
Guide us safe without alarm;
Bear us soft with easy arm.
As tide to shore, grind rock to sand:
Wear Ye down our stubborn nape;
Resist we not Thy gentle hand.

(Thanks to Mike Fleenor for this poem, and for his support and participation with The Anchorage over the years. He is a retired physician from Asheville, NC. After missionary service in Macau, China and Lisbon, Portugal and a several year stint in internal medicine practice in AL, he spent 25 years in public health practice in Birmingham, AL. He is a member of Grace Covenant Presbyterian Church in North Asheville. He is married to Betsy and is “owned” by their rambunctious Boston terrier, Roxie.)

“Easter Morning”

By Jo Ann Steger Hoffman

Tell me, Love,
what awakened you,
made you stir, turn,
reach for comfort
on your cold cushion of stone?

Was it a thread of birdsong
that found its way through
a cleft in the cave wall?

Was it the deep-earth groan
of the boulder shifting its
weight
to open the mouth of the
tomb?

Maybe it was the sudden wash
of light
that struck your sleep-fogged
eyes
with brilliance and
glossed your garments
with gold?

Or —
could it have been
the thought of me
waiting across the centuries
not hoping, but believing
in the perfection
of a promise?

(Thanks to Jo Ann Steger Hoffman for this poem and for her support and participation with The Anchorage over many years. She is a writer, editor, and former corporate communications director whose publications include a children's book, short fiction and a variety of poems in literary journals, including The Merton Quarterly, Pinesong, Persimmon Tree, Ground Fresh Thursday and New Verse News. She has received recent contest awards from the Carteret Writers, the Pamlico Writers and the Palm Beach Poetry Festival. Her 2010 non-fiction book, Angels Wear Black, recounts the only technology executive kidnapping to occur in California's Silicon Valley. A native of Toledo, OH, she and her husband now live in Cary and Beaufort, NC.)



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*“For thus said the Lord God,
the Holy One of Israel:
In returning and rest you shall be
saved; in quietness and in trust shall
be your strength.” Isaiah 30:15*



Servant Leader Awards

Servant Leaders Holland Webb and Rosemary Goodall received The Anchorage Servant Leader Service Awards at our May 2018 meeting. Seated left to right: Holland Webb and Rosemary Goodall. Standing: Mike Fleenor, Starla Revels, Alan Kinsey, Catherine Powell, (not pictured: Angela Sudermann) Holland and Rosemary served for three years. Rosemary served as Chair her last year. Thanks Holland and Rosemary for jobs well done!

“Sift”

By Catherine Powell

Sift me, God

Remove

all,

that is not of You.

Your gentle pulsing

draws me deeper
into Your heart

Refine me

like squeaky sand

*(May, 2010, after hearing
treatment plan for cancer.)*