



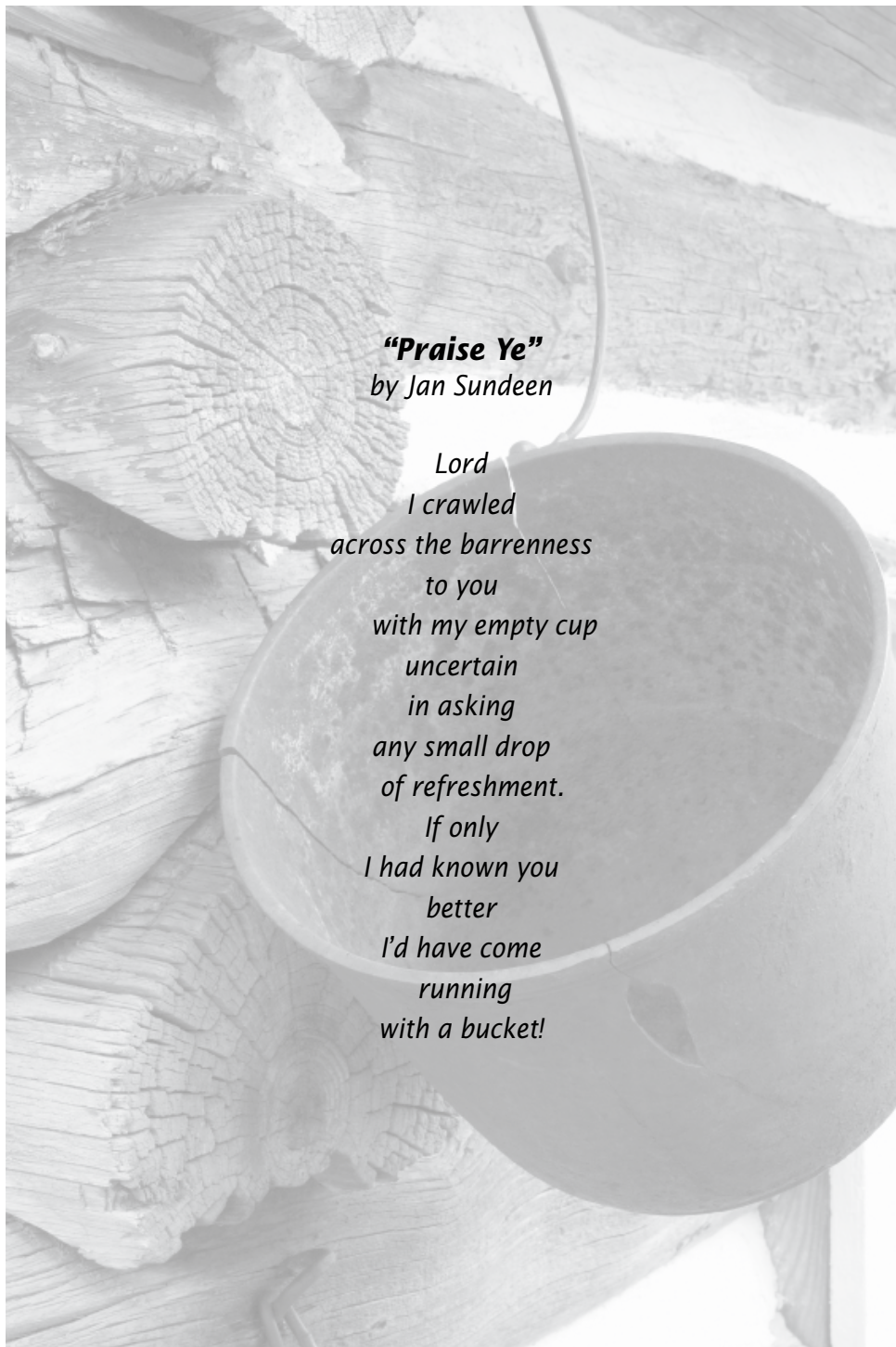
**The Anchorage**  
A Contemplative Ministry

# DEPTH SOUNDINGS

Encouragement, Inspiration and News from The Anchorage

May 2009

*Come away...*



***"Praise Ye"***  
*by Jan Sundeen*

*Lord  
I crawled  
across the barrenness  
to you  
with my empty cup  
uncertain  
in asking  
any small drop  
of refreshment.  
If only  
I had known you  
better  
I'd have come  
running  
with a bucket!*



*anchor  
deep*

# “Empty and/or Full“

By Cathie Powell

This “Depth Soundings” issue is the last one for this unusual fiscal year. Our prayer is that you and yours are well and aware of God’s love and care in the midst of these difficult times. We pray often for the “silver lining” in the dark clouds, that out of this downturn we are learning more about depending on God and paring back our material expectations knowing that what really matters is our relationships with loved ones and with God. Simplicity seems to have moved past being the “in” or “fad” thing as it is becoming a necessity for some – and a genuine invitation for others, even a heart’s desire – to let go - some more.

Our theme for the year has been “The Contemplative Life” with hopes of shedding some light on that concept. This issue looks at the words “full” and “empty” as they relate to the contemplative life.

Take a moment to ponder this question: “What comes to mind when I hear the words “full” or “empty” especially related to my spiritual life?” You may have thought of the metaphor of the glass – is it half full – or half empty?” Usually we think of “half full” as meaning that we see things in a positive rather than a negative light – and this is good.

Our cover poem may have confirmed the meaning that an empty cup is not as good as a full one. And you may have thought of the book by Fil Anderson, *Running on Empty*. (Note the pun on his name; he didn’t even realize it until after the book was published!) In Fil’s book, he tells stories from his own life, about working FOR God rather than WITH God, much of it on his own steam, hoping

(Cont.’d on p. 4.)

## “A Delayed Gift Becomes More Precious With Time”

By Linda Marlowe

The Anchorage Beach Retreat was indeed a treat for me. Three years ago, I was the winner of the beach retreat when Cathie gave it as a door prize at a non-profit conference we both attended. Unfortunately, the next two years of my life were marked with family illnesses and death. Each January, I had to tell Cathie that I just could not take part and pleaded with her to give the prize to someone else. She continued to just say, “No, it is yours...the time will come.” This fall, in retirement zeal to reduce and recycle, I sent Cathie a note to remove my name from The Anchorage mailing list. She e-mailed much later to ask if I would reconsider attending the 2009 retreat. Something clicked and I felt a real need to attend. (Cathie calls these little feelings “nudges from God”.) She put my cousin Nancy’s name on the waiting list since she wanted to attend. My having a companion for the trip was also a factor in my decision to come. Again, God had a hand in this as a space for Nancy opened.

I went to the retreat completely “in the dark” as to the value and meaning of dreams. Although I was aware of Biblical dream stories and that the contained messages were literally the voice of God, I had dismissed dreams in current times as merely “re-runs” of events or feelings in our conscious lives. I came away a much-enlightened person.

The weekend was truly contemplative and restful. The guidance in dream work provided by Sister Caroline Smith and group work with the wonderful attendees were extraordinary. I could write pages on the details but that is not necessary. The main understanding with which I came away is that only I can know the meaning of my dreams. If I listen and contemplate in quiet and expectation, I can truly hear God speaking to me.

I am grateful to The Anchorage for allowing me this experience.

(Thanks to Linda for her article and her participation with The Anchorage. She has recently retired after a long career including the last 18 years as Executive Director of Camp Opportunity, a non-profit serving abused and neglected children. Her daily contemplative time is from her mountain cottage where, as she says, “Every window is an altar.”)



## 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.*

**“truly  
contemplative  
and restful”**

## Servant Leaders

Francina Bardsley  
Barbara Borom  
Mike Flanagan, Chair  
Margaret Hardy  
Donna Meyer  
Robert Miles  
Carroll Page  
Cathie Powell, Exec. Dir.

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# “The One Thing”

By Cameron Treece

As Jesus and his disciples went on their way, he came to a village where a woman named Martha opened her home to him. She had a sister called Mary, who sat at the Lord's feet listening to what he said. But Martha was distracted by all the preparations that had to be made. She came to him and asked, “Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!” “Martha, Martha,” the Lord answered, “you are worried and upset about many things, but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her.” – Luke 10:38-42

**“do you know  
what the secret  
to life is?”**

One of my favorite scenes in one of my favorite movies is found in the hit film *City Slickers*. The scene involves Billy Crystal as a 38 year-old husband, father, and radio advertising salesman in the midst of a serious mid-life crisis. He feels lost, disillusioned, and disenchanted with his job and life in general. A couple of his best friends talk him into going with them on a cattle ranch vacation where they will spend two weeks herding cattle across the wild west. For me, the best scene in the movie occurs when Crystal's character engages in a conversation with the tough, leathery old trail boss Curly, played by Jack Palance. They're riding along on horseback through some canyon country when, in the middle of their conversation, Curly laughs and tells Crystal that city folk worry about a lot of junk. (I'm actually changing the language so as not to offend anyone) Crystal's character responds by claiming he has legitimate worries. His wife said she doesn't want to be around him anymore. Then Curly stops his horse and says to Crystal in a serious tone, “Do you know what the secret to life is?” Crystal responds, “No.” Then, Curly holds up his pointer finger. Crystal asks, “Your finger?” Curly says, “One thing. You find that one thing and the rest don't mean junk.” Crystal then holds up his index finger and says, “That's great, but what is the one thing? Curly replies, “That's what you've got to figure out.” Curly then moves on and Crystal is left staring blankly at his finger.

I believe there is a great truth expressed in that conversation. We often worry and get upset about a lot of stuff that really doesn't matter very much. We can also make life far more complicated than it often needs to be. I'll admit, I still sometimes wonder about “that one thing.” However, I believe Curly is right. We each have to figure it out for ourselves. The place to start? Listening to Jesus. What is Jesus telling you the one thing is for your life?

*(Thanks to Cam for his article and for his participation with The Anchorage over the years. He has served St. Matthew United Methodist Church in Greenville, SC as Senior Pastor since 2004. He and his wife Cari, have three school age children, Hannah, Benjamin and Ethan.)*

## A note from Margaret Vincent (our “Mary Heart”):

After retiring from full-time work that spanned most of the last 40 years, I prayed that God would lead me to some activity or activities that would mean something to me and to others. One of my favorite Bible verses comes from Isaiah 65:24, “Before they call I will answer, while they are yet speaking I will hear.” (RSV) God already had a plan for me and it's here at The Anchorage. I am grateful to Cathie for the opportunity to be a part of this ministry, both in assisting her in office responsibilities and in learning to recognize God's presence and guidance in my own life.

My usual workdays are Tuesday and Wednesday, 9:30 a.m. until 2:30 p.m., although these days will vary occasionally. Please let me know when I can be of help. I look forward to meeting many of you and joining you as we seek a closer and more meaningful walk with God.



## Upcoming Events

**Fri., June 12, 9:30 – 3:30  
Clergy Quiet Day Series**  
(5), all welcome, led by  
Cathie Powell

**SAVE THE DATES!!**  
Details in our July 2009  
booklet

**Sun., Aug. 16 – Aug. 23  
7-day Directed Retreat**  
in Durham, NC, led by  
Cathie Powell

**Fri., Aug. 28 – Aug. 29  
Kanuga Conferences, NC**  
Retreat led by Fil Anderson  
(will fill up quickly)

**Clergy Quiet Day Series**  
1st Fridays, Sept. - June

**Sept., Caregivers' Dinner**  
led by Peggy Dulaney

**Fri., Nov. 6 – Nov. 13  
7-day Directed Retreat,**  
Mepkin Abbey, led by  
Cathie Powell

**Fri., Nov. 20 9:30 – 3:30  
Fall Quiet Day**

**Thurs., Dec. 3 6:30 – 9  
Advent Retreat,** led by  
Cathie Powell

**Fri, Jan. 22 - Jan. 24  
Annual Beach Retreat,**  
Pawley's Island, SC, led by  
Sr. Caroline Smith (will fill  
up quickly)

**Jan. 24-26 - Praying the  
Hours** led by Cathie Powell

**Fri., Feb. 12 – Feb. 19  
7-day Directed Retreat**  
at Mepkin Abbey led by  
Cathie Powell

Unless otherwise noted  
all events are held at **The  
Anchorage.**

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

*To reserve your space, send \$10  
payable to The Anchorage.*



# The Anchorage

A Contemplative Ministry

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*"I pray that you may have the power ....  
to know the love of Christ that surpasses knowledge,  
so that you may be filled  
with all the fullness of God."  
Ephesians 3:18-19*

(cont. 'd from p. 2)

it might make God love him more. Fil was exhausted; running on empty! Again, empty is bad. It is better to be full. (Note: Fil is leading our August retreat!)

For some of you, the word "empty" may have brought John of the Cross to mind. In case you don't know him, he was a 16th century Spanish monk who

***"Our part is to be willing, to open ourselves to God in trust."***

reformed the Carmelite order along with Teresa of Avila. For John of the Cross being empty was not just a good thing, it was essential. During his treks across mountains to serve sisters in a convent miles away, he would say the Spanish word "nada," meaning "nothing," over and over with the intention of letting go. *The Impact of God*, by Iain Matthew, is an extraordinary book about John of

the Cross. In it, Matthew relates that while it is good to try to empty out some of our clutter, ultimately, we cannot empty ourselves. Try as we might only God can do that. Our part is to be willing, to open ourselves to God in trust.

Of course, you are noticing that John of the Cross uses this word in a slightly different context. He would not argue with Fil's book, nor with our half-full metaphor. He is encouraging emptiness and saying it is essential so that we can be filled with God – by God. The more empty we are – the more room there is for God!



A familiar story is told about a young monk, who came to visit an older monk, hoping to gain some insight and wisdom. After they talked a while, the older monk asked if he would like some tea. As the young monk held up his cup, the older monk began pouring the tea, until it filled the cup and ran over into the saucer and then onto the floor. The young monk cried out "Stop! Can't you see the cup is already full? There's no more room!" To which the older monk replied, "So it is with you, my friend. You are full of much, with no more room. When you arrived your cup was already so full of your own opinions. Come back when it is empty, and then we will talk."

It may be that the key to whether it is good or bad to be full or empty depends on one thing: What – or better yet - Who – fills us.

## Financial Status as of April 30, 2009

(Fiscal Year is July 08 - June 09)

Total gifts budgeted	\$35,500
Total received	\$39,514!
Total income budgeted	\$63,380
Total received	\$68,376!

**Praising God for you, our awesome donors and participants!**

*From God's Abundance*  
(2008-2011)

3-year Goal:	\$153,700
Pledged:	<u>\$133,420</u>
<b>Remaining:</b>	<b>\$ 20,280</b>

Please prayerfully consider a 3-year pledge of any amount, as God leads. Your pledge helps us plan for the future, especially important in these strange times.

### Office Furniture and Supplies

We are still in the process of finding new office space. We want to be faithful stewards of all that God and you have entrusted to us. Please pray with and for us. We will gladly accept new or tenderly used **office furniture or supplies** and provide a receipt for you as a tax deduction.

**All gifts are fully tax-deductible.**