



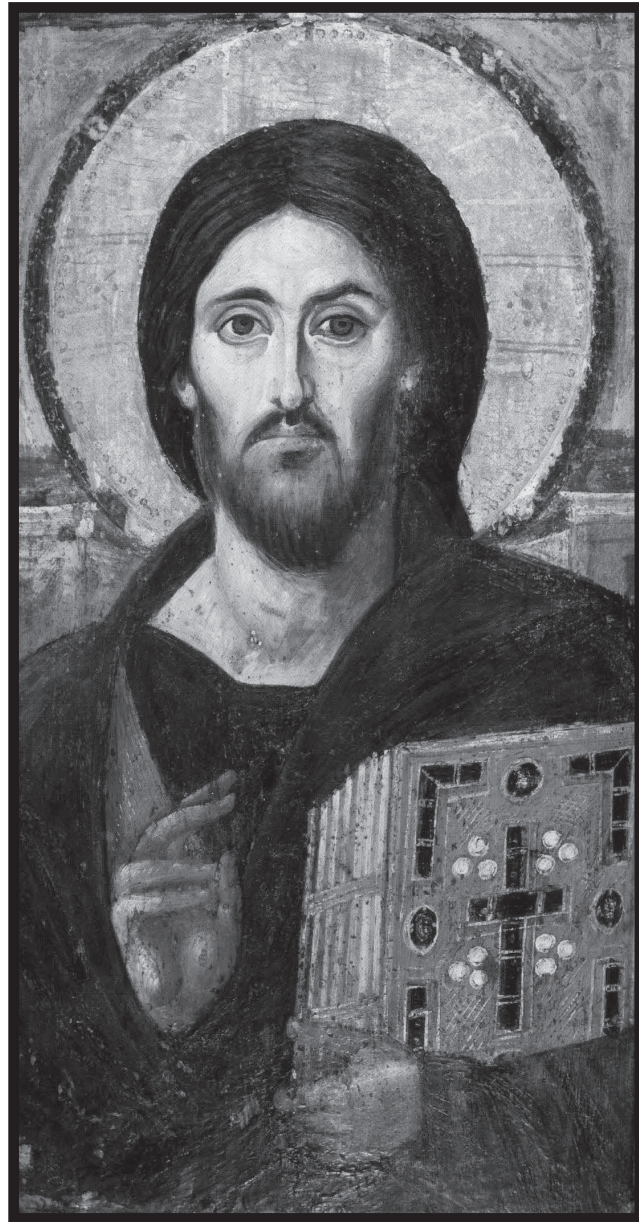
*The Anchorage:*  
*A Contemplative Community for All*  
*Come away...*

# DEPTH SOUNDINGS

Encouragement, Inspiration and News from The Anchorage

February 2021

## “John 17: That All May Be One”



*“Christ Pantocrator, St. Catherine’s Monastery, at Sinai.  
This icon seemed perfect for the cover as John 17 is the high priestly  
prayer of Jesus for us. His prayer is all about love, about relationship.  
Love is not just something God does, it’s who God IS.”*



*anchor  
deep*

## “God’s Love for Each of Us Is Our Best Hope”

By Catherine Powell

Continuing with our theme this year, “John 17: That All May Be One,” it seems more important than ever that each person know the personal love God has for each of us. What would our world be like if everyone knew they were fully known and fully loved? That is what The Anchorage is all about: providing settings for folks to be still long enough to hear God whisper, “I love you.”

An ongoing question to ask God is “What is my part?” Each of us has a part in the healing of the world. One daily meditation from Richard Rohr invited readers to pay attention to their breath. To breathe in the pain of the world and breathe out healing. Usually, it is the other way around: breathe in healing and breathe out pain. So, I invite you to consider this: Breathe in healing from Spirit and breathe out healing for the world.

## “That All May Be One - Interconnected”

By Maureen Nelson

*“We can’t always see the ways trees are in relationship because their complex world of roots lives underground. We, the human family, are also inextricably interconnected.” -Richard Rohr*

On Sunday January 10, my husband and I worshipped virtually from the comfort of our couch. The pastor’s sermon made me sit up and take note of her true and powerful words. Reflecting on the baptism of Jesus, the pastor had some insightful and courageous things to say about the events of the week that were dominated by the events at the Capitol. Towards the end of the sermon, these passionate words struck me, “We belong to God. And we belong to each other.”

“We belong to each other.” I’ve heard this sometimes-hackneyed expression many times before and have always nodded in agreement. But in light of the horrific events of Wednesday, January 6, this phrase made me sit up, pause and think. And then reflect more deeply still. Yes, I belonged to God, but to whom else? Intuitively, I knew I wouldn’t be comfortable for long in my reflection. I belong to my immediate family as well as my rather large, extended family, and there is safe and reciprocal love in our relationships. I also belong to the members of my church, my colleagues, and friends, my neighbors, and people that I greet on my walks around the neighborhood. It is good. It is safe. And it is not enough. It is more. And deeper. And more uncomfortable.

What about the people with whom I don’t agree, or whose lives are very different than mine, or whose values I could never share? And what about those who look different than me? Whose demands for justice and inclusion have been rebuffed. Can Jesus’ prayer for the disciples “that ALL may be one” be a prayer for me...and everyone else? The truth is that God’s immense, extravagant love is given not just to a few but to everyone. Knowing this, makes a difference in how I relate to those around me. The gift of God’s love and light is meant to be shared by all and destined for everyone. Joyce Rupp, in her book, *The Cup of Our Life* asks, “What would it be like if we believed we were a love song of God? How would that change our presence with others?”

This past year of 2020 has been hard. It was riddled with sickness, loneliness, confusion, and painful confrontations that seemed bent on tearing us apart. Listening to that passionate sermon last Sunday, I found comfort but also a challenge in hearing with fresh ears that we belong not only to God but to one another. More than ever, I need to see the reflections of God’s love in others. As the roots of trees are inextricably interconnected, the human family, too, is rooted and joined together. May we all be one. May God’s rule come among us.

*(Thanks to Maureen for this article and for her involvement with The Anchorage. She is a retired first grade teacher who lives in Greenville. She and her husband spent twelve years in the Central African Republic as missionaries. She enjoys long walks, knitting but most especially Face Time with her granddaughter.)*



## The Anchorage

### Vision

*A Contemplative Community to encourage all people in a mutual love relationship with God.*

### Mission

*The Anchorage provides a setting for women and men to come away and be with God, as revealed in Jesus the Christ; and to come to love more deeply, this God who loves us beyond measure. Spiritual direction, “Depth Soundings” (quarterly mailing), Desert Days and a variety of contemplative retreats, are some of the ways we encourage and inspire.*

### 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 beloved community anchored in our Triune God.*

### Servant Leaders

(Board of Directors)

Christina Auch

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Jonathan Jones

Susan Leaphart

Susan Rice

Matt Rollins

### Other Support

Susan Leaphart,

Volunteer Coord.

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### Staff

Catherine Powell,

Founding Servant Leader

### The Anchorage

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# “That All May Be One – It Matters”

By Sr. Bernadette Marie Cappola, OSC

In the time of Jesus there was much unrest. Romans were against Jews and Jews against Gentiles. Roman soldiers and insurrectionists were all around. Women had no voice and were considered property. There were diseases such as leprosy. It wasn't a peaceful world. So, Jesus prayed, that all would be one.

In the time of St. Francis and St. Clare there was also unrest among the people. Middle class merchants were trying to overthrow the upper class. Francis desired to be a soldier to help the merchant class which he was a part of. Instead, God called him to be an instrument of peace – to bring joy, love, understanding and patience to those around him. Francis became so one with Christ and with all of creation that he could talk to animals and they listened. St. Clare founded a Monastery where all women could enter no matter what class they came from. They were all treated as equals and sisters. This was a first for Monastic life in those days.

In our time we are experiencing unrest, prejudice, discrimination, wars, racism, and a pandemic. This is very much like it was in the time of Jesus, St. Francis, and St. Clare. Jesus' words are just as relevant now as in the past.

*“Jesus' words are just as relevant now as in the past.”*

St. Paul writes to the Galatians, “There does not exist among you Jew or Greek, slave or freeman, male or female. All are one in Christ Jesus.” St. Paul was referring to those baptized in Christ. Since we were all created by one God, we have our humanity in common. Just by our very existence we all belong to the one God, Creator of All. It doesn't matter if we call God, God, Jesus Christ, Eli, Adonai or Mohammed. It is the same God who created all. By our very being God has called us to serve our brothers and sisters.

This is what Jesus is telling us in John 17. Someone once told me that if we take the number of people in the world and compare it to the number of Christians, each Christian would have to show love, kindness and care to only seven people to eliminate hunger and poverty. I would like to say that if we took the number of people in the world and those who believe in a God, each believer would need to show love to maybe only three people, to have all of us living as human beings.

We may wonder how caring for three people could help those across the ocean or on the other side of the world. There is a book called The Butterfly Effect by Andy Andrews. The butterfly effect is the idea that small, seemingly trivial events may ultimately result in something with much larger consequences – in other words, they have non-linear impacts on very complex systems. For instance, when a butterfly flaps its wings in India, that tiny change in air pressure could eventually cause a tornado in Iowa. Probably not really, but he tries to show how what we do affects others. Andy shares a compelling story of how one man's choice made over 100 years ago affects today's world. This tale will inspire you to do the right thing, even if it is difficult.

Do I make a difference when I move, when I act, when I do something? --- Yes, everything we do in life matters. We must believe the words of Jesus and try to make them a reality in our lives and in the world in which we live so that, truly, we all may be one.

*(Thanks to Sr. Bernadette Marie for this article and for her support of The Anchorage and me as she is my spiritual director. Sr. Bernadette was a Sister of St. Mary of Namur (SSMN), an Apostolic Community, for 34 years. (It's the one of Sr. Caroline Smith who led our beach retreat for about 15 years). Her education includes a BA in education from Trinity College in Wash. D.C. She taught Bible classes for children and adults. She lived among the Inuit (Eskimo) people in the North West Territory. Desiring the contemplative life, she went to Lebh Shomea Spiritual Center in Texas for two years. From there she was sent to the Highlands of Scotland for 1½ years to discern with a hermit who was an SSMN. Twenty-two years ago, she found her call at the Monastery of St. Clare, and is now responsible for their lovely Retreat House, La Foresta, on their property in Travelers Rest. She is a Spiritual Director and a Retreat Director.)*



## Upcoming Events

**Desert Days: Usually First Fridays, even months, Feb. 5 (Led by Michael Fleenor), April 9, (Led by Catherine Powell.) 9:30 – 2:30.** Theme is “John 17: That All May Be One.” Reflection alone/together with God.  
**Fee: \$20 if on Zoom**

**Book Study, Thurs. 10-12 or 6:30 – 8:30pm on Feb. 18, 25, Mar. 4 on Zoom.** *A Testament of Devotion* by Thomas Kelly, a Quaker in 1940. It's a classic. Buy your own.

**Fee: \$33** dep. (\$10) due by 1/31  
**Led by Catherine**

**Ignatian Retreat in person Sun., Mar. 7 – Fri., Mar. 12** Ignatius House in Atlanta has an excellent record; no Covid cases due to gathering. They reduce the number of retreatants, honor social distancing, and more. (The July retreat was very safe).

**Fee: \$650** (room/board/daily spiritual direction with Catherine.)  
**Location: Ignatius House, ATL**

**“Ignatian Retreats” on Zoom. 3, 5 or 7-days, to fit your time frame.** You would need to have relatively quiet space for this daily: 45 min. for Spiritual Direction on Zoom, about 1 hour for solitude prayer, 3 different times. How much of the rest of your time would be in silence is up to your sense of God's call. (More is always better.)

**Fee: 3-day (4 sessions), \$150, 5-day (6 sessions), \$195, 7-day (8 sessions), \$250.**  
**Led by Catherine.**

**Spiritual Direction**, meeting one-on-one monthly (currently on Zoom) for an hour, is a prayerful time to reflect with another about your relationship with God. The process of spiritual direction can be a coming home to your deepest self.

**With: Catherine**  
**Fee: \$60** if doable otherwise we will find an amount that is. First session is always free.

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

**SAVE THE DATE!**

Tuesday, April 27, Friend/Fund Raiser (probably on Zoom)



# The Anchorage

A Contemplative  
Community for All

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*“Be free from pride-filled opinions, for they will only harm your cherished unity. Don't allow self-promotion to hide in your hearts, but in authentic humility put others first and view others as more important than yourselves. Abandon every display of selfishness. Possess a great concern for what matters to others instead of your own interests. And consider the example that Jesus, the Anointed One, has set before us. Let his mindset become your motivation.”  
Phil 2:3-5. TPT*



## “Chasing the Star”

By Lisa Howland

“There’s so much more to life than we’ve been told, it’s full of beauty that will unfold” lyric from “Farther Along” with Josh Garrels).

Hope-the belief for a better tomorrow in light of what’s happening right now. Hope had to be what moved the Magi to chase a star. A lot is unknown about the three wisemen. We know they were not Jewish and that they had studied the skies for a star. Revealed from verses in Matthew, they knew the star would lead them to the King of the Jews. I have heard from sermons and authors they were NPR-listening intellectuals of their day. It is common thought that they spent years studying the skies for this one star. I believe they did not anticipate the outcome to be the humble baby born in a cattle stall. Hope moves us to chase stars. Thank goodness we do not need to know the outcome and likely the outcome is not what you hope for and likely gonna knock your socks off anyways.

Is it possible that just being in the Presence of the baby-King these wise men could have had an awareness of the Glory? They worshipped? Hope for me in these dark days is the Already, and the not yet. I have it all, real and eternal life, as John 17 promises. I have knelt next to a Baby who has revealed the true nature of God. A near, humble, and loving God who thinks enough of me to give me purpose on earth also to chase a star that I might kneel again. Fellow star-chasers we have it all and most hopeful a Savior who prays that we would have the full pleasure of His joy while we remain on earth.

*(Thanks to Lisa Howland for this article and for her participation with The Anchorage. Lisa considers herself a perfect hybrid of a Californian-South Carolinian having lived and loved both locations. A walk with her two basset hounds and a gorgeous sunset make her day. Lisa enjoys her finance team at a non-profit and her work as a spiritual director. Middle-aged muser, hopeful contemplative.)*

### Financial Status

as of January 18, 2021

(Fiscal Year is July 20 – June 21)

FY gifts budgeted	\$ 20,800
Total received	\$ <u>11,900</u>
<b>Amount needed for FY</b>	<b>\$ 8,900</b>

FY income budgeted	\$ 39,000
Total received	\$ <u>16,000</u>
<b>Amount needed for FY</b>	<b>\$ 23,000</b>

***Grateful to God for you,  
our donors and participants!***

**Thank you** for your financial gifts to The Anchorage. They cover scholarships along with the day-to-day ministry operation, so we may offer:

### **Undistracted time with God.**

And God keeps encouraging us to ‘give it away.’ Lack of funds will never keep someone away.

Please **prayerfully consider** what is that encounter with God worth? However God leads, it will be just the right amount!

**You are a blessing!**

**Also “Like” us on FaceBook  
and share with your friends.**