

*An oceanfront single room and ample time to learn, walk, pray, and just be,
and even better to be.... with God!*

The Anchorage 25th Annual Beach Retreat

“Come to Me and I Will Give You Rest”

Friday, Jan. 27 - Sunday, Jan. 29, 2023

The fact that Jesus invites us to come to Him to find rest is so very encouraging. Though we may find rest other places, the BEST rest will be with Him wherever we are. Our main text will be the well-known Scripture passage, Matt. 11:28-30, and we will also use a book by Dane Ortlund, called *Gentle and Lowly: the Heart of Christ for Sinners and Sufferers*. It opens His deepest heart for us!

Our rhythm will be similar to 22 of our 23 retreats, with 2021 being the only exception as we met on Zoom. We will settle into our rooms and then gather in our meeting room for registration around 4:30 on Friday. At 5 we will begin with some introductions, to each other and the retreat, before we go to supper at 6. After that our 4 meeting times will be the same with some quieting, settling in time, followed by some music, content and then solitude reflection time (often in your room) with a page of optional reflection questions. We will then join our listening groups to process our prayer, closing with music. We will enjoy overnight silence, each night between evening prayer and morning prayer and Saturday afternoon is free for walking on the beach, napping, reading, however God leads you. Our closing worship Sunday will be at 11, so we can be on the road by 12ish.

Led by: The Rev. Catherine Skinner Powell, D. Min. As part of her own path to healing, Catherine went through a psychological/spiritual 3-week intensive in Washington State. There she learned that God is love. To better share this truth with others, she quit her 30-year computer programming career and founded The Anchorage: A Contemplative Community for All in 1998. She completed the Shalem Spiritual Guidance Program, the 30-day Spiritual Exercises of Ignatius at the Jesuit Center for Spiritual Growth in Wernersville, PA, and was also trained there to offer 8-day Ignatian Retreats.

And by: Cindy Orr. Cindy has been active in music ministry most of her life. She has served in her church music program, taught Sunday school classes and served in other various ways. She was in the group RainChild, that performed concerts and led praise and worship at churches, fairs, retreats, and festivals. She served as Worship Leader at Russell Community Church in Greenville. This year, Cindy will do some teaching as well as lead worship that glorifies God and encourages God's people.

Fee: \$395 (includes ocean front room – meals are on your own) Reg. (\$10) by Dec. 31st

Location: Grand Shores, N. Myrtle Beach, SC (more info after registration)

Registration Form **Please detach here and mail**

Name: _____ Email: _____

Address: _____ Phone: _____

25th Annual Beach Retreat

Non-refundable deposit enclosed (\$10) ____

More information call: (864) 232-LOVE (5683)

or email: catherineskinnerpowell@gmail.com

Please send form with payment to:

The Anchorage

P. O. Box 9091

Greenville, SC 29604

*Please know that all are welcome, regardless of ability to contribute financially.
Contributions above and beyond the suggested fee are also gratefully received.*