



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

DEPTH SOUNDINGS

Encouragement, Inspiration and News from The Anchorage

May 2019



“This Is Love”

By Steve Bell

Father just before the hour comes
 That was set aside to glorify your Son
 With a glory from before the world began
 With a glory given to no other man.

Protect the ones you've given me to love.
 I so desire that none of them be lost.
 They've yet to understand the mystery
 Why the Son of God would wash another's feet.

Chorus:
*But this is not the same. It's a different thing -
 altogether.*
*This is not the same. It's another thing -
 altogether. **This is love.***

My prayer is not for only these alone
 But for those who follow after I'm gone.
 May they understand the love you have for me
 Is the kind of love that changes everything.

They'll argue who will sit next to the throne
 And I cringe to hear them say "thy kingdom
 come".
 They think they know what they're getting into
 But we both know that they haven't got a clue.

Chorus

Now here's something that they won't like.
 Here's something that they won't like.
 Someone's coming to take the Life.
 No one has to look farther than me,
 'Cause I am he.

Some will trust in the things they think they
 know.
 They should think again and let them go.
 Put away the sword and get behind
 and let me die.

Chorus

*This is not the same. It's a different thing -
 altogether.*
*This is not the same. It's a **better** thing -
 altogether.*
*'Cause this is love. **This is love.***



*anchor
 deep*

“What Kind of Love Is This?”

By Catherine Powell

This issue of our quarterly Depth Soundings is the last of four with the theme “The Beloved and the beloved.” It speaks so clearly of our purpose as you can see in our vision to the right. The lyrics to the song on the cover resonate as true. When Jesus said, “A new commandment I give you” it wasn’t because loving our neighbor was a new idea, it was loving as JESUS loved that was new. In this Easter season, ENJOY!

With little prompting we can see that God’s love IS different. It’s another thing altogether. It’s a better thing. The love revealed in Jesus the Christ is like nothing we’ve ever seen before. That’s why people did not know what to do with him.

At the beginning of our reflection times at most retreats and Desert Days, we offer these words for the participants: “Behold God, beholding you, in love.” I invite you to do the same right now. Just take a few minutes and become aware of God looking on you, just as you are. Know that God’s love is pouring out on you just because you are you! Now reread the lyrics on the cover, or better yet find the tune by Steve Bell. Sing it. Let it get stuck in your head throughout the Easter Season. YES – the SEASON! It is not over! It lasts for 50 days, until Pentecost. Celebrate – with love overflowing back to God. Enjoy the dance with your Creator. And then that love will overflow to everyone and everything around you.

When I received the appeal letter from Alan, I had to smile at the synchronicity of the Holy Spirit in action. He mentioned Mike Yaconelli, and the same day I found an article written by Mike. At the end Mike says, “There is an electricity about God’s presence in my life that I have never experienced before. I can only tell you that for the first time in my life I can hear Jesus whisper to me every day, “Michael, I love you. You are beloved.” And for some strange reason, that seems to be enough.”

“Contemplation: On Crayons”

By Eric Barnhart

A few years ago, I was driving down the street where I live, praying to God for spiritual direction, the specifics of which I don’t recall. What I do remember is God’s response: “What would *you* like to do?”

My initial emotion was surprise, followed by the thought, “Well, that’s silly and likely heretical.” I’ve served in several Christian traditions and contexts over the years. From those experiences, the consensus I’d formed about God relating to us was: God cares about our souls and our actions, not our opinions. Up until that sunny spring day, I had largely seen spiritual discernment as:

- 1) In every situation, there is a set of thoughts, acts and/or motivations that God most desires me to have
- 2) Through prayer, study and counsel, I’d seek to ascertain what those thoughts, acts and/or motivations were
- 3) I’d then try to live my life according to what I believed God desired for me

That approach didn’t invite much of my own input on the matter, so this new response from God was naturally shocking and suspect. And intriguing. As the next few moments passed, I allowed myself to suspend my initial disbelief and let it roll around in my head and heart.

I’m a parent of a teenager. When my daughter was little, I loved seeing her artistic creations. She’d come frequently to me with drawings depicting whatever her imaginative mind was engaged with at the moment. In each of these masterpieces, I never felt that the trees would’ve been better had she used the green crayon instead of the blue or the sky more fitting had she used the blue instead of the pink. I was pleased more by the fact that she enjoyed creating and sharing her creations with me than the manner in how she created them. In fact, I relished in seeing what choices she made, not for their artistic merits, but because of what they revealed to me about what made her *her*. I delighted in her delight.

(Cont.’d on page 4)



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 community anchored in our Triune God.

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The Anchorage

*P. O. Box 9091
Greenville, SC 29604
(864) 232-LOVE (5683)
www.theanchorage.org*

“Claiming My Belovedness”

By Linda Ott

In his book *Life of the Beloved*, Henri Nouwen, writes, “from the moment we claim the truth of being the beloved, we are faced with the call to become who we are. Becoming the beloved is the great spiritual journey we have to make.” My great spiritual journey certainly began -- well in the beginning. However, my focused journey began back about ten years ago when a dear friend suggested that a program in spiritual formation might offer help through some family and vocational transitions. Indeed, that program offered great help. I engaged in classes on: Deeper Spiritual Life; Wisdom of the Christian Mystics; Exploring the Sacred Mystery of God’s Love, Second Half of Life Spirituality; Prayer Practices; Wisdom’s Wonder; Wounded Healing; Discerning Forgiveness; and a capstone Pilgrimage to the Holy Land.

I remember one beautiful crisp autumn morning in the mountains of North Carolina at the Montreat Conference Center. It was a common practice at the beginning of a new class when participants introduced themselves to share their progress in the program. I had indicated this was my last class. At the morning break as I was on the porch enjoying the magnificent colors of the reflection of the trees sparkling on the lake, a young woman taking her first class, approached me: “Would you tell me in a few words what is the most important thing you learned in your spiritual formation journey?” I paused. No one had ever asked me for this articulation. I answered: “I have learned to claim my belovedness and to know that claiming my belovedness involves helping others to claim their belovedness.” What an incredible gift it was to be asked that question! My answer articulated my call to ministry!

What does it mean to “claim my belovedness?” Belovedness is rooted in who God is and, therefore, who we truly are at the core of our being as children, images, and even partners of God. It is similar to what Buddhists mean by “our original face” before we were born. Our belovedness is our spiritual DNA. It cannot be changed or denied. Nothing we do or that happens to us negates our belovedness. Belovedness is solely dependent on God who is the extravagant lover. Claiming and accepting our belovedness is not about thinking we are without fault or ignoring our stupid and mean mistakes. I have learned to claim my belovedness and to claim it just as I am – weaknesses, strengths, questions, doubts, passions, hopes and all that I am, have been and ever hope to be. Accepting belovedness is really about accepting who God is -- the extravagant lover!

What does it mean to “help others to claim their belovedness?” I can’t name my own belovedness, without in turn naming yours. The African concept of Ubuntu comes to mind – I am because you are, because we are. My humanity is bound up in your humanity. My belovedness is bound up in your belovedness. Belovedness applies to all of God’s creation – those most dear to us and those most distant from us, those like us and unlike us.

A regular practice of meditation known as Loving-kindness, or *Metta*, as it is known in the Pali language, helps me center on belovedness. This practice begins with a focus on loving and being kind to one’s self. It then moves to a respected teacher; a beloved family member or friend; a neutral person; and a hostile, difficult person. The practice ends with love and kindness for all people everywhere and for all forms of life in the universe. For me the contemplative practice of *Metta* reinforces the depth and breadth of belovedness. It sends me out into the world to reclaim and renew the belovedness of all beings.

(Thanks to Linda Ott for this article and for her participation with The Anchorage. She is a life-long spiritual journeyer who after vocational endeavors in social work, the military, business and law, found herself pursuing spiritual and theological education. She received an M.Div. from Drew Theological School in Madison, NJ, and both a Certificate in Spiritual Formation and a ThM. from Columbia Seminary in Decatur, GA. She is now seeking ordination in the Presbyterian Church (USA). Linda currently lives in Greenville, SC but is looking forward to travel and being in her new home in Placencia, Belize.)



Upcoming Events

***Desert Days: First Fridays in even months, June 7, Aug. 2, Oct. 4, Dec. 6 9:30 – 2:30**

“Leaving everything, following Christ into the desert.” Reflection alone & together.

Fee: \$40 (multiple day discount)
Led by: Catherine Powell

***Clergy Days: Second Fridays in odd months, May 10, Sept. 15, Nov. 8 9:30 – 2:30**

“To Love Our God” Reflection alone and together.

Fee: \$40 (multiple day discount)
Led by: Catherine Powell

May 3 – 5, “Make Your Home in My Love”

Based on John 15 this retreat will provide time for reflection in solitude and with others. (*Same as last May*) Kanuga Conference Center, Flat Rock, NC

Fee: \$495 Led by Clarence Fox, Cindy Orr, Catherine Powell, Harriette Sturges and Duke Walker will join us!

May 17 – 20, Fri. – Mon. “3-day Praying Scripture Retreat”

Using the Ignatian method of entering into scripture with the imagination, companioned by a spiritual director daily and joining the Trappist monks for prayer.

Mepkin Abbey, Moncks Corner, SC
Fee: \$300

Led by: Catherine Powell

July 7 – 12, Sun. – Fri., “5-day Praying Scripture Retreat” at Ignatius House, Atlanta, GA.

Fee: \$690

Led by: Catherine Powell

Nov. 11 – 15, Mon. – Fri. “4-day Praying Scripture Retreat” (See May above.)

Mepkin Abbey, Moncks Corner, SC
Fee: \$350

Led by: Catherine Powell

February 2020 Beach Retreat Litchfield Inn, Pawleys Island Details TBA

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

**events are in Gower Estates, Greenville*



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Community for All

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*“Then you will be empowered to discover what every
holy one experiences - the great magnitude of the
astonishing love of Christ in all its dimensions. How
deeply intimate and far-reaching is his love! How
enduring and inclusive it is! Endless love beyond
measurement that transcends our understanding - this
extravagant love pours into you until you are filled to
overflowing with the fullness of God!”
Eph. 3:18,19 (The Passion Translation)*

“Contemplation: On Crayons” *(Cont.'d from page 2)*

Rather than prescribing every detail of my decisions, could it be that God, my heavenly Father, relishes in seeing what choices I might make as I seek to please Him? Instead of one perfect spiritual crayon to color a particular situation, could there be an assortment granted me that I could choose from of my own free will? Does God delight in my delight?

For years, I had seen God's will for my life as a binary spectrum with me always seeking to reach the one right answer, never fully attaining it. Richard Rohr and others would likely call this part of the dualistic mindset inherent with the human experience. In that car-ride-prayer, my box of crayons had suddenly expanded. How many hues of God's love do I dare to consider using to color my life? How about you? Something to contemplate.

(Thanks to Eric Barnhart for this article and for his encouragement for The Anchorage. Eric has helped lead worship at churches and other gatherings for 25 years. Originally from the Midwest, he moved to Greenville by way of Miami and Atlanta in 2008. He is a single dad, music director at a church in Travelers Rest, resident pianist for the Westin Poinsett hotel, songwriter and recording artist. In 2018, Eric began holding monthly Urban Contemplatives gatherings at the Coffee Underground theater. You can find out more about Eric's contemplative work at: www.urbancontemplatives.com FB, IG: urbancontemplatives)

THANKS TABLE SPONSORS “LISTENING WITH OUR HEARTS”

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Financial Status as of April 20, 2019 *(Fiscal Year is July 18 – June 19)*

FY gifts budgeted	\$ 24,220
Total received	<u>\$ 21,200</u>
Amount needed for FY	\$ 3,020
FY income budgeted	\$ 58,180
Total received	<u>\$ 40,500</u>
Amount needed for FY	\$ 17,680

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

Thank you for your financial gifts to The Anchorage. They help provide scholarships along with the day-to-day ministry operation, all essential parts of what we 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.**