



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

# DEPTH SOUNDINGS

Encouragement, Inspiration and News from The Anchorage

February 2025

## “Learn the Unforced Rhythms of Grace” (Mt. 11:29 *The Message*)



By Miyoung Paik



Using color in gratitude to Miyoung Paik for her life-giving art.

## “Grateful for YOU”

By Catherine Powell

Have you ever had the awareness of gratitude so deep, that there just aren't words for it? That has been my experience recently as I've been asked 'how are you' and my honest answer – is 'being held!' But I don't usually say that. My cat's health has been part of it, but with so many other big things going on in the world, naming MY difficulties may not be helpful. (*More about being held on p. 4*) Our gifted writers offer excellent takes on our theme! Praying their musings encourage you. “God never said it would be easy, just that we do not go alone.”

## “Learn the Unforced Rhythms of Grace!”

By Miyoung Paik

As a motto for my retirement, I chose the phrase from the Message, 'Learn the unforced rhythms of grace.' The opportunity to work as a visiting pastor at the American Church in Paris for a year came as a total surprise. I am thankful that I said “Yes” to this opportunity even though I was afraid of new things and unknowingness.

What a glorious and adventurous year it has been! I loved working at the American Church in Paris. The congregation consisted of people from about 50 different nations. Every worship in a beautiful gothic sanctuary with stained glass and a pipe organ, excellent musicians, and its people and staff warmed my heart. I also loved living in Paris. The Eiffel Tower was my daily view from my apartment window. The Seine River was just across the street from the church. I loved fresh fruits and vegetables and bread, cafes and restaurants within walking distance, being there for the Olympics, many people/families visited, museums and galleries, and short trips to different cities in France. Art, music, history, church, and life were all mixed beautifully in front of me. I was able to draw and paint more than usual. It was truly a once in a lifetime experience.

But all good things come to an end. I knew I had to prepare my heart for returning home in December. I grieved leaving Paris and became anxious about coming back to SC.

A month before my departure from Paris, I attended an 8-day Post Intensive Centering Prayer Retreat at Ballyvaloo Retreat Center in Ireland. I trusted God's timing and was looking forward to being there. The retreat center was in a quiet beach area with wide-open space I yearned for. The retreatants were expected to be silent except for the first day dinner and last day dinner. I did not mind being silent for the whole time, but my cough did not stop at night and during the Centering Prayer time. It was gloomy every day without a ray of sunshine. That was not what I expected. However, I was not upset. I knew I could not forcefully stop coughing and being sick. I needed to rest and just be. I realized learning the unforced rhythms of grace includes all of my life, glorious days and gloomy days. If I was going to be sick, that was the best place to be. I was cared for by two leaders and was fed very well.

This circle drawing (on p.1) was done on my last day of the retreat. I was surprised and grateful by the energy of movement and colors which were totally different from me being sick and the gray tone of the landscape around me.

My niece asked me at Christmas seeing my mantle with the writing of 'Learn the unforced rhythms of grace,' “So, have you learned it?” I said, “No! I am still learning.”

*(Thanks to Miyoung Paik for this article and for her friendship over many years. She is a retired United Methodist pastor and an artist. She loves to sit in her backyard, sings with the Lexington County Choral Society and wishes to paint more. She has just returned from serving on the pastoral staff at the American Church in Paris. She applied and was granted the position for a year. The main function being to perform weddings and lead worship. Note: she will lead our Apr. Desert Day.)*



## The Anchorage

### Vision

*A contemplative community to encourage all people everywhere to live in a mutual love relationship with God.*

### 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 a love relationship with our Triune God, especially in contemplative community.*

### Staff

*Catherine Powell,  
Founding Servant Leader*

### Servant Leaders

*(Board of Directors)  
Madeline Blackwell  
Carrie Crumbliss  
Rosemary Goodall, Chair  
Rebecca Hines  
Linda Keel  
Jill Minasi  
David Rice  
Mike Smith  
Holland Webb*

### The Anchorage

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*“I am still learning.”*

# “Learn the Unforced Rhythms of Grace”

By Robert Miles

As I write these words the Winter solstice draws near. You remember that longest night. As you read these words the days are lengthening. The light is returning. Epiphany is upon us. It may even be February 2 – that ancient liturgical date which weaves together the presentation of the Lord Jesus with the return of the light (in the Northern hemisphere) and the blessing of the year’s supply of candles and is reflected in the pagan rituals of Groundhog Day.

The DAYS are getting LONGER! They got very short, and now they’re getting longer. The change is imperceptible, yet unstoppable. It can be measured incrementally, but mostly it is FELT – *sensed* – the deep and visceral “sea-change” of renewing life and growing hope. It is beyond our control. It just happens – in all its rhythmic elegance. These days lengthen; those days shorten. Those days (in the other hemisphere) lengthen; these days shorten. And it is these “cold days” now which make the peaches of Summer ripe and rich, full and fruitful.

In Matthew’s Gospel Jesus says to us: “Are you tired? Worn out? Burned out on religion? Come to Me. Get away with Me and you’ll recover your life . . . walk with Me and work with Me – watch how I do it. Learn the unforced rhythms of grace” (Matthew 11:28-30 *The Message*). Jesus wants us to learn the life of grace, to live lives full of grace, to bear the abundant fruits of grace. “I have come that you may have life and have it more abundantly!” (John 10:10).

“LEARN THE UNFORCED RHYTHMS OF GRACE!” This theme has chosen the ministries of The Anchorage for this year, and now launches us into 2025.

These cosmic rhythms we are experiencing day and night as the solstice moves toward the equinox are the deep rhythms of the universe – God’s good creation – the rhythms of life itself – your life and my life and the life of each creature. They are deep and silent teachers. God is using them even now to teach us . . . .

The rhythms of grace are not forced. They are free. They are life-giving. They are often silent, usually surprising, frequently imperceptible in the moment, and always beyond our controlling.

They must be learned anew each day, yet are silently at work all night and day and night again . . . . They are best learned in partnership – with Christ and with those seeking to follow Christ. That’s what the yoke is all about. It enables two to work together as one.

If the walking and the working are forced, that is not grace (*and certainly not graceful*). Remember those times you and another were moving furniture together. There is a difference between working as one and working at cross purposes (*which makes you both cross*)! Working together as one invites and compels communication. Learn.

The collective is greater than the sum of the parts. The book and the film “The Boys in the Boat” is but one example of this mysterious truth. It is not the individuals who row the boat and win the Olympics. It is the collective. They row together as one. They are “the boat” – and refer to themselves in that way.

“LEARN THE UNFORCED RHYTHMS OF GRACE!” Attend to these things. Be mindful. Do not ignore. We still have much to learn. Be neither complacent nor obsessed. Seek and welcome yoke partners. Most of all walk and work with Christ. God is working miracles through these unforced rhythms of grace.

*(Thanks to Robert Miles for this article and for his friendship over the years. He is a retired Lutheran parish pastor, who served churches in SC from 1980 to 2019. He also recently participated in the spiritual direction program at LTSS. His undergraduate degree is in English from Davidson College, and his seminary was LTSS. Robert served as Chair of The Anchorage Servant Leaders in the past and is currently living in Clemson, where he and his wife Debbie enjoy the blessings of their grown children and grandchildren. Note: he will lead our Feb. Desert Day.)*



## Upcoming Events

**Desert Days: First Fridays in even months, 9:30-2:30**  
**Theme: “Learn the Unforced Rhythms of Grace”**

**Leaders:**

**Feb. 7, Robert Miles**

**April 4, Miyoung Paik**

**June 6, David & Susan Rice**

**Fee: \$42** (\$30 if BYO lunch)

Location: Kellett Park, GVL, SC

**Lenten Book Study**

**March 11 – April 1, 10-11:30**

**Four Tuesdays, Beholding:**

*Deepening Our Experience in God* by Strahan Coleman.

**Led by Catherine**

**Fee: \$60**, (plus \$13 book).

**Location: Gower Estates**

Your invitation to a God-soaked life! Time for sharing insights gained and enjoying unforced rhythms of grace. We will read about 50 pages a week, taking notes or writing in the margins. From the Introduction “The invitation here is to... exhale into the unburdening God and to inhale God’s beauty and life. It’s not a new way, it’s an ancient one. It’s the way of love, adoration and devotion. It is the way...of beholding. And only God can lead us there.”

**“Ignatian Retreats” on**

**Zoom. 3, 5 or more days,**

**to fit your time frame.** You

would need quiet space for this daily: 45 min. for Spiritual Direction on Zoom, and 1 hour for prayer with 3 different scriptures.

**Fee: 3-day (4 sessions), \$150,**

**5-day (6 sessions), \$200**

**Led by Catherine**

**Ongoing Spiritual Direction Monthly – with Catherine**

A time set apart to ponder your relationship with our triune God, with someone who listens with you for God. There is more information on our website: [www.theanchorage.org](http://www.theanchorage.org). There is a sliding fee, based on what is doable.

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



# The Anchorage

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Community for All

P.O. Box 9091  
Greenville, SC 29604

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*“Are you tired? Worn out? Burned out  
on religion? Come to me. Get away with  
me and you’ll recover your life. I’ll show  
you how to take a real rest. Walk with  
me, and work with me - watch how I do  
it. Learn the unforced rhythms of grace.  
I won’t lay anything heavy or ill-fitting on  
you. Keep company with me and you’ll  
learn to live freely and lightly.”  
Matt. 11:28-30  
(The Message)*

*(Cont.'d from page 2)*

**“Safe within Your Arms, Lord”** by Mark Hayes is worth listening to!  
*(Nicholas Hawkins sang this at Christ Church Episcopal Thanks, Nick!)*

Whether I’m right or whether I’m wrong  
Whether I’m weak or whether I’m strong  
Whether I’m sure or maybe confused  
Feeling loved or feeling used  
I know a place where I can go  
Somewhere that winter winds don’t blow  
There I am warmed by loving arms  
Held with care, next to Your heart

### CHORUS

**And I’m safe, within Your arms, Lord  
I’ve become a child again  
I’ve come back to the source of love  
Where healing can begin  
Though the world would say  
I must be strong and prove my worth  
By what I do**

**I will rest, assured in Your embrace,  
And find my strength in You**

Whether I’m walking in the light  
Or whether I’m stumbling through the night  
You are a God, whose promise endures  
Though undeserved, Your love is sure  
When I am tempted to pursue  
Plans that may lead me far away from You  
Gently You call, “My child, come home  
I will never let go of one of my own”

### CHORUS

And find my strength in You

### Financial Status

(as of January 12, 2025)

(Our Fiscal Year is July 1 – June 30)

Total FY gifts budgeted	\$ 22,800
Total received	\$ 11,770
<b>Amount needed</b>	<b>\$11,030</b>

Total FY income budgeted	\$ 34,606
Total received	\$ 14,796
<b>Amount needed</b>	<b>\$19,810</b>

**THANK YOU FOR YOUR  
ENCOURAGING GENEROSITY!!**

Our 2025 Friend Raiser will be on  
April 8.

Our hope is that you were  
inspired and encouraged by  
God in your daily walk, by this  
mailing!

**THANKS FOR YOUR SUPPORT,  
BOTH PRAYER AND  
FINANCIAL,  
YOU ARE MAKING  
A DIFFERENCE  
FOR THE KINGDOM OF GOD  
HERE IN EARTH!**