



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

# DEPTH SOUNDINGS

Encouragement, Inspiration and News from The Anchorage

November 2019

## “Make Your Home in My Love”



*“May Love hold you, peace enfold you.  
May you be held in the palm  
of God’s hands.”*

Created by the Sisters of St. Joseph, LaGrange, IL  
[www.ministryofhearts.org](http://www.ministryofhearts.org)



*anchor  
deep*

## “A Treasure in Clay Pots”

By Catherine Powell

Our theme for this year is “Make Your Home in My Love: Live in My Joy.” It is the name of a book I’m birthing soon and what a birthing process it is. Those of you who have been through it know the due date angst. I avoid the word “deadlines;” sounds too final. Currently we are wanting to create an inviting cover as God invites us to make our home in God’s love. We are invited to abide there. We can live and love IN THAT PLACE.

Some of you have made generous comments about the content, thank you very much! And as you might expect, it was feeding my ‘all about me’ ego. Then I remembered whose book it is. From as far back as the turn of the century, this book has seemed like God’s idea. That God had given me some experiences, showed me some wisdom in others, such that it needed to be shared. In 2005, it still wasn’t written. I prayed about going to school to make it happen, with due dates. A DMin class on medieval spirituality at Lutheran in Philadelphia caught my eye. A friend suggested that each class could be a chapter in the book. Fourteen long years later, it is almost done.

I’m very aware of the treasure of God’s light being in this clay pot (p. 4) as my weakness, my brokenness, and my need for God were central to this process. Truly, that may be the biggest point of the book? It’s not about getting it right. It’s about being needy and willing. God is enough to “git ‘er done,” sometimes with us and sometimes as a rescue mission. So grateful.

If you’d like to know when it is available, or when our December book launch at Fiction Addiction will be, please contact us through the website. Thank you for your prayer for the process as it comes to a finish, finally! A labor of love for sure! God’s steadfast love endures forever. May it reach the hands and hearts of the ones for whom it is written. I may be the main one!

***It’s not about getting it right. It’s about being needy and willing.***

## “God/Spirit/One/Love”

By Mike Smith

Contemplation, the act of clearing the mind each morning after a short inspirational read, is done for 10 to 20 minutes - I usually read Richard Rohr’s daily meditation. I have been reading his daily meditations for a few years now, and while I sometimes struggle to follow the denser references, I find that I rarely disagree with his points or conclusions. When I take the time to read and contemplate, when I struggle to make sense and understand, to feel, I am rewarded with a deeper knowing and sense of what is true.

Approaching spirituality with a logical and deductive mind is difficult, as the heart must play a part. This has been my challenge. What is true and what feels true and right? For this only the heart can guide us in matters beyond proof. We often get messages from our political, business, and religious leaders that strike the wrong chord, that go against Love – a love for all things great and small, and all things good and bad. A love for all things period. Good and bad are subjective and are often labels that erroneously get applied to a group of people, a lifestyle, or events. Labels are our way of coping and making sense of the seemingly chaotic and uncontrollable world around us. Our way of keeping things in one camp or another. With labels we can kid ourselves into feeling safe or out of fear justify an action against others.

However, at the heart of all things man, beast, and inanimate - is Love. This thread of love touches and binds all things. We can experience this in solitude with God, but we live it out of solitude in the world where a piece of us in all things and in all things a piece of what is missing in us, in me. If I do not actively participate in life around me my contributions are lost, and my growth stunted. It is personal, and each person has their own path to this understanding. Sometimes in naïveness I wish for a prescriptive way to grow in God and in Love; but of course, if that were the case, God would not be God and we would not be individuals unique. I must fight my desire to label,

(Cont.’d on p. 3)



## 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.*

### Servant Leaders

(Board of Directors)  
*Christina Auch  
Peggy Dulaney  
Michael Fleenor, Chair  
Jonathan Jones  
Alan Kinsey  
Susan Leaphart*

### Other Support

*Susan Leaphart,  
Volunteer Coord.  
Ellison Smith, Treasurer*

### Staff

*Catherine Powell,  
Founding Servant Leader*

### The Anchorage

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# “The Gift of Holy Listening”

By Caroline Goodkind

Most of us think of speaking and listening as two major components of communication. Yet when we have conversations, our attention is likely to be dedicated more to talking than to listening. While others speak, we often lose focus and begin to formulate what we want to say next. If we don't like what is being said, we may “tune it out” and turn our attention elsewhere. Even when fully engaged, we tend to jump in and interrupt before others have a chance to finish speaking.

All this is not surprising. Speech generally occurs at a rate of 150 to 200 words per minute, while our minds are able to process what we hear at 300 to 500 words per minute. Nevertheless, listening can be far more powerful than speaking. A spiritual practice of holy listening can nurture spiritual growth, give voice to inner wisdom and transform relationships.

Holy listening is more than an act. It goes beyond merely hearing words. Holy listening is the art of being fully present to ourselves and others. It is an intentional choice, one that takes energy. To embrace holy listening activates a powerful awareness of being connected with the divine in ourselves and others.

We can practice holy listening in everyday conversations. Refrain from interrupting. Pause before responding. Reflect from a quiet place within. Honor the speaker's feelings and the importance of this topic to her or him. Ask clarifying questions. Let the speaker know you are attentive by nodding, keeping eye contact, etc. Respect the speaker's pace. Remain curious, appreciative, wondering, and avoid judging or evaluating. Activate empathy and compassion by putting yourself in the other person's shoes and remembering that everyone has a unique story to tell.

Companion spiritual practices include meditation groups, contemplative prayer groups, individual and group spiritual direction, and – most important – devoting individual prayer time to listening for God. All of these offer an opportunity to enter into holy listening on the receiving side. Being deeply heard in an atmosphere of unconditional love and acceptance nurtures our intention to share this precious gift with others.

Holy listening is one of the greatest gifts we can give. It requires our full attention. It calls for a mindset of appreciation, curiosity, and wonder for the other person without our thinking about what we are going to say, or how we would handle their situation. It embodies a full and deeply satisfying heart to heart connection. And yes, it does require intention and practice to set aside our self-absorbed agendas and embrace being fully present with and for others. But the results are simply divine!

With thanks to Lindahl, Kay. “Listening: A Sacred Art and a Spiritual Practice.”

**Presence:** Vol 20, No. 4, December 2014.

*(Thanks to Caroline Goodkind for this article and for her participation with The Anchorage over many years. She is an Episcopal priest, a spiritual director, and a student of contemplative writings, especially A Course in Miracles. She and her husband live in Arden, NC.)*

(Cont.'d from page 2)

to make the world a black and white accounting of good and bad and be instead with God in Love that helps me to feel the truth that love is in all things, and all things are in love.

*(Thanks to Mike Smith for this article and for his participation with and support of The Anchorage over many years. He lives in Lexington SC with his wife Jill. Schooled in electrical engineering, he spent time in the military and the family flooring business before his current job with the electric cooperatives for the last 15 years. He focuses on renewable energy, electric vehicles, and other nontraditional utility disciplines often finding himself navigating the internal and external tensions of change. His spiritual journey includes touchpoints throughout his life and more recently a proactive interaction with God facilitated by meditation and spiritually guided monthly meetings and silent retreats at Mepkin Abbey in Moncks Corner, SC and The Ignatius House in Atlanta.)*

**To embrace holy listening activates a powerful awareness of being connected with the divine in ourselves and others.**



## Upcoming Events

**\*Desert Days: First Fridays, even months, Dec. 6, Feb. 7, Apr. 17 (exception), June 5. 9:30-2:30** “Leaving everything, following Christ into the desert.” Reflection alone & together. Fee: \$40 (\$30 if BYO Lunch) Led by Catherine Powell

**\*Clergy Days: Second Fridays in odd months, Nov. 8, Jan. 10, Mar. 13, May 8. 9:30-2:30** “At Home in God's Love: Living in Joy.” Reflection alone & together. Fee: \$40 (\$30 if BYO Lunch) Led by Catherine Powell

**Nov. 11 – 15, Mon. – Fri. “4-day Praying Scripture Retreat”** Using the Ignatian method of entering scripture with your imagination, companioned by a spiritual director daily and joining the Trappist monks for prayer. Mepkin Abbey, Moncks Corner Fee: \$350 Led by Catherine Powell

**Jan. 31 – Feb. 2, Weekend Beach Retreat**, “Make Your Home in My Love”. Music led by Cindy Orr. At the Litchfield Inn, Pawleys Island, SC Fee: \$395 (includes ocean front single room) \$10 Dep. Due Dec. 20 Led by Catherine Powell

**Mar. 6-8 Lenten Weekend Retreat**, “Make Your Home in My Love” at Kanuga Conference Center, Hendersonville, NC Fee: \$495 Dep. (\$10) due Jan. 28. Led by Catherine Powell, Clarence Fox and Cindy Orr

**Mar. 30-Apr. 3, Mon. – Fri. “4-day Lenten Praying Scripture Retreat”** Same as Nov. 11-15 above, at Mepkin Abbey Fee: \$400 Led by Catherine Powell

**July 5-10, Sun. – Fri., “5-day Praying Scripture Retreat”** at Ignatius House, Atlanta. Like Nov. 11-15, but with no monks. Fee: \$690 Led by Catherine Powell

**Scholarships are available!**

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

*\*events in Gower Estates, Greenville, SC*



# The Anchorage

A Contemplative  
Community for All

P.O. Box 9091  
Greenville, SC 29604

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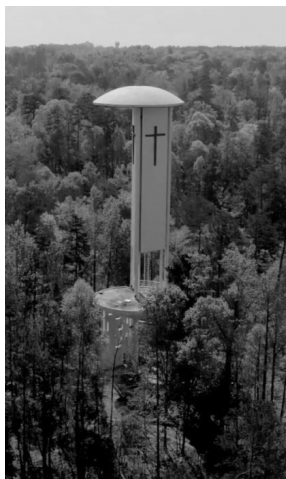
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*"If you only look at us, you might well miss the brightness. We carry this precious Message around in the unadorned clay pots of our ordinary lives. That's to prevent anyone from confusing God's incomparable power with us. There's not much chance of that. You know for yourselves that we're not much to look at."  
(2 Cor. 4:5-7 The Message)*

## "Updates on 2020 Events"

By Catherine Powell

One more point about this issue, our events have changed since our August issue. We are listening for God's leading and have changed the date of the Kanuga Retreat, because May is too busy. Our new date is March 6-8, at the beginning of Lent, a perfect time to be at Kanuga. Our Mepkin Abbey dates have changed too. We will continue to offer 4-day retreats at Mepkin as invited, but the only one for 2020 is March 30. The January, May and September retreats may still be open, but they are no longer events with The Anchorage. Mepkin has other directors leading them; you may be in touch with Mepkin directly.



Our prayerful listening is also because we don't have a clue what impact the book may have on my time, as far as speaking engagements and retreat leading. We hope to live the central theme in the book to be in love with God and let the overflow from this mutual love relationship serve as God leads only. So not putting too much on the calendar now.

We are offering another 5-day Ignatian retreat at Ignatius House in Atlanta in July. I've found longer retreats to be much more fruitful, so we may offer another in November 2020. Enjoy the picture of the tower above the trees. Ignatius House said the city of Atlanta could use their property if they could put a cross on it!? Is God clever or what?

*Tower at Monserrat Chapel.  
Thanks to Ignatius House for this photo.*

### Financial Status

as of October 24, 2019  
(Fiscal Year is July 19 – June 20)

FY gifts budgeted	\$ 27,500
Total received	\$ 5,295
<b>Amount needed</b>	<b>\$22,205</b>
FY income budgeted	\$ 52,100
Total received	\$ 10,548
<b>Amount needed*</b>	<b>\$ 41,552</b>

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

**Thank you** for your financial gifts! They provide scholarships along with covering the essential ministry needs to provide:

#### **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 **you**, it will be just the right amount! **Thank you!**

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