



# DEPTH SOUNDINGS

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

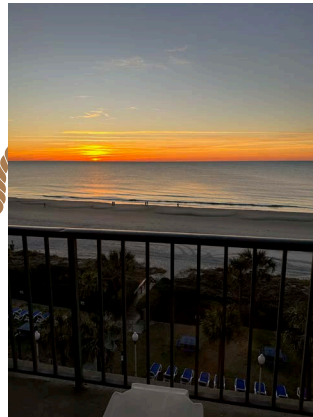
Encouragement, Inspiration and News from The Anchorage

May 2023

## Celebrating 25 years of Learning to Dance: God Leads, We Follow



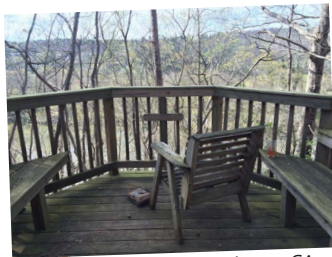
*St. Christopher's, John's Island, SC*



*Sunrise, Beach Retreat*



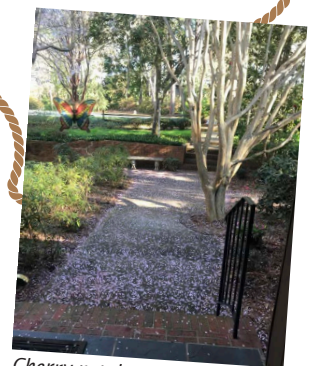
*Jesus in snow, Mepkin Abbey*



*Ignatius House, Atlanta, GA*



*Jesuit Center, Wernersville, PA*



*Cherry petals on front walk, home*



*From labyrinth, Mepkin Abbey*



*Mepkin Abbey, Cooper River bench*



## “Celebrate”

By Catherine Powell

We have been celebrating all year and now the big day is finally here! May, 1998 we registered The Anchorage with the Secretary of State in SC. No big to do, just a deep sense of satisfaction, that God was in this.

The articles this time are heart-warming and true – written by some folks who love God and God’s people. ENJOY!

Thank you for your kind comments about reading and re-reading our Depth Soundings. Delighted that God speaks to you through it! Please pray with and for us as we tune our hearts to listen and follow as God leads for the next 25 years!

## “Heart to Heart”

By Stephen Clybourne

It does my heart good to write this article. Let me explain.

A year ago, with no warning, I experienced a massive heart attack that occurred over the course of four days, resulting in extensive and permanent heart damage, two stents, quadruple bypass surgery, two weeks in the hospital (one of those in ICU), a life vest to protect me from potential fatal arrhythmia, twelve weeks of cardiac rehab, and my eventual retirement. Before my heart attack, I felt like I had been given all things to enjoy my life; but now I feel like I have been given life that I may enjoy all things. And the difference between now and then has everything to do with my heart.

On some level, I always recognized that the Bible uses the word “heart” both literally and figuratively; both physiologically (to refer to the central bodily organ) and spiritually (to refer to the innermost part of who we are). But what I am just now beginning to realize is the vital correlation and connection between my heart and my heart. What affects my physical heart affects my spiritual heart as well. And vice versa. We were all wired and created to love God holistically.

The greatest commandment to love God with heart, soul, mind, and strength is not an injunction to compartmentalize our love for God (which is the way I used to interpret the commandment), but to recognize the vital interconnectedness of all the dimensions of our lives. Because we are holistic human beings, what affects one dimension of who we are affects all the other dimensions as well. What I have found over the past year is that my love for God (my spiritual passion) has actually intensified now that I am taking better care of my physical heart (heart muscle) so that when I exercise my heart muscle, the innermost core of who I am is strengthened, as well. And the reverse of that is true as well. When I am tending to my spiritual heart, my physical heart is being protected from the damage done by anxiety, frantic activity, and debilitating stress.

Now, when I read one of the 800 passages in Scripture referring to the “heart,” I am always looking and listening for dual meanings - - how it applies to my heart and my heart. Now, when I read Jesus’s words to His disciples then and now, I read them in a totally new way: “Do not let your hearts be troubled. Believe in God; believe also in me.” What “troubles” our hearts physiologically also troubles our hearts spiritually, and vice versa. And what soothes our troubled hearts is our trust in God. I understand that so much more now that I did a year ago.

*(Thanks to Stephen for this article and for his participation and support of The Anchorage over many years. He has recently retired as senior pastor of Earle Street Baptist Church in Greenville, SC, after having served that church for twenty-one years. He is a graduate of Furman University and earned the Master of Divinity and Doctor of Ministry degrees from Erskine Theological Seminary, where he has also served as an adjunct professor. This article is from a book he is currently writing, and his prior published books are 23: Growing Up in the Space Between Harry and Celeste, and No Place Like Home.)*



## 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)  
Eric Barnhart  
Madeline Blackwell  
Carrie Crumbliss  
Angie Gage  
Susan Rice  
Matt Rollins, Chair*

### The Anchorage

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# “The Unexpected Dips”

By Carrie Crumbliss

My husband Tim and I recently attended a Women’s Heart Health fundraising event in Rock Hill, S.C. We enjoyed a delicious dinner, met new people and heard different speakers discuss the importance of women’s heart health. Later that evening, the dance floor was opened. Tim and I enjoy dancing, so we decided to join in the fun. The opportunity to dance to familiar tunes sounded quite enjoyable. The last song of the night to dance to was “I Will Always Love You” by Whitney Houston. As we began dancing, unbeknownst to me, my very predictable husband did something rather unpredictable. He twirled me around, fully dipped me and kissed me on the dance floor! We burst into laughter. The whole event was unexpected, yet surprising at how well it turned out.

Later, as I thought about our dance, I began comparing the “unexpected dip” of the dance to the “unexpected dips” in life. The painful, unexpected ones. I began thinking about what was essential to keep my faith and focus turned toward Jesus and not lose heart. I asked myself, “How do I respond to Jesus when “unexpected, difficult dips” happen to me? When tragedy strikes in my family? When I receive an unpleasant medical diagnosis? Lose a dear friendship? When I’m misunderstood at work? What about the heartache of my estranged relationships with my kids?” As I reflected back to our dance, I realized that there are similarities to the dance I enjoyed with Tim and my relationship with Jesus. First of all, I realized that I needed to trust that Tim would not drop me. As I intentionally followed his lead and carefully watched him, we moved together smoothly. Jesus, who is my Gentle, Good Shepherd, invites me to fully trust Him as well. His invitation to “follow His lead” is worthy of my total trust. Had I panicked when Tim dipped me, the results wouldn’t have been favorable. So it is in my daily journey with Jesus. I am to focus on Him, watch for His direction and follow His lead, so that I may hear His voice in prayer. He will sustain and hold me when the “unexpected dips” in life come. And they will always come! I must deliberately hold on tightly to and allow Jesus to hold on tightly to me and gaze into His faithful and reassuring eyes with all of my faith and trust. Jesus will continue to hold me throughout all of life’s “unexpected dips”. I love how “I Will Always Love You” was the last song we heard. To me, this is what Jesus promises us in Hebrews 13:5,6 - “I will never fail you. I will never abandon you. So, we can say with confidence, The LORD is my Helper, so I will have no fear. What can mere people do to me?” Jesus will NEVER leave us, nor forsake us, especially in the “unexpected dips”.

*(Thanks to Carrie for this article and for her support of The Anchorage, where she serves as a Servant Leader (Board). **Note:** she is leading our June 2 Desert Day. She enjoys discovering how to personally and corporately grow closer to God through prayer, Bible and inspirational reading. Some of her favorite ways to spend time are with her husband Tim and daughter Samantha as they travel to new places together, meeting and hearing peoples’ stories from all walks of life, writing, being outdoors and playing with beloved dog Gibbs. Her greatest passion in life is helping people discover their purpose and place in God’s larger rescue story of hope. She also enjoys her job in internal medicine caring for her patients.)*

*(Thanks too to Robert Miles who wrote our fiscal year end appeal letter. You will find it on our letterhead insert. We thank him also for his support over many years. He provided leadership as a Servant Leader from 2007-2010 and was Chair his last year. He served as a Lutheran parish pastor in South Carolina from 1980 to 2019. He and his wife Debbie live in Clemson and enjoy the blessings of their grown children and grandchildren.)*

**Don’t miss Laurie’s article on the back of his letter.**



## Upcoming Events

**Desert Days: First Fridays in even months, (usually\*) Theme is “Learning to Dance: God Leads, We Follow” 9:30 – 2:30**

Content and Reflection time in quiet with God and community.

**Leaders:**

**\*Apr. 14 Angie Gage**

**June 2 Carrie Crumbliss**

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

Location: Gower Estates, Greenville, SC

**Tuesday, May 2, 6:30 – 8:30 The 25th Anniversary of The Anchorage!**

Time to share stories, eat birthday cake, pray and enjoy some quiet alone and with each other. Be in touch for details, visit the website (enjoy it!) and let us know you’re coming! All are welcome!

**“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 either in person or on Zoom, about 1 hour for solitude prayer, 3 different times.

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

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

7-day (8 sessions), \$250.

**Led by: Catherine**

**Ongoing Spiritual Direction Monthly – with Catherine**

A time set apart to ponder your relationship with our triune God, however God comes to you, with someone who listens with you for God. If this seems to be an invitation from God, please be in touch and we will send you a page that describes this graced process. I like to use the term spiritual direction instead of spiritual companionship because it gives me the chance to say how very non-directive it is. God leads, we follow!

There is more information on our website:

[www.theanchorage.org](http://www.theanchorage.org)

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



# The Anchorage

A Contemplative  
Community for All

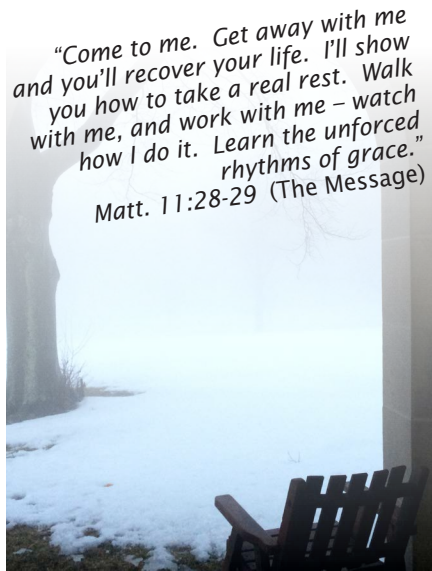
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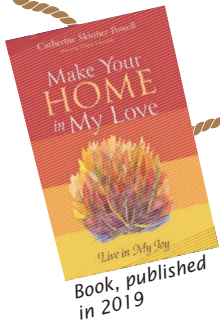
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Return Service Requested



Prayer chair, Wernersville, PA



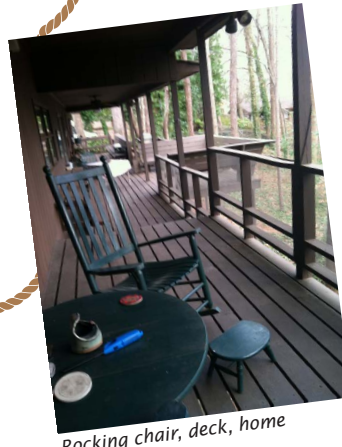
Book, published  
in 2019



Bench, front walk, home



Camellia, prayer garden, home



Rocking chair, deck, home

## Financial Status

(as of April 10, 2023)  
(Our Fiscal Year is July 1 – June30)

Total FY gifts budgeted	\$ 26,600
Total received	\$ 20,177
<b>Amount needed</b>	<b>\$ 6,423</b>
Total FY income budgeted	\$ 41,320
Total received	\$ 30,100
<b>Amount needed</b>	<b>\$11,220</b>

**Thanks TABLE SPONSORS** for  
our **Friend Raiser** in February!

- Lighthouses
- David's Table
- First Baptist Greenville
- First Reliance Bank
- Ken Ward Electric
- Anchors
- Anonymous
- UBS Financial Services
- (Daniel and Jenny Fetterolf)

The event was live-streamed,  
Tues., February 28th! You may still  
find it on our website! Your gift  
will be just the right amount! THX!

**All gifts are fully tax-deductible  
as The Anchorage is a 501c3  
non-profit ministry.**