



DEPTH SOUNDINGS

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

Encouragement, Inspiration and News from The Anchorage

August 2024



*anchor
deep*

“Isn’t ‘Unforced’ an Inviting word?”

By Catherine Powell

It is a new fiscal year, and we are delighted to use another painting by Miyoung Paik as our theme for the year (see cover). I hope you like it! It seems very inviting to me and perhaps a necessary way to live in these days.

Below you’ll get a glimpse from the artist who painted the cover image, with her interpretation of Matthew 11:28-30. Grateful for her friendship and participation with The Anchorage for years. So much in our world these days seems to be forced, but perhaps that is not the way of Jesus. May we learn this new way of being. It may not come naturally!

The article by Bill Dietrich is rich and worth your time – a good word for all of us. And lastly, the words to some songs that have helped me through my journey with knee replacement. More letting go! It can take us a lifetime to learn it.

Error Correction and Apology

By Catherine Powell

In our last issue, my husband Skeeter wrote an article and I mistakenly deleted a few words that helped it make sense! You can find the corrected version on our website. It really is a charming article – and reflects who he is. Please don’t miss it!

“Learn the Unforced Rhythms of Grace”

By Miyoung Paik

I have loved this phrase from the Message Bible (Matthew 11:28-30), “Learn the unforced rhythms of grace” for a while. After I retired from being a local church pastor in 2022, I made a wooden sign with this phrase and placed it under my mantle so that I could see it every day. I even made a small painting. However, as I reflect on this verse above, I have more questions than answers. Am I learning? Do I have rhythms in my daily life? What kind of rhythms do I want? Do I want predictable routines? Am I forcing anything in my life? What does it mean to unforce anything? Does this mean that I take life as it comes?

I’m working at the American Church in Paris as a visiting pastor for a year. My life here has been wonderful, and yet hectic with a busy work schedule while I am also trying to see many places and experience as much as I can. It feels like I have failed to live out my favorite verse of the Bible. Maybe that’s where “grace” comes in. Grace is everywhere. Everything is a grace. Getting up every morning, showing up for my work, walking the streets of Paris. Truly everything is grace. So, my question is “am I learning?” Maybe I will accept that I am a slow learner. It may take the rest of my life to learn the unforced rhythms of grace.

How do I learn? In The Message version of the Bible, before saying this phrase, “learn the unforced rhythms of grace,” Jesus says, “Walk with me and work with me--watch how I do it.” I need to come to Jesus and learn from him. Many of us are busy walking with Jesus and working with Jesus, but we do not take enough time to watch how he does it. I am not disciplined enough yet to practice contemplative prayer regularly or sit quietly with Jesus for very long, but maybe I can come and learn to sit five minutes with Jesus. Remember Miyoung, “unforced!” There is no need for “should” or “ought to.” Learning the unforced rhythms of grace is an invitation from Jesus. Will I accept this invitation? Will you? Maybe it is a question of our willingness. Are we willing?

(Thanks to Miyoung Paik for this article and for her generous permission to use her painting as our cover art, for this issue and our Friend Raiser (in color!) Rev. Dr. Miyoung Paik 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.)



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.

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*Catherine Powell,
Founding Servant Leader*

Servant Leaders

*(Board of Directors)
Madeline Blackwell
Carrie Crumbliss
Rebecca Hines
Linda Keel
Jill Minasi
David Rice
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The Anchorage

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Heartfelt thanks
for you and your
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generosity!"



Chronological Listing of Upcoming Events

“Desert Days” 1st Fri. even months, Aug. 2, Oct. 4, Dec. 6. Theme is “Learn the Unforced Rhythms of Grace.” Opening prayer, varying content, reflection time in solitude, lunch with conversation, similar timing for the afternoon. Begins at 9:30, concludes by 2:30.

Fee: \$42 in person (\$30 if BYO lunch) Deposit (\$10) due a week ahead.

Led by: Catherine -Aug. Jill Minasi – Oct. Matt Rollins – Dec.

Location: Gower Estates, Greenville, SC

“Ignatian Retreats” Dates TBA Companionship retreatants one-on-one in person or on Zoom for 3- to 5-day directed retreats is my deepest sense of calling. You would need to have quiet space for this daily: 45 minutes with me either using Zoom or in person to process your prayer and about 1 hour, at 3 different times, for prayer with suggested scripture.

Fee: \$150 for 3 days (4 sessions), \$195 for 5 days (6 sessions), \$250 for 7 days (8 sessions).

Led by: Catherine

27th Annual Beach Retreat: “Learn the Unforced Rhythms of Grace.” Jan. 24-26 weekend. We will focus on this inviting idea of letting go, moving toward greater trust in our holy triune God. Plan to arrive between 4 and 4:30, we will begin at 5 and conclude by 11:00 Sunday. We will have ample time to walk on the beach, nap, renew our souls with God and each other. Maybe even walk a labyrinth on the beach? Cindy will again lead us with her music and teaching.

Fee: \$395 (oceanfront single) Does not include meals

Dep. (\$10) by Dec. 29th

Led by: Catherine and Cindy. Music by Cindy Orr.

Location: Grand Shores, Myrtle Beach area, SC

Spiritual Direction is offered monthly. Our first session is always free as we discern together if what I'm offering is what you are seeking. Spiritual Direction is a graced process for tending the holy in our lives by listening with another for God, minimizing distractions as much as possible.

Fee: \$60 (If that is not doable, we'll find an amount that is.)

With: Catherine

Location: Gower Estates, Greenville, SC or on Zoom

If \$10 is all you can pay, then that is all you pay!
(Donations are always welcome for scholarships)

LEADERSHIP

Cindy Orr - Cindy has been active in music ministry most of her life. She has served in her church music program, and taught Sunday school classes. She was in a group, RainChild, that performed often, then felt led to embark on a solo adventure in music ministry, serving as Worship Leader at Russell Community Church, in Greenville, SC. Currently she is Minister of Worship for Worldwide Harvest Ministries in Greenville. She has led music for beach retreats and Friend Raisers for The Anchorage. Cindy will again do some teaching at the beach and provide worship that glorifies God and encourages us.

Jill Minasi aspires to live a more contemplative life every day. She credits involvement with centering prayer, spiritual direction and events through The Anchorage as catalysts for deepening her relationship with our triune God. She is a Guardian ad Litem, advocating for displaced and abused

children in Greenville County and has a background in counseling. Jill grew up in VA with parents who gave her and her siblings a foundation of what it means to be a disciple. She is married to John and they have two young adults, Will and Gabrielle. She currently serves as the Chair Elect for The Anchorage Servant Leaders and is an active member of Christ Church Episcopal serving in the Kitchen and Lay Eucharist Ministries.

Catherine Powell, Founding Servant Leader of The Anchorage, earned a DMin from The Lutheran Theological Seminary at Philadelphia. Her formation also includes the Spiritual Guidance Program of The Shalem Institute, The Spiritual Exercises of St. Ignatius and training at the Jesuit Center in Wernersville, PA to lead 8-day retreats. Her passion is one-on-one spiritual direction, both monthly and when leading Ignatian retreats. She is married to Skeeter, and they have two grown sons and two granddaughters in college. Her cat, Cassie, attends most of the at home desert days.

Matt Rollins, serves as the Minister of Community Engagement at First Baptist Greenville, where his priorities include overseeing the church's partnerships and networks, discovering ways the church can be active in God's kingdom, and providing entry points to those ministries for the congregation. His three favorite things to do in his spare time have not changed since high school - basketball, reading, and crossword puzzles - although serving God and the Greenville community through the church and being with his family are the most important things in his life. He has been married to his high school sweetheart, Rolyn for 27 years, and they have three children - Jack and Celie Ann, are at Furman, and Lucy, is at JL Mann. They also have a dog, Princess Leia Grace (Gracie) and a cat (Sammy).

Choosing Gentleness

By Bill Dietrich

"In all my experience as a psychiatrist and as a human being, the deepest, most pervasive pathology I have seen is the incredible harshness we have towards ourselves...it is at the core of so many of our troubles."
- Gerald ("Jerry") May (1940-2005), writing in Praying in 1994.

You may know Jerry May as a psychiatrist, author, and teacher of contemplative spiritual guidance at the Shalem Institute, where he taught both Catherine and me. In 1994 Jerry joined a pilgrimage to Bosnia sponsored by the periodical Praying that affected him deeply. In a brief essay he wrote for his fellow pilgrims, Jerry suggests that our harshness towards ourselves in turn results in harshness towards others. He believed this harshness "...comes from a basic mistrust of our goodness, of our beauty and value as children of God. We're so aware of our selfishness and failings we often overlook the compassionate, caring, fundamentally loving and lovely nature of our true hearts." We forget God's mercy and forgiveness freely given. We long to remember that God is always "loving us so much, aching with us, wishing we could feel that love and trust it more."

To break this cycle of harshness towards self and others, Jerry encourages us "... to choose an attitude of gentleness, tenderness, a basic kindness towards ourselves...Think of how you feel towards a small child or someone you truly care for. It's easy to feel that sense of tenderness. All it takes is to turn that feeling towards yourself, easefully, lightly. You know you're good, really, down deep... I like to think of the beloved disciple, leaning back against Jesus' breast, of myself leaning back into God." He reminds us that "nowhere does [Jesus] say we should berate ourselves for failures, but only to turn to God, to seek God first, and not to worry, not be afraid."

Given the enormous human suffering and cruelty we are witnessing in the world today, I could understand how some might hear Jerry's words as being simplistic, perhaps naive. Aren't we called to respond to such violence with action, not just self-reflection? Wouldn't justice require we begin with outward acts of compassion and aid for the victims and just action against the perpetrators of violence?

Jerry anticipated this reaction. Gentleness "is not simplistic niceness, meekness, or passivity. It's a real, substantive feeling that comes from love." Rather than a sign of weakness, gentleness is a sign of real strength, one of the fruits of the Spirit (Gal 5:22-23), and a gift we can practice by being immediately open to its possibility. Such loving gentleness thus becomes a foundation of inner strength and wisdom from which we can discern "what is mine to do."

In my Quaker tradition, we believe that in order to see 'that of God' in others, we must first see it in ourselves. Likewise, if we want to be peacemakers, we must first cultivate an attitude of inner peace. For the sake of the world, may we practice gentleness towards ourselves, that it might radiate into the world, May it be so!
(Thanks to Bill Dietrich for this article based on the article by Gerald May. He has been a spiritual guide and leader of contemplative prayer groups and retreats for over thirty years. He completed both the spiritual guidance and group and retreat leadership programs of the Shalem Institute for Spiritual Formation, where he also served at various times on the board and as executive director. He is a member of the Bethesda (MD) Friends Meeting of the Religious Society of Friends (Quakers) and teaches Zen meditation. In retirement, a major focus of Bill's ministry has been on supporting persons at end-of-life and those who serve them. He lives in Rehoboth Beach, DE, with his wife Anne.)

***It's a real,
substantive
feeling that
comes from love.***

"Better Hands"

Song by Pat Barrett

Don't want to get ahead of myself
Don't want to go my own way
Cause when I go my own way
I always fall short
Been learning how to let it go
I'm learning how to trust You
Cause every time I trust You
I'm never more sure

Chorus (2)

This is in better hands

This is a better plan

This is in better hands than my own

Don't want to build my house on sand

Don't want to build my own name

Cause there's only one name Worthy of all

I'm learning how to let it go
I'm learning how to trust You
Cause every time I trust You
I'm never more sure

Chorus (2)

You saved me when I could not save myself

You love me more than anybody else

I will not fear when I don't understand, cause I know

This is in better hands than my own

You saved me when I could not save myself

You love me more than anybody else

I will not fear when I don't understand, cause I know

This is in better hands than my own

Everyday I try to let it go
I'm learning how to trust You

Cause every time I trust You
I'm never more sure

Chorus (2)

This song and 2 others have been most helpful through my letting go (never easy for me) "Abide" and "Safe within Your Arms, Lord" are worth your time!

Maybe surgery is the ultimate letting go before death? The prayer/help of many made a huge difference, especially Jill Minasi who folds laundry and sweeps front walks well!



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A Contemplative
Community for All

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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)*



Angie Gage, completed her 3-year term as a Servant Leader with The Anchorage. Her 3rd year she served as Chair. The wording on her service award reads “In gratitude to you Angie Gage for your service to God as a Servant Leader with The Anchorage: A Contemplative Community for all (2021-2024) Thank you for your leadership, wisdom, gentle discernment, contemplative insight, willingness to step up when needed and love for God and God’s people”

Financial Status (as of June 30, 2024)

Total gifts budgeted	\$ 26,000
Total received	<u>\$ 25,365</u>
Amount under	\$ 635
Total income budgeted	\$ 38,000
Total received	<u>\$ 34,771</u>
Amount under	\$ 3,229

Because of reduced expenses, we are thrilled to be in the black!

THANK YOU – FOR BELIEVING THAT WHAT WE OFFER IS OF VALUE AND NEEDED TODAY!

Our April Friend/Fund Raiser **“Learn the Unforced Rhythms of Grace”** was a glorious evening. Nicholas Hawkins sang “Safe within Your Arms, Lord” and testimonies shared were from the heart!

We give all the glory to God with grateful hearts for those who listened for God’s leading about how much to give.

All gifts are fully tax-deductible.

Use our convenient online PayPal donation/registration!