



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

DEPTH SOUNDINGS

Encouragement, Inspiration and News from The Anchorage

May 2022

“Comfort and Joy”

Oh, God,
 Sometimes I feel overwhelmed---
I don't even know what to say
 or how to pray...

But I take comfort and am so heartened to know
 that I don't have to say anything...

I know that You know me---better than I know myself,
 that You made me, and
 that You love me and will never leave me, and
 that You are here with me now...
And that I just need to acknowledge that,
 and look to, and depend on You.

If I'm doing too much---show me what to let go of...
If there are things I really need to do, or thoughts I need to listen to---make me aware.

And thank you for the friends and the support
 that I sometimes don't even know is there.

Show me how to do the hard things---
 the things I know I need to do but push aside because I don't want to start,
 or feel I don't know how or where to start...

And help me to know it's all right to do the easy things, the pleasant things;
 That it's OK to take time and make time
 to do things that are enjoyable and pleasant and feed my soul.

Help me, most of all, to look to You first, and listen for your guidance,
 And then go ahead and do those things I want to do, but feel afraid...
 And things I need to do, but feel afraid...
And to recognize when I'm too comfortable where I am and
 just keep putting things off...

But, show me also what I can let go of and leave to You and others
 and know the world will still keep going,
 and I can have time to breathe....

Encourage me,
Challenge me, and most of all---
 Let me never forget that You love me, always and forever...
And that You are so eager for me to live in that love.... and to share that love with others.

Amen

(a prayer by Rosemary Bomar, her bio on page 3)



*anchor
deep*

“Happy Easter”

By Catherine Powell

Talk about comfort and joy! This issue is our last of four with the theme “comfort and joy” and Easter is the perfect culmination. The death and resurrection of our Lord, Jesus Christ, is the center of our faith. And provides our greatest hope – along with comfort and joy!

In January we were grateful to be able to offer our annual beach retreat again in person! We stayed at the South Myrtle Beach Hilton Doubletree. Our oceanfront rooms and meeting space gave us a panorama of God’s splendor in the beauty of the ocean and sky.

Our material was mostly from the book mentioned in our last issue, Tim Keller’s *Hope in Times of Fear*. I confess I’ve had some fear over the last couple of years. Maybe you have too?

Keller’s deep understanding was healing for me. He wrote during the pandemic (2021) and after his cancer diagnosis. His hope was not a “hope-so” hope, as he called it, but a sure hope, a resurrection hope. The fact that Easter happened was God saying I’m here! I’m in this! You are fully known and fully loved, even in these difficult times.

The bigness of God has kept my eyes on the risen Christ. Moving my gaze there again and again sometimes hourly, to stop focusing on me – and trust our loving God who IS love and is with us, Emmanuel.

One small incident Saturday morning at the beach retreat, shines a light on this truth. It was an overcast day – SNOW EVEN – at the beach. No sign of the sun as we gathered to begin our morning prayer. As I lit our candle, in the center of our circle, the sun broke through the clouds and flooded our room with bright sunlight! There was an audible gasp from the group as we responded in awe. Such a strong sense of God smiling on us – and with us – in the moment. All gift!

“Easter Comments on John 20”

By Stan Gumula, OCSO

Let me share a little about the image which moved me when reading the Gospel of John 20: 19 - 31. It was the image of Jesus breathing on his disciples and saying: *Receive the Holy Spirit*. Jesus breathes on me. This image means Jesus wants to communicate his deepest life to me. It is as if there is a new creation. Just as God in the garden of Eden breathed on Adam and he became a living being, so now, Jesus breathes on me to make something profound happen in my life. I feel his breath on me and I am filled with awe and wonder. I experience the intimacy Jesus desires to have with me. This fills me with joy, deep joy. It is something that I experience and which cannot be taken away from me. Another emotion is that of peace. Jesus has just said “Peace be with you” and now he breathes that peace on me. Peace in the sense of calm and a deep confidence. I remember a time when I participated in a workshop in which the resurrection narrative was acted out and the actors were sent out into the audience to exclaim: *He is risen. Jesus is risen*. I remember the peace which came over me. It was not a shout, but a very quiet: *He is risen! Jesus is no longer dead. He has a new life, a risen life*. This image affects my prayer in that I now know that Jesus is close by, right here with me, his breath is upon me, his life is in me. I can turn to Jesus very simply and hold out my arms to him. He wants only good for me. My boldness and confidence overflow. And I know deeply and profoundly that I am called to share this peace, this confidence and this joy with others.

(Thanks to Fr. Stan Gumula for this article and for his encouragement over many years. Fr. Stan Gumula is a native of Philadelphia, PA. After graduating from LaSalle High School in 1959, he entered the Trappist monastic community at Mepkin Abbey in Moncks Corner, SC and served there for about 60 years. He studied at Gethsemani Abbey in Kentucky during the early 1960s, privileged to study under Dan Walsh, Thomas Merton and John Eudes Bamberger. He served as Junior Director, Novice Director, Business Manager and then Abbot. Since 2019, he has been the Chaplain of the Trappistine nuns in Esmeralda, Ecuador.)



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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“Making a Difference”

By Penelope Wesley

“Train up a child in the way he should go and when he is old, he will not depart from it.” (NKJV) Proverbs 22:6

I am certain I could recite these words long before knowing the shortest verse in the Bible--“Jesus wept”. I cannot count the number of times I heard my grandmother repeat Proverbs 22:6. Today, I thank God for a grandmother who prayed. Whether out of desperation, comfort or assurance to herself with whatever life dealt her. She had no idea the influence she was having on a little girl. Growing up, I was in and out of church. When staying with my grandparents I would always go with them. They knew the importance of their faith and living for God. My grandmother found pleasure in being a housewife, but her joy was loving her family. This was her purpose in life.

I started writing these words during Wednesday night Bible Study. We were not studying Proverbs, but our discussion in Luke veered to questioning how anyone can make it in this life without knowing Christ. Our community suffered another loss as teens struggle to continue to find hope. Life is hard for us as adults but think how our children must feel. We live in a world filled with isolation and fear.

I have struggled through the years. I have wandered from God. My focus was often on my own hurts, selfish needs, and the ways of the world, instead of on God. Many years were consumed by a spirit of depression. Those up and down feelings of hopelessness and despair. It is a very lonely place to be. I would like to say I am cured but not today. I am more aware of the symptoms and the episodes are less severe. I am grateful and praise God for the healing of past hurts and trauma. I pray for the same healing of depression, but if not, I know God is with me.

Depression can be difficult to understand especially if neither you nor someone you love has ever experienced it. (Some suicides result as an act from depression to end the pain.) When feeling alone, hopeless, fighting fear and shame, finding ways to connect to others can be difficult. God provided the right people for me at the right time. God sent a Pastor and caring friends, knowing I needed their gifts of prayer, patience, and love. Always encouraging me to make the first step to allow God’s light to come through, light that will penetrate the darkness.

My purpose in life changed through the years. May we as The Anchorage community spend time seeking direction on how we can be a reflection of God’s light. May we discover ways to comfort and bring joy into the life of others. Like my grandmother we may be led to encourage someone and make a difference in their life.

(Thanks to Penny for this article and for her support of The Anchorage for years, by participating in our events, and with both prayer and financial gifts. She was introduced to The Anchorage community in November 2011 when she attended her first Fall Quiet Day. Since that time, she has participated in several beach retreats, desert days, book studies and Come and See events. She is a retired nurse who lives in Liberty, Kentucky and is active in the Methodist Church.)

Cover Acknowledgements

(Thanks to Rosemary Bomar, for this heartfelt prayer and for her support of and participation with The Anchorage since our beginnings in 1998. She is a retired educator who enjoys family, friends and community and church activities. Rosemary is a life-long resident of the Greenville area and a member of Earle Street Baptist Church.)

(The sunrise picture on the cover is from my room at The Litchfield Inn at Pawleys Island where most of our beach retreats were held since our first one January, 1999.)



Upcoming Events

Desert Days: First Fridays, even months, Theme is “Comfort and Joy”

9:30 – 2:30

Reflection in silence with God and others.

June 3 (led by Jonathan Jones)

New theme - TBA

Aug. 5 (led by Catherine)

Oct. 7 (led by TBD)

Fee: \$40 if in person on the deck in Gower Estates, Greenville, SC (\$20 if on Zoom)

“Ignatian Retreats” in person or 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 to process your prayer either in person or on Zoom, and about 1 hour for solitude prayer, 3 different times.

Fee:

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

5-day (6 sessions), \$195,

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

Led by Catherine.

Spiritual Direction, meeting one-on-one monthly for an hour, is a prayerful time to reflect with another about your relationship with God, a listening together for God. Spiritual direction can be a coming home to your deepest heart, your truest self.

With: Catherine

Fee: \$60 if doable otherwise we will find an amount that is. First session is always free.

“Taste and See” is a 2-hour taste of a contemplative retreat either at a welcoming church or at our Gower Estates home. It is free and a great introduction for those who are new to the quiet. Hoping to have one soon. Keep on the lookout. TBA

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



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Community for All

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“When it was evening on that day, the first day of the week, the doors of the house where the disciples had met were locked for fear of the Jews, Jesus came and stood among them and said “Peace be with you.” John 20:19

“Inherent Unmarketability”

From the introduction to
Everything Belongs by Richard Rohr

How do you make **attractive**
that which is **not**?

How do you sell
emptiness, vulnerability, and non-success?

How do you talk **descent**
when everything is about ascent?
How can you possibly market **letting go**
in a capitalist culture?

How do you talk about **dying**
to a church trying to appear perfect?

This is not going to work
(which might be my first step.)



*A sunset over the Sound
from our room at the Inn
at Corolla Light on the
Outer Banks.*

Financial Status as of April 18, 2022 (Our Fiscal Year is July 1 – June 30)

Total FY gifts budgeted	\$ 26,600
Total received	\$ 17,000
Amount needed	\$ 9,600
Total FY income budgeted	\$ 41,320
Total received	\$ 28,000
Amount needed	\$13,320

Our hope going forward is to offer all our events both in person and on Zoom. Please pray with us as we find our way.

**We are excited about the future!
We sense that what The Anchorage offers is needed more now than ever: Time with God for healing and inner transformation!**

Our April Friend/Fund Raiser for '22-'23, “Dance of Love, the 2-Step” was again on Zoom. **Thank you for believing in our mission and giving so generously. It is not too late to make a pledge or contribution, as God leads.**

We give all the glory to God with grateful hearts for all who listened for God’s leading about how much to give. **It was exactly right!**

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

(Use our convenient online PayPal donation/registration.)