



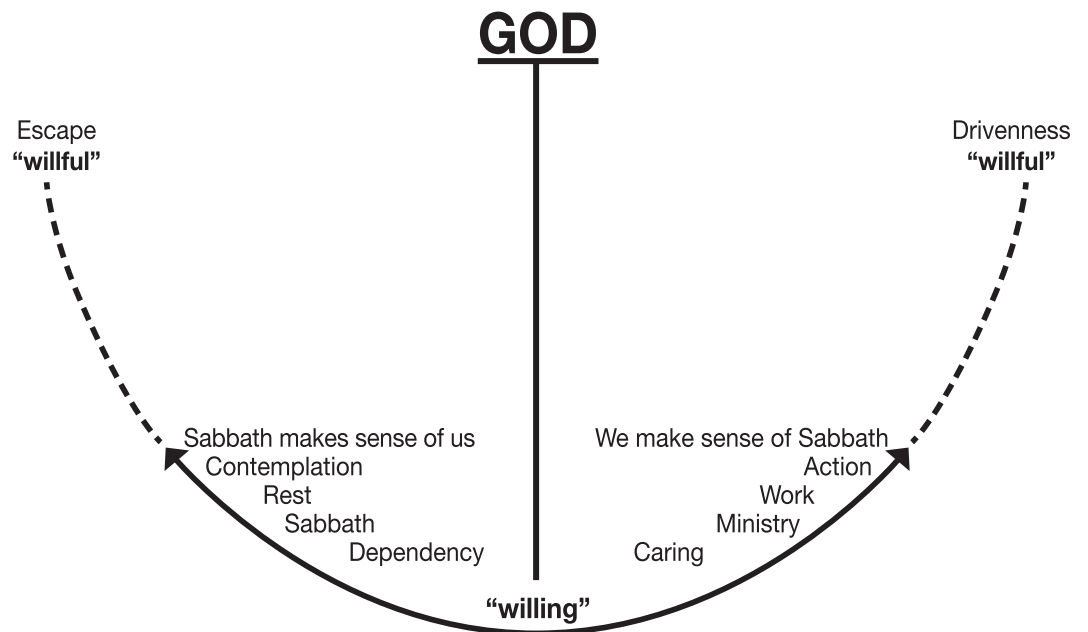
The Anchorage:
A Contemplative Community for All
Come away...

DEPTH SOUNDINGS

Encouragement, Inspiration and News from The Anchorage

November 2022

“God’s Gift: A Rhythm of Work and Rest”



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



*anchor
 deep*

“The First and Greatest Commandment”

By Catherine Powell

To love the Lord your God with all your heart, soul, mind, and strength, is the first and greatest commandment that we all long to do, and do well, but are often unsure about how. It requires intentionality. God gives us moments each day that invite us to be aware of God's love and to love God in return. That's part of living in that unitive/active space, as described in our August Depth Soundings.

The diagram on the cover provides a process that can help us stay in that mutual love relationship with our Triune God, that unitive/active place, the place where we dance together. For the future it means looking at your calendar and putting times on the pages to be true to your heart's desire. This “rhythm of work and rest” is different for each of us and varies depending on our season of life.

This diagram is one way of picturing this intentional way of living. I created this diagram in response to Tilden Edwards' book *Sabbath Time*. Over the course of several years, I led several retreats sharing his wisdom and am delighted that it seems to fit well as one way to live and remain in this unitive/active way, to stay in the dance.

(cont.'d on page 3)

“It Starts as a Nudge...”

By Amanda Mashue

A little tap on the shoulder that I typically ignore because I am too busy doing important things that require all of my attention, time, and energy. There was a time when I had the best job in the world. The job was technically challenging, engaging with colleagues, financially enticing, and completely consuming. Every ounce of value that I could bring to a task or to a relationship was freely presented to on altar of my dream job, sacrifices of worship were offered daily to the detriment of my family, friends, and my walk with the Lord. I was the burnt offering that brought an utter stench to those around me, and I had no idea until the small little tug came and I could not shake it. I tried to ignore it, really, I had to keep busy to try and shut it out. Every time I had a moment alone in my mind there was the uncomfortable realization I was on a path of destruction.

The restlessness grew and became unbearable. I was being called to wake up. Called to be aware. I am loved so much that God would reach down in the darkest parts of my heart and not let go until I was free to release the chains of approval, self-made success, and comfort in my ability to not need anyone to take care of me.

It was a beginning although this was not the first time God had to pry my hands open to remove the clenches of my heart that were so tightly wrapped around my career. My restless heart was not satisfied until I let go. I had to let go of my dream job and when I let go, God showed me what was next. My eyes could see the damage, the destructive path that was coming, and the saving grace freely offered to me. A touch of God's grace has healed a marriage, deepened a family bond, and called me to use the gifts given to me for kingdom work.

More than eight years ago, I took Jesus' hand in the dance of following His lead. I have periods of time when I am attuned with the Holy Spirit and serve with joy. I have periods of time when I try to work out of my own energy, effort, and strength. I try my best not to brush off the nudge. The pursuing grace of God is not satisfied with just periods of time filled with faithfulness. That grace is a continuous outpouring of transforming love. (Phil. 1:6)
(Thanks to Amanda for this article and for her friendship. She is a believer in Jesus Christ dedicated to serving the body of Christ with her husband Aaron as community group leaders at their church. They have one son who keeps them busy, but you can often find all three of them enjoying a board game on the weekends. Amanda currently teaches physics to high school students and just started a new small group of young ladies. She has been challenged by The Anchorage to seek God through intentional times of awakening, away from life's busyness.)



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

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“Reconnecting to Our Spiritual Core”

By Mike Flanagan

Surely, it is God who saves me;
I will trust in him and not be afraid.
For the Lord is my stronghold and my sure defense,
and he will be my Savior. (Is. 12:2)

When I read these words this morning, I was struck by the simplicity of our faith. And yet, these are things that I need to be reminded of on a regular basis. For example, the phrase, “Surely it is God who saves me;” is a reminder that surely it is not Me that saves me. It is not technology that saves me. It is not popularity or charisma or a cadre of friends that saves me. It is the work of God in my life that saves me. If God is not changing me and helping me grow, I am always the one in the way of my salvation. I believe that salvation is an ongoing process - Jesus talked about farming and growing a lot. Perhaps it is an image of our salvation. We start small and with the right nourishment, we grow stronger and taller and hopefully at some point, bear fruit.

I am also aware that God uses people to offer God’s message to each of us. Yes, sometimes God speaks in that still, small voice in the midst of silence and contemplation. And sometimes God speaks in those personal conversations between God’s faithful followers. Our “spiritual fertilizer” can come directly or indirectly.

For 25 years The Anchorage has offered both of those opportunities to encounter the Holy. Quiet retreats, guided spiritual direction, and regular encouragement for our journey of faith are ways in which we can get “fed” and grow and thrive. Surely it is God who saves us, and I am always grateful for those God uses to remind us of our salvation and to reconnect us to our spiritual core. Catherine and the people of The Anchorage have spent the last 25 years listening for God’s voice and reaching out to share what is heard for all of us seeking to grow roots and fruit.

(Thanks to The Rev. Mike Flanagan for this article and for his support and encouragement over many years. He served a three-year term as a Servant Leader, and his last year as Chair, during a pivotal time. He is an Episcopal priest, recently retired as Rector (Sr. Pastor) of Holy Cross Episcopal Church in Simpsonville, SC. Mike enjoys doing spiritual direction, leading worship, and playing guitar. He produced a CD entitled “Come to the Wilderness” in 2001 consisting of 11 original songs and 2 others used by permission. (note: The Anchorage uses his CD often on retreats!) Mike is married and lives with his wife Deborah and his dog, Deacon. He has two children and four grandchildren.)

(Cont.’d from page 2)

God is at the top as the One to whom we listen for leading. The line dropping down from God to us as we live our lives is a plumb line that gently sways to and fro, from work to rest and back to work, depending on God’s leading in each moment. Know that this rhythm of work and rest takes even greater awareness, but it is worth it. It seems essential for our survival and maybe just as importantly, it matters to God that we pay attention to the rhythms of our lives.

Note that the two willful extremes, escape and drivenness, are within the sound of God’s whisper, but those who are willful have closed their ears to any nuanced leading by God. God does not quit revealing more of who God is, and who they are, but they no longer have eyes to see, ears to hear and hearts to follow. The image that comes to mind for escape is staring blankly at a TV or computer screen, often called vegging. An image for drivenness is the gerbil on the treadmill running, going nowhere. We’ve all experienced both to some degree and they are not helpful and can eventually become habitual if we are not careful to pay attention to what God is revealing.

The paired phrases at the bottom of the diagram are descriptive words for the “to and fro” of the pendulum of our lives. Work and rest are the most obvious pair, taken from Genesis when God created everything

“It matters to God that we pay attention to the rhythms of our lives.”

(Cont’d on page 4)



Upcoming Events

**Tues., Nov. 29 - Dec. 20
Advent Book Study, 10:30
– 12. Turn My Mourning
into Dancing: Finding Hope
in Hard Times, by Henri
Nouwen.**

Ever practical, never pat or simplistic, it gently points toward a way of life that is grounded in God’s constancy and rooted in eternal hope, a life that can dance even in the darkest night.

Led by: Catherine

Location: Gower Estates

Fee: \$60 does not include book

**Desert Days: First Fridays
in even months, Theme is
“Learning to Dance: God
Leads, We Follow”**

9:30 – 2:30

Content and Reflection time in quiet with God and community.

Dec. 2 Led by: Matt Rollins

Feb. 3 Led by: Robert Miles

Fee: \$40 (\$30 if BYO Lunch)

Location: Gower Estates

**Jan. 27-29, 25th Annual
Beach Retreat in person!**

Theme: Matt. 11:28-30 “Come to Me and I Will Give You Rest.”

Led by: Catherine and Cindy

Fee: \$395 (\$10 by Dec. 31)

Location: TBD Myrtle Beach area

Listening for God’s leading - eager to be together! Contact us if interested at cpowell@theanchorage.org.

“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), \$195,

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

Led by: Catherine

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



The Anchorage

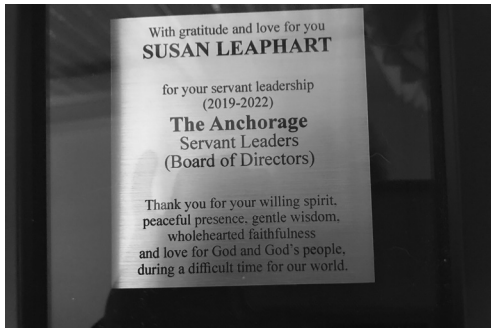
A Contemplative
Community for All

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*"I pray with great faith for you, because I'm fully convinced that the One who began this glorious work in you will faithfully continue the process of maturing you and will put his finishing touches to it until the unveiling of our Lord Jesus Christ!"
Phil. 1:6 (TPT)*



Will have picture of Susan in next issue.

(Cont.'d from page 3)

in six days and then rested on the seventh. While many see the division in the amount of time, it may be more clearly honored by paying attention to God's leading. There are some seasons when we need to live much more on the work side, such as when taking care of a sick loved one. And there are also seasons when we need to live much more on the rest side, such as when dealing with our own illness. Ministry and sabbath are another way of saying work and rest, with the additional concept that even, or maybe especially, those in ministry need a time of sabbath. The caring of ministry or work and the dependency of rest or sabbath, give us a feeling to go with these pairs of words. There are times when we give care as well as times when we need care; when we are dependent on others to care for us. The phrase "sabbath makes sense of us" speaks loudly to our need for this time away from demands and reminds us of the phrase in an earlier chapter that "the sabbath has kept the Jews." Not vice versa. We make sense of sabbath is a phrase that relates to our engagement with the world, because we have taken time to listen and therefore have a sense of direction.

Lastly, we come to the words "action and contemplation." Listening for God's leading, must come first in order to know what action is God's call for me at any particular time. And as the unitive/active way (Aug. '22 issue) illustrates, once in that full to overflowing place of intimacy, we cannot help but overflow to others in action born of the love of God.

Perhaps the most important directive for us on the diagram is the word "willing" at the bottom. Our desire to "hang plumb," to stay within that smaller arc that listens well for God's whisper, is the key. The arrows on the solid line suggest the range of the swing of the pendulum. They are to encourage us to be mindful of our listening, to avoid the temptations to move to escape or drivenness. And it was fun years ago to notice that with the arrows in place the image of where we are called to live, to make our homes in God's love, takes on the shape of an anchor!

(More in the February issue.)

Financial Status

(as of October 17, 2022)

(Our Fiscal Year is July 1-June 30)

Total gifts budgeted	\$ 26,600
Total received	\$ 6,400
Amount needed	\$20,200
Total income budgeted	\$ 41,320
Total received	\$ 8,600
Amount needed*	\$32,720

Our Fall Book Study has been postponed. It will be an Advent Book Study because of home repairs due to a leak. Hoping all will be well by Advent, and for our December Desert Day.

Our Friend/Fund Raiser was again on Zoom. Thank you so much for believing in what we are about and giving generously. We give all the glory to God with grateful hearts for those who listened for God's leading about how much to give. We are discerning about it being in person in February!

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