In basic training, or boot camp, you do a lot of marching. And, I suppose, to help keep seventy-some guys in step, or maybe to pass time while marching – you sing. Sometimes you sing cadences ... other times you sing songs.

One of the songs that we *had* to sing when passing through a tunnel going under a road was "Anchor's Aweigh." I'm not sure why we sang it in the tunnel – maybe it's like singing in the shower – it sounds better.

And in the Navy, anchors are everywhere. Even in a land-locked command, there are anchors in front of the main office buildings. Navy rank insignia have anchors on them. Many of my friends have anchor tattoos.

Anchors are a large part of what is associated with the Navy, and with various maritime activities. My parents live down past the bottom of Lake Huron, and there are anchors everywhere. One of the small towns down there is Anchorville.

Anchors are important because they are used to hold a ship in one place in the water.

The author of the Letter to the Hebrews refers to "the anchor of the soul" and in this he refers to our hope in God.

Hope is one of the theological virtues; and is opposed to despair, which is a loss of hope – a failure to trust in God's mercy; and it is also opposed to presumption – which is a failure to recognize God's justice.

Hope provides a balance between those two extremes. And these are extremes that we often hear about in our society. People are prone, without hope, to either give up entirely or else to ignore the consequences.

Let us pray for an increase in the theological virtue of hope, and know that God's promises given us in Christ are a "sure and firm" anchor for our souls. And in this hope, let us rest in God, in Christ, through the power of the Holy Spirit.