

The Coracle

St Davids Cullowhee



January 8, 2012

Called to embody God's love by welcoming everyone who enters
and by empowering all who stay to make a difference in the world.

Calendar

Sat	Jan 7	Monthly Mindfulness 10 am Canterbury House
Sun	Jan 8	1 st Sunday after Epiphany
Mon	Jan 9	Chad's yoga starts back, 9 am
Sun	Jan 15	2 nd Sunday after Epiphany, Godly Play Reisinger Baby Shower after church
Tue	Jan 17	Vestry 5:30 pm
Sun	Jan 22	3 rd Sunday after Epiphany Parish Annual Meeting
Tue	Jan 24	Franklin Neighborhood Group 7-8:30 pm
Sun	Jan 29	4 th Sunday after Epiphany
Sun	Feb 5	5 th Sunday after Epiphany
Sun	Feb 12	6 th Sunday after Epiphany
Sun	Feb 19	Last Sunday after Epiphany
Wed	Feb 22	Ash Wednesday
Sat	Feb 25	St. David's Day Feast & Auction
Sun	Feb 26	First Sunday in Lent
Mondays 7:25 am		Mindfulness Meditation, Canterbury House
Mondays 9-10:30 am		Chad's yoga

Serving this Sunday

Holy Eucharist

Reader: June Smith
Chalice: Newt Smith
Coffee: June & Newt Smith
Organist: Brad Martin
Readings: [Genesis 1:1-5](#),
[Psalm 29](#), [Acts 19:1-7](#),
[Mark 1:4-11](#)

Serving during January

Bread: Jane Coburn
Flowers: Margot Wilcox
Linen: Susan Rush
Eucharist: Gracia Slater &
Margot Wilcox

First Saturdays 10 am Monthly Mindfulness

We collect food for United Christian Ministries on an ongoing basis. Non-perishable food may be placed in the basket at the back of the church. All food is appreciated, but things such as rice and beans (dried or canned) are more useful to the groups providing meals to the needy than are more highly processed foods. Please keep in mind the basket at the back of the church, a place where we can share our bounty with others in need through the food program of United Christian Ministries.

The Gospel

Mark 1:4-11

John the baptizer appeared in the wilderness, proclaiming a baptism of repentance for the forgiveness of sins. And people from the whole Judean countryside and all the people of Jerusalem were going out to him, and were baptized by him in the river Jordan, confessing their sins. Now John was clothed with camel's hair, with a leather belt around his waist, and he ate locusts and wild honey. He proclaimed, "The one who is more powerful than I is coming after me; I am not worthy to stoop down and untie the thong of his sandals. I have baptized you with water; but he will baptize you with the Holy Spirit."

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, "You are my Son, the Beloved; with you I am well pleased."

Garden Guild Forming at St. David's

This will be an organizational meeting for all who have an interest in landscape planning, gardening, and general maintenance of the grounds and green space around the church. Please join us if you can.

**Meet for lunch this Monday
at Noon at the Mad Batter**



It's a Baby Shower for Jenny and Brad Reisinger

January 15, 2012, after church, in the Canterbury House

Everyone is invited.

Please bring a covered dish and join us to celebrate.

Jenny and Brad are registered at Wal-Mart and BabiesRUs.

The Franklin Neighborhood Group will meet from 7-8:30 pm on Tuesday, January 24 at the home of Eric and Norma Hendrix.



Gracious Space



Your comments and thoughts are desired, especially in writing, prior to the January 22 Annual Meeting if possible. In response to comments so far, the building committee is exploring refinements to the design to address concerns about the proposed parish hall appearing to visually dominate the historic church, environmental friendliness and energy efficiency, maintaining the integrity of the back, right side window in the nave, and of course, always, cost.

A comment box with paper and pencils is in the parish hall, or you can send an email message to stdavids1879@gmail.com or submit a comment on the Gracious Space tab on the website <http://www.st-davids.org>.

In the bleak midwinter...

It's Time to Think About Daffodils and Leeks!

St. David's Day Feast and Auction

Saturday, February 25 at 5:30 pm in the Canterbury House

A special dispensation has been requested to have a feast during Lent!

Daffodils and leeks are traditional symbols of St. David, whose feast day is March 1. Each year we celebrate on the closest Sunday by decorating the church with daffodils, and on the Saturday before we have a feast and auction. This is one of our biggest fundraisers each year, not to mention a fun time for all. So, please put this date on your calendar and start to think about something you can contribute as an auction item. Feel free to think outside the box and come up with new and excitingly different items. To see a sampling of items offered in the past, please [click here](#).



Egrets by Mary Oliver

Where the path closed
down and over,
through the scumbled leaves,
fallen branches,
through the knotted catbrier,
I kept going. Finally
I could not
save my arms
from thorns; soon
the mosquitoes
smelled me, hot
and wounded, and came
wheeling and whining.
And that's how I came
to the edge of the pond:
black and empty
except for a spindle
of bleached reeds
at the far shore
which, as I looked,
wrinkled suddenly
into three egrets - - -
a shower
of white fire!
Even half-asleep they had
such faith in the world
that had made them - - -
tilting through the water,
unruffled, sure,
by the laws
of their faith not logic,
they opened their wings
softly and stepped
over every dark thing.



Be sure and check out Michael's blog, [Ordinary Mindfulness](#), where you will find a daily elaboration on a journey through this poem.

Photo by M. Whaley

St. David's Links and Contact Information:

Website: <http://www.st-davids.org/> [Lectionary Page](#)

Newsletter editor: Maggie Bowles: magbowles@gmail.com

Church phone # and email: 354-0166 stdavids1879@gmail.com

[Altar Guild Schedule](#) for 2012

Diocesan Links:

[Current Issue of the Highland Episcopalian
Diocese of Western North Carolina
Center for Spiritual Resources](#)

Parish News & Notes

Birthdays

Jan 8 **Heidi Dinkelmeyer**

Jan 12 **John Hubschmitt**

Jake Jacobson is home recovering from shoulder surgery with hopes of being back to normal activity soon.

Joanne Cleary continues to recover from knee-replacement surgery. She wishes to thank folks for all the prayers, phone calls, cards, etc.

A Tribute to the Unsung Heroines of the Christmas Decorations

Muff Lyons, Susan Rush and Claire Marsh de-greened the church this week, clearing out the window sills, packing up the candles and hurricane globes, taking the wreaths apart, saving the wreath pins and the wreath forms, and disposing of all the greenery. As usual, the greeners get the glory and the church mice do the clean up!



A great way to begin a new year!



Norma Hendrix's new venture, Cullowhee Mountain ARTS, offers exceptional summer workshops in painting, drawing, printmaking, book arts, ceramics, photography and mixed media. Please [click here](#) to view her new website and to learn more. Norma wishes to acknowledge Hannah Cole, who handles Eric's Fresh Fish Market web-site, Newt Smith, and especially Frank Lockwood, Director of Graduate Entrepreneurship at Western

Carolina, for their help. Norma has been working diligently on building not just this website, but each program and instructor and all the details involved in putting together such a bold endeavor. Yea, Norma!

Help Save Lives: Reach out to the Least Among Us

The Presiding Bishop Katharine Jefferts-Schori has requested that all dioceses contribute to the eradication of malaria by supporting the *Nets for Life*, a life-saving program. *Nets for Life* provides mosquito nets in 17 African countries. These insecticide-treated nets will cover three to five family members and cost only \$12. This is cheaper than the cost of a large pizza. These nets protect the most vulnerable- pregnant women and children up to age five.

Congregations and congregants are asked to contribute to this critical program by sending checks to the Diocese of Western North Carolina 900-B Centre Park Dr., Asheville, NC 28805. Please put *Nets for Life* on the memo line. If you have any questions, please contact the Rev. Deacon Clare Barry ecmbarry@bellsouth.net.

Meditation Opportunity at St. David's

Monday Mindfulness: 7:25-8:30 am in the library of the Canterbury House. Our practice is Contemplation of Wise Texts (Lectio), Sitting Meditation, and Informal Dialogue.

Ordinary Mindfulness

By Michael Hudson

MONDAY, JANUARY 2, 2012

What Is Insight Meditation?

Vipassana means 'insight.' Or 'to see clearly.' It's the kind of meditation a lot of people do the world over. The Buddhists developed it--and give away freely. Meditation is not inherently religious. But it's a marvelous tool for spiritual people.

Vipassana is also translated as 'to see clearly.' Before I knew this translation, I already 'knew it' from meditating. Early on, doing *vispassana* meditation as part of my morning quiet time, I found myself singing "to see Thee more clearly, love Thee more nearly, follow Thee more nearly--day by day."

I knew that meditating would help me *see*, and *love*, and *follow* Jesus in a much richer way. For me this is pretty much the same thing as following my life path--living into Irenaeus's words: "The glory of God is a human being fully alive."

Spirituality gets moldy, vapid, feeble without day to day spiritual formation.

What follows is a clear, helpful description of how to 'DO' *vipassana* meditation. It's from Tara Brach, (the book is *Radical Acceptance*).

Find a sitting position that allows you to be alert—spine erect but not rigid—and also relaxed. Close your eyes and rest your hands in an easy, effortless way. Allow your awareness to scan through your body and, wherever possible, soften and release obvious areas of physical tension.

Because we so easily get lost in thoughts, *vipassana* begins with attention to the breath. Using the breath as a primary anchor of mindfulness helps quiet the mind so that you can be awake to the changing stream of life that moves through you.

Take a few very full breaths, and then allow your breath to be natural. Notice where you most easily detect the breath. You might feel it as it flows in and out of your nose; you might feel the touch of the breath around your nostrils or on your upper lip; or perhaps you feel the movement of your chest or the rising and falling of your abdomen. Bring your attention to the sensations of breathing in one of these areas, perhaps wherever you feel them most distinctly.

There is no need to control the breath, to grasp or fixate on it. There is no “right” way of breathing. With a relaxed awareness, discover what the breath is really like as a changing experience of sensations.

You will find that the mind naturally drifts off in thoughts. Thoughts are not the enemy, and you do not need to clear your mind of thoughts. Rather, you are developing the capacity to recognize when thoughts are happening without getting lost in the story line. When you become aware of thinking, you might use a soft and friendly mental note: “Thinking, thinking.” Then, without any judgment, gently return to the immediacy of the breath. Let the breath be home base, a place of full presence. While you might notice other experiences—the sounds of passing cars, feelings of being warm or cool, sensations of hunger—they can be in the background without drawing you away.

If any particular sensations become strong and call your attention, allow those sensations, instead of the breath, to become the primary subject of mindfulness. You might feel heat or chills, tingling, aching, twisting, stabbing, vibrating. With a soft, open awareness just feel the sensations as they are. Are they pleasant or unpleasant? As you fully attend to them, do they become more intense or dissipate? Notice how they change. When the sensations are no longer a strong experience, return to mindfulness of breathing. Or if

the sensations are so unpleasant that you are unable to regard them with any balance or equanimity, feel free to rest your attention again in the breath.

In a similar way, you can bring mindfulness to strong emotions—fear, sadness, happiness, excitement, grief. Meet each experience with a kind and clear presence, neither clinging to nor resisting what is happening. What does this emotion feel like as sensations in your body? Where do you feel it most strongly? Is it static or moving? How big is it? Are your thoughts agitated and vivid? Are they repetitive and dull? Does your mind feel contracted or open? As you pay attention, notice how the emotion changes. Does it become more intense or weaken? Does it change into a different state? Anger to grief? Happiness to peace? When the emotion is no longer compelling, turn your attention back to the breath. If the emotion feels overwhelming for you, or if you are confused about where to place your attention, relax and come home to your breath.

The particular sensations, emotions or thoughts that arise when we practice mindfulness are not so important. It is our willingness to become still and pay attention to our experience, whatever it may be, that plants the seeds of Radical Acceptance. With time we develop the capacity to relate to our passing experience, whether in meditation or daily life, with deep clarity and kindness.

Other Meditation Opportunities

Living Mindfully, Not Mindlessly--Mindfulness Meditation: Mondays 4:15pm – 5:30pm and Thursdays, 10 am – 11 am. WCU Health & Counseling Center, 225 Bird Building, Pillow Room. Our practice is a few mindfulness-based readings, a check-in, guided mindfulness meditation practice of 15 – 30 minutes with a facilitated discussion and a closing ritual. For details, call 227-7369 and ask for Michelle or go to www.facebook.com/wcumindfulness.

The **Tuesday Meditation Group** meets in the undercroft at St. John's Episcopal Church in downtown Sylva on the **2nd & 4th Tuesdays at noon**. The format is to meditate for 15 minutes at the beginning and 15 minutes at the end. The inspirational material for the half hour in between will be decided by whoever volunteers to facilitate that week. The next meeting will be January 10, and Mary McGlaufflin will facilitate.

Mindfulness Meditation: 9:15 am on Thursdays at Sylva Yoga above Lulu's on Main Street in downtown Sylva. Meditation gives students the opportunity to focus on the deep interconnection between mind and body, which can be experienced directly by practice in mindfulness.