

# The Coracle

St Davids Cullowhee



January 29, 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

Sun	Jan 29	4 <sup>th</sup> Sunday after Epiphany
Wed	Feb 1	Healing Prayer 5:30 pm
Sat	Feb 4	Monthly Mindfulness 10 am
Sun	Feb 5	5 <sup>th</sup> Sunday after Epiphany
Sun	Feb 12	6 <sup>th</sup> Sunday after Epiphany
Tue	Feb 14	Vestry meeting 5:30 pm
Sun	Feb 19	Last Sunday after Epiphany Kyra Yoga with Chad Hallyburton 5-8 pm
Wed	Feb 22	Ash Wednesday
Sat	Feb 25	St. David's Day Feast & Auction
Sun	Feb 26	First Sunday in Lent
Wed	Feb 29	Lenten Service and Study
Sat	Mar 3	Monthly Mindfulness 10 am
Sun	Mar 4	2 <sup>nd</sup> Sunday in Lent
Wed	Mar 7	Lenten Service and Study
Sun	Mar 11	3rd Sunday in Lent
Wed	Mar 14	Lenten Service and Study
Sun	Mar 18	4 <sup>th</sup> Sunday in Lent
Wed	Mar 21	Lenten Service and Study
Sun	Mar 25	5 <sup>th</sup> Sunday in Lent
Wed	Feb 28	Lenten Service and Study
Sun	Apr 1	Palm Sunday
Wed	Apr 4	Wednesday in Holy Week
Sat	Apr 7	Monthly Mindfulness 10 am
Sun	Apr 8	Easter
Fri	May 4	Spring Wine Tasting 6:30 pm

### Serving this Sunday

#### Holy Eucharist

Reader: Lydia Aydlett  
 Chalice: Claire Marsh  
 Coffee: Margot & Tom Wilcox  
 Organist: Nan Watkins  
 Readings: [Deuteronomy 18:15-20](#), [Psalm 111](#)  
[1 Corinthians 8:1-13](#)  
[Mark 1:21-28](#)

#### Serving during January

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

#### Serving during February

Bread: John Slater  
 Flowers: Fran Wheaton & Allison Wunder  
 Linen: Claire Marsh  
 Eucharist: Linda Kinnear & June Smith

### Canterbury House Activities

Mondays 7:25 am Mindfulness Meditation  
 Mondays 9-10:30 am Chad's yoga  
 Mondays 10:45 am Garden Guild  
 First Saturdays 10 am Monthly Mindfulness  
 Thursdays 5:30 pm Alcoholics Anonymous  
 Fridays 5:30 pm U-Club

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.

## Gracious Space Update

In follow-up to the vote last Sunday at the annual meeting on whether to continue to pursue a building project, members who were not in attendance were contacted this week by email to offer them the opportunity to vote via confidential correspondence with Margot Wilcox. The result of the total vote will be announced this Sunday.

## The Gospel

### Mark 1:21-28

Jesus and his disciples went to Capernaum; and when the sabbath came, he entered the synagogue and taught. They were astounded at his teaching, for he taught them as one having authority, and not as the scribes. Just then there was in their synagogue a man with an unclean spirit, and he cried out, "What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are, the Holy One of God." But Jesus rebuked him, saying, "Be silent, and come out of him!" And the unclean spirit, convulsing him and crying with a loud voice, came out of him. They were all amazed, and they kept on asking one another, "What is this? A new teaching-- with authority! He commands even the unclean spirits, and they obey him." At once his fame began to spread throughout the surrounding region of Galilee.

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### Krya Yoga

#### Sunset Asana and Candlelight Meditation

**Effort, Reflection, Submission**  
A workshop with Chad Hallyburton,  
RYT

Sunday, February 19  
5:00-8:00 pm



**Free!**

**Limited Space:  
Pre-Registration Required**  
A light supper of soup and bread  
will be provided

For information or to register:  
[chadjazzguitar@yahoo.com](mailto:chadjazzguitar@yahoo.com)  
828 508-2501

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### St. David's Day Feast and Auction

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

It is time to be brainstorming those auction items! 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](#). Contact June Smith [junesmith41@gmail.com](mailto:junesmith41@gmail.com) to get your items on her list.



Spend fall break week at Fripp Island, SC in a 5 bedroom, 3 bath beach house, second row from the beach. Peaceful and serene but only a daytrip from Beaufort, Hilton Head or Charleston. Newly renovated kitchen and entertainment area. This is a Monday to Monday week, October 15-22, 2012.

# GENEROUS WELCOME

We're building a list of people who would enjoy taking an active part in GENEROUS WELCOME for newcomers to St. David's--people who would be happy to invite a visiting person or couple over for dinner. Please email [Michael](#) if you're game.

## Parish News & Notes

### Anniversary

Feb 6     **John Hubschmitt-Andy Golley**

#### Spring Wine Tasting

Look ahead and mark your calendars now for the Spring Wine Tasting on Friday, May 4 at 6:30 pm. Plan to invite your friends, too.

#### Garden Guild Meets on Mondays

The next meeting will be next Monday, January 30, at 10:45 am at the Canterbury House. We will consider Armando Barron's proposal for removing dead trees and debris along the front bank. To see notes from previous meetings, please [click here](#) then choose the Garden Guild Link. You will need to log in to the web site.

#### A Soothing Touch

Susie Witty, a physical therapist at MedWest, will be travelling to India this March to spend some time working with terminally ill patients in the Mother Teresa of Calcutta Center. As her trip approaches, she is collecting scarves, pretty ones, not necessarily warm, to take to offer as the gift of a soothing touch for the dying. If you have any scarves that you can donate for this, please leave them in the Parish Hall.



#### Full Spectrum Farms Needs Egg Cartons

Full Spectrum Farms is collecting egg cartons to use for starting seeds. They need to be either the paper or plastic kind, not Styrofoam. Just leave them in the Parish Hall or the Canterbury House between now and the end of January.



## 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

THURSDAY, JANUARY 26, 2012

### A Sense of the Possible

One morning at breakfast in the church I served in Norfolk, a little boy about five years old came up and tugged on my sleeve. He was smiling--a big, mischievous smile. "Wanna hear a great joke?"

"Sure," I said.

He said, "Why did the chicken cross the road?"

Somehow I couldn't imagine how a Why did the chicken joke could be great. But his smile was great, so I gamely replied, "I don't know. Why did the chicken cross the road?"

With a voice and affect of a teacher passing on the coolest insight in the world he declared, "To show the possum it *Can Be Done!*"

All of us at the table laughed and laughed. This was 20 years ago. I still think this really is one of the coolest insights in the world.

In 15 words he'd given me as good a definition of Incarnation as I've ever heard.

When Jesus invited people to "Come and see!" what was he inviting them to come and see?

When Einstein said, "Problems can't be solved at the level of consciousness that created them," what was he trying to tell us?

As we all discover, there are a million ways to be wrong, to be hurt, to get tired of being hurt. In one way it's really wise to stop trying to cross the road. Better to stay where we are than to be road-kill.

But then here comes that chicken, crossing the un-crossable. And if we're open and honest, we won't keep telling ourselves it can't be done.

If we're open and honest we'll say to ourselves, "Holy crap--it can be done!"

And then maybe, "It's possible--I just don't know how to do it."

Living in the tension of the not yet possible can be very unpleasant. We often beat ourselves up for not doing what we 'should be able to do.'

On the other hand, living in the tension of the not yet possible can be energizing, stimulating--it can connect us to the very positive sense of curiosity and hopefulness.

One of the great gifts of life is to witness other people crossing roads we haven't yet been able to navigate. This is one of the ways God gets into the world.

Jesus says, Come and see! Einstein nudges us to another level of consciousness. A little kid, five years old, gives his assistant rector some of the most helpful assistance he's ever had.

There are a lot of roads we don't know how to cross...yet.

"Oh, Lord," let us pray, "keep sending us evolved chickens."

## Other Meditation Opportunities

**Living Mindfully, Not Mindlessly--Mindfulness Meditation:** Wednesdays at 12:30 pm WCU Health & Counseling Center, 225 Bird Building, Pillow Room. For details, call 227-7469 and ask for Michelle or go to [www.facebook.com/wcumindfulness](http://www.facebook.com/wcumindfulness). To view a flyer, [please click here](#).

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.

**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.

### St. David's Links and Contact Information:

Website: <http://www.st-davids.org/> [Lectionary Page](#)  
Newsletter editor: Maggie Bowles: [magbowles@gmail.com](mailto:magbowles@gmail.com)  
Church phone # and email: 354-0166 [stdavids1879@gmail.com](mailto: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](#)