

# The Coracle

St Davids Cullowhee



March 4, 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	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 (Daylight Savings Time change)
Wed	Mar 14	Lenten Service and Study
Sun	Mar 18	4 <sup>th</sup> Sunday in Lent
Tue	Mar 20	Franklin Neighborhood Group (Bob Dodd)
Wed	Mar 21	Lenten Service and Study
Sun	Mar 25	5 <sup>th</sup> Sunday in Lent
Wed	Mar 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	<b>Easter</b>
Fri	May 4	Spring Wine Tasting 6:30 pm
Sat	May 19	Yoga Workshop & Indian Dinner
Mon-Thu	Jun 18-21	Vacation Bible School Cullowhee Methodist

## Serving this Sunday

### Holy Eucharist

Reader: Bill Kirwan

Chalice: Claire Marsh

Coffee: Judy & Jere Annis

Organist: Nan Watkins

Readings: [Genesis 17:1-7, 15-16](#)

[Psalm 22:22-30, Romans 4:13-25](#)

[Mark 8:31-38](#)

## Serving during March

Bread: John Slater

Flowers: Mary Turk

Linen: Nan Watkins

Eucharist: Newt Smith & Tom Wilcox

## Canterbury House Activities

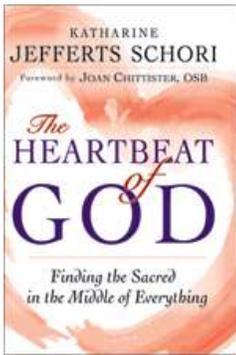
Mondays 7:25 am	Mindfulness Meditation
Mondays 9-10:30 am	Chad's yoga
Mondays 10:45 am	Garden Guild
First Saturdays 10 am	Monthly Mindfulness
Thursdays 5:30 pm	Alcoholics Anonymous
Fridays 5:30 pm	U-Club

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.

## The Gospel Mark 8:31-38

Then Jesus began to teach his disciples that the Son of Man must undergo great suffering, and be rejected by the elders, the chief priests, and the scribes, and be killed, and after three days rise again. He said all this quite openly. And Peter took him aside and began to rebuke him. But turning and looking at his disciples, he rebuked Peter and said, "Get behind me, Satan! For you are setting your mind not on divine things but on human things."

He called the crowd with his disciples, and said to them, "If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it. For what will it profit them to gain the whole world and forfeit their life? Indeed, what can they give in return for their life? Those who are ashamed of me and of my words in this adulterous and sinful generation, of them the Son of Man will also be ashamed when he comes in the glory of his Father with the holy angels."



**Wednesdays during Lent  
Lenten Service 5:30 pm  
Followed by  
Soup and Bread Supper  
And Book Study**

I believe our Presiding Bishop has wise words for us as we work to come to grips with the challenges in our county and state and country and world at this time. We're reading her book, *The Heartbeat of God*, as our Lenten study. If you can't join us on Wednesday nights, please do read this very short chapter. She's very clear about what she thinks the Spirit is saying to God's people. For myself, I'm clear I need to take time to entertain what she's hearing--and passing on.

**Heaven on Earth**

From our Presiding Bishop, Katherine Jefferts Schori

What's your image of the kingdom of heaven? What would the world look like if everything were healed and reconciled? Where would you start?

Stop the wars. Cure the disease that's killing your friend. Make sure that kids everywhere grow up with plenty of adults who care about them, and schools that nurture and challenge their gifts. Build adequate houses for everybody in Haiti—and on every reservation in South Dakota and in every Appalachian cove and holler. Make sure that everybody has enough to eat, and enough for a little feasting once in a while. Bless all adults with meaningful opportunities to put their gifts to work, in ways that are adequate to support their families. Heal the earth and its creatures—clean up the fouled air and water, including the oil spill in the Gulf of Mexico, restore the denuded and decapitated mountains, and figure out how to turn the stuff we call garbage into a blessing.

When we start to look at the particulars, it's easier to see how interconnected all the pieces of this dream are. We're not going to find decent and meaningful employment for everybody unless we figure out how to share more of the abundance that God has already provided. Sufficient numbers of good schools and health care for everybody both depend on a more equitable economic and political system. If we destroy the garden we aren't going to be able to feed everyone. And before we go too far down the line of things we dream about, remember that wars usually get fought over resources—land and what it holds or represents.

When Jesus and the prophets before him proclaim a vision of the kingdom of heaven or the reign of God, they're talking about all these interrelated realities. That's what all the language is about—water in the desert, comfort for the grieving, strong hands and firm knees, sight for the blind and hearing for the deaf, and a straight road home through the terror of the wilderness.

Our faith encourages us to dream dreams, to remember who we are, and whose we are, and where we're going.

That dream has much to do with realizing that God loves all that is—poor people as well as wealthy ones, folks here in the United States and in Bangladesh, and all the rest of creation, not just people. God intends all creation to flourish, not for some to get fat on others' privation. Yet we human beings love to divide up the world into categories of privileged and shunned. The kingdom of heaven doesn't have room for that.

That's a good part of what it means to be poor in spirit—those folks that Jesus says are blessed with the kingdom of heaven (Matthew 5:3). If you're poor in spirit, you're not lording it over somebody else; you're not playing those games of in and out, acceptable and despicable, better and worse. It's sort of like getting a bronze medal in the Olympics. You're just thankful for making it to the medal stand. The silver medalists are the ones who seem to have more trouble—they want to know why they didn't get the gold.

Jesus also blesses the folks who are attacked for trying to build that dream of God's: Blessed are you, he says, who are persecuted for your right sense of relationship (Matthew 5:10–12). These are the people who ask the challenging questions, such as why our country can't manage to provide even minimal health care for everyone, when other developed nations can do it—and do it far more cheaply and with better outcomes. And those obnoxious questions about why some people get treated differently, even though we insist that all are created equal.

As Christians, we believe that dream is the reason we are here. This kingdom of heaven work is what we've been sent to do. As Christians, we believe that dream is the reason we are here. This kingdom of heaven work is what we've been sent to do. It's the mission of the church, but even more clearly, it's God's mission. It is the reason God sent Jesus—to heal divisions, and repair the breach, and fix what's broken between God and human beings. For people of faith, community is a tool for doing that work—it's a body equipped to dream the dream and live it. The Church—the body of Christ—is a dreamworks. Dreamworks is not movie director Steven Spielberg's monopoly, though he is very good at showing people what the ancient dream means—people and alien creatures of many different sorts struggling to live together in peace.

The dream begins in loving God with all you are and all you have, and loving your neighbor as yourself (Deuteronomy 6:5). The first part means that we recognize that all we have and are is gift, from the size of our feet (basketball or ballet?) to the passions we have (teaching children to read, organic farming, working for peace?). And the second part, loving neighbor as self, means joyfully putting those passions to work to begin to make the dream of God a reality.

Faith communities exist to help people dream the dream and begin to live it. Blessed are those who get past the fear that there won't be enough to go around, and blessed are those who yearn for a healed world, hungering and thirsting for restored relationships—their yearning will be answered.

How do you dream? In The Episcopal Church, a Reading Camp program has changed lives from Kentucky to South Africa to Liberia and Kenya. A ministry called Pyramid Professional Resources helps homeless and marginally housed people in Louisville, Kentucky, find work by providing bus passes, job counseling, resume coaching, and computer classes. Faith communities all over the country have worked to bridge the gulf between us and Haiti, and to provide assistance to those who have been devastated by the earthquake there.

It's usually fear that keeps us from dreaming God's dream. What are we afraid of? That fear in each of us is healed by recognizing how well we are loved, and that others are also exceedingly well loved.

Blessed are those who dream dreams with the heart of God—for they will indeed see that dream become reality. Blessed are the humble and poor in spirit, for theirs is the kingdom of God.

## **Saturday Monthly Mindfulness Is This Saturday**

Newton Smith will lead a 30 minute sitting meditation he brings from his ten day intensive retreat this summer in south Georgia.

For our main movement work Windee Willoughby, in a 45 minute segment, will teach basic Qigong.

Michael will fill in the gaps.

We start promptly at 10:00 and end at noon. Bring whatever gear you need for floor sitting--otherwise, chairs are provided.

Hope to see you then.

# Parish News & Notes

## Birthdays

Mar 4 **TJ Walker**  
Mar 7 **Carole Wood, Jane Coburn**  
Mar 8 **Nathan Brown**  
Mar 9 **Jane Brown**  
Mar 10 **Jessica Philyaw**  
Mar 11 **Marianne Hollis**

## Anniversary

Mar 12 **Jeff & Randi Neff**

## Planning Ahead

The **Franklin Neighborhood Group** will meet on **Tuesday, March 20**, 7-8:30 pm at Bob Dodd's home.

**Yog Bhoj** (yoga feast) Saturday, **May 19**, time TBA. Indian cooking demo and full meal with Ruby Banerjee and asana session with Chad Hallyburton. To register, [chadjazzguitar@yahoo.com](mailto:chadjazzguitar@yahoo.com).

## Gracious Space

The gifts committee continues to make visits to church members, and the building committee is expecting to get feedback from the contractors they have spoken with soon. They are also exploring what has to be done in order to sell the rectory.

## Community Bulletin

United Christian Ministries is in need of a vacuum cleaner that works. If you have one that you can donate, please contact Betty Lynn Kirwan [kirwan11@frontier.com](mailto:kirwan11@frontier.com).

## Garden Guild Meets Friday at 10:30 am

Muff Lyons and Betty Lynn Kirwan met with County Extension Agent Christy Bredencamp who determined that the boxwoods have a fungal disease. She recommended a severe pruning and treatment with a fungicide and said they are well worth saving.

WCU arborist David Hatton is scheduled to come on Friday, March 2 to evaluate our trees. Peggy Eidson, also from WCU, may be available on Friday to look at landscaping options and advise on preserving existing plants during construction.

Time and weather permitting, we can do some raking and grooming. 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.

**The Quince is Blooming!**



## St. David's Day Feast and Auction

The auctioneer and his assistant thank everyone who brought the delicious food, donated the outstanding objects and services, bid generously on all the items offered, and cleaned up afterwards. Together, we all contributed almost \$6,000 toward our budget for this year, had lots of fun, and enriched our lives with the fellowship we shared. A Happy Saint David's Day to all!!

Newt and June



Miss Ida Lou graced us with her presence and attracted a lot of attention!



**That Heidi Dinkelmeyer knows how to celebrate a feast day!**

## **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**

**TUESDAY, FEBRUARY 28, 2012**

### Stuck

Just before moving to the NC Mountains I talked to one of my new friends in Cullowhee, Newt Smith. I was planning on getting a pickup truck and was wondering what brand, what size, what options, etc.

"I really love exploring old logging roads," I said. "And I don't want to get stuck in the mud, so I'm thinking about getting 4 Wheel Drive."

"Well," Newt said, "Most folks around here have 4 Wheel Drive pickups. They have a saying about them, too: 'Four Wheel Drive allows you to get way back into the woods...before you get stuck.'"

I wound up buying a nice used Nissan 2 Wheel Drive pickup that averaged 33 MPG. Never had to get it towed out of the wilderness. I had that little red Nissan for 16 years--it got me to the edge of wild places hundreds and hundreds of times. I always walked the rest of the way.

But I have, nevertheless, found hundreds and hundreds of other ways to get stuck.

Stuck is where you are when you stop moving toward where your deep self hoped to be. The way a lot of us deal with this kind of being stuck is to gradually stop hoping to be in that other, longed-for place. But it's not the deep wise hope we should be letting go of--it's the stuff that keeps us stuck.

Mindfulness practice is the best tool I've found to work with being stuck. Though, to be clear about it, sometimes meditation or contemplation is nearly as depressing as it is exhilarating.

That's because when we slow down and do the work of practice, we see just how very stuck we are. And that is wonderful medicine. And a bitter pill.

Einstein said, 'Problems cannot be solved at the level of consciousness that created them.' Mindfulness takes us on a tour of the levels of consciousness that seeded, hatched, and raised the problems that populate our lives. What's the line in Monte Python's Holy Grail? ..."Run away, run away!"

Running away is one of our options. We have others.

The story of the Holy Grail is not a bad metaphor. What seems to be an insoluble problem turns out, almost miraculously, not to be. Over time, what is insoluble sometimes dissolves. What is un-find-able often gets found.

In meditation and contemplation new levels of consciousness are both cultivated and stumbled upon. By doing the grunt work of exploring the lands where we are stuck we are also always stumbling upon doors that open to new worlds.

## 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](#)