

The Coracle

St Davids Cullowhee



May 13, 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 | May 13 | 6 th Sunday of Easter, Mother's Day Jubilate Deo performs <i>We Are</i> |
| Sat | May 19 | Yoga Workshop & Indian Dinner |
| Sun | May 20 | 7 th Sunday of Easter, Godly Play |
| Sun | May 27 | Pentecost Jubilate Deo <i>Contemplation</i> |
| Sat | Jun 2 | Monthly Mindfulness 10 am |
| Sun | Jun 3 | Trinity Sunday |
| Wed | Jun 6 | Healing Prayer 5:30 pm |
| Sat | Jun 9 | Travelling Light Café 9:30 am-12:30 pm |
| Sun | Jun 10 | 2 nd Sunday after Pentecost |
| Tue | Jun 12 | Vestry meeting 5:30 pm |
| Sun | Jun 17 | 3 rd Sunday after Pentecost |
| Mon-Thu | Jul 18-21 | Vacation Bible School at Cullowhee Methodist |
| Sun | Jun 24 | 4 th Sunday after Pentecost |

Serving this Sunday Holy Eucharist

Reader: Betty Lynn Kirwan
Chalice: Betsy Swift
Coffee: Betty Lynn Kirwan
Organist: Nan Watkins
Readings: [Acts 10:44-48](#), [Psalm 98](#)
[1 John 5:1-6](#), [John 15:9-17](#)

Serving during May

Bread: John Slater
Flowers: Rosa Reily & Chad Hallyburton
Linen: Nan Watkins
Eucharist: Muff Lyons & Carole Wood

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.

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

The Gospel

JOHN 15:9-17

Jesus said to his disciples, "As the Father has loved me, so I have loved you; abide in my love. If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love. I have said these things to you so that my joy may be in you, and that your joy may be complete.

"This is my commandment, that you love one another as I have loved you. No one has greater love than this, to lay down one's life for one's friends. You are my friends if you do what I command you. I do not call you servants any longer, because the servant does not know what the master is doing; but I have called you friends, because I have made known to you everything that I have heard from my Father. You did not choose me but I chose you. And I appointed you to go and bear fruit, fruit that will last, so that the Father will give you whatever you ask him in my name. I am giving you these commands so that you may love one another."



Jubilate Deo this Sunday Performing *We Are*

“Yog Bhoj”

**Traditional Indian Cooking
Demonstration, Yoga Asana &**

Full Indian Meal with Dessert

Saturday, May 19 5:00 PM

**St. David’s Episcopal Church
Canterbury House**

The Yog-Bhoj workshop is FULL. If you'd like to have your name added to the waiting list, please contact Chad at 508-2501 or centeringyoga@yahoo.com. Already registered? Payment due by May 10.

All profits will go to *CLEAN SLATE* to further their efforts to support women transitioning from incarceration to responsible freedom. **Suggested Minimum Donation: \$35.00**

Travelling Light Café

Saturday, June 9

9:30 am-12:30 pm

June Smith will guide us through the process of discerning how to best use the sacred opportunity of being inconvenienced by the building process.

Vacation Bible School

We are joining forces with Cullowhee United Methodist Church this year to put on Vacation Bible School during the week of July 18-21st. The program is entitled *Sky: Everything is possible with God*. It will run Monday-Thursday mornings from 9:30 - 11:45 am. We are still in need of more volunteers at all levels. If you have one morning or four or can only help in the evening, please feel free to help in any way you can!

For a more complete description of the program and volunteer jobs and to sign up, you may visit: [Sky](#).

Some of the jobs still needed in order of priority are:
Crew Leaders - help lead small groups of children through the program (ideally people who can be there all four mornings, but we can be flexible, too)

Wild Blue Bible Adventures Leader for preschool-creative story-telling of the Bible stories used in the curriculum

Preschool Games Leader

Chadder Theater - Leads discussion about the movie and mission project (Heifer International)

Decoration crew - Needed on Sunday, June 17th at 6pm

Registration Helpers - needed especially on Monday morning to check children in and get them to their Crew leaders.

Nursery helpers - help watch children in the nursery while their parent is volunteering

Skydive Diner helpers (snacks) - any level of commitment

TAPS

Time and Place

Schedule

Claire Marsh has graciously volunteered to pay attention not only to the scheduling of events at St. David’s but also those at Ramsey Center and WCU in general in order to minimize any conflicts that involve parking, etc. She will also communicate by email or phone call as needed with altar guild members, the cleaning lady, vestry members, the rector, etc. to help ensure that the people who need to know about various things are well informed.

Parish News & Notes

Birthdays

May 16 **Ed Hamlet, Katherine Ulrich**
May 17 **Zachary Smith**

Anniversaries

May 17 **Margot White & Dave Nelson**
May 20 **Sloan & Michael Despeaux**

Nancie Wilson is having some dental surgery on Monday. If you would like to make a batch of soup for her this week, please contact Faye Jacobson at thejakes@frontier.com.



New Coracle Feature

Everyone is encouraged to share their interesting tidbits--just send a quick email message to magbowles@gmail.com and if you possibly can, include a picture.

As it was for Bilbo, it is for Jeff..... just another adventure. After 39 years at WCU he is retiring and looking forward to mapping new paths. Come help us celebrate in hobbit style (that means we are providing the presents - none necessary on your part)!

Saturday, May 26, 2—6 pm

[Soul Infusion](#)

628 E. Main Street, Sylva, NC



Chad Hallyburton is starting a new Dynamic Flow yoga class at Sylva Yoga (above Lulu's restaurant). The class will meet 5:45-7:15 pm on Tuesdays, beginning on May 8.

Follow Chad's yoga philosophy blog at www.centeringyoga.blogspot.com

Check out this article about the summer art workshops being offered by Norma Hendrix' new venture **Cullowhee Mountain Arts** in the Knoxville Daily Sun <http://www.knoxvilledailysun.com/>.

Supermoon



Photograph taken by Michael Hudson at Waterrock Knob.

You are cordially invited to the

**First Dance Recital
of**

**Miss Heidi Rose
Dinkelmeyer**



The Triple Threat
Performing Arts Academy



Spring Dance Recital

“Around the World”

2 pm, Sunday, May 27,
2012

The Fine & Performing
Arts Center

Western Carolina
University

“*France*” will be represented by the three- & four-year-old class.

Find the Flower

CHALLENGE

Flame azalea (*Rhododendron calendulaceum*) flowers are highly variable in color, slightly fragrant. Found in dry, open woods, they vary in height from 2-15 feet.



Newcomb's Wildflower Guide, Lawrence Newcomb

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
Mailing address: PO Box 152, Cullowhee, NC 28723

[Altar Guild Schedule for 2012](#)

Diocesan Links:

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

Auction item

These are some pictures from the first of four *Seasonal Lunch and Gardening Get Togethers* offered by Muff Lyons and Betsy Swift at the St. David's Day Feast and Auction held back in March. This one was held at Margot and Tom Wilcoxes home in Tuckaseegee with Brad, Jennie and Ida Lou Reisinger, Betsey Hamlet, and Betty Lynn Kirwan attending. Betsy (with help from Barb Manke) prepared a yummy lunch and Muff had a great deal of good advice and many ideas about not only Margot's garden in particular, but gardening in general. Everyone had questions about their own gardens. And there was no question but that Miss Ida Lou was the prettiest little flower in the garden.



Betsy made notes on her new iPad



Ida Lou and Jennie Reisinger before lunch. Look at that baby push up on her feet!



Muff had just suggested some pruning for the flame azalea; Brad is studying where to make the cuts.



Betty Lynn, Muff and Betsey at lunch.

Betsey, Brad, Ida Lou and Jennie at lunch.



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, May 7, 2012

FOUR FOUNDATIONS OF MINDFULNESS

Four years ago I drove my car after the engine warning light came on. I *had* to get to a meeting. After the meeting I noticed a loud clicking I'd never heard before. I was almost in Asheville anyway so I took the car to the dealer. The engine was practically 'frozen'--which meant part of the engine had gotten so hot that bits of it melted and were now stuck together. \$5,600.00 to repair (replace the engine).

I was so frustrated with myself. My feelings and their 'accusations' were *so* intense.

I called my wife and asked her to come pick me up--an hour's drive--so I had 60 minutes to stew in my own juices. And plenty of juices to stew in.

I begin to do mindful practices--and they were quite helpful. But I wish I'd had the rather comprehensive list posted below--Jack Kornfield's summary of the 4 Foundations of Mindfulness (found in *The Wise Heart*). They're much more detailed than most of us need most of the time. And they suggest working in ways that seem like overkill to many of us. Kind of like a child wanting to learn how to ride a bike and a grownup launching into the progression of the 30 gears to use climbing Mt Mitchell.

But one day, that child might want to bike up Mt. Mitchell. And then...curiosity and necessity may well open up a whole new area of interest and need.

I'd recommend making a copy of this. Then when something is really *stewing in you*, pull it out. Read it again. Then work with what's 'cooking' in some of the ways that JK suggests.

With recognition and acceptance we recognize our dilemma and accept the truth of the whole situation. Then we investigate more fully. Whenever we are stuck, it is because we have not looked deeply enough into the nature of the experience.

As we undertake the Investigation part of RAIN practice (here's a [link](#)), we focus on the four critical areas of experience: Body, Feelings, Mind, and Dharma. These are called the four foundations of mindfulness...here's a simple overview:

When we are investigating a difficulty and something is *cooking* inside, we want first to become aware of what's happening in our **BODY**. Can we locate where in the body the difficulties are held? Sometimes we find heat, contraction, hardness, or vibration. Sometimes we notice throbbing, numbness, or even a certain shape and color. Are we meeting this area with resistance or with mindfulness? What happens when we hold these sensations with mindfulness? Do they open? Are there other layers? Is there a center? Do they intensify, move, expand, change, repeat, dissolve, or transform?

Next we need to investigate *which* **FEELINGS** are part of this difficulty. Is the primary feeling tone pleasant, unpleasant, or neutral? And then we ask—Are we meeting this particular feeling with mindfulness? And what are the secondary feelings associated with it? Often we discover a constellation of feelings.

A man remembering his divorce may feel sadness, anger, jealousy, loss, fear, and loneliness. A woman who was unable to help her addicted nephew can feel longing, aversion, guilt, desire, emptiness, and unworthiness.

With mindfulness, each feeling is recognized and accepted. We investigate whether it is pleasant or painful, contracted or relaxed, tense or sad. We notice where we feel the emotion in our body and what happens to it as it is held in awareness.

Looking next into the **MIND**, we notice what thoughts and images are associated with this difficulty. We become aware of all the stories, judgments, and beliefs we are holding. When we look more closely, we often discover that some of them are one-sided, fixed points of view, or outmoded, habitual perspectives. We see that they are only stories. With mindfulness we loosen their hold on us. We cling less to them.

The fourth foundation of mindfulness is the **DHARMA**. Dharma is an important and multifaceted word. It can mean the teachings and the path of Buddhism. It can mean the Truth, and in this case it can also mean the elements and patterns that make up experience. Investigating the Dharma, we look into the principles and laws that are operating. Is the experience actually as solid as it appears? Is it unchanging, or is it impermanent, moving, shifting, re-creating itself? Does the difficulty expand or contract the space in our mind? Is it under our control or does it seem to have a life of its own? We notice if it is self-constructed. We investigate whether we are clinging tight, resisting it, or simply letting it be. We see whether our relationship to it is a source of suffering or happiness. And finally, we notice how much we identify with. This leads us back to RAIN, and to the principle of non-identification.

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. 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.