

The Coracle

St Davids Cullowhee



June 3, 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	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, Godly Play
Mon-Thu	Jun 18-21	Vacation Bible School at Cullowhee Methodist
Sun	Jun 24	4 th Sunday after Pentecost
Sun	Jul 1	5 th Sunday after Pentecost
Sat	Jul 7	Monthly Mindfulness
Sun	Jul 8	6 th Sunday after Pentecost
Tue	July 10	Vestry Meeting 5:30 pm
Sat	Jul 14	Altar Guild Workshop
Sun	Jul 15	7 th Sunday after Pentecost
Sun	Jul 22	8 th Sunday after Pentecost

Serving this Sunday Holy Eucharist

Reader: Vance Davidson

Chalice: Curtis Wood

Coffee: Pat & Steve Steinbrueck

Organist: Brad Martin

Readings: [Isaiah 6:1-8](#), [Psalm 29](#),
[Romans 8:12-17](#), [John 3:1-17](#)

Serving during June

Bread: Jane Coburn

Flowers: Betty Lynn Kirwan

Linen: Claire Marsh

Eucharist: Judy Annis & Faye Jacobson

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.

A Message from Michael

My day off is Friday (+ Sat & Sun afternoons). Priests usually take either Friday or Monday as their one full day off. Most also take weekend afternoons. As we are all more accessible to email (or Facebook posts) all the time, I wanted to make sure you know so you understand I'm not just ignoring you when you email me during those times--I'm learning to ignore you conscientiously!

Michael

Editor's Note: For most of us, email messages and Facebook posts arrive when we get around to checking our accounts and get answered when we get to it. This lends certain randomness to it, depending on each individual's schedule and availability, but it generally results in a pretty efficient transfer of information, especially when only a quick question or answer is needed.

The Gospel JOHN 3:1-17

There was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, "Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God." Jesus answered him, "Very truly, I tell you, no one can see the kingdom of God without being born from above." Nicodemus said to him, "How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?" Jesus answered, "Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, 'You must be born from above.' The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit." Nicodemus said to him, "How can these things be?" Jesus answered him, "Are you a teacher of Israel, and yet you do not understand these things?"

"Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life.

"For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

"Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him."

Gracious Space

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.



The building committee met this week with the architect and contractor who have now been hired to proceed with the building project. Some exciting and very helpful changes to the original design have been suggested. Sketches will be on display this Sunday in the Parish Hall.

Home For Sale

The church property that we call the rectory, 137 S. Country Club Drive in Forest Hills, is listed for sale with Cullowhee Real Estate agent Norman West. A great location close to campus, it is priced to sell as a fixer-upper at \$165,000. This is its [MLS listing](#). If you know of anyone who might be interested, please have them contact Norman West at 293-5678 or normanwest@frontier.com.



Vacation Bible School

The Cullowhee United Methodist Church /St. David's VBS organizers have sent a wish list of food items that church members can donate to help with the program. There will be a box labeled for this in the Parish Hall, and items can be placed in it until Friday, June 15.

Individually wrapped assorted candies:

Hershey's kisses - 2 bags

Starburst candies - 1 bag

Small tootsie rolls - 1 bag

Jolly Ranchers candies - 1 bag

Pretzel sticks - 4 large bags

Cool whip - 2 containers

Whipped cream cheese - 6 containers

Marshmallow creme - 70 ounces total

Squeeze bottle chocolate syrup - 3

Mild Cheddar Cheese cubes - 3 large bags

(enough for 6 1/2 inch cubes per participant)

Parish News & Notes

Birthdays

June 3 **Kevin Stevens**

June 6 **Elise Reynolds**

June 10 **Bill Lyons**

Anniversary

Jun 7 **Jake & Faye Jacobson**



Thank you, whoever planted the begonias in the bed to the right of the driveway.

Excellent supervision makes all the difference!



Ten large stones have been placed to the left of the driveway to discourage driving on the grass and to protect the newly repaired and repainted church sign that will be reinstalled soon. Carole Wood and Linda Kinnear make sure that Curtis Wood and Jim Bowles place the stones properly. Once the temporary sign and the remains of its enclosure are removed, there will be a couple of additional parking spaces.

Coming This Summer!

A REAL Yard Sale

Some of the plants and shrubbery around the present Parish Hall will need to move to new homes in the not too distant future. If you are interested in any of these, or if you know of anyone who might want the large boxwoods in particular, please speak with someone in the Garden Guild-Linda Kinnear, Carole Wood, Maggie Bowles, Margot Wilcox, Betty Lynn Kirwan, Laurie Hulbert, Haidee Wilson, June or Newt Smith.

Off to the Races...

Be sure and check your email for a message from Bill Kirwan gauging interest for a group trip to Lexington, KY, October 5-7 to visit the Keeneland Race Track. If you think you may be interested, please email [Bill](#) with your transportation preferences as requested in his [letter](#).



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](#)

Good People of St. David's
Where are you?
What are you doing?
GPS

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.

Eric Hendrix & Friends: in concert Saturday, 2 June, in Franklin 8:30 @ [the Rathskeller Coffee Haus & Pub w/ George & Heidi](#). Along with Pete Cortese - passionate percussion; Norma Hendrix - stirring flute and vocals; Dave Magill - bass and vocals, we will be performing an evening of original and inspired acoustic music!

Cullowhee Mountain Arts First Week of Summer Workshops is rapidly approaching ([click here](#)). Susan Demcheck: "Plein Air Watercolor-Palette, Purpose, Process, Painting" 17 - 22 June 2012; Intermediate to Advance. **SPECIAL OFFER: \$100 off Housing/Meal Plan with Enrollment in any June Workshop. Use coupon code: Junebug. Offer Expires June 15!**

Congratulations to **Scott Philyaw**, associate professor of history and director of the Mountain Heritage Center at WCU, on being elected to membership in the Historical Society of North Carolina. The society is limited to 75 members who are elected based on publications, professional reputation and contributions to the state and the profession of history.



That's Our Heidi!

Heidi Dinkelmeyer, far right, participated in her very first dance recital last Sunday.

Congratulations, Austin!

Austin Coburn graduated from 8th grade on May 23. Next stop - Smoky Mountain High School! Austin, we are so proud of you!



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, MAY 31, 2012

Deconstructing Fundamentalism

Fundamentalism is wrong, small-minded, stupid, and is ruining the world. I'm absolutely sure of it. Which, of course, makes me a fundamentalist.

Almost all of us are often fundamentalists. If you're convinced you're absolutely NOT one, that's a pretty good sign you're one too.

Mindfulness deconstructs Fundamentalism--simply by giving us each the best seat in the house to observe the fantastic dramas of our own minds and lives. If you're not mindful, you may disagree with this, which of course, is completely reasonable. To observe the truth about ourselves takes...observation. You know?

Jonathan Haidt writes in *The Happiness Hypothesis*,

"...We are all, by nature hypocrites, and this is why it is so hard for us to follow the Golden Rule faithfully. Recent psychological research has uncovered the mental mechanisms that make us so good at seeing the slightest speck in our neighbor's eye, and so bad at seeing the log in our own. If you know what your mind is up to, and why you so easily see the world through a distorting lens of good and evil, you can take steps to reduce your self-righteousness. You can thereby reduce the frequency of conflicts with others who are equally convinced of their righteousness."

It's both painful and wonderful to "know what your mind is up to." Every time a 'log' is taken out of our own eye it can feel like a crowbar digging into us. Yet, to be free of the blindness and constriction small-mindedness brings, as Haidt's title suggests, "Happiness." New-found freedom to see the world more openly invites the deep joy of wisdom itself.

Taking contemplative time daily to sit non-judgmentally with our thoughts and feelings trains us as observers. Even 5 minutes a day makes a difference. Taking the practice 'on the road' is just as helpful. All it takes is a consistent intention to become more aware of what 'certainty' feels like. Each time we have a strong 'sense' that somebody else is wrong and we're right, we 'note' it.

Then we 'play' with it. What happens when I suspend my certainty? What happens if, in this one moment, I am an agnostic regarding my own Settled Truth? What's possible if, instead of entertaining judgment and working up a counterpoint, we choose to invite curiosity and kindness into the mix?

What happens? That 'log' in our eye sometimes falls out painlessly. And we experience the opposite of fundamentalism--a rather delightful kind of openness.

I'm sure of it.

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 Syla Yoga above Lulu's on Main Street in downtown Syla. Meditation gives students the opportunity to focus on the deep interconnection between mind and body, which can be experienced directly by practice in mindfulness.