

# The Coracle

St Davids Cullowhee



June 10, 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 9	Travelling Light Café 9:30 am-12:30 pm
Sun	Jun 10	2 <sup>nd</sup> Sunday after Pentecost
Tue	Jun 12	Vestry meeting 5:30 pm
Sun	Jun 17	3 <sup>rd</sup> Sunday after Pentecost, Godly Play
Mon-Thu	Jun 18-21	Vacation Bible School at Cullowhee Methodist
Sun	Jun 24	4 <sup>th</sup> Sunday after Pentecost
Sun	Jul 1	5 <sup>th</sup> Sunday after Pentecost
Sat	Jul 7	Monthly Mindfulness
Sun	Jul 8	6 <sup>th</sup> Sunday after Pentecost
Tue	July 10	Vestry Meeting 5:30 pm
Sat	Jul 14	Altar Guild Workshop
Sun	Jul 15	7 <sup>th</sup> Sunday after Pentecost
Sun	Jul 22	8 <sup>th</sup> Sunday after Pentecost

## Serving this Sunday Holy Eucharist

Reader: June Smith

Chalice: Newt Smith

Coffee: Faye Jacobson

Organist: Brad Martin

Readings: [Genesis 3:8-15](#), [Psalm 130](#)

[2 Corinthians 4:13-5:1](#), [Mark 3:20-35](#)

## Serving during June

Bread: Jane Coburn

Flowers: Betty Lynn Kirwan

Linen: Claire Marsh

Eucharist: Judy Annis & Faye Jacobson

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  
First Saturdays 10 am Monthly Mindfulness  
Thursdays 5:30 pm Alcoholics Anonymous  
Fridays 5:30 pm U-Club

## The Gospel MARK 3:20-35

The crowd came together again, so that Jesus and his disciples could not even eat. When his family heard it, they went out to restrain him, for people were saying, "He has gone out of his mind." And the scribes who came down from Jerusalem said, "He has Beelzebul, and by the ruler of the demons he casts out demons." And he called them to him, and spoke to them in parables, "How can Satan cast out Satan? If a kingdom is divided against itself, that kingdom cannot stand. And if a house is divided against itself, that house will not be able to stand. And if Satan has risen up against himself and is divided, he cannot stand, but his end has come. But no one can enter a strong man's house and plunder his property without first tying up the strong man; then indeed the house can be plundered.

"Truly I tell you, people will be forgiven for their sins and whatever blasphemies they utter; but whoever blasphemes against the Holy Spirit can never have forgiveness, but is guilty of an eternal sin" -- for they had said, "He has an unclean spirit."

Then his mother and his brothers came; and standing outside, they sent to him and called him. A crowd was sitting around him; and they said to him, "Your mother and your brothers and sisters are outside, asking for you." And he replied, "Who are my mother and my brothers?" And looking at those who sat around him, he said, "Here are my mother and my brothers! Whoever does the will of God is my brother and sister and mother."



# Travelling Light Café

Saturday, June 9

9:30 am coffee, tea and muffins

Your presence is needed this Saturday morning to share creative ways in which to maintain our sense of community and purpose during the construction of our new parish hall. Consider it an opportunity to put in your two-cents worth as together we figure out how to make this an opportunity rather than a disruption.

## Gracious Space

Stakes have been placed to mark the outline of the proposed parish hall—orange ones mark the corners of the building, yellow ones the south porch and white ones the ramp. Depending on how long it takes to work out the details and pricing of what is to be included in the project, construction could begin by late August.

### 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](mailto:normanwest@frontier.com).



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## 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



The Franklin Neighborhood Group will meet on Wednesday, June 20 from 7-8:30 pm at the home of Lynn Willoughby, off Highway 64 between Franklin and Highlands. All are welcome. Please respond if you can attend and if you need directions—[stdavids1879@gmail.com](mailto:stdavids1879@gmail.com).

# Parish News & Notes

## Birthdays

June 6 **Elise Reynolds,  
Lesley Williams**  
June 10 **Bill Lyons**  
June 13 **Eric Hendrix**  
June 14 **Rose Helen Graham**  
June 15 **Larry Hill, Laurie Hulbert**  
June 16 **Caroline Goodkind**  
June 17 **Laura Annis Gravely**

## Anniversary

Jun 17 **Scott & Jessica Philyaw**

## Off to the Races...

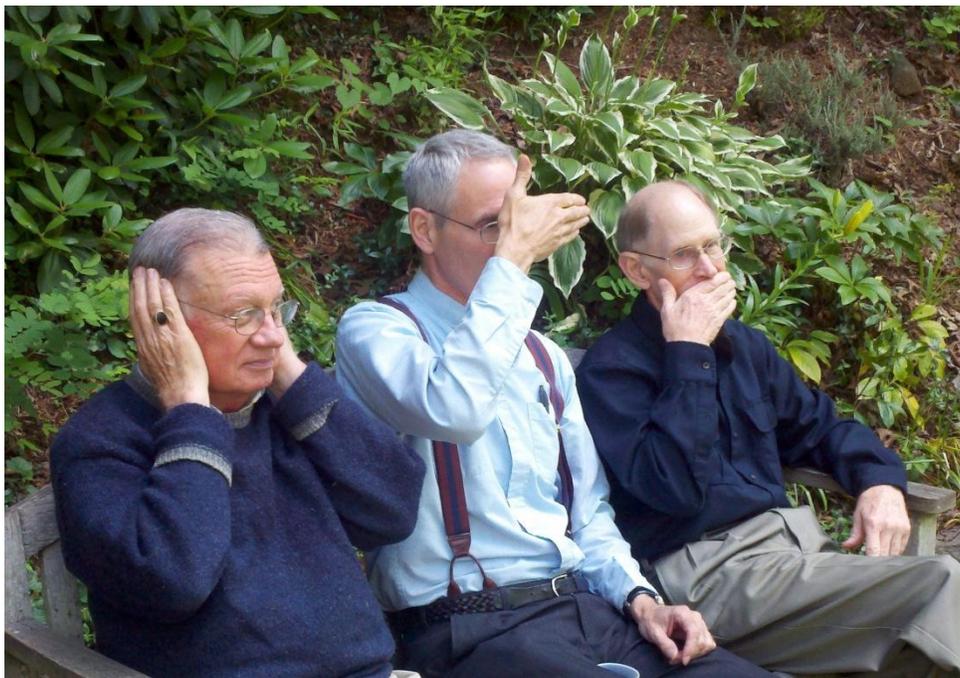
This is a reminder to let Bill Kirwan know if you are interested in being part of a group trip to Lexington, KY, October 5-7 to visit the Keeneland Race Track. You can email [Bill](#) with your transportation preferences as requested in his [letter](#).



## 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.



**Hear No Evil**  
**See No Evil**  
**Speak No Evil**

Hmmmmmmmm.....

Is 'See No Evil' peeking?



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

**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!](#)**

#### **Book Club at Sylva Yoga**

A new book club will begin on Thursday, June 14, at 11:30 in the studio of Sylva Yoga above Lulu's. The first book is *Awakening the Buddha Within* by Lama Surya Das. Feel free to bring your lunch. City Lights will gladly order the book and give you a 10% book club discount. Their number is 586-9499.

Join City Lights Bookstore's celebrating the release of local author and Smoky Mt. News' George Ellison's new collection of poetry and prose **Friday June 8th 6:30 p.m.** *Permanent Camp* is a retrospective celebration of living in and observing the natural world of the Smoky Mountains. Through poetry and narratives, Ellison relates raising a family with his wife, Elizabeth, as they make a life as a writer and artist inspired by the local landscape. Complementing George's writing is the vivid watercolor art work of Elizabeth, which is also featured throughout the book (you can also view her watercolor of Eric's Fresh Fish Market on the wall in the Sylva store). To reserve a copy, call City Lights: [828-586-9499](tel:828-586-9499).

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### **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.

#### **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.

## Ordinary Mindfulness

By Michael Hudson

MONDAY, JUNE 4, 2012

### 15 Things to Give Up

Last week my friend Vic re-posted on FB a list of "15 things to give up." I think it's a great list--and was just about to re-post it 'as is' here when I realized I couldn't quite say grace over some of the explanations that follow the **BOLD** letters (the original post made it sound a little too easy--doesn't quite fit my own experience of the *steady slog* that lasting transformation seems to be!).

So...I've tweaked some of it. If you want to read the original, it is [here](#), on Purposefairy.com.

Here is a list of 15 things which, if you give up on them, will make your life a lot easier and much, much happier. We hold on to so many things that cause us a great deal of pain, stress and suffering – and instead of letting them all go, instead of allowing ourselves to be happier and more stress free – we cling to them. Not anymore. Try giving up on things that no longer serve you, and embrace change. Ready? Here we go:

**1. GIVE UP YOUR NEED TO ALWAYS BE RIGHT-** There are so many of us who can't stand the idea of being wrong – wanting to always be right – even at the risk of ending great relationships or causing a great deal of stress and pain, for us and for others. It's just not worth it. Whenever you feel the 'urgent' need to jump into a fight over who is right and who is wrong, ask yourself this question: *“Would I rather be right, or would I rather be kind?”* Wayne Dyer. What difference will that make? Is your ego really that big?

**2. GIVE UP YOUR NEED FOR CONTROL-** Be willing to give up your need to always control everything that happens to you and around you – situations, events, people, etc. Whether they are loved ones, coworkers, or just strangers you meet on the street – just allow them to be. Allow everything and everyone to be just as they are. Do this also for yourself. It's powerful medicine—both for us and our 'others'.

*“By letting it go it all gets done. The world is won by those who let it go. But when you try and try. The world is beyond winning.”* Lao Tzu

**3. GIVE UP ON BLAME-** Give up on your need to blame others for what you have or don't have, for what you feel or don't feel. Stop giving your powers away and start taking responsibility for your life.

**4. GIVE UP YOUR SELF-DEFEATING SELF-TALK-** Oh my. How many people are hurting themselves because of their negative, polluted and repetitive self-defeating mindset? Don't believe everything that your mind is telling you – especially if it's negative and self-defeating. You are better than that.

*“The mind is a superb instrument if used rightly. Used wrongly, however, it becomes very destructive.”* Eckhart Tolle

**5. GIVE UP YOUR LIMITING BELIEFS-** about what you can or cannot do, about what is possible or impossible. We have more capacity to grow and change and be happy than we usually trust. Thinking outside the box often leads to significant discoveries outside the box.

**6. GIVE UP COMPLAINING-** Give up your constant need to complain about those many, many, maaany things – people, situations, events that make you unhappy, sad and depressed. Nobody can make you unhappy; no situation can **make you** sad or miserable. It's our response to others--'endorsing' the misery--that makes us suffer. It's not the situation that triggers those feelings in you, but how you choose to look at it.

**7. GIVE UP THE LUXURY OF CRITICISM-** Give up your need to criticize things, events or people that are different than you. We are all different, yet we all are also so similar. We all want to be happy, we all want to love and be loved and we all want to be understood. We all want something, and something is wished by us all.

**8. GIVE UP YOUR NEED TO IMPRESS OTHERS-** Stop trying so hard to be something that you're not just to make others like you. It doesn't work this way. The moment we stop trying so hard to be something that we're not, the moment we take off our masks, the moment we accept and embrace the real 'us', we will find people who like us for who we are instead of who we have to remember and pretend to be.

**9. GIVE UP YOUR RESISTANCE TO CHANGE-** Stasis is good. For living things to be in stasis, it means they've found the balance in taking in the new and sloughing off the old. To be unchanging is to be dead.

**10. GIVE UP LABELS-** Stop labeling those things, people or events that you don't understand as being weird or different and try opening your mind, little by little. Minds only work when open.

**11. GIVE UP ON YOUR FEARS-** Stop reacting from fear. Instead, listen to what your thoughts and feelings may be advising you to run from and then consciously choose what's appropriate.

**12. GIVE UP YOUR EXCUSES-** Both in conversations with our 'selves' and with others. Instead of self-Justification, we practice honesty and self-Appreciation.

**13. GIVE UP THE PAST-** This doesn't mean ignoring or forgetting our history—but choosing, wisely, how what we've learned in the past guides present choices.

**14. GIVE UP ATTACHMENT-** Attachment is to not let go of certain feelings, thoughts, people, things, etc.—never mind if these things or good bad for us and those around us. A life of attachment means we're lugging around 4 suitcases full of our favorite 'blankies' (security blankets).

**15. GIVE UP LIVING YOUR LIFE TO OTHER PEOPLE'S EXPECTATIONS-** “Wisdom calls aloud from the crossroads, the gates to the city, the marketplace.” At least that's the wisdom of Proverbs. Listen to the wisdom that rings truest for you, and move day by day to embody it, and then you'll be fulfilling your own wise, healthy, and genuine expectations.

**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)

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](#)******