

The Coracle

St Davids Cullowhee



June 17, 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	Jun 17	3 rd Sunday after Pentecost, Godly Play
Mon-Thu	Jun 18-21	Vacation Bible School at Cullowhee Methodist
Wed	Jun 20	Neighborhood Group - POSTPONED
Sun	Jun 24	4 th Sunday after Pentecost Body Prayers with Chad Hallyburton 9 am
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 - POSTPONED
Sun	Jul 15	7 th Sunday after Pentecost, Godly Play
Sun	Jul 22	8 th Sunday after Pentecost

Serving this Sunday Holy Eucharist

Reader: Charles Pringle

Chalice: Nancie Wilson

Coffee: Mary McGlaufflin

Organist: Brad Martin

Readings: [1 Samuel 15:34-16:13](#), and

[Psalm 20](#) *or*

[Ezekiel 17:22-24](#) and [Psalm 92:1-4, 11-14](#)

[2 Corinthians 5:6-10, \(11-13\), 14-17](#)

[Mark 4:26-34](#)

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 4:26-34

Jesus said, "The kingdom of God is as if someone would scatter seed on the ground, and would sleep and rise night and day, and the seed would sprout and grow, he does not know how. The earth produces of itself, first the stalk, then the head, then the full grain in the head. But when the grain is ripe, at once he goes in with his sickle, because the harvest has come."

He also said, "With what can we compare the kingdom of God, or what parable will we use for it? It is like a mustard seed, which, when sown upon the ground, is the smallest of all the seeds on earth; yet when it is sown it grows up and becomes the greatest of all shrubs, and puts forth large branches, so that the birds of the air can make nests in its shade."

With many such parables he spoke the word to them, as they were able to hear it; he did not speak to them except in parables, but he explained everything in private to his disciples.

Gracious Space

St. David's was awarded a \$20,000 grant by the Diocesan Foundation this week subsequent to June Smith, Maggie Bowles and Michael Hudson making an appeal at their board meeting. The Diocesan Fiscal Committee had previously approved a \$25,000 interest-free loan. This puts fundraising over \$200,000 at this point.

The building committee will meet again with the contractor and architect on Monday morning to evaluate pricing information in much greater detail than has been available to date. Tough decisions will undoubtedly have to be made. We are all trying to get as much for our money as we can!

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.



Parish News & Notes

Birthdays

June 17 **Laura Annis Gravely**
June 18 **Eric Stevens**
June 21 **Taylor Rodes**
June 22 **Lydia Aydlett**

Anniversary

Jun 17 **Scott & Jessica Philyaw**

The Franklin Neighborhood Group previously scheduled for June 20 has been postponed.

Our thoughts and prayers will be with Art Campana this week as he undergoes surgery on Wednesday for a compressed disk.

We welcome Susan Metcalf as Clerk of Vestry and thank Donna Ross for serving as Clerk this past year.

Off to the Races...

The deadline for expressing interest in the Keeneland excursion is this coming **Monday, June 18**, so let Bill Kirwan know if you are interested in being part of this 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](#).

Garden Guild

Haidee Wilson spent some time this week moving hellebores that will be in the way of construction. Thank you Haidee!

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](#)



Rhododendron



Pipsissewa

Some pretty pictures of flowers blooming now in our green space. Photos taken by Michael Hudson.

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.

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!](#)**

Eric Hendrix & Friends performing selections from Eric's forthcoming CD "Would You Dance with Me?" this Saturday night, 16 June, at [City Lights Cafe in Downtown Sylva](#) at 7 pm. Along with Dave Magill back -up vocals and bass, Pete Cortese percussion, and Norma Hendrix vocals and flute, come enjoy a fabulous evening of original songs driven by local themes and stories. See you there!

LeConte Lodge - There is a spur-of-the-moment opportunity to spend the night on Mt. LeConte that is being offered by Carolyn Meigs chmeigs@yahoo.com 293-9305. She has six spots at \$130 each which includes dinner and breakfast. The date is Wednesday, July 11. Let her know if you are interested. There are also two additional spaces available for June 19; contact Carolyn Hopper if you are interested chiker13@gmail.com.

Last weekend **Tom and Margot Wilcox** visited **Christine Stevens** in her beautiful new home southwest of Knoxville. She is only 10-15 minutes away from her younger son and his family. Sitting on the deck overlooking Tellico Reservoir, Christine is showing Tom a map of the TVA lakes.



Ordinary Mindfulness

By Michael Hudson

THURSDAY, JUNE 14, 2012

Gratitude Therapy

A long time ago a mentor challenged me to learn one of life's sweetest and hardest ironies. He said, "Love's not a feeling, it's a commitment."

I took it to heart and have worked with that challenge two-thirds of my life. I've found it astoundingly trustworthy. I 'love' it when 'love' swells in me and seems to just overflow. But life is full of so many other moments when love is needed and I 'feel' no love at all.

The same is true for gratitude. It's wonderful when gratefulness wells up. But for most of us humans, those times are rather rare.

I'm so grateful that the Buddhists are teaching us Christians systematic ways to practice what we preach! They have 2500 years of learning how to make a habit of the qualities we value most.

Here's an example. It's from Jack Kornfield's *The Wise Heart*:

In Japan there is a form of Buddhist therapy called *naikan* that emphasizes gratitude as a way to heal depression, anxiety, and neurosis. In this approach we are asked to slowly and systematically review our whole life and offer gratitude for each thing that was given to us. A similar approach worked for a man named Bob, a practitioner who had been homeless for a year and was now living at a nearby mountain Zen center. Because of his memory of sleeping in the park, lying half awake every night in fear that someone would try to rob him or stab him, Bob was afraid to sleep. He had a history of family trauma: he had left his addicted father and stepmother for the streets at age fifteen and had used drugs himself. In his life he had been a carpenter and a mechanic

When Bob went to the Buddhist center, he was trying to put his life together. The Zen teacher could feel his anxiety and mistrust. To help him soften this state, the teacher instructed him in a simple practice of gratitude. Bob began offering thanks for whatever food, clothing, and shelter he had for the moment, living, as they say in AA, one day at a time. He was taught to stop and surreptitiously bow in gratitude ten times a day, wherever he found himself. Bob took to bowing. He bowed to his kitchen mates and to their shared breakfast. He bowed to his morning depression and to his feelings of unworthiness. He bowed to the carpentry tools he used in the shop, to his anxiety, to the afternoon sun, and to the noisy tractor in the nearby field.

A second instruction was given to Bob as well: to look beyond his suffering. Bob slowly began to notice moments of well-being, surprising breaks in his inner struggles, small periods of blessing. He loved being in the temple garden. He walked among the live oaks and mulch piles by the garden path, framed by sturdy redwood posts and delicate forget-me-nots and orange daisies. Bob described how his mind became quiet for the first time in years. The suffering he carried was still like a weight, but the vast silence was bigger. One day the temple bell rang for dinner and his heart was pierced. His pain and longing were swept over by a sublime wave of gratitude for just being alive. Bob was returning to life.

Love. Gratitude. Peace, Kindness. These 'things' are too precious to leave to the randomness of our feelings. Especially when it's possible to cultivate them. Cultivation starts with *trusting the possibility of cultivation*. It continues through a commitment *to practice doing it*. Mercifully, the *doing* confirms the *trust*. It 'works.' Gratitude practice opens us up to many, many more experiences of being grateful.

Etcetera. Etcetera. ALLELUIA, Etcetera.

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. 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.