

The Coracle

St Davids Cullowhee



June 24, 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 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
Sun	Jul 29	9 th Sunday after Pentecost
Sun	Aug 5	10 th Sunday after Pentecost
Sun	Aug 12	11 th Sunday after Pentecost
Sun	Aug 19	12 th Sunday after Pentecost, Godly Play
Sun	Aug 26	13 th Sunday after Pentecost
Sun	Sep 2	14 th Sunday after Pentecost

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

Serving this Sunday Holy Eucharist

Reader: Eric Hendrix
Chalice: Claire Marsh
Coffee: John & Gracia Slater
Organist: Brad Martin
Readings: [Job 38:1-11](#), [Psalm 107: 23-32](#),
[2 Corinthians 6:1-13](#), [Mark 4:35-41](#)

Serving during June

Bread: Jane Coburn
Flowers: Betty Lynn Kirwan
Linen: Claire Marsh
Eucharist: Judy Annis & Faye Jacobson

Serving during July

Bread: John Slater
Flowers: Chad Hallyburton
Linen: Susan Rush
Eucharist: Ann Hallyburton & Barb Manke
(Betsy Swift)

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 4:35-41

When evening had come, Jesus said to his disciples, "Let us go across to the other side." And leaving the crowd behind, they took him with them in the boat, just as he was. Other boats were with him. A great windstorm arose, and the waves beat into the boat, so that the boat was already being swamped. But he was in the stern, asleep on the cushion; and they woke him up and said to him, "Teacher, do you not care that we are perishing?" He woke up and rebuked the wind, and said to the sea, "Peace! Be still!" Then the wind ceased, and there was a dead calm. He said to them, "Why are you afraid? Have you still no faith?" And they were filled with great awe and said to one another, "Who then is this, that even the wind and the sea obey him?"

9:00-10:30 am this Sunday

Body Prayers yoga class:

Combining mantra, prayers, etc. with movement.

No charge. No pre-registration necessary.

Juice and coffee for those arriving early.

Contact Chad for more info:

508-2501, chadjazzguitar@yahoo.com

Gracious Space

The building committee met again with the contractor and architect and they continue to carefully examine the details of construction with an eye towards reducing cost. A late August/early September starting time is still tentatively forecast.

The Altar Guild is starting to make plans for how to handle their duties during the construction phase. They are also thinking ahead to cleaning up the Canterbury House and cleaning out the Parish Hall. There will surely be a **Big Yard Sale** figuring into the mix soon.

The circle painted on the grass down by the driveway marks placement for the new Betty Lynn Flower Bed. This will be constructed from the stones of the small retaining wall that will be in the way of construction and will incorporate the newly refurbished sign.

Thanks to Haidee Wilson, the hellebores are safely tucked away to await replanting post-construction.



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 22 **Lydia Aydlett**

June 27 **Caroline Ulrich**

June 29 **Marilyn Jody**

Anniversaries

Jun 30 **Betsy Swift & Barb Manke**

June & Newt Smith

A big Thank You goes to Steve Steinbrueck for replacing the broken window panes in the Canterbury House.

We wish Phil and Terri Sanger well as they move to Indiana where Phil will join the faculty of Purdue University. They assure us they will return here in a few years.

It's the Big Five-0!

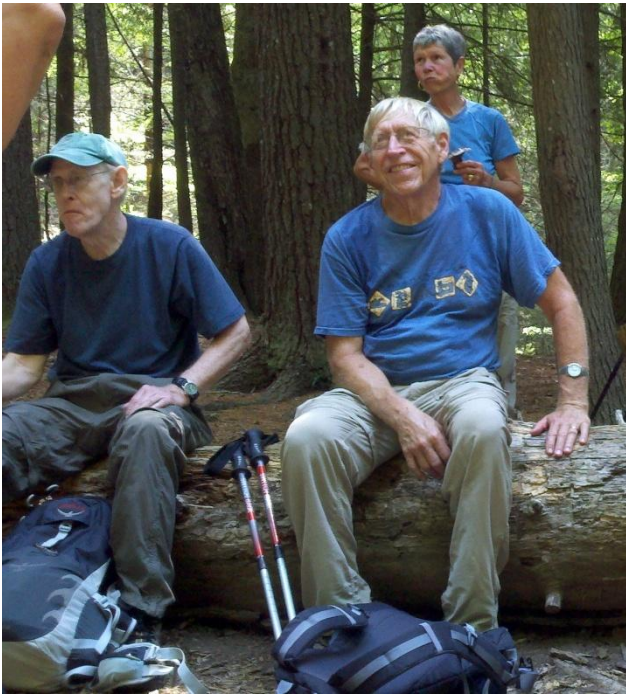
Congratulations to June and Newt Smith who are celebrating their 50th wedding anniversary on June 30. An inspiring example of commitment *for better or worse, etc.*, they are still in love after all these years! Wishing you many more good and active years together!

And the Even Bigger Eight-0!

Yes, Marilyn Jody turns 80! All of her family is coming for the occasion, and this fall she and Joanne will be taking a long-anticipated trip to Africa. Happy Birthday, Jody!

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.



Jim Bowles, Newt Smith and Muff Lyons enjoy a well-earned lunch break on the Hannah Mountain-Rabbit Ridge Trail in the Cades Cove area. June Smith and Maggie Bowles also hiked. Thanks to Gracia and John Slater for their efforts in planning the hike and camping trip and for running the shuttle.

Cullowhee Mountain Arts Summer 2012 YOUTH WEEK! Now accepting registration for program 2 July - 6 July ages 5 on up through Teens. Youth Art Camps Young artists will have a fun packed week of art making and be able to experience a full range of media: drawing, paint, collage, sculpture & printmaking.

Teen Workshops This full week of art will allow teens to become immersed in various disciplines of art. A different medium will be explored each day: drawing, painting, book making, printmaking, and photography. Choose to attend the whole week or individual days. ([Click Here](#)) Email Director Norma Hendrix for more info ([click here](#))

Eric Hendrix & Friends this Saturday night 23 June at Franklin's [Rathskeller Coffee Haus & Pub](#) 8:15 p.m. Along with Dave Magill backup vocals & bass, Pete Cortese percussion, and Norma Hendrix vocals and flute, come enjoy a fabulous evening of original songs driven by local themes and stories.

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.

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, JUNE 19, 2012

Batter My Heart

Social psychologist Jonathan Haidt continues to confound and thrill me with his "Happiness Hypothesis." If you're somebody who wants to be happy--and wants to grow in depth and breadth, wholeness and wisdom, *The Happiness Hypothesis* is a great read. He grounds his 'hypothesis' in both ancient wisdom and current research in social psychology.

Though he's not a 'God person' his findings are very consonant with major spiritual traditions--so much of what he values relates to how we can work with our small or false selves in order to live more fully in our Big or True Selves.

And like most spiritual traditions, his vision of the small (or evolutionary) self can be jarring. Consider:

"The consistent finding of psychological research is that we are fairly accurate in our perceptions of others. It's our self-perceptions that are distorted because we look at our selves in a rose-colored mirror.

We judge others by their behavior, but we think we have special information about ourselves--we know what we are "really like" inside, so we can easily find ways to explain away our selfish acts and cling to the illusion that we are better than others.

When comparing ourselves to others, the general process is this: Frame the question (unconsciously, automatically) so that the trait in question is related to a self-perceived strength. Once you find a piece of evidence, once you have a "make-sense" story, you are done. You can stop thinking and revel in your self-esteem. It's no wonder, then, that in a study of 1 million American high school students, 70 percent thought they were above average on leadership ability, but only 2 percent thought they were below average (94 percent of college professors think they do above average work!).

If the only effect of these rampant esteem-inflating biases was to make people feel good about themselves, they would not be a problem. In fact, evidence shows that people who hold pervasive positive illusions about themselves, their abilities, and their future prospects are mentally healthier, happier, and better liked than people who lack such illusions. But such biases can make people feel that they deserve more than they do, thereby setting the stage for endless disputes with other people who feel equally over-entitled.

It just seems plain as day, to the naive realist, that everyone is influenced by ideology and self-interest. *Except for me. I see things as they are.*

If I could nominate one candidate for "biggest obstacle to world peace and social harmony," it would be naive realism, because it is so easily ratcheted up from the individual to the group level: My group is right because *we see things as they are*. Those who disagree are obviously biased by their religion, their ideology, or their self-interest."

Seeing our small/false/habitual selves 'truly' hurts. It's...disappointing. Disorienting.

It's also necessary if we want to be happy, whole, wise and kind.

After reading this bit of his book, I found myself thinking about John Donne's poem (which follows). Whenever I catch a glimpse these days of my 'self' as "biggest obstacle to world peace and social harmony" I often smile (right after I grimace) and open up and turn toward wholeness--and do my best to welcome with open arms the process, the work, the Spirit that makes Us Whole.

**Batter my heart, three-person'd God, for you
As yet but knock, breathe, shine, and seek to mend;
That I may rise and stand, o'erthrow me, and bend
Your force to break, blow, burn, and make me new.
I, like an usurp'd town to'another due,
Labor to'admit you, but oh, to no end;
Reason, your viceroy in me, me should defend,
But is captiv'd, and proves weak or untrue.
Yet dearly 'I love you, and would be lov'd fain,
But am betroth'd unto your enemy;
Divorce me, 'untie or break that knot again,
Take me to you, imprison me, for I,
Except you 'enthrall me, never shall be free,
Nor ever chaste, except you ravish me**

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.

St. David's Links and Contact Information:

Website: <http://www.st-davids.org/> [Lectionary Page](#)
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[Altar Guild Schedule for 2012](#)

Diocesan Links:

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