

The Coracle

St Davids Cullowhee



July 1, 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	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
Sat	Aug 25	Yoga Workshop with Chad
Sun	Aug 26	13 th Sunday after Pentecost
Sun	Sep 2	14 th Sunday after Pentecost

Serving this Sunday Holy Eucharist

Reader: Muff Lyons

Chalice: Judy Annis

Coffee Hour: Susan Rush

Organist: Nan Watkins

Readings: [Wisdom of Solomon 1:13-15:](#)

[2:23-24](#), [Psalm 30](#), [2 Corinthians 8:7-15](#)

[Mark 5:21-43](#)

Serving during July

Bread: John Slater

Flowers: Chad Hallyburton

Linen: Susan Rush

Eucharist: Ann Hallyburton & Barb Manke

(Betsy Swift)

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

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 5:21-43

When Jesus had crossed again in the boat to the other side, a great crowd gathered around him; and he was by the sea. Then one of the leaders of the synagogue named Jairus came and, when he saw him, fell at his feet and begged him repeatedly, "My little daughter is at the point of death. Come and lay your hands on her, so that she may be made well, and live." He went with him.

And a large crowd followed him and pressed in on him. Now there was a woman who had been suffering from hemorrhages for twelve years. She had endured much under many physicians, and had spent all that she had; and she was no better, but rather grew worse. She had heard about Jesus, and came up behind him in the crowd and touched his cloak, for she said, "If I but touch his clothes, I will be made well."

Immediately her hemorrhage stopped; and she felt in her body that she was healed of her disease.

Immediately aware that power had gone forth from him, Jesus turned about in the crowd and said, "Who touched my clothes?" And his disciples said to him, "You see the crowd pressing in on you; how can you say, 'Who touched me?'" He looked all around to see who had done it. But the woman, knowing what had

happened to her, came in fear and trembling, fell down before him, and told him the whole truth. He said to her, "Daughter, your faith has made you well; go in peace, and be healed of your disease."

While he was still speaking, some people came from the leader's house to say, "Your daughter is dead. Why trouble the teacher any further?" But overhearing what they said, Jesus said to the leader of the synagogue, "Do not fear, only believe." He allowed no one to follow him except Peter, James, and John, the brother of James. When they came to the house of the leader of the synagogue, he saw a commotion, people weeping and wailing loudly. When he had entered, he said to them, "Why do you make a commotion and weep? The child is not dead but sleeping." And they laughed at him. Then he put them all outside, and took the child's father and mother and those who were with him, and went in where the child was. He took her by the hand and said to her, "Talitha cum," which means, "Little girl, get up!" And immediately the girl got up and began to walk about (she was twelve years of age). At this they were overcome with amazement. He strictly ordered them that no one should know this, and told them to give her something to eat.

Gracious Space

The building committee will meet again with the contractor and architect this Thursday to continue the process of narrowing in on a final contract price for the building project. The \$20,000 grant from the Diocese has been received and will go towards paying early expenses while the fundraising effort continues. In the meantime, Newt Smith has submitted requests for funding from the regular Diocesan budget to help with finishing the upstairs for use as Canterbury House/Student Ministry space and for media center equipment to allow our space to be used as a Diocesan teleconference center.

To clear up some confusion, the contractors have told us that we will be able to use the church itself during most of the construction time but that the heating and air conditioning will not be hooked up for approximately two months. The electricity will be on. They will clean up the construction site on Fridays. There will be a porta-potty at the construction site and the Canterbury House bath room will, of course, be available.

Gracious Green Space

This past week, Tom Wilcox was telling Art Pilch how well the heather plants at church have done (they all came from Art's nursery) and that we were getting ready to move them for a construction project. So nothing would do but that he came and got Tom and they went to church to look at the heathers. Art was very impressed with how well they have done (kudos to Betty Lynn!). He said we could try to move them if we wanted to but that he would give us all the replacements we might need since it's for a church! He also said he would give us other plants and all the compost we could use when the construction is finished and we're ready to landscape. He said he would report a number of plants right away for us so they'll start growing bigger than he usually grows before selling. A nice offer from a really nice guy! So, if you see Art, please thank him.



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

July 4 Elizabeth Frazier, Kendra Graham, Ken Burbank

Anniversary

July 8 Ed & Betsey Hamlet.

Art Campana is doing well at nine days post-op, just finding it challenging to not overdo it. Heal well, Art.

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.

Join the Woodland Walkers on Wednesday, July 18, for the elegant buffet lunch at The Swag, a beautiful, rustic resort near Hemphill Bald bordering on the Great Smoky Mountain National Park. The plan is to hike and explore the area before and after enjoying the buffet. Cost is \$50 and reservations must be made in advance. Contact Carolyn Hopper at chiker13@gmail.com or 828-631-3219.

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](#)).

There is space available for a 25 day trip through the West that will cover twenty states and a number of National Parks. This is a bus tour that offers two seats per person at a cost of \$3,095 double or \$3,795 single. Contact Brenda Elliott, Tour Escort, Carson Tours, 2860 Old Murphy Road, Franklin, NC 28734, [828-524-8796](tel:828-524-8796) or [828-342-1511](tel:828-342-1511)(cell).



Motorcycle Mama

Joanne Cleary had never ridden on a motorcycle in her life until this week when Tracy Chapple of Sylva Yoga took her for a ride. Tracy reported that it was great fun!

VBS

St. David's was WONDERFULLY represented by volunteers at Vacation Bible School at Cullowhee Methodist. Donna Harris did the preschool bible message each day. (She was AWESOME). Jake and Jane Coburn helped with snacks. (They helped the elementary school kids prepare snacks each day for everyone.) Kendra Graham was a group leader for the preschoolers and helped in the nursery. Rachel Evans (Sloan Despeaux's mom-we'll claim her as a St. David's volunteer) worked the nursery. Norma Hendrix pitched in on Wednesday (the day we were low on volunteers) and was a group leader for the preschoolers. Kelley Dinkelmeyer worked in the nursery and was a group leader for the preschoolers. Abel, Angus, and Heidi rocked out at VBS!

Daytime VBS is great, but getting volunteers (who don't have to be at work) is always a challenge. Every St. David's person who volunteered played an integral role in making the whole thing work! These volunteers also made our kids feel like this was an activity from THEIR church with THEIR church family. THANK YOU VOLUNTEERS!!!



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, JUNE 28, 2012

(My friend Jane has a fresh and wise perspective on mindfulness, mothering, and welcoming Life. I asked her if I could post this. She said, yes--something she's been saying in many contexts lately!)

Guest Post: My Guest House

By Jane Coburn

“This being human is a guest house. Every morning a new arrival...be grateful for whoever comes, because each has been sent as a guide from beyond”

Reading The Guest House by Rumi for the hundredth time and it still gets me. It still strikes me right in the face how this being human is so temporary - an honor and a blessing. Thoughts and feelings visit briefly if we pay attention to them...real, honest attention to why they are here. If not, they linger and fester.

Before I started meditating, I thought it would be impossible to stop thinking and just be still. Like most Americans and every mother I know, I spent my life as a whirling dervish multitasking my way through the day. If I was not actively doing something, I felt lazy, bored, or guilt ridden about what I SHOULD be doing. If I did try to relax, my mind missed the memo and kept running. I thought meditating meant you could not have a thought. If your mind was not completely clear then you were doing it wrong. So, I didn't try often and when I did try, I gave up quickly when thoughts arose as they always did. It turned my attempts at meditation into failure giving my guest house yet another visit from guilt and frustration.

I watched or heard of others meditating and I was distrustful. Meditation seemed silly or self righteous and I never truly believed these people weren't faking it. I began searching spiritually, as I suspect most mid-lifers do and I started reading about Buddhism and other Eastern spiritual practices. Later I was overjoyed to find teachings about the Christian tradition of meditation, a much overlooked part of our history. These writings spoke to me and I realized that the thoughts that arise while trying to quiet my mind are simply thoughts. I can see them; I can reflect on them or let them pass. As Rumi said, I have begun to learn how to welcome them as guides. When meditating, I feel safe to notice a thought and ask myself, “Why am I having this thought? What does this say about me?”

In time, I have learned that meditation is not just something you do in quiet or on a mountain top. My meditation practice is helping me pause at any given moment and welcome a feeling, experience it for a few moments, be truly honest with myself about what that feeling is saying about me and then with some deep breaths I can let it go. A friend of mine told me he thought meditation was too passive and not helpful in dealing with his problems. In my experience, meditation has been quite an active way to welcome my feelings and reactions to life, pause, be still and listen helping me to learn and adjust my emotions or behaviors based on what these guests teach me.

It is not easy to be honest with oneself. Realizing that when I snapped at my child out of anger or frustration it was really about my own fears and feelings of inadequacy can be a tough lesson to welcome. Those feelings or thoughts may return to my guest house in an hour, a day, or a week, but they are often quieter and have a shorter stay. The more I pause and practice, the fewer and farther between the visits and my mind is opened up and empty, ready for more guests.

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](#)

Newsletter editor: Maggie Bowles: magbowles@gmail.com

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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](#)