

The Coracle

St Davids Cullowhee



July 15, 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 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
Sun	Sep 9	15 th Sunday after Pentecost
Sun	Sep 16	16 th Sunday after Pentecost
Sun	Sep 23	17 th Sunday after Pentecost
Sun	Sep 30	18 th Sunday after Pentecost

Serving this Sunday Holy Eucharist

Reader: Paul Cooper

Chalice: Claire Marsh

Coffee Hour: Allison Wunder &
Fran Wheaton

Organist: Nan Watkins

Readings: [Amos 7:7-15](#), [Psalm 85:8-13](#)

[Ephesians 1:3-14](#), [Mark 6:14-29](#)

Serving during July

Bread: John Slater

Flowers: Chad Hallyburton

Linen: Susan Rush

Eucharist: Ann Hallyburton & Barb Manke

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

It's Summertime!

Michael Hudson will be on vacation from July 16-August 6. Alice Mason should be contacted regarding matters of a spiritual nature fiddlinal@hotmail.com or 586-3096. The senior warden, Maggie Bowles, may be contacted by email at magbowles@gmail.com or by phone at **803-920-9974** (best) or **743-0585**.

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:

[Diocese of Western North Carolina](#)

[Center for Spiritual Resources](#)

The Gospel Mark 6:14-29

King Herod heard of the demons cast out and the many who were anointed and cured, for Jesus' name had become known. Some were saying, "John the baptizer has been raised from the dead; and for this reason these powers are at work in him." But others said, "It is Elijah." And others said, "It is a prophet, like one of the prophets of old." But when Herod heard of it, he said, "John, whom I beheaded, has been raised."

For Herod himself had sent men who arrested John, bound him, and put him in prison on account of Herodias, his brother Philip's wife, because Herod had married her. For John had been telling Herod, "It is not lawful for you to have your brother's wife." And Herodias had a grudge against him, and wanted to kill him. But she could not, for Herod feared John, knowing that he was a righteous and holy man, and he protected him. When he heard him, he was greatly perplexed; and yet he liked to listen to him. But an opportunity came when Herod on his birthday gave a banquet for his courtiers and officers and for the leaders of Galilee. When his daughter Herodias came in and danced, she pleased Herod and his guests; and the king said to the girl, "Ask me for whatever you wish, and I will give it." And he solemnly swore to her, "Whatever you ask me, I will give you, even half of my kingdom." She went out and said to her mother, "What should I ask for?" She replied, "The head of John the baptizer." Immediately she rushed back to the king and requested, "I want you to give me at once the head of John the Baptist on a platter." The king was deeply grieved; yet out of regard for his oaths and for the guests, he did not want to refuse her. Immediately the king sent a soldier of the guard with orders to bring John's head. He went and beheaded him in the prison, brought his head on a platter, and gave it to the girl. Then the girl gave it to her mother. When his disciples heard about it, they came and took his body, and laid it in a tomb.

Coming Your Way in August

Yoga Workshop

Redefining the Possible

Saturday, August 25

9 am-noon

Canterbury House



There are fairly strict genetic limits on the range of your possible flexibility, but much fewer limits on how much skill and strength you can build. We'll break down Sun Salutes step-by-step and examine the practice path that can move you towards some of the more advanced "yoga tricks" such as arm balances and inversions. And we'll put all of this into a philosophical context of "Why should I care, anyway?" You'll apply what you learn to everyday situations to make your life more "yogic."

You do NOT have to be an advanced practitioner to participate and benefit from this class. I don't expect you to "achieve" the advanced asanas at the end of the day--just to see that there is the possibility of working towards them.

Workshop donation is \$30. All proceeds will go to Full Spectrum Farms, a local organization working with individuals with autism and their families

Contact Chad for more information or to sign up, via FB, or centeringyoga@yahoo.com.

Big Yard Sale

Start
scouting
setting
those
you
to purge
home
you will
when
a date!



now
out and
aside all
items that
would like
from your
and yard so
be ready
Alice
announces



“BJ” Wanlund

By Barbara Hardie

Newcomer BJ Wanlund, with his strawberry blond hair and blue eyes, is of Swedish ancestry on his father’s side and tells an interesting story about his unusual surname. His first ancestor in America was his great-great-great grandfather Sven Andersson from the Varmland region of Sweden, and was one of several Sven Anderssons who all immigrated to the American Midwest and settled along the exact same postal route, which was confusing even to the best of mail carriers. To settle the confusion, the inventive postman decided on the shortest straw strategy—say that fast five times! BJ’s Sven Andersson failed to draw the shortest straw, and being a good sport, changed his surname by Americanizing his homeland of Varmland to Wanlund.

BJ is originally from Loudoun County in northern VA and most recently from Tryon, NC, where his mother lives. A last-semester senior at WCU, he is majoring in business and working on his capstone project, which focuses on entrepreneurship. According to BJ, his family has a tradition of getting degrees that don’t match their ultimate vocations, so majoring in business is his “here and now” focus.

On July 8, 2012, he read for the first time at St. David’s, but he has read once before in a previous Episcopal church. He likes to sit near the altar, where he enjoys singing, listening to Michael, and reaching the lectern “without making people wait,” one of his pet peeves. BJ started coming to St. David’s because he “wanted to participate in something bigger than himself,” and his first Sunday was Easter 2012.

He describes himself as a “chill” person who is very attuned to “differences,” a characteristic he attributes to Asperger’s Syndrome, a condition that has taken him “a long time to become comfortable in [his] own skin.” For fun, he enjoys browsing the Internet, pursuing threads that interest him. He’s very interested in animation and its history, in reading non-fiction books, and in watching documentaries. He also enjoys

reading Kathleen McGowan, best-selling author of *The Expected One*, a book similar in vein to the Da Vinci Code but “better researched,” BJ says.

He often comes to coffee hour, so seek BJ out and enjoy the ensuing conversation!

Parish News & Notes

Birthdays

July 15 **Mark Tomczak**
July 18 **Sloan Despeaux**
July 20 **Miriam Brown**

Anniversaries

July 14 **Kelley & Brian Dinkelmeyer**
Elizabeth & Jim Addison



July 21 **Brian Dinkelmeyer**

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.



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).

European Travels

Nan Watkins flew to Zurich to attend the premiere music festival, the Schubertiade, across the border in the Austrian Alps. She and her college classmate Polly heard six superb concerts in the evenings and hiked

through Alpine mountains and valleys by day. Most memorable short hike was "The Barefoot Path," inviting hikers to identify local flora while walking a kilometer in the ice-cold local stream.

Website Update

From time to time, things need to be updated on the website to keep it current. Maggie is once again collecting photos for the pictorial directory and will gladly take your picture at church on Sunday. This would include both the newer folks and anyone who wishes to have their picture redone. You can also send your own picture to magbowles@gmail.com. If there are any corrections needed to your profile information, you can make them yourself by logging into the website or you may send the information to Maggie, and she will update it. If you have never logged in before, you can easily join and have access to a great deal more information than is available on the public pages, including the member directory and pictorial directory. Also available are documents such as vestry minutes, various policies, and miscellaneous useful information. And while you are there, if you notice anything that is out-of-date or needs to be corrected, please let Maggie know so she can fix it.



Gracious Space

The contractor continues to gather information on pricing of various aspects of the building project from subcontractors and materials suppliers. A civil and structural engineer(s) will evaluate the site and the plans to assure that everything that is proposed is feasible. Prudent prior planning, while widely known to be worthwhile, certainly requires patience!

In the meantime, John Slater and Michael Hudson, working together, have roughed out plans for scheduling some church services at outdoor venues--the Speedwell Recreation Center, East LaPorte Park, Bridge Park and Waterrock Knob. These will be interspersed with services at the church. An exact schedule cannot be formulated until more is known about the construction timetable, but advance notice and directions will be given once the timing of things is more certain.

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.

Ordinary Mindfulness

By Michael Hudson

WEDNESDAY, JULY 11, 2012

Compassion Practice

"Memory fails me." More than it used to. Just in the past couple of days, stuff I've forgotten in my work has inconvenienced other people. The small self hates that because it makes me look bad. And then it tries to 'spur' me on, with BLAME and SHAME, so I can 'do better.' Bigger self works with the situation differently.

But for now, let's stay with *small self* tactics. Can you conjure what blame and shame feel like? I'm still somewhat under their influence this morning so it's no trouble to feel both. And the most helpful way I know to describe what they feel like is CORROSIVE. They're eating away at me--steadily working semi-consciously.

So...what can we do with corrosive responses? How does the Growing Self work with blame, shame, etc.?

Compassion Practice is a great place to start--it's good medicine.

Mindfulness is 'composed' of Clarity and Kindness--seeing clearly, loving dearly. Sometimes we especially need to love dearly.

As a Christian, I've long understood that we can lean back into the Everlasting Arms. I've long taken Jesus up on his invitation to "Come to me all you who are weary and burdened and I will give you rest."

I've also appreciated Buddhist psychology's stress on embedding lovingkindness, literally *embedding it* into the fibers of our minds and hearts--with practice--practice--and more practice.

It comes together for Christians, Muslims, Jews, Hindus and Buddhists as we commit to love our neighbors as ourselves. Yet most of us have lived most of our lives with very little love for ourselves. AND there's a connection.

Thich Nhat Hanh recommends a simple, elegant, and very short practice. He says, Do this:

Breathing in--I notice my heart.

Breathing out--I smile to my heart.

When I first read about this practice, I thought it was insipid and simplistic. But, of course, the more one learns about Thich Nhat Hanh, the more one realizes there must be more to it. Noticing and Smiling can be understood as Seeing Clearly and Loving Dearly. Being Clear. Being Kind.

There's never anything Pollyanna about kindness when we're seeing clearly.

The challenge is coming to understand what goes into that Smile--our own particular smile. We all have to bring our own sort of integrity to the process. What works for you? Which components of a smile can you honestly integrate into the way *you* smile to *your* heart?

I find it's almost always possible for me to bring a little irony in--just a hint of a grin--Here we go (sigh) again!

But deeper than that, a lot deeper, we have a reservoir of love itself--though often it feels unreachable from "HERE"--the place we're stuck in blame or shame or _____, or _____.

I often reference an early mentor who said, "Love is more than a feeling. It's a choice." I knew this mentor well and he practiced what he preached. Showed others what he said was possible. So, I can never long get away with believing love is truly beyond reach. Just remembering this, eventually, usually sooner than later, makes me smile.

In a more earthy way, dogs and cats bring a smile. Other people's kindness, the night sky, nearly all growing things, picturing my dad's smile, remembering my plucky 5'2" mother--any of these have the capacity to first neutralize and eventually replace corrosive feelings.

There are many formal lovingkindness practices. If you don't yet have one you work with regularly, taking two or three minutes to notice your heart, to smile to your heart, can make a difference the first time you try it. And as you continue to explore what fuels your smile, it only gets deeper and better integrated with who you genuinely are and are becoming.

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.