

The Coracle

St Davids Cullowhee



July 22, 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 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

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.

Serving this Sunday Holy Eucharist

Reader: Betty Lynn Kirwan
Coffee Hour: Betty Lynn Kirwan
Reflection: Margot Wilcox

Readings: [Jeremiah 23:1-6](#), [Psalm 23](#)
[Ephesians 2:11-22](#), [Mark 6:30-34, 53-56](#)

Serving during July

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

Serving during August

Bread: Jane Coburn
Flowers: Margot Wilcox
Linen: Faye Jacobson
Eucharist: Newt Smith & Tom Wilcox

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 6:30-34, 53-56

The apostles gathered around Jesus, and told him all that they had done and taught. He said to them, "Come away to a deserted place all by yourselves and rest a while." For many were coming and going, and they had no leisure even to eat. And they went away in the boat to a deserted place by themselves. Now many saw them going and recognized them, and they hurried there on foot from all the towns and arrived ahead of them. As he went ashore, he saw a great crowd; and he had compassion for them, because they were like sheep without a shepherd; and he began to teach them many things.

When they had crossed over, they came to land at Gennesaret and moored the boat. When they got out of the boat, people at once recognized him, and rushed about that whole region and began to bring the sick on mats to wherever they heard he was. And wherever he went, into villages or cities or farms, they laid the sick in the marketplaces, and begged him that they might touch even the fringe of his cloak; and all who touched it were healed.

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 now scouting out and setting aside all those items that you would like to purge from your home and yard so you will be ready when Alice announces a date!

Parish News & Notes

Birthdays

July 18 **Sloan Despeaux**
July 20 **Miriam Brown**
July 21 **Brian Dinkelmeyer**
July 27 **Nancy Joyner**
July 29 **Jim Addison**

Anniversary

July 26 **Sandy & Elizabeth Frazier**

Congratulations to Ponya Brown on her recent marriage to Troy Thompson in Nashville. Ponya is the daughter of Harry and Karen Brown, long-time members of St. David's who moved to Nashville several years ago. Troy is in the Army and they will be moving to Germany in 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.

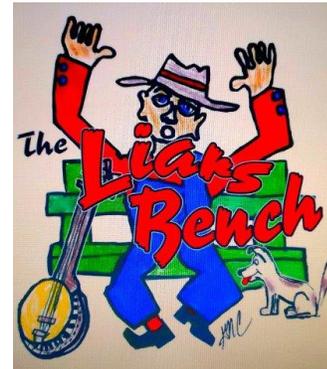


Good People of St. David's
Where are you?
What are you doing?
GPS

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.

On Saturday, July 21st City Lights Bookstore will host George the Reading Therapy Dog for a special Saturday story time. The story time will take place at [The Glorious Jackson County Farmers Market](#) at 11 a.m. City Lights will have a selection of books on hand and children are encouraged to come and read stories to George or sit and listen to stories with George. George is a certified Reading Assistance Dog and has helped with education and reading outreach programs all over the South including public school appearances. If it rains the story time will be at the bookstore. For more information please call City Lights Bookstore at 828-586-9499.

Eric Hendrix & Friends (Dave Magill: Bass, Vocals; Pete Cortese: Percussion; Norma Hendrix: Flute, Vocals) Saturday Night 21 July 2012 (Franklin Folk Festival Weekend) @ 8:15. New Songs, Old Songs, and Burningtown, too at the Rathskeller Coffee Haus & Pub on Stewart Street: [828-349-0598](tel:828-349-0598). (<http://www.rathskeller2000.com/>)



LIARS BENCH VARIETY SHOW AT FRANKLIN FOLK FESTIVAL JULY 21. The Liars Bench, a troupe of award-winning storytellers and musicians, bring "Tall Tales, Mountain Myths, & Flat-Out Lies" to the Franklin Folk Festival on Saturday, July 21, 10:00-noon and 1:00-2:30. The Liars Bench is a traditional Southern Appalachian storytelling, music, poetry, dramatic, and folk arts variety show. Founded in 2010 by local storyteller, writer, and playwright Gary Carden, the group promotes and showcases all aspects of Southern Appalachian culture, continuing the grand tradition of true mountain folkways through down-home entertainment. Contact the Macon Arts Council for information, www.artscouncilofmacon.org or [828-524-7683](tel:828-524-7683).

A *Wine Tasting and Silent Auction* to benefit ARF (Humane Society of Jackson County), will be held at Papou's on Saturday, August 4 from 2-5 pm.

A
Beach
Family

Fripp Island, SC
July 2012



Ordinary Mindfulness

By Michael Hudson

TUESDAY, JULY 17, 2012

Eden's Other Gates: Gratitude

At some level, most of us humans experience a kind of spiritual homelessness. A disappointment that life is not as full or good as we know it might be--or could or should be. And neither are we. It's an ancient ache.

The story of the Garden of Eden is all about this ache. Something in us is homesick and yearns for life--our life and LIFE itself to be other than it is. Some of our ancestors let this ache fill and then spill out of them as the powerful narrative of gift and loss that Adam and Eve embody. They had it all--and through their own 'fault' lost it. God banished them from the Garden--escorted them to the East Gate of Eden and posted an angel with a flaming sword to guard the gate eternally. We'll never live there again.

But we can visit.

The fruit of the Spirit--love, joy, peace, patience, kindness, goodness, gentleness, steadfastness and self-discipline--are portals to Eden. These fruits (and others) are like day-passes (or maybe hour or minute passes) into the Garden of God.



But there's another story we need to tell alongside Eden and the Fall--the story of evolution.

Instead of being created all at once at the top of the food chain, we humans rose up through the ranks: the shape and history of our brains tell this story. We have fish/lizard brain, a mammal brain, and a primate brain glommed one on top of the other--each doing the 'job' it evolved to do. Our primate brain knows Good is always possible. Our lizard brain knows Bad is always likely--and it's wired to fire fast--to bite, to run or to hide in the blink of an eye. Lizard impulses can race from brainstem through our whole bodies while our human brains are still putting on their shoes.

Lizard brain is amoral, too--whatever gets you through the night in one piece! Human brain can imagine the Garden of God--and can intuit we don't really deserve it!

Defining what we *deserve* is above my pay grade, but pointing toward what we might *experience* is my vocation. And I think we can visit God's garden and taste its fruit many times a day. There are many ways back to Eden, at least for a visit. One way, for example, is through the gate of Gratitude.

Our 'brains' have to work together to do this. Lizard brain is wired for negativity. We're five times more likely to focus on negative experiences than positive ones. Winning tickets of the evolutionary lottery were held by those who had a knack for sniffing out danger. Fear and avoidance helped us survive. A good portion of our misery comes as a hangover from this gift! So, it might not seem fair (fair, shmair!), but we get to work five times harder to 'wire' our brains positively instead of negatively. Gratitude is a great Re-Wirer.

To visit Eden, almost as often as we want, all we have to do is to remember to notice the Good we experience during the day and STAY with it for awhile--like about six times longer than we tend to do! We do what we can to enlist Brother Lizard to begin to be vigilant for the Good. And we reward him by Tasting the Good, savoring little bits of the day's grace with a grateful heart and mind and body. We're not just remembering to notice the good stuff--but to hold it, feel it, linger and rest in it.

We simply set our minds to begin using our brains as they *are* instead of how we *wish* they were or *believe* they should be. At some point in our lives most of us thought 'Counting Blessings' was kind of lame. We don't need to think like this anymore. Counting our blessings can be nothing less than a portal to Eden. When we *do* it, when we *practice* gratitude five or six times a day, sustaining our focus for 10, 20, or 30 seconds, our brains begin to take a different shape. Literally. Neurons that fire together wire together--and the homelessness our souls have been tuned to experience begins to morph into the sense of home-coming we're determined to practice and trust.

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.

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** (home) or **508-2500** (cell). If necessary, 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
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[Altar Guild Schedule for 2012](#)

Diocesan Links:

[Diocese of Western North Carolina](#)
[Center for Spiritual Resources](#)