

The Coracle

St Davids Cullowhee



July 29, 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 29	9 th Sunday after Pentecost
Wed	Aug 1	Healing Service 5:30 pm
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 Morning Prayer

Leader: Muff Lyons

Reader: Lydia Aydlett

Organist: Nan Watkins

Coffee Hour: Ann & Chad Hallyburton

Reflection: Curtis Wood

Readings: [2 Kings 4:42-44](#), [Psalm 145: 10-19](#),
[Ephesians 3:14-21](#), [John 6:1-21](#)

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
(No meeting on August 4)

Thursdays 5:30 pm Alcoholics Anonymous

Fridays 5:30 pm U-Club



HEALING



Healing Service

Wednesday, August 1, 5:30 pm

This service will feature an alternative format that will include a mixture of very singable spiritual songs, Lectio Divina (a Bible verse followed by meditation and sharing), prayer, and healing for those who desire it.

A number of people have expressed a desire to try this type of service. Everyone is invited to attend and to offer their input as to the day, time, frequency and length of the service. Hope to see you there.

The Gospel

John 6:1-21

Jesus went to the other side of the Sea of Galilee, also called the Sea of Tiberias. A large crowd kept following him, because they saw the signs that he was doing for the sick. Jesus went up the mountain and sat down there with his disciples. Now the Passover, the festival of the Jews, was near. When he looked up and saw a large crowd coming toward him, Jesus said to Philip, "Where are we to buy bread for these people to eat?" He said this to test him, for he himself knew what he was going to do. Philip answered him, "Six months' wages would not buy enough bread for each of them to get a little." One of his disciples, Andrew, Simon Peter's brother, said to him, "There is a boy here who has five barley loaves and two fish. But what are they among so many people?" Jesus said, "Make the people sit down." Now there was a great deal of grass in the place; so they sat down, about five thousand in all. Then Jesus took the loaves, and when he had given thanks, he distributed them to those who were seated; so also the fish, as much as they wanted. When they were satisfied, he told his disciples, "Gather up the fragments left over, so that nothing may be lost." So they gathered them up, and from the fragments of the five barley loaves, left by those who had eaten, they filled twelve baskets. When the people saw the sign that he had done, they began to say, "This is indeed the prophet who is to come into the world."

When Jesus realized that they were about to come and take him by force to make him king, he withdrew again to the mountain by himself.

When evening came, his disciples went down to the sea, got into a boat, and started across the sea to Capernaum. It was now dark, and Jesus had not yet come to them. The sea became rough because a strong wind was blowing. When they had rowed about three or four miles, they saw Jesus walking on the sea and coming near the boat, and they were terrified. But he said to them, "It is I; do not be afraid." Then they wanted to take him into the boat, and immediately the boat reached the land toward which they were going.

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 30 **Mary Ellen Griffin**
July 31 **Kelley Dinkelmeyer**
Aug 5 **Alice Mason, Ruth Hardie-Hudson**
Aug 6 **Joanne Cleary**

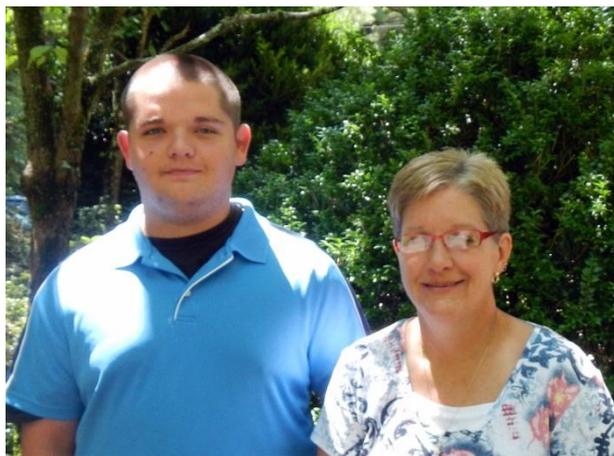
Anniversary

Aug 3 **Jim & Maggie Bowles**



Newcomers Janet Lee and Andrew Bennett, mother and son, live in Sylva, where Janet grew up. Andrew's father, Philip Bennett, is no longer living but was an Episcopal priest. In the late 1980s to early 1990s, he served at St. John's, Sylva. From there he moved to St. Francis, Cherokee; then to St. Andrew's, Fort Valley, GA, where Andrew was born; and finally, to St. Stephen's, Eutaw, AL. Janet returned to Sylva in 2007, and Andrew joined her in 2010. He has a Revis grandmother in Sylva, Janet's mother, and Bennett grandparents in Franklin.

Janet is an infusion coordinator at Mountain Medical Associates LLP, in Clyde, where clients receive crucial medications via IV for a variety of illnesses, including most recently Krohn's disease. Janet handles the insurance verification and orders supplies and medications. She enjoys her job, especially the clientele, who deeply appreciate Mountain Medical's services. In her free time, she enjoys "working in and out of the house." We all know what "in the house" means! "Out of the house" involves yard work, keeping the lawn trimmed and weed-free, a challenge in the mountains.



Andrew, who is a rising senior at Smoky Mountain High School, concurrently takes courses at Southwestern Community College (SCC). He's working toward a certificate in automotive services and tinkers with his grandfather's old truck in SCC's automotive shop. He's a quiet sort of guy and enjoys playing the electric guitar and drums, picking up an informal soccer game, and wrestling on Smoky Mountain's team. This summer, he's in training for the upcoming wrestling season, which runs from October through February. He hopes to drop to a lower wrestling class, and to that end, he's running, swimming, and working out. Keep up the good work, Andrew!

Janet and Andrew tend to slip away before coffee hour, so if you want to speak with them, catch them before they exit the grounds!

It's Summer Reflection Time!

Michael has asked three church members to present reflections on the Sundays that he is away on vacation. Since many of us likewise are traveling, we, too, may miss these informative and inspiring messages. Reprinted here is the first of these pieces for summer 2012, delivered by Margot Wilcox on Sunday, July 22, 2012.

Margot's Memories Spanning Forty Years

When Michael asked me to do the meditation for today, he suggested that I share memories of our nearly 40 years as St. David's parishioners, especially in light of how those who welcomed us here back then passed on their dreams for this parish, and to share our own hopes and prayers for the future.

Preparing for today has been interesting. First of all, because I'm still trying to figure out just how Michael got me to agree to do this! Speaking in public about anything more personal than the church budget isn't something I easily imagine doing. Also, it's been amazing how thinking about the past has brought back stories and memories I'd all but forgotten. So..., it's been fun to revisit those past times and to sort through them for memories appropriate to Michael's guidelines.

Tom and I hadn't been churchgoers during the early years of our marriage. But when we moved to Tuckasegee, one of Tom's department colleagues, Carl Hill, was a neighbor. Carl, an active member of St. David's, was ever gentle but nevertheless persistent in his invitations to us to go to church with him. Eventually, we decided to try it, though our initial feelings were that the Episcopal Church would have too much ritual and be too formal for us. Wrong -- on both counts! John Rivers, who was the vicar, was anything but formal. And though the liturgy at that time was in a state of flux prior to the National Church coming out with the current Prayer Book, we quickly learned that the rituals did not get in the way of meaningful worship. And, most important of all, we felt accepted here for who we were.

A painting in the parish hall shows this building as a derelict, "romantic ruin" and a fitting subject for WCU's art students during the '40s and '50s. When we first began coming to St. David's, it was only 12-13 years after the church had been refurbished and re-consecrated after a period of 17 years of disuse. Many of the parishioners who were here when we came had been instrumental in bringing about this transformation and both their love of this place and their ministry were strong. Among those folks, Nancy Tuttrup and Ruth Nelson, who were co-chairs of the Altar Guild, shine bright in my memory. They drew me into that aspect of church life, conveying the sense of deep hospitality that the church offers to all who come through the door. Their ideas of service to the church were clear in everything they did. They had worked with WCU students in the early years, preparing Sunday evening suppers for them and entertaining them in their homes. Nancy was the one who created the beautiful scrapbooks and memory boxes that are kept in the Parish Hall. Their devotion and faithfulness were inspirations to me. And I felt blessed when they asked me to take over as Altar Guild chair, when aging and ill health began to catch up with them.

In the late '70s, John Rivers, who had become increasingly disabled by his loss of hearing, left St. David's to become the first missionary to the deaf in this diocese. He was so dear to our family that at first we wondered if we would be able to remain at St. David's without him and his family here. However, it didn't take long to realize that our feelings for St. David's went beyond love of John, who had nurtured our faith, guided us through confirmation, and baptized our children. We had become part of something much bigger and were committed to being part of St. David's future.

Nancy and Ruth and Carl and John and many others had shown us by the way they lived their lives what it means to be faithful – to something beyond the priest that you really like or the priest's gender or a beautiful old building or a particular liturgy. All of these things and more were conflicts during the late '70s

and well into the '80s that caused people to leave this parish. But for us there were these "rocks," these matriarchs and patriarchs, who had become our mentors, our guides, and our family.

So when the going got really rough in the mid-1980s we continued to stick with St. David's. To replace John a search committee was formed, and the parish decided to call a young woman, Sherry Mattson, to be our new vicar. It's difficult now to picture what a radical thing that was at the time; we were the first church in the diocese to call a woman priest. Two or three families left immediately, not prepared to be ministered to by a woman. But in my memory I can still feel my great excitement over Sherry's coming, and I can only project that most others felt the same way; the sense of her call had been a strong one. And we had been effectively without a priest for a couple of years while we continued to support John financially as he prepared for his new ministry; we were ready for some ordained leadership. I tried as I prepared this meditation to recall the specifics of what went wrong, but those details aren't important to this story, and they would be one-sided. The long and the short of it is this: Sherry and St. David's were not a good fit. We no longer felt like a parish family. Wedges were being driven into long-standing relationships. The parish shrank as more and more people left. We were literally down to only six or eight folks actively engaged in the parish. I think Newt Smith was Senior Warden at the time; he and some others went to the bishop for help. The bishop recommended "family therapy" -- having a mediator to come in to listen and analyze the problems and suggest solutions.

Ultimately, Sherry left, and we were again "on our own." We re-grouped, folks slowly began to return, and visiting priests would come to lead the services. Folks often ask now why we (and the six or so others) stayed. My flip answer has been "we were too ornery to be driven off." But in truth we carried in our hearts and souls the germinating seeds of that St. David's heritage of being faithful to our ideal. We might have to scuffle to get things going again, but we knew others before us had been devoted to just such a cause in this place. If they had done it, how could we let them down, how could we not work toward the same goal of building here in Cullowhee a special community of worship in the Episcopal tradition?

After about 3 years under the healing tutelage of Heber Peacock, whom the diocese sent to us as an interim priest, we were led to call Michael. His strong and charismatic ministry has attracted many of you here. The years of Michael's tenure have been free of the types of turmoil we experienced back in the '70s and '80s. But by his very nature Michael is always throwing challenges at us: urging us to strife of a different kind -- to become ever more inclusive, ever more radically welcoming to all who come through our doors, to step outside our comfort zones -- including getting me to give this meditation!

Another of Michael's leadership techniques has been to encourage frequent self-examination as a parish, and so following up on our most recent self-probe, we find ourselves on the brink of a big new adventure in the re-building of the parish hall. It's fairly daunting to think of tearing down something that has "always" (in our memory) been there, to borrow money and to build something completely different. But it seems that is where the Spirit is leading us -- to make a new center for parish activities, one that will match our radical welcome philosophy, one that will be a sign of our commitment to the future.

This new building symbolizes part of my hopes for the future of St. David's -- that the parish family will continue to grow in its capacity to include all who wish to join us and to continue making a difference in the world.

And I also pray that when Michael is ready to retire (may it be many years in the future!), the Spirit will be speaking so strongly in this parish that everyone will know that even without Michael, St. David's community is worthy of their support and love.

May we always be open to hearing what the Spirit is saying to us as God's people.

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.

Eric Hendrix and Friends will be performing in Sylva next Saturday, 4 August, at [City Lights Cafe w/ Bernadette and Crew](#). Plan to stop in [Chris' City Lights Bookstore](#) upstairs before stepping down into one of the most unique dining cafes in the Mountains.

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.

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.

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](#)

Ordinary Mindfulness
By Michael Hudson
THURSDAY, JULY 19, 2012
Eden's Other Gates: Courage

John Bowlby was the English aristocrat and psychoanalyst who developed attachment theory, which "begins with the idea that two basic goals guide children's behavior: safety and exploration; a child who explores and plays develops the skills and intelligence needed for adult life." (Jonathan Haidt, *The Happiness Hypothesis*)

Bowlby was raised by a nanny and shipped off to a posh boarding school at a young age. It's not much of a stretch that he became interested in how early interactions with our parents shape the balance we find and feel between 'safety and exploration.' All mammal offspring naturally bond with their mothers (often fathers too, but evolution has tied us more to mom than dad). When the bond is 'right,' when we're kids and live in balance between exploring more and more of the world around us WHILE being able to regularly touch base with a caring parent, we grow up to be adults who 'know' how to navigate life.

Not all of us grow up with this skill deeply formed. We're still working on learning to discern healthy balance in our experience of safety and exploration.

This is where courage comes in. *Courage* is another [gate into Eden](#), the Garden of God. Courage is the ability to do what frightens us. We often don't quite understand what it is and how it works. Some people appear to be doing something courageous when they're not. What they're doing doesn't scare them, so it doesn't take courage to do it.

Courage comes from the Latin *cor*, which simply means heart. People have long intuited that to be brave takes a lot of heart. Wee mammals find encouragement to explore the world around them regularly to-ing and fro-ing with mom and dad as home base.

Whether we come to adulthood with this gift well formed or not, we can take real pleasure in developing it. Developing courage literally means being enheartened--encouraged. Practicing 'going to the places that scare us' opens, strengthens, widens and fills our hearts.

We don't need to look far to find places that scare us. The lives we have right now hold lots of places that scare us. All we need to do is GO THERE sometimes--ON PURPOSE.

The best places to start are PLACES THAT MATTER. Places our heads and hearts KNOW are worth going to. Places we recognize--places we recognize because they've become very familiar as we've gotten good at avoiding them.

Practicing courage is not something to attempt half-heartedly. It's usually a little dangerous--this going to places that scare us. It's wise to go there wide-eyed and carefully, full of care for these very selves of ours who are afraid.

First we can decide to experiment. Then discern the WHAT we intend to experiment WITH. Then we can remember to be good parents to the fearful self who doesn't want to go to places that scare us. We can keep a circuit open from mind to heart, to-ing and fro-ing between what we're DOING and what we're FEELING. Allowing the 'wee mammal' to touch base with a wise, kind inner parent as it explores new aspects of life.

Expect to be at least a little scared when you try this. An angel with a fiery sword guards Eden's East Gate.

Be sure also to take time to savor the fruit of encouragement when, having purposed to practice going to a place that scares you, you find yourself in this very garden, having come home to it, courageously, by another way.

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.