

The Coracle

St Davids Cullowhee



August 5, 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	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

Leader: Nancie Wilson
Reader: Lydia Aydlett
Coffee Hour: Maggie & Jim Bowles
Reflection: Terry Kinnear
Organist: Brad Martin
Readings: [Exodus 16:2-4, 9-15](#),
[Psalm 78:23-29](#), [Ephesians 4:1-16](#),
[John 6:24-35](#)

Serving during August

Bread: Jane Coburn
Flowers: Judy LeRoy Robinson (Aug 5 & 25)
Betty Lynn Kirwan (Aug 11 & 18)
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 John 6:24-35

The next day, when the people who remained after the feeding of the five thousand saw that neither Jesus nor his disciples were there, they themselves got into the boats and went to Capernaum looking for Jesus.

When they found him on the other side of the sea, they said to him, "Rabbi, when did you come here?" Jesus answered them, "Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves. Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal." Then they said to him, "What must we do to perform the works of God?" Jesus answered them, "This is the work of God, that you believe in him whom he has sent." So they said to him, "What sign are you going to give us then, so that we may see it and believe you? What work are you performing? Our ancestors ate the manna in the wilderness; as it is written, 'He gave them bread from heaven to eat.'" Then Jesus said to them, "Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world." They said to him, "Sir, give us this bread always."

Jesus said to them, "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty."

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

Saturday, September 8 in the Canterbury House

This sale will be the same day as the big community sale in the Ramsey Center to better avail ourselves of the attendance at that event. Volunteers are being sought to make some large signs to direct buyers to our sale. Additional volunteers will be needed during the week before the sale to sort price items. Contact Alice Mason fiddlinal@hotmail.com if you can offer to help in any way.

Parish News & Notes

Birthdays

Aug 5 **Alice Mason, Ruth Hardie-Hudson**
Aug 6 **Joanne Cleary**
Aug 8 **Lorraine Fisher**
Aug 12 **Sara Addison**

Anniversary

Aug 6 **TJ Walker & Terry Nelson**

Congratulations to Barbara Hardie on starting a new job this week.

Best wishes to BJ Wanlund as he moves to Virginia; we will miss him and hope that he will return again soon.



Lillian Pearson and Caroline Ulrich performed a delightful concert on piano and flute last weekend at the Kirwan's home. They generously offer this as an auction item each year at the St. David's Day Feast and Auction.



Lesley Williams, mother of son Aidan and daughter Mira, lives in Sylva near the public library. She is new to Jackson County and enjoys walking to downtown Sylva and the Saturday farmers' market. She first visited St. David's earlier this summer at a gentle nudge from her friend Rebecca Caldwell, a former St. David's parishioner. St. David's warm hospitality greeted Lesley at the door, and she has attended ever since.

Lesley discovered the Episcopal Church at Good Shepherd, Asheboro, initially drawn to it by its lovely old stone building and the red Japanese maple in the adjoining columbarium. Inside, she found a peaceful, calm atmosphere and an erudite rector, Everett Thomas, who mentioned Buddhism in his sermon. Lesley's younger sister, currently a park ranger, has just begun the path to ordination.

Lesley was born in Greeneville, TN, and spent her childhood living in East Tennessee/Western North Carolina mountain communities. She attended Chapel Hill as an undergraduate and Appalachian State University as a graduate student, where she received her MA in Community Counseling, with a special emphasis on expressive arts therapy.

Currently she serves as counselor for Meridian Behavioral Health Services. She enjoys "being present with people and honoring their stories." Meridian's team-based approach focuses on clients' capacity to recover, on providing meaningful peer support, and on valuing clients' lived experience.

At 13 years old, Aidan will soon be starting Smoky Mountain High School. He is highly creative and enjoys constructing complex online communities via a game called Minecraft. He also plays the trumpet and earlier this summer attended what has become his yearly week at UNC Greensboro music camp, where he takes pleasure in interacting with his fellow young musicians.

Mira is a vivacious, outgoing six-year-old who makes friends easily. She will soon be starting first grade at Fairview Elementary. She loves dancing, playing outdoors, and being read to.

When she has time, Lesley enjoys reading fiction and personal memoir. She particularly likes Anne Lamott. Lesley also enjoys both reading and writing poetry, hiking in the woods and paddling on calm water, not "whitewater!" When time is pressed, she loves to sit on her porch and gaze at the mountains.

Look for Lesley at coffee hour, and don't be surprised to find her standing by the door.



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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Mailing address: PO Box 152, Cullowhee, NC 28723

[Altar Guild Schedule for 2012](#)

Diocesan Links:

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

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 second of these pieces for summer 2012, delivered by Curtis Wood on Sunday, July 29, 2012.

How Meditation Has Become a Part of Spiritual Practice at St. David's

By Curtis Wood

Michael gave me an assignment to share my experiences with meditation and spiritual practice here at St. David's. Margot's reflection last Sunday on her life and times in the parish set a high bar and provides me a good background. I was here for many of those years, and I was moved by Margot's memories.

What I took away personally was the recognition of change, of our experience of becoming something new and different. And of course that story continues, perhaps never more dynamically. Margot mentioned the big new adventure of tearing down our old parish hall and building something completely different. I think Terry Kinnear will discuss our building project and that process in the context of community next Sunday.

My purpose is to share with you an account of my experience of another adventure of change- that is, the development of meditation practice at St. David's.

I have been interested in spiritual practice for about 40 years. It began shortly after Carole and I came to Cullowhee and years before we came to St. David's. We explored a variety of approaches and practices, trying to weave them into our hectic daily lives of work and children. Looking back, I say with gratitude that everything matters; everything had its part to play in our lives. I told some of that story a few years ago after I came back from a trip to India. I think that Advent Reflection might still be on the St. David's website.

What I had never really tried or been interested in was meditation. Half-hearted attempts to sit did not appeal to me. I put myself down as part of that vast majority for whom meditation was not the thing.

But leave it to that cauldron of inclusiveness and radical thinking and living, which we know as St. David's, to open the door. A long time back, ten years or more, Chase Robinson sponsored training in Thomas Keating's *Contemplative Prayer*. I gave it a try but did not stick with it. But not long after that, one conversation led to another, and Michael shared an essay by a teacher named Pema Chodron called *Sitting in the Fire*. He and I and occasionally others found it very compelling as a way of working with the really tough places in life, times that were close to more than we could handle.

This led to other books and other discussions. In that period our Sunday morning book group read things like Karen Armstrong's *History of God* and Richard Rohr's *Everything Belongs*. I love Richard Rohr- he's a Franciscan monk and a real 21st century mystic.

And one thing affects another. At the same time, a small men's group that I belong to on campus that had been meeting for about twenty years (focusing on men's issues like work and family -Newton and Terry are members) turned to spiritual practice. I never expected that. I think one of us mentioned Keating's book, which our group read, then *Sitting in the Fire*, and it went from there. We were all discussing meditation but not doing it. It was just one of the possible choices but not something you would necessarily do.

Then Michael suggested a Monday morning Lectio and meditation. You will remember Lectio from our "neighborhood evenings" a little time back: reading short spiritual texts or poems followed by brief reflection. It was like that, with meditation of twenty minutes, at 7:30 on Monday mornings. I don't enjoy

the time. I'm the late one, but I go. And one of us mentioned this effort in our men's group, and all agreed to try meditation. So for maybe two years now we meditate at every meeting. It's settled now. It's what we do.

Very recently St. David's has begun a once a month, Saturday morning, two-hour meditation. And there are other groups, sitting here and there. Chad's yoga class at the Canterbury House on Monday mornings is an opportunity for extended meditation in motion, and Chad does a great job of explaining that basic element of yoga. Some people meditate at home. I don't have the discipline or motivation at this point. But I'm glad it's in my life.

This leads to a couple of observations.

Many people enjoy and benefit from reading the literature of spiritual practice. And more and more are participating in meditation groups and small informal gatherings that share experiences. My own experience suggests that reading and discussion practice can lead to actual practice. So watch out what you get involved in. It could lead to an adventure.

Richard Rohr commented recently on his website on the difference between Orthodoxy and Orthopraxy. Orthodoxy refers to doctrinal correctness-to the importance of getting your beliefs right, whereas orthopraxy refers to right practice. What we see in many Eastern traditions is not an emphasis upon verbal orthodoxy, but instead on practices and lifestyles that, if you do them (not think about them, but *do them*), end up changing your consciousness. Rohr concludes: *We don't think ourselves into a new way of living; we **live** ourselves into a new way of thinking.*

A second observation: I don't understand meditation well enough to say much about it- except it is a part of a way of living; it's an action. It involves spending quality time with your true self or a deeper self, looking at what goes on in your mind that makes you do what you do and be who you are. It can help you carry self-observation and self-knowledge into your active life, which changes things.

Finally, no two spiritual practices are the same. The Anglican Communion for over 400 years has been sustained by and embodied in a liturgy, which we call common prayer. This is a moment in our individual lives where we are a "we". Common Prayer is an authentic bond of our spiritual community; just as the Koran or the Buddhist dharma are bonds. They are Wisdom teachings shared by a community. Wisdom teachings are grounding, but they are not the journey.

And what we are talking about is a journey. It is about change and risk-taking, letting go of what we have thought and believed and becoming something new.

It is very personal. To say again, no two practices are the same. My expectation was that as we practiced together, we would become more alike in our views. But interestingly this is not what I have found. For example, I am more interested in what I might call "knowing God" than I am in psychology, in the nature of mind. But not everyone is optimistic about prospects of knowing God and put their money on psychology, on knowing the mind and the self. After writing these words, I found this line from Richard Rohr: He writes: *knowing ourselves and knowing God seem to move together.*

So I have become more aware of our uniqueness. That's been very interesting. It invites deep, radical listening, something that doesn't come easily. This has been a challenge for me, but I have come to see that if I listened patiently and quietly rather than struggling to make my point, I heard much that deeply moves me and opens my heart.

I close as Margot did: may we always be open to hearing what the Spirit is saying to God's people.

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

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.

Eric Hendrix and Friends will be performing in Sylva on 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.

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.

Cullowhee Mountain Arts "Drawing For Artworks 2012 CMA Fundraiser". Nearly all of the artists who agreed to teach during the inaugural 2012 SUMMER VISUAL ARTS SERIES generously donated a piece of their art. The first 21 pieces reflect the range of workshops offered: painting, printmaking, photography, mixed media, fiber, sculpture, & ceramics. The last three works were donated by the Cullowhee Mountain ARTS Staff; a total of 24 works total from which you can select your the art work that will best match your home or serve as a gift. ([Click here](#)) to view the work and make your selection.

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.



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.

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.