

The Coracle

St Davids Cullowhee



August 19, 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 19	12 th Sunday after Pentecost, Godly Play
Sat	Aug 25	Yoga Workshop with Chad
Sun	Aug 26	13 th Sunday after Pentecost
Sat	Sept 1	Monthly Mindfulness 10 am-noon
Sun	Sept 2	14 th Sunday after Pentecost
Wed	Sept 5	Healing Prayer 5:30 pm
Sun	Sept 9	15 th Sunday after Pentecost
Tue	Sept 11	Vestry Meeting 5:30 pm
Sun	Sept 16	16 th Sunday after Pentecost, Godly Play
Sat	Sept 22	WCU football 3:30 pm (Samford)
Sun	Sept 23	17 th Sunday after Pentecost Church at East LaPorte Park
Tue	Sept 25	Neighborhood Group pot luck 6 pm Bowles home
Sun	Sept 30	18 th Sunday after Pentecost
Fri-Sun	Oct 5-7	Keeneland Trip (fundraiser)
Sat	Oct 6	Monthly Mindfulness 10 am-noon WCU football 3:30 pm GA Southern

Canterbury House Activities

Mondays 7:25 am	Mindfulness Meditation
Mondays 9-10:30 am	Chad's yoga
First Saturdays 10 am	Monthly Mindfulness
Thursdays 11:30 am	Cullowhee Men's Group
Thursdays 5:30 pm	Alcoholics Anonymous
Fridays 5:30 pm	U-Club

Serving this Sunday Holy Eucharist

Reader: Bill Kirwan
Chalice: Claire Marsh
Coffee Hour: Joanne Cleary & Marilyn Jody
Organist: Brad Martin
Readings: [Proverbs 9:1-6](#), [Psalm 34:9-14](#)
[Ephesians 5:15-20](#), [John 6:51-58](#)

Serving during August

Bread: Jane Coburn

Flowers: Betty Lynn Kirwan (Aug 11 & 18)
Judy Robinson (Aug 25)

Linen: Faye Jacobson (Aug 12)

Claire Marsh (Aug 19 & 26)

Eucharist: Newt Smith & Tom Wilcox

Serving during September

Bread: John Slater

Flowers: Margot Wilcox (Sep 2 & 9)

Betty Lynn Kirwan (Sep 16, 23, 30)

Linen: Claire Marsh (Sep 2, 9 & 16)

Faye Jacobson (Sep 23 & 30)

Eucharist: Muff Lyons & Carole Wood

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 John 6:51-58

Jesus said, "I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh."

The Jews then disputed among themselves, saying, "How can this man give us his flesh to eat?" So Jesus said to them, "Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day; for my flesh is true food and my blood is true drink. Those who eat my flesh and drink my blood abide in me, and I in them. Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live forever."

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.

Saturday, September 8th in the Canterbury House 7 am-2 pm

This annual event is one of the very important fund raisers for St. David's. Please check your home and garage, etc., for items that you no longer use and can donate to this effort. We will take almost anything except non-functioning electronics or non-fixable items, including clean clothing in good repair, especially children's clothing, kitchen items, dishes and glassware, toys, books, videos and DVD's, usable electrical appliances, artwork, accessories and linens. We especially need jewelry, furniture, collectibles, garden items, and tools as these sell very well.



Please bring your donations beginning Sunday, September 2nd and leave them in the Canterbury house. Alice will begin pricing and putting them away. If you are able to help on Monday through Wednesday of that week it would be most appreciated. We will need workers for Friday morning, September 7th, beginning at 11 am to price donated articles. Additional workers will be needed from 7 am until 3 pm on Saturday, the 8th to work a two to three hour shift. There will be a sign-up sheet at church for the next few Sundays.

If everyone donates at least a few items, and if we can get 10 people to sign up to work, we should be able to conduct a successful sale this year.

[Click here](#) to download a flyer that you can print and post at places you visit or work.

Contact Alice Mason fiddlinal@hotmail.com if you have questions.

YARD SALE

Website Update

Two links have been added to the Membership page of the website. They are for membership lists that are comparable to the printed lists Margot Wilcox has made available from time to time in the past. Since these lists are not available to the public in general, you will need to have signed up on the website to access them. As always, please be respectful of privacy and do not use these for commercial or political purposes.

[Membership List in block format](#)

[Membership List in table format](#)



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

Aug 19 **George Holmes,
Sandra Burbank**
Aug 20 **Norma Hendrix**

Aug 22 **Sam Neff**
Aug 24 **Lois Tebo**
Aug 26 **Dave Nelson**

Anniversaries

Aug 16 **Bob Dodd & Art Campana**
Aug 19 **Curtis & Carole Wood**



The International Order of St. Luke the Physician

Healing Prayer Workshop

Healing Hurts of the Past

The Rev. John Rice and Rev Turner Guidry

September 14 & 15, First Presbyterian Church in Sylva

Contact: Judy McManus jmcmmanus2013@gmail.com

Workshop cost \$25

The Rev. John Rice serves as president of the North American Board of the Order of St. Luke. His vision is to encourage, equip and empower God's people for healing ministry. After 24 years as pastor of Episcopal churches in Vermont and western North Carolina, he recently retired from parish ministry to devote more time to healing ministry. He leads workshops about healing prayer in churches across the south.

In 2009 and 2010 John led Order of St. Luke healing mission teams to India, equipping clergy and lay leaders to start an active healing ministry there. His passion is to nurture the growth of the body of Christ through healing prayer, in India and at home.



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 the art work that will best match your home or serve as a gift. ([Click here](#)) to view the work and make your selection.

Ordinary Mindfulness

By Michael Hudson
Tuesday, August 14, 2012

Working With Transitions

A friend sent me this short essay yesterday--written by Danaan Parry (The Essene Book of Days). It's kind of scary. It's also kind of wonderful. Like most wisdom writings, it won't do us much good to read it once--in fact it's way too dicey to read just once. You might not be in a place where this makes sense at all, but if you are, it may be one of those perfect bits of insight that will help re-calibrate your Life Compass in just the way it needs at this point in time!

If that's true, read it a lot--work with it--until you consistently can 'just tell' you're navigating life in a way you recognize as your way.

Sometimes I feel that my life is a series of trapeze swings. I'm either hanging onto a trapeze bar swinging along for a few moments in my life, or hurtling across space in between trapeze bars. Most of the time, I spend my life hanging on for dear life to my trapeze-bar-of-the moment. It carries me along at a certain steady rate of swing and I have the feeling that I'm in control of my life.

I know most of the right questions and even some of the right answers. But, once in awhile, as I'm merrily or not so merrily swinging along, I look out ahead of me into the distance and what do I see? I see another trapeze bar swinging toward me. It's empty, and I know, in that place in me that knows, that this new trapeze bar has my name on it. It is my next step, my growth, my aliveness coming to get me. In my heart of hearts, I know that for me to grow, I must release my grip on this present, well-known bar and move on to the new one. Each time it happens to me, I hope (no, I pray) that I won't have to grab the new one. But in my knowing place I know that I must totally release my grasp on my old bar and for some moment in time, I must hurtle across space before I can grab onto the new bar. Each time I am filled with terror. It doesn't matter that in all my previous hurtles across the void of knowing I have always made it.

Each time I am afraid that I will miss, that I will be crushed on unseen rocks in the bottomless chasm between the bars. But, I do it anyway. Perhaps this is the essence of what mystics call the faith experience. No guarantee, no net, no insurance policy, but you do it anyway because somehow, to keep hanging on to that old bar is no longer on the list of alternatives. And so for an eternity that can last a microsecond or a

thousand lifetimes, I soar across the dark void of “the past is gone, the future is not yet here.” It is called Transition. I have come to believe that it’s the only place that real change occurs. I mean real change, not the pseudo-change that only lasts until the next time my old buttons get pushed; I have noticed that, in our culture, this transition zone is looked upon as a “no-thing,” a “no-place” between places. Sure, the old trapeze bar was real, and that new one coming towards me, I hope that’s real too. But the void in between? That’s just scary, confusing, disorienting “no-where” that must be gotten through as fast and as unconsciously as possible. What a waste!

I have a sneaking suspicion that the transition zone is the only real thing and the bars are illusions we dream up to avoid the void, where the real change, the real growth occurs for us. Whether or not my hunch is true, it remains that the transition zones in our lives are incredibly rich places. They should be honored, even savored. Yes, with all the pain and fear and feelings of being out-of-control that can (but not necessarily) accompany transitions, they are still the most alive, most growth-filled, passionate expansive moments of our lives. And so, transformation of fear may have nothing to do with making fear go away, but rather with giving ourselves permission to “hang out” in the transition zone between trapeze bars. Transforming our need to grab that new bar, any bar, is allowing ourselves to dwell in the only place where change really happens. It can be terrifying. It can also be enlightening, in the true sense of the word: Hurling through the void, we just may learn how to fly.”

And fly we must.

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
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[Altar Guild Schedule for 2012](#)

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