

# The Coracle

St Davids Cullowhee



August 26, 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

Sat	Aug 25	Yoga Workshop with Chad
Sun	Aug 26	13 <sup>th</sup> Sunday after Pentecost
Sat	Sept 1	Monthly Mindfulness 10 am-noon
Sun	Sept 2	14 <sup>th</sup> Sunday after Pentecost
Wed	Sept 5	Healing Prayer 5:30 pm
Sun	Sept 9	15 <sup>th</sup> Sunday after Pentecost
Tue	Sept 11	Vestry Meeting 5:30 pm
Sun	Sept 16	16 <sup>th</sup> Sunday after Pentecost, Godly Play
Sat	Sept 22	WCU football 3:30 pm (Samford)
Sun	Sept 23	17 <sup>th</sup> Sunday after Pentecost Church at East LaPorte Park
Tue	Sept 25	Neighborhood Group pot luck 6 pm Bowles home
Sun	Sept 30	18 <sup>th</sup> 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: Paul Cooper  
Chalice: Judy Annis  
Coffee Hour: Melba Cooper  
Organist: Brad Martin  
Readings: [Joshua 24:1-2a, 14-18](#),  
[Psalm 34:15-22](#), [Ephesians 6:10-20](#),  
[John 6:56-69](#)

### Serving during August

Bread: Jane Coburn  
Flowers: Judy Robinson (Aug 25)  
Linen: Claire Marsh  
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.



## Yoga Workshop

### *Redefining the Possible*

Saturday, August 25

9 am-noon

Canterbury House

There is still space available. If you would like to come, contact Chad via Facebook or at [centeringyoga@yahoo.com](mailto:centeringyoga@yahoo.com).

## The Gospel

### John 6:56-69

Jesus said, "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." He said these things while he was teaching in the synagogue at Capernaum.

When many of his disciples heard it, they said, "This teaching is difficult; who can accept it?" But Jesus, being aware that his disciples were complaining about it, said to them, "Does this offend you? Then what if you were to see the Son of Man ascending to where he was before? It is the spirit that gives life; the flesh is useless. The words that I have spoken to you are spirit and life. But among you there are some who do not believe." For Jesus knew from the first who were the ones that did not believe, and who was the one that would betray him. And he said, "For this reason I have told you that no one can come to me unless it is granted by the Father."

Because of this many of his disciples turned back and no longer went about with him. So Jesus asked the twelve, "Do you also wish to go away?" Simon Peter answered him, "Lord, to whom can we go? You have the words of eternal life. We have come to believe and know that you are the Holy One of God."

### Saturday, September 8<sup>th</sup> 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 2<sup>nd</sup> 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 7<sup>th</sup>, beginning at 11 am to price donated articles. Additional workers will be needed from 7 am until 3 pm on Saturday, the 8<sup>th</sup> 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](mailto:fiddlinal@hotmail.com) if you have questions.

YARD SALE

# Parish News & Notes

## Birthdays

Aug 24 **Lois Tebo**  
Aug 26 **Dave Nelson**  
Aug 27 **Judy Annis**

Aug 28 **Curtis Wood, Ron Robinson**  
Sep 1 **Andy Coburn**

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Gracia and John Slater traveled to Cincinnati last weekend for a performance by the Italian sensation Il Volo, a trio of operatic pop teenage tenors.



Faye and Jake Jacobson sent this incredible photo of “The Great One” from Denali, Alaska. Due to prevailing weather conditions, only about 30% of visitors get a glimpse of it. They plan to enjoy Alaska for another couple of weeks and will be back on September 8.

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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](mailto:magbowles@gmail.com) and if you possibly can, include a picture..

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**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, making a total of 24 works 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.



## 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 [jcmcmanus2013@gmail.com](mailto:jcmcmanus2013@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.

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### Ordinary Mindfulness

By Michael Hudson

**THURSDAY, AUGUST 23, 2012**

### Anxiety and Compassion

As a follow-up to yesterday's post about pairing anxiety with kindness, I'm re-posting an earlier reflection (below). In *The Happiness Hypothesis*, Jonathan Haidt writes, "Blessed are the sense-makers!" He says this because research has shown that people who are able to 'make sense' of their lives, particularly who are able to integrate trauma and adversity, are happier than those who are not able to make sense of their lives. He notes that in various experiments, religious people, in general, test "happier" than non-religious people--more than likely because religious people have major paradigms for making sense of life.

James Pennebaker, in his book, *Opening Up*, tells us that people who journal (or dialogue with trusted friends) openly about traumas are healthier than people who don't--at least they don't go to doctors or hospitals as often.

It makes sense to 'make sense' of our lives. Mindful practices help by allowing us to see more and more precisely what's really going on with us and in us. Contemplative practices in all spiritual traditions are full of wise, time-tested counsel for becoming whole.

God bless us—and keep us on paths of sense-making.

### **Anxiety as the Abuse of Imagination**

Do you remember the scene in the Lord of the Rings movie where the signal fires get lit? One after another, across those glorious mountain peaks, the carefully stacked fire wood, soaked in oil, is ignited and the flames leap up! And the proclamation goes out: "The Beacons are lit! The Beacons of Gondor are lit!"

The Beacons of Gondor were a sign that great danger was at hand and help was desperately needed.

Deep anxiety was my mother's great wound. When she was 11, her young father, who loved to hunt and who kept 2 dozen dogs, was bitten by one of them and died a horrible death 3 weeks later from rabies.

It happened in the middle of the Great Depression. Her mom was forced to take her two girls, leave their home in the country to take a job as a seamstress 15 miles away in 'town.'

This upheaval left my mother with a festering wound, a pervasive terror that no matter how stable life might seem, something horrible was always looming.

Though she always tried to put a bold face on it, each of her 3 sons inherited this same certainty, a gnawing unease that somehow something bad is always lurking.

I've always known this isn't really true. I've worked hard to infuse this fear with reason and outward confidence. But...

I can't tell you how often I've waked up at 3:00 or 4:00 in the morning thinking, "The Beacons are lit! The Beacons are lit! The Beacons of Gondor are lit!" All juiced up with adrenalin, I brace my half-awake self and anticipate the worst, wrestling with the demon Dread for the next hour or two.

Of course, my family 'Beacons' don't work right, they're dysfunctional. I know that. But part of me wants to stride out and find the idiot who keeps lighting that first beacon and throw him off the mountain!

Yet as I've sat with my irrational anxiety, tracing the string of beacons back to their source, I've realized it's my mother who lit the first one. She'd be the one I'd have to throw off the mountain.

Somebody said that anxiety is the abuse of imagination. Sounds about right to me. It's certainly the misuse of imagination. Inventing all kinds of nasty future scenarios.

On the other hand, it's been imagination, put to better use, that has helped me follow my family's beacons back to find my grieving, terrified eleven-year-old mom with matches in her hand. It's a scene that lights a different kind of fire in the heart.

All wise spiritual traditions and practices cultivate love. As we meditate, we work on meeting each thought, each feeling, each image, each story with love. And when love meets pain it morphs into compassion. That's just what it does. And when anxiety or any other unhealthy mental or emotional process is held in compassion it is transformed. Maybe very slowly and maybe over a long time, but it is transformed.

Healthy imagination and mindfulness has allowed me to follow this deep trauma to the very place of its birth. Who knew it could turn out to be a sacred place?

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### **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](mailto:normanwest@frontier.com).



## 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](http://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.

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#### St. David's Links and Contact Information:

Website: <http://www.st-davids.org/> [Lectionary Page](#)

Newsletter editor: Maggie Bowles: [magbowles@gmail.com](mailto:magbowles@gmail.com)

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#### [Altar Guild Schedule for 2012](#)

#### Diocesan Links:

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