

The Coracle

St Davids Cullowhee



September 2, 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	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
Wed	Oct 3	Healing Prayer 5:30 pm
Fri-Sun	Oct 5-7	Keeneland Trip (fundraiser)
Sat	Oct 6	Monthly Mindfulness 10 am-noon WCU football 3:30 pm (GA Southern)
Church at Bridge Park		
Sun	Oct 7	
Tue	Oct 9	Vestry Meeting 5:30 pm

Serving this Sunday

Holy Eucharist

Reader: Vance Davidson

Chalice: Curtis Wood

Coffee Hour: Linda & Terry Kinnear

Organist: Nan Watkins

Readings: [Deuteronomy 4:1-2, 6-9](#), [Psalm 15](#)
[James 1:17-27](#), [Mark 7:1-8, 14-15, 21-23](#)

Serving Sept 9

Reader: June Smith

Chalice: Newt Smith

Coffee Hour: Check the board

Organist: Andrew Adams

Serving Sept 16

Reader: Paul Cooper

Chalice: Vance Davidson

Coffee Hour: Check the board

Organist: Nan Watkins

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

Canterbury House Activities

Mondays 7:25 am	Mindfulness Meditation
Mondays 9-10:30 am	Chad's yoga
1 st 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

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.



There will be no Coracle for the next two, or possibly three, weeks while the editor is away on a trip. There may be some email notices and reminders from Margot Wilcox in the interim.

The Gospel

Mark 7:1-8, 14-15, 21-23

Now when the Pharisees and some of the scribes who had come from Jerusalem gathered around Jesus, they noticed that some of his disciples were eating with defiled hands, that is, without washing them. (For the Pharisees, and all the Jews, do not eat unless they thoroughly wash their hands, thus observing the tradition of the elders; and they do not eat anything from the market unless they wash it; and there are also many other traditions that they observe, the washing of cups, pots, and bronze kettles.) So the Pharisees and the scribes asked him, "Why do your disciples not live according to the tradition of the elders, but eat with defiled hands?" He said to them, "Isaiah prophesied rightly about you hypocrites, as it is written,

'This people honors me with their lips,
but their hearts are far from me;
in vain do they worship me,
teaching human precepts as doctrines.'
You abandon the commandment of God and hold to human tradition."

Then he called the crowd again and said to them, "Listen to me, all of you, and understand: there is nothing outside a person that by going in can defile, but the things that come out are what defile. For it is from within, from the human heart, that evil intentions come: fornication, theft, murder, adultery, avarice, wickedness, deceit, licentiousness, envy, slander, pride, folly. All these evil things come from within, and they defile a person."

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.

A large, stylized green banner with the words "YARD SALE" written in white, bold, capital letters. The banner has a grass-like texture at the top and bottom edges.

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

Sep 1 **Andy Coburn**
Sep 3 **Jesse Addison**
Sep 4 **Phil Sanger**
Sep 6 **Margo White**
Sep 7 **Harry Brown, Robert Reily, Jaye Wilde**
Sep 10 **Muff Lyons**
Sep 12 **Jennie Dowdle**

Sep 16 **Jim Bowles**
Sep 17 **Emmett Kirwan**
Sep 25 **Betty Lynn Kirwan**
Sep 28 **Susan Metcalf, Donna Harris**
Sep 30 **Gracia Slater**
Oct 2 **Haidee Wilson**
Oct 4 **Nancie Wilson, Anna Wood**

Anniversaries

Sep 3 **Judy & Jere Annis**
Sep 20 **Terry & Linda Kinnear**
Sep 21 **Mary Turk/Jaye Wilde**

Sep 24 **Donna Harris/Nicole McRight**
Oct 3 **Phyllis & Ellerd Hulbert**



It's a Blessing.....

At Coffee Hour after church this past Sunday, Michael Hudson blessed grapes which were the first fruit from Phil and Terri Sanger's vineyard and also a quilt that will be sent to the Naval Hospital at Bethesda, MD as part of the Quilt of Valor program for wounded veterans. This quilt was made by Anne Long as a celebration of the 90th birthday of her cousin, Jack Monroe, a retired OB/GYN doctor and former naval officer from Winston-Salem. The name of the quilt is *American Eagle on a Bright Starry Night*. Anne belongs to the Smoky Mountain Quilters Guild in Franklin. The guild has given over 350 quilts to our distinguished veterans.

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.

Frank Lockwood and Donna Ross traveled to Cincinnati last weekend for a family wedding.



Here is a picture of Norma Hendrix looking relaxed while on a vacation trip to New England recently.



Mary Ellen Griffin enjoyed several fun days on the Youghieny River in Western Pennsylvania recently. She sent these pictures, saying that this is her favorite river, without a doubt. Great weather and great company!





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

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.

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, AUGUST 30, 2012

Self-Help for Skeptics

Here's an article about "Self-Compassion" that I read yesterday (in *the Wall Street Journal!*). It was titled *Self-Help for Skeptics*. I'm really happy to see more and more people waking up to the benefits of intentional healthy practices.

And just think, if practices like the ones suggested below--ones that just barely scratch the surface of our 'souls'--can be helpful, how much richer can integrative practices of mind-body-spirit be?

Buddhist monks, Sufi masters, Jewish and Christian mystics have been diving deep, deep beneath the surface for millennia, and their 'research' is becoming more and more widely available. AND more *accessible*. We don't have to be 'monkish' to get way beneath the surface ourselves. I named this blog Ordinary Mindfulness for that very reason.

My take is that people who practice meditation or contemplative prayer for 6 months or so usually 'know' more about the deep benefits of self-compassion than the researchers who are (thank God) getting so stoked about the kind of results the following article highlights.

Anyway, I'm really grateful for the growing convergence between our current scientific research and the richest mindfulness practices of our ancient traditions.

In times of stress, even people with close social networks can feel utterly alone. We're often advised to "buck up," "talk to someone" (who is often paid to listen) or take a pill. Wouldn't it also make sense to learn ways to comfort and be supportive of ourselves?

Think of it as becoming our own best friend, or our own personal coach, ready with the kind of encouragement and tough love that works best for us. After all, who else knows us better than ourselves? If that sounds crazy, bear in mind it sure beats turning to chocolate, alcohol or your Pekingese for support. (Personally, I find pets to be remarkably supportive -MH)

Experts say that to feel better you need to treat yourself kindly—this is called "self-compassion"—and focus on the positive, by being optimistic. Research shows self-compassionate people cope better with everything from a major relationship breakup to the loss of their car keys. They don't compound their misery by beating themselves up over every unfortunate accident or mistake. Car broke down? Sure, it's a drag, but it doesn't make you an idiot.

"They are treating themselves like a kind friend," says Mark Leary, professor of psychology and neuroscience at Duke University. "When bad things happen to a friend, you wouldn't yell at him."

In 15 studies conducted over the past seven years, Dr. Leary has found that self-compassionate people are happier. Three of the studies, soon to be published, examine how self-compassion affects people over age 65. The studies found that people who accepted memory lapses, arthritis and other difficulties of getting older, and who treated themselves extra nicely on tough days, reported more positive emotions and were coping better with the aging process.

Self-compassion helps people overcome life's little, and not-so-little, stressors, such as public speaking. In another study, Dr. Leary asked people to stand in front of a video camera and make up a story starting with the phrase, "Once there was a little bear..." Then he asked them to critique their performance, captured on videotape.

People whom the study had identified as being high in self-compassion admitted they looked silly, recognized the task wasn't easy and joked about it. People low in self-compassion gave harsh self-criticism.

Experts say you can learn self-compassion in real time. You can train your brain to focus on the positive—even if you're wired to see the glass as half empty. A person's perspective, or outlook, is influenced by factors including genetic makeup (is he prone to depression?), experiences (what happened to him?) and "cognitive bias" (how does he interpret his experiences?). We can't change our genes or our experiences, but experts say we can change the way we interpret what has happened in the past.

Everyone has an optimistic and a pessimistic circuit in their brain, says Elaine Fox, visiting research professor at the University of Oxford, England, and director of the Affective Neuroscience Laboratory in the Department of Psychology at the University of Essex. Fear, rooted in the amygdala, helps us identify and respond to threats and is at the root of pessimism. Optimism, in contrast, is rooted in the nucleus accumbens, the brain's pleasure center, which responds to food, sex and other healthy, good things in life.

"The most resilient people experience a wide range of emotions, both negative and positive," says Dr. Fox, author of "Rainy Brain, Sunny Brain." To enjoy life and feel good, people need roughly four positive emotions to counteract the effect of one negative emotion, she says.

It's possible to change your cognitive bias by training the brain to focus more on the positive than on the negative....

[From the Wall Street Journal Online](#)