

The Coracle

St Davids Cullowhee



September 23, 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	Sep 22	WCU football 3:30 pm (Samford)
Sun	Sep 23	17 th Sunday after Pentecost Church at East LaPorte Park
Tue	Sep 25	Neighborhood Group pot luck 6 pm Bowles home
Sun	Sep 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)
Sun	Oct 7	19 th Sunday after Pentecost Church at Bridge Park, Blessing of the Animals
Tue	Oct 9	Vestry Meeting 5:30 pm
Sun	Oct 14	20 th Sunday after Pentecost
Sun	Oct 21	21 st Sunday after Pentecost
Sat	Oct 27	WCU football 3:30 pm (App State)
Sun	Oct 28	22 nd Sunday after Pentecost
Fri	Nov 2	Wine Tasting 6:30 pm
Sat	Nov 3	Monthly Mindfulness 10 am WCU football 3:30 pm (Chatt)
Sun	Nov 4	All Saints Sunday

Serving this Sunday

Holy Eucharist

Reader: Lydia Aydlett

Readings: James 3.13-4:3, 7-8a; Psalm 116.1-8; Mark 8.27-38

Serving during September

Bread: John Slater

Flowers: Betty Lynn Kirwan (Sep 23, 30)

Linen: Faye Jacobson (Sep 23 & 30)

Eucharist: Muff Lyons & Carole Wood

Serving during October

Bread: Jane Coburn

Flowers: Judy Annis

Linen: Susan Rush

Eucharist: Judy Annis & Faye Jacobson

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.

Church-in-the-Park & Picnic this Sunday

East LaPorte Park (3 miles south of Cullowhee on Hwy 107 on the right just before Caney Fork Road)

Morning Prayer without Eucharist

11 am-1 pm

Michael has promised to try to preach a five-minute sermon!

Fiddle and pickin' music by Alice Mason and Brad Reisinger; vocal music by Jubilate Deo

Eric Hendrix, with help from Newt Smith, will make his famous fish tacos with Spanish rice and guacamole.

Please bring: a side dish to share
lawn chairs/blankets

other beverages you enjoy (alcohol is prohibited in county parks)
your own cups and dinnerware if possible

Ice and water will be available.

It's better not to bring animals.

Dress casually!



Franklin Neighborhood Group
All are welcome!
Tuesday, September 25, 6 pm

Pot Luck Supper at the Bowles' Home

Please let Maggie know if you can come and what category of dish you plan to bring – magbowles@gmail.com or 743-0585. [Click here](#) for directions.

Parish News & Notes

Birthdays

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 20 **Terry & Linda Kinnear**
 Sep 21 **Mary Turk/Jaye Wilde**

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



It's Abel the Acolyte!

Abel Despeaux carried the Rector's Cross for the first time on Sunday, September 2.



A contract has been entered into for sale of the rectory property. Once finalized, this will yield approximately \$130,000 which will be applied towards the building project.

*Hi everyone,
 My youth group at Cullowhee Methodist is doing a big project near the church. We are building a small house for an old lady who is in need of a new home. The whole church and children of the church will work on it. This requires some donations. We need \$30,000 to build the house. So, could you please look into your hearts and give a donation to help out? No \$ amount is too small - every little bit counts, right? If you can help in any way, you can e-mail my Mommy at psugirl89@gmail.com or bring your donation to church on Sunday. Thanks!!!!!!!!!!*

Love, Jake



Recovery Day 2012

De-mystifying Alcoholism/Addiction

Who should attend: Priests, Deacons, congregational leaders and parishioners impacted by addiction, mental health and health care workers and those interested in learning about addiction.

Friday, October 5, 2012

8:00 a.m. to 5 p.m.

Deerfield Retirement Community

Workshops:

Bishop Porter Taylor
Patsy A., Al-Anon, Dick S. Open AA Meeting
Demonstration
J. Paul Martin MD, Addictionologist and
Jeff Gillese LPC/LCAS Interventionist
"Best Practices in Treating Substance Use Disorders"
Lunch in the Bistro
Keynote Speaker; Rev Ward Ewing, DD
Christopher B, a personal story of Experience
Strength and Hope
Panel Discussion

Cost: \$25 per person; Deerfield residents no charge
(contact Tom Rightmyer trightmy@juno.com or
828-225-0515).

[REGISTER ONLINE](#)

CEUs: For the medical piece -- 2.0 training
credits/hours approved by NAADAC and provided
by Pavilion, provider #360.

Sponsors welcome at \$100 per display. For more
information, contact Dale Llewelyn at 828-243-
2832 or by [email](#).

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](#)

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.

Ordinary Mindfulness

By Michael Hudson

TUESDAY, SEPTEMBER 18, 2012

Mary vs. Martha

A Guest Post by Jane Coburn

I continue to be amazed by themes surfacing in my life. I will read an article about a topic and then someone a few days later will make a comment about the same topic. A few days later, while flipping channels on the television, there's someone discussing the same topic. I know this is God and the Universe literally tapping me on the shoulder saying, "Yoo-hoo, Jane – pay attention, there's a lesson here!" Recently, while chatting with my mother about something completely unrelated to the Bible, she referenced the Bible story about the sisters Mary and Martha. I had not heard, read, or thought about this story in several years. A few days later at my monthly meditation group, my friend Michael talked about Mary and Martha... "yoo hoo Jane..."

I love the visual the Mary and Martha story conjures in my head, Martha running around trying to cook, clean, and serve her guests while Mary just sits and listens to Jesus. Too often, I am Martha, over-doing, trying to please everyone and not experiencing the moment. Like Martha, I'd then be resentful of having done all the work, but didn't we choose this service instead of being in the moment with our guests? I can picture Martha years later saying, "I can't believe I had Jesus in my house and I ignored him to do the dishes!"

My Western, dualistic mind wants to side with Martha. What is wrong with working hard and taking care of others? Hard work and service should be rewarded. I want to say, "What is Mary's problem? Why didn't she get off her lazy butt and help poor Martha?" I want to label one good and one bad, but the truth is they are both fine. It is learning to balance our Mary and our Martha that is important. There is a time for serving, for doing, for working hard. There is a time to be silent, to listen, to contemplate, to breathe.

The key is to be present enough to know when to be active or contemplative. The present moment should be right at our finger tips and yet it eludes us most of the time. There is a saying, "The present is called the "present" because it is a gift". It seems cheesy and simplistic and I've rolled my eyes more than once when I've seen this posted on someone's Facebook wall. Yet, like all clichés, it is true.

Meditation is giving me this gift. Too often, my mind is stuck in the past or the future. Instead of being fully present, I am regretting something in the past or having anxiety about something that may not even come to fruition in my future. Meditation is teaching me to be more present and it is a gift. A gift I find myself wanting to share.

As a mother, I am always thinking five steps ahead or three behind. Too many times, I'd be playing a board game with my kids while cooking dinner, checking my e-mail in between turns, thinking about our plans for the next day, and getting frustrated that my son is taking so long with his turn. I was clearly not accepting the gift of the present moment.

Lately, I've heard my own voice inside my head saying, "Hey wake up and don't miss this moment – BE PRESENT!" Through meditation, I am finding my inner Mary. The other day, my thirteen year old son and I were walking together and he grabbed my hand. We walked for a good ten minutes holding hands. He's right on the cusp of puberty – my hand holding days with him are numbered. At that moment, I consciously found my inner voice saying, "Enjoy this, be present." I took a deep breath and enjoyed it – felt the hand

that is still a bit smaller than mine and poured my love into it, forgetting where I was going or what I needed to be doing. I just enjoyed the warmth of his hand and the closeness of our bond and walked.

This happened again with my other son yesterday. Austin and I were at a local amusement park and they have this pond filled with these insane carp and Japanese Koi fish who jump, dive, and pile on top of each other to get to the tiny fish food pellets we throw into the water. Austin could sit and watch these fish all day--his inner Mary is well nurtured. I need to remember that when I am desperately trying to make him be Martha.

As he fed the fish and his face lit up and his giggles poured out, I heard the voice again telling me to soak in this moment. We bought a second bag of fish food – most fun I've ever had for a dollar! I found myself present and filled with joy sharing these few moments with my son. It is difficult to express in words how deeply these moments have imprinted on my soul. These memories seem to come back to me more vividly than others, my mind accessing the feelings and sensations in a deeper way.

The present is a gift, but one not always easy to accept. In fact, as I write this, I find myself wishing I could go back and be more present with my children when they were younger, regretting going through the motions at times out of exhaustion or boredom. Why do our minds always want to take us back? Why go there – it serves no purpose but to conjure up grief and guilt.

I hope that I will always have my inner Martha, she has served me well, but she needs a break. I feel Mary now, guiding her and giving her the gift of mindfulness and the joy of being present. I hope she will continue to be open and accept Mary's gift.