

The Coracle

St Davids Cullowhee



October 7, 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	Oct 6	Monthly Mindfulness 10 am-noon WCU football 3:30 pm (GA Southern)
Sun	Oct 7	19 th Sunday after Pentecost Blessing of the Animals, TBA
Tue	Oct 9	Vestry Meeting 5:30 pm
Sun	Oct 14	20 th Sunday after Pentecost Deacon's Day
Sun	Oct 21	21 st Sunday after Pentecost Picnic @ E. LaPort Park, Godly Play
Sat	Oct 27	WCU football 3:30 pm (App State) Yoga Workshop at St. John's, Sylva
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: Paul Cooper
 Chalice: Curtis Wood
 Coffee: Fran Wheaton & Allison Wunder
 Organist: Andrew Adams
 Readings: see below

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.

Blessing of the Beasts

Join us this Sunday at 11 for the Blessing of the Beasts! The first ten minutes we will be inside the church--then collect your pets from your cars for the blessing. Then return them to the cars and we will finish the service inside the church.

Good St. Francis, you loved all God's creatures, taking each as brother or sister. We would follow your example, treating every living thing with kindness, compassion, and wisdom. Blessed lover and patron of what God creates, bless, with us, our pets, others' pets, and every living thing. Amen!



The Readings

A Reading from Genesis 1

And God said, "Let the water teem with living creatures, and let birds fly above the earth across the vault of the sky." So God created the great creatures of the sea and every living thing with which the water teems and that moves about in it, according to their kinds, and every winged bird according to its kind. And God saw that it was good. God blessed them and said, "Be fruitful and increase in number and fill the water in the seas, and let the birds increase on the earth." And there was evening, and there was morning—the fifth day.

And God said, "Let the land produce living creatures according to their kinds: the livestock, the creatures that move along the ground, and the wild animals, each according to its kind." And it was so. God made the wild animals according to their kinds, the livestock according to their kinds, and all the creatures that move along the ground according to their kinds. And God saw that it was good.

A Contemporary Reading from Meister Eckhart

God loves all creatures equally and fills them with His being, and we should lovingly meet all creatures the same way....Apprehend God in all things, for God is in all things. Every single creature is full of God and is a book about God. Every creature is a word of God. If I spent enough time with the tiniest of creatures, even a caterpillar, I would never have to prepare a sermon, so full of God is every creature....

The Holy Gospel of our Lord Jesus Christ according to Matthew

'Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them.'

Parish News & Notes

Birthdays

Oct 2 **Haidee Wilson**

Oct 4 **Nancie Wilson, Anna Wood**

Oct 8 **Lillian Pearson**

Oct 9 **Erin McGlaufflin**

Oct 10 **Stephen Wilcox**

Oct 12 **Elizabeth Addison**

Anniversaries

Oct 3 **Phyllis & Ellerd Hulbert**

Oct 8 **Tim & Edie Peden**

Here's wishing a speedy recovery to Abel Despeaux, who is recovering from pneumonia.

The Building Committee continues with the process of working through pricing for the Parish Hall Project.

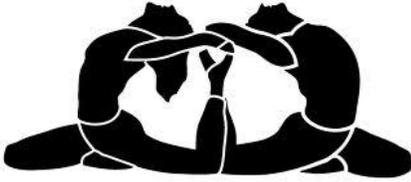


And They're Off to the Races....

This is the weekend of the trip to Lexington, KY, to take in the races at the famous Keeneland Race track, a fundraiser for St. David's offered by Bill Kirwan. There is a rumor about that any winnings will be donated to the building fund.

Spiritual Embodiment

A yoga retreat with Jennie Ashlock and Chad Hallyburton



St. John's Episcopal Church
18 E. Jackson Street (across from City Lights Café & Bookstore)
Saturday, October 27 9:00-3:30

Space is Limited/Pre-Registration Required
(\$50 before October 20; \$60 after October 20; includes a light lunch)

All proceeds go to benefit the "Nets for Life Inspiration Fund"
to fight insect-borne disease in sub-Saharan Africa

To register or for more information, contact Chad Hallyburton 828-508-2501 or centeringyoga@yahoo.com

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.



Eric Hendrix & Friends will be performing on October 13th at City Lights Cafe, preceded by a book signing with Amy Cortese (*Locavesting: The Revolution in Local Investing and How to Profit From it*. John Wiley & Sons, June 2011), at 5 pm in Sylva's City Lights Bookstore. ([Click to order your copy of Amy's book](#)). Then catch them again on October 27 at Franklin's Rathskeller.



Cataloochee Hike and Campout

John Slater played his guitar and led a folk music songfest by the campfire while on the Hardy Hikers Fall Campout this past week. The elk are in rut, and a lot of bugling echoed up the valley. One bull sauntered across the road right in front of the Slaters' car.



Ordinary Mindfulness

By Michael Hudson

TUESDAY, OCTOBER 2, 2012

Who Can Say?

Wise people are always encouraging us regular people to live in the present. Most of us hover between agreeing that staying in the present is wise and good while ALSO believing it's not really possible.

We come hard-wired to kvetch about the past and fret about the future. Or, less often perhaps, to savor something in the past and be excited about something in the future.

There's a wonderful old Chinese story about a farmer who takes a wiser view:

Once upon a time there was an old farmer who had worked his crops for many years. One day his horse ran away. Upon hearing the news, his neighbors came to visit. "Such bad luck," they said sympathetically.

"Who can say?" the farmer replied.

The next morning the horse returned, bringing with it three other wild horses. "How wonderful," the neighbors exclaimed.

"Who can say?" replied the old man.

The following day, his son tried to ride one of the untamed horses, was thrown, and broke his leg. The neighbors again came to offer their sympathy on his misfortune. "This is so tragic!" said the neighbors.

"We'll see," answered the farmer.

The day after, military officials came to the village to draft young men into the army. Seeing that the son's leg was broken, they passed him by. The neighbors congratulated the farmer on how well things had turned out.

"We'll see" said the farmer.

My friend Terry keeps the following Anthony de Mello quote at the bottom of his emails:

"A neurotic is someone who worries about things in the past that never happened. Not like us normal people who only worry about things in the future that won't happen."

One thing mindful practice always does over time is show us what goes on in our day-to-day thinking. I've never met any 'normal' person whose mind doesn't work at least a little like this de Mello quote. We may not be worried about stuff that never happened but we surely worry about stuff that did--and are regularly anxious about stuff that might or might not happen in the days ahead.

One way of doing mindful practice is every time we notice we're being somewhat haunted by a past action--expecting to reap something 'bad'--we simply get in the habit of saying to ourselves, "Who can say?" We incarnate that farmer's wisdom. Again and again. Who can say?

If it happens, it happens. God give me wisdom to deal with it if and when it comes.

Catching ourselves worrying about something in the future, predicting some negative outcome as if we were some kind of prophet, we let go of this wacky fiction and say instead, "We'll see." To do this is simply standing firmly on the good warm earth of human limits--acknowledging (duh) we're not prophets.

Whew. What a relief. Usually the deepest spirituality is about being more human, not less human. How many times have you worried about something in the future that never happens? Or happens very differently than how you predicted?

Most of us have gotten so used to operating this way we feel strangely irresponsible if we're NOT worrying about the future! There are better ways to move toward tomorrow and tomorrow.

And better ways to work with all our yesterdays.

If we decide to try working more and more like the farmer in this old tale, I could predict we'd all be wiser, healthier, and happier. But, then again, "Who can say?"

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

Diocesan Links:

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