

The Coracle

St Davids Cullowhee



October 14, 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	Oct 14	2 Creation Cycle Deacon's Day
Sun	Oct 21	3 Creation Cycle t Picnic @ E. LaPorte Park, Godly Play
Sat	Oct 27	WCU football 3:30 pm (App State) Yoga Workshop at St. John's, Sylva
Sun	Oct 28	4 Creation Cycle
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, 5 Creation Cycle
Wed	Nov 7	Healing Prayer 5:30 pm
Thu-Sat	Nov 8-10	Diocesan Convention
Sun	Nov 11	6 Creation Cycle
Tue	Nov 13	Vestry Meeting 5:30 pm
Sat	Nov 17	Fall Work Day

Serving this Sunday

Holy Eucharist

Reader: Muff Lyons

Chalice: Claire Marsh

Coffee: ALL

Organist: Nan Watkins

Readings: [Hebrews 4:12-16](#), [Psalm 90:12-17](#),
[Mark 10:17-31](#)

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.

Creation Cycle Reading

Unhappily, the extensive moralizing within the ecological movement has given the public the false impression that they are being asked to make a sacrifice—to show more responsibility, more concern and a nicer moral standard. But all of that would flow naturally and easily if the self were widened and deepened so that protection of nature was felt and perceived as protection of our very selves. —Arne Naess

The Gospel

Mark 10:17-31

As Jesus was setting out on a journey, a man ran up and knelt before him, and asked him, "Good Teacher, what must I do to inherit eternal life?" Jesus said to him, "Why do you call me good? No one is good but God alone. You know the commandments: 'You shall not murder; You shall not commit adultery; You shall not steal; You shall not bear false witness; You shall not defraud; Honor your father and mother.'" He said to him, "Teacher, I have kept all these since my youth." Jesus, looking at him, loved him and said, "You lack one thing; go, sell what you own, and give the money to the poor, and you will have treasure in heaven; then come, follow me." When he heard this, he was shocked and went away grieving, for he had many possessions.

Then Jesus looked around and said to his disciples, "How hard it will be for those who have wealth to enter the kingdom of God!" And the disciples were perplexed at these words. But Jesus said to them again, "Children, how hard it is to enter the kingdom of God! It is easier for a camel to go through the eye of a needle than for someone who is rich to enter the kingdom of God." They were greatly astounded and said to one another, "Then who can be saved?" Jesus looked at them and said, "For mortals it is impossible, but not for God; for God all things are possible."

Peter began to say to him, "Look, we have left everything and followed you." Jesus said, "Truly I tell you, there is no one who has left house or brothers or sisters or mother or father or children or fields, for my sake and for the sake of the good news, who will not receive a hundredfold now in this age--houses, brothers and sisters, mothers and children, and fields with persecutions--and in the age to come eternal life. But many who are first will be last, and the last will be first."



Back by Popular Demand!

Picnic at East Laporte Park

Sunday, October 21, 11 am – 1 pm or thereabouts

Michael Despeaux has graciously agreed to hook up his travelling smoker and haul it to East LaPort Park for our next Church & Picnic Event.

Please bring your favorite picnic food to complete the feast: side dishes, desserts, non-alcoholic drinks. If it's cold, thermoses of coffee and tea would go down good. Also, bring your own plates, cups, napkins, and cutlery.

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 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

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](#)

Parish News & Notes

Birthdays

Oct 9 **Erin McGlaufflin**
Oct 10 **Stephen Wilcox**
Oct 12 **Elizabeth Addison**
Oct 15 **Michael Despeaux,**
 Aidan Williams

Oct 16 **Allison Wunder**
Oct 17 **Tessa Rodes, Jere Annis**
Oct 18 **Marcus Goodkind**
Oct 19 **Barb Manke, Faye Jacobson,**
 Tracy Rodes

Anniversaries

Oct 8 **Tim & Edie Peden**

Oct 14 **Bill & Betty Lynn Kirwan**

Vestry Nominees

Frank Lockwood and Faye Jacobson have graciously agreed to be nominated for vestry service. The election will be held at the annual meeting in January of next year. Thank you, Frank and Faye, for your willingness to serve.

United Thank Offering

There are materials available in the Parish Hall for United Thank Offering (UTO), a ministry of the Episcopal Church for the mission of the whole church. Through United Thank Offering, men, women, and children nurture the habit of giving daily *thanks to God*. These prayers of thanksgiving start when we recognize and name our many daily blessings.

Our Sign is Back!

Sometime around the first of this year, someone ran into our sign decimating it. Bob Dodd rescued and repaired it, then Norma Hendrix repainted it, Terry Kinnear arranged to have the underground utility lines identified, and finally, Jim Bowles added new uprights and set it into the ground. In the near future, the stone wall near the present Parish Hall will be dismantled and the stones used to form a flower-bed border around the sign. Betty Lynn Kirwan will design the flower bed.

That's teamwork!



A Connection to Our History

107 Edgebrook Court
Indian Head Park, Illinois 60525



In mid-September, Alice Mason encountered a couple, John and Sandy Adams, roaming around the church and cemetery taking a lot of photos. It turned out that they were descendants of David Davies, the founder of St. David's. They were excited to be exploring the church as they have done extensive research into their family history. John Adam's mother, Virginia Elizabeth Cox Adams, is the granddaughter of Thomas Augustus Cox Sr., who is buried at St. David's, and great-granddaughter of David Davies. She lived in Cullowhee for the first part of her life in their family's home on Forest Hill.

Back home in Chicago, they networked with other members of their extended family, and they recently send this letter with a \$600 contribution for the Building Fund. They also are planning to send documentation that they have on the Davies and Cox families and the history of the church.

October 1, 2012

Reverend Michael Hudson
St. David's Episcopal Church
PO Box 152
Cullowhee, North Carolina 28723

Michael,

Thank you for your recent e-mail message reaching out to Sandy and me following our visit to St. David's in the Valley. Upon our return to Chicago we in turn reached out to our extended family to share with them our reconnection with St. David's and to inform them of the plans to construct a new parish hall for the church.

I am pleased to enclose a check from a number of our family members, all descendants of David Davies and Thomas Augustus Cox, to support the construction of the new parish hall.

We are making this donation in honor of my mother Virginia Cox Adams, who recently celebrated her 98th birthday. Virginia is the granddaughter of Thomas Augustus Cox Sr., and great-granddaughter of David Davies.

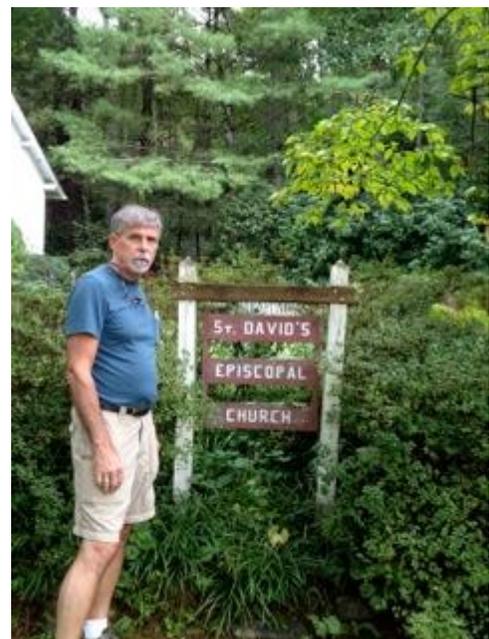
Family members who contributed to this donation include:

Dorothy and James Darsie, daughter and son-in-law of Virginia
Thomas and Darlene Adams, son and daughter -in-law of Virginia
James Adams and Charlene Horan, son and daughter-in-law of Virginia
My wife Sandy and I, daughter-in-law and son of Virginia
Charles Adams, grandson of Virginia
Lena Adams, granddaughter of Virginia
Julie Darsie, granddaughter of Virginia
Emily Darsie, granddaughter of Virginia
And last, but certainly not least, Virginia herself.

We hope that this donation will, in some small measure, contribute to the construction of the parish hall and to the mission of the church itself.

Sincerely,

John Adams





Keeneland Race Track, Lexington KY October 6, 2012

Bill Kirwan organized a trip to the Race Track this past weekend as a fundraiser for the Building Fund. Fortunately, the cost of the trip included a contribution to the Fund, because the grand total of winnings by the group amounted to only \$6.21. Clearly, betting on the horses is not the way to go to fund this project!



The women are seriously studying the racing program.



Newt Smith bought a new hat.



A disappointed Bill Kirwan tears up his losing slips.

To see more photos, please [click here](#).



Tom Wilcox and Jim Bowles are fascinated by a repair to the walkway.

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 Eric again on October 27 at Franklin's Rathskeller.

A Message from Mary Ellen

I've heard a rumor that I moved to Asheville. Greatly exaggerated! I do indeed still live and work in Sylva! There have even been some recent sightings of me by members of the St. David's community! Ask Melba and Paul Cooper! They can confirm my report!

I still practice Clinical Psychology at my Sylva office, 11 Schulman Street, on Tuesdays, Wednesdays, and Fridays. I'm at my Asheville office, 31 Clayton Street, Asheville, on Mondays and Thursdays.

Weekends I am frequently found kayaking various whitewater rivers in the area. On Saturday, September 29, I taught a 3-hour seminar for Appalachian Psychoanalytic Society in Knoxville, TN, called "Learning to 'Sink In:' Attachment and the Psychoanalytic Treatment of Anxiety." Recently I've been at a mindfulness meditation retreat in Mebane, NC.

I have put my house on the market. When it sells, I do plan to move to Asheville. HOWEVER, I intend to commute the other direction, and keep my office open in Sylva.

Feel free to share my house listing (URL below) with anyone who may be looking! The house is off of Buff Creek Road, near The Hub School and Scotts Creek Elementary. It is a convenient 4 miles from the hospital, less than 15 minutes to downtown Sylva, and an easy commute to WCU.

Hope to see you all soon--at St. David's--pending cold weather! And/or in downtown Sylva for a cup of coffee! Give me a holler!

Love,

Mary Ellen (Griffin)

<http://www.kimprestonrealestate.com/details.php?r=y&id=46445#>



Jackson County Humane Society is having a fundraising event on Sunday, October 28 from 1-3 pm in Mark Watson Park. Activities include Strut Your Mutt, a Paw Painting Contest and a Halloween Costume Contest for a \$10 donation.

Jackson Neighbors in Need Fundraiser

Jackson Neighbors in Need is having its Fall Fundraising Banquet at 6:30 pm on Thursday, October 25 at the Jackson County Senior Center. Please RSVP by October 15 to Judy Annis 828-586-9557. All donations are welcome.

The mission of Neighbors in Need is to bring together community organizations and citizens to promote effective collaboration to assist Jackson County citizens in need of adequate warm shelter during the cold weather months.



Ordinary Mindfulness

By Michael Hudson

WEDNESDAY, OCTOBER 10, 2012

Unknown Territory

As I continue this year by year spiritual journey (the same journey Rumi calls 'this being human') I'm bumping into joy over and over again discovering that Wisdom is around us everywhere.

Every religion has profound strands of human and divine insights stored, treasured, and proclaimed. (Every religion also has lots of ways of distorting wisdom, too, smothering it under layers of fear, self-righteousness, nationalism, and lethargy.)

The natural world, science, poetry, literature--all areas of life also have profound lessons and classes in Wisdom. What a wonderful convergence is going on in the world for those who begin to trust that when we know the truth it sets us free.

Consider the convergence between the wisdom Jesus brought to life by dying--both in metaphor and in his own life story--and this Buddhist insight, simply stated in these two paragraphs of Pema's:

"Basically, disappointment, embarrassment, and all these places where we just cannot feel good are a sort of death. We've just lost our ground completely; we are unable to hold it together and feel that we're on top of things. Rather than realizing that it takes death for there to be birth, we just fight against the fear of death.

Reaching our limit is not some kind of punishment. It's actually a sign of health that, when we meet the place where we are about to die, we feel fear and trembling. A further sign of health is that we don't become undone by fear and trembling, but we take it as a message that it's time to stop struggling and look directly at what's threatening us. Things like disappointment and anxiety are messengers telling us that we're about to go into unknown territory."

It's taken awhile, but now it's hitting me full in the face: 'Going into unknown territory' is exactly what it's like to follow Jesus.

He trained those who followed him by taking them into unknown territory every week or maybe even every day. Those followers either *quit* or *grew*. They died a little bit *every* week or day or hour, or they *dropped out*. There are no alternatives.

This stuff Pema is talking about, this *practice* is about getting with the program, going ahead and accepting once and for all that if growth takes death then, by God, we're gonna learn to die gracefully, bravely, lovingly and regularly!

Wisdom is always giving us little glimpses of how to do this, how to grow. Familiar habits and patterns are always giving us little excuses not to grow--giving us 'reasons' to stay put, fearful, and unchanged.

This 'little practice' Pema gives us of using disappointment and anxiety, etc., as reminders that we're stuck (for us Christians, that Jesus has left the building!) is wonderfully helpful on the spiritual path. The very things that have always slowed us down become the very things that start moving us along. This kind of practice strengthens our spiritual muscles and re-tunes our wisdom receptors.

Try it. Notice *when* you feel lousy. Lean into it.

Notice *how* you feel lousy, where you feel lousy; notice *what* feeling lousy does to you. Be kind to yourself in each moment of noticing. Notice that you have a choice about how to respond, how to choose what comes next.

Notice what it's like and how you change going into unknown territory.

Notice if these little deaths really do lead to bigger Life.

By noticing and choosing, in small yet potent ways, we learn what's true and regularly experience for ourselves what sets us free.

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.