

The Coracle

St Davids Cullowhee



October 28, 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 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 Daylight Savings Time Begins
Wed	Nov 7	Healing Prayer 5:30 pm (call before coming!)
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
Sun	Nov 18	7 Creation Cycle, Godly Play
Sun	Nov 25	8 Creation Cycle
Sat	Dec 1	Sylva Christmas Parade
Sun	Dec 2	1 st Sunday in Advent
Sun	Dec 9	2 nd Sunday in Advent
Sun	Dec 16	3 rd Sunday in Advent
Sun	Dec 23	4 th Sunday in Advent Greening of the Church
Mon	Dec 24	Christmas Eve
Tues	Dec 25	Christmas Day
Sun	Mar 17, 2013	Bishop's Visit

Serving this Sunday

Morning Prayer with Eucharist

Reader: Muff Lyons
 Chalice: Lydia Aydlett
 Coffee: Gael Graham
 Organist: Andrew Adams
 Readings: [Daniel 12:1-3](#), [Psalm 16](#),
 Creation Cycle Reading, [Mark 13:1-8](#)

Serving during October

Bread: Jane Coburn
 Flowers: Judy Annis
 Linen: Claire Marsh
 Eucharist: Judy Annis & Faye Jacobson

Serving during November

Bread: John Slater
 Flowers: Rosa Reily
 Linen: Nan Watkins
 Eucharist: Linda Kinnear & June Smith

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

In the first movement, our infancy as a species, we felt no separation from the natural world around us. Trees, rocks, and plants surrounded us with a living presence as intimate and pulsing as our own bodies. In that primal intimacy, which anthropologists call "participation mystique," we were as one with our world as a child in the mother's womb.

Then self-consciousness arose and gave us distance on our world. We needed that distance in order to make decisions and strategies, in order to measure, judge and to monitor our judgments. With the emergence

of free-will, the fall out of the Garden of Eden, the second movement began -- the lonely and heroic journey of the ego. Nowadays, yearning to reclaim a sense of wholeness, some of us tend to disparage that movement of separation from nature, but it brought us great gains for which we can be grateful. The distanced and observing eye brought us tools of science, and a priceless view of the vast, orderly intricacy of our world. The recognition of our individuality brought us trial by jury and the Bill of Rights.

Now, harvesting these gains, we are ready to return. The third movement begins. Having gained distance and sophistication of perception, we can turn and recognize who we have been all along. Now it can dawn on us: we are our world knowing itself. We can relinquish our separateness. We can come home again -- and participate in our world in a richer, more responsible and poignantly beautiful way than before, in our infancy. — Joanna Macy, *World as Lover, World as Self*

The Gospel **Mark 10:35-45**

James and John, the sons of Zebedee, came forward to Jesus and said to him, "Teacher, we want you to do for us whatever we ask of you." And he said to them, "What is it you want me to do for you?" And they said to him, "Grant us to sit, one at your right hand and one at your left, in your glory." But Jesus said to them, "You do not know what you are asking. Are you able to drink the cup that I drink, or be baptized with the baptism that I am baptized with?" They replied, "We are able." Then Jesus said to them, "The cup that I drink you will drink; and with the baptism with which I am baptized, you will be baptized; but to sit at my right hand or at my left is not mine to grant, but it is for those for whom it has been prepared."

When the ten heard this, they began to be angry with James and John. So Jesus called them and said to them, "You know that among the Gentiles those whom they recognize as their rulers lord it over them, and their great ones are tyrants over them. But it is not so among you; but whoever wishes to become great among you must be your servant, and whoever wishes to be first among you must be slave of all. For the Son of Man came not to be served but to serve, and to give his life a ransom for many."

A Message from Michael **Creation Cycle Prophet and Guide**

Joanna Rogers Macy is an environmental activist, author, scholar of Buddhism, general systems theory, and deep ecology. She is the author of eight books. Please take nine minutes to listen to this [video of her](#) talking about our relationship with creation.

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



Everything but Wine Gift Basket drawing
@ St. David's Wine Tasting, November 2, 6:30 pm



The Common Sense Book of Wine, 4 gift bottle bags, wine-themed kitchen towels (2), carafe, 2 etched crystal wine glasses, wooden corkscrew, heart-shaped bottle stopper, "Wines to Check Out" – a tasting journal, 4 candles that look like corks, spoon rest that says "If you don't like the food...drink more wine!", 3 Tiffany grapevine panel note cards, LeGuy Merlot beverage napkins, grape-themed switch plate, "The Joy of Wine" Napa Valley baseball cap, wine glass markers, *A Poet's Journal* – a personal notebook, wine-themed platter, loaf of French bread, and herb-infused olive oil for dipping in glass bunch of grapes!

\$1 per entry or 6 entries for \$5; print your name and telephone number on the entry form available in the Parish Hall.

Drawing will be held during St. David's wine tasting, Friday, November 2.
 Need not be present to win, but why miss all the fun?!

Stewardship

I'll have to admit that I know little about stewardship campaigns beyond filling out my pledge card. After giving it some thought, I decided that might be a good reason to become involved. I'm looking forward to the stewardship activities in the weeks ahead and hope all of us will enjoy deciding how stewardship plays a role in our lives.

-Pat Steinbrueck



Little Ways to Help the Earth



Thank you, **Linda Kinnear**, for submitting these helpful suggestions:

I recycle yogurt containers (large and small) to use to start seedlings early and later for transplanting. Terry drills holes in them for me.

I recycle newspaper by placing it under squashes and other veggies that lie on the ground.

We raise our own vegetables...drying, canning and freezing and sharing.

Please share some of the things you do, small and large, by emailing then to either stdavids1879@gmail.com . or magbowles@gmail.com

Parish News & Notes

Birthdays

Oct 25	Chad Hallyburton	Oct 31	Newt Smith
Oct 26	Julia Simmons, Jake Jacobson,	Nov 1	Paul Ulrich, Nicole McRight
	Linda Kinnear	Nov 3	Susan Rush, Mary Lockey,
Oct 29	Phyllis Hulbert		Tim Peden
Oct 30	Sandy Frazier	Nov 4	Richard Wilcox

Anniversary

Oct 29 **Kathy & Vance Davidson**

Prayers for all among us who are sick or experiencing other health problems: Mary McGlaufflin, Jere Annis, Haidee Wilson, Michael Despeaux, and Lydia Aydlett.



**Fripp
Island
House Party**



The Smiths, Slaters, Wilcoxes and Kirwans (including Emmett) missed the church picnic last Sunday because they were enjoying a bit of Indian summer in the SC Lowcountry.

Nan's New Book

Nan Watkins led a discussion at City Lights on her new English translation of Yvan Goll's *Traumkraut / Dreamweed*. Goll was a great bilingual Alsatian poet, who chose to write his last powerful poems in German. City Lights has a few copies, if you'd like to see one!



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 8:15 pm 27 October at Franklin's "Place with Characters run by Characters: [the Rathskeller Coffee Haus & Pub](#). Performing title cut to Eric's upcoming CD [Would you Dance with Me?](#) Burningtown Pts. I & II, along with new compositions: Crossing Over Cowee, Kingfisher, and Blues, Take me Home. Come out for a special evening and celebrate live and original music by local musicians!



Spring in Santa Fe and Abiquiu, NM April 19 – 27, 2013
Cullowhee Mountain ARTS is excited to announce this 9 day Art Journey to Santa Fe. Four Nationally/Internationally acclaimed artists: [Ron Pokrasso](#), [Nancy Reyner](#), [Sandra Duran Wilson](#) and [Debra Fritts](#) will be opening up their studios to host workshops in Painting, Media, Mono Print & other applications, and Ceramic Sculpture.

[Click here for more information.](#)

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.



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

WEDNESDAY, OCTOBER 24, 2012

Thin Places

Many of us have found a lot of joy in the Celtic tradition of 'Thin Places.' A Thin Place is some 'where' where a person feels like he or she is standing in a place where heaven and earth almost touch.

I remember my semester abroad in college standing in Durham Cathedral in England--impressed by its beauty and massiveness, by the years and years it took to build. But I didn't sense in special sacredness. And I regretted that. It had been a long time since I had been moved by (or into) the sacred.

At the time of this musing I was standing at the altar rail. I happened to look down. The place for kneeling on my side of the rail was plain stone--instead of stone covered by lovely hand-stitched cushions.

Then, out of the blue, I was overwhelmed with a strange and powerful sensation. Looking down I'd just noticed that all across this 30 or 40 feet of hand-hewn stone there were knee prints--cupped depressions made by eight centuries of human knees sinking, resting, waiting before the altar.

It's hard to articulate--or even know--exactly why I was affected, why so moved simply by noticing knee-prints. It must have had something to do with sensing a kinship with that long procession of people I'd never met--and never would. And I guess that just by wishing I could feel the specialness of the cathedral I had become a pilgrim too. I was getting some sort of pervasive intuition that Life, a Meaningful Life, is always like a pilgrimage.

I sank down and let my knees rest exactly where those other knees had rested. And in that moment, I was down the rabbit hole--or out the back of the wardrobe: Sacredness became stunningly palpable--in the cathedral and in me. I was in a thin place.

Earlier this year, Eric Weiner, travel writer for the New York Times was even writing this about Thin Places:

"I'm drawn to places that beguile and inspire, sedate and stir, places where, for a few blissful moments I loosen my death grip on life, and can breathe again. It turns out these destinations have a name: thin places."

Unfortunately, getting to a thin place can be very expensive. I just went on Kayak and the cheapest roundtrip flight from Atlanta to London is \$948--that's if you fly out and return on a Thursday. Travel near a holiday and it's a lot more.

Happily, we really don't have to go anywhere to get to thin places; we move through thin places every day. We're just moving so fast and have developed such thick human hides that we rarely sense the thin places we pass.

Instead of buying roundtrip tickets to London, Dublin, or Kiev, we could simply invest in Permeability. We can learn how to open, become permeable to sacred moments and places we move through every day. Instead of passing by them, we can pass through them, we can invite them to move through us as well. When we're open like this, we're being spiritually permeable.

The word Permeable comes from two Latin words that simply mean to pass through.

Pretend for a minute to be Mary Oliver: what do you do when you see a robin's egg?

Imagine your favorite grandparent: what does or did he or she do upon seeing you?

Do that.

When you notice something that flickers with even a hint of something that attracts your soul, slow down--it doesn't have to be more than 30 seconds. Notice that flickering and the tiny beginning of a smile on you and in you.

Give in to it, go with it. It wants to get bigger. Let it.

Welcome it. Focus on it. Celebrate it.

Thank yourself for slowing down. Thank God for being alive.

Let your neural pathways know this is important! Without taking a little time to focus, to welcome, to celebrate, our brain patterns won't change. Cathedrals took time to build. So do we.

Becoming permeable, allowing ourselves to slow down and let life pass into us and out through us, we become thin places. Others become thin places. Life Itself becomes 'thin' in evermore delightful and meaningful ways.

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.