

The Coracle

St Davids Cullowhee



November 11, 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

Thu-Sat	Nov 8-10	Diocesan Convention
Sun	Nov 11	6 Creation Cycle, Stewardship begins
Tue	Nov 13	Vestry Meeting 5:30 pm
Sat	Nov 17	Fall Work Day
Sun	Nov 18	7 Creation Cycle, Godly Play
		Parish Meeting
		Building Project Presentation after church
Sun	Nov 25	8 Creation Cycle
Sat	Dec 1	Monthly Mindfulness 10 am Sylva Christmas Parade
Sun	Dec 2	1 st Sunday in Advent
Wed	Dec 5	Advent Service 5:30 pm
Sun	Dec 9	2 nd Sunday in Advent
Wed	Dec 12	Advent Service 5:30 pm
Sun	Dec 16	3 rd Sunday in Advent
Wed	Dec 19	Advent Service 5:30 pm
Sun	Dec 23	4 th Sunday in Advent Greening of the Church
Mon	Dec 24	Christmas Eve Eucharist 9-11 pm
Tues	Dec 25	Christmas Day (No service)
Sun	Mar 17, 2013	Bishop's Visit

Serving this Sunday

Morning Prayer with Eucharist

Reader: Betty Lynn Kirwan

Chalice: Curtis Wood

Coffee: Betty Lynn Kirwan

Organist: Andrew Adams

Readings: [1 Kings 17:8-16](#), [Psalm 146](#),

Creation Cycle Reading, [Mark 12:38-44](#)

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

Probably the most urgent question by people who adhere to the Bible is this: What sort of economy would be responsible to the holiness of life? What, for Christians, would be the economy, the practices and the restraints, of 'right livelihood'? I do not believe that organized Christianity now has any idea. I think its idea of a Christian economy is no more or less than the industrial economy—which is an economy firmly founded on the seven deadly sins and the breaking of all ten of the Ten Commandments. Obviously, if Christianity is going to survive as more than a respecter and comforter of profitable iniquities, then Christians, regardless of their organizations, are going to have to interest themselves in economy—which is to say, in nature and in work. They are going to have to give workable answers to those who say we cannot live without this economy that is destroying us and our world, who see the murder of Creation as the only way of life.—[Wendell Berry](#), *Christianity & the Survival of Creation*

The Gospel

Mark 12:38-44

Teaching in the temple, Jesus said, "Beware of the scribes, who like to walk around in long robes, and to be greeted with respect in the marketplaces, and to have the best seats in the synagogues and places of honor at banquets! They devour widows' houses and for the sake of appearance say long prayers. They will receive the greater condemnation."

He sat down opposite the treasury, and watched the crowd putting money into the treasury. Many rich people put in large sums. A poor widow came and put in two small copper coins, which are worth a penny. Then he called his disciples and said to them, "Truly I tell you, this poor widow has put in more than all those who are contributing to the treasury. For all of them have contributed out of their abundance; but she out of her poverty has put in everything she had, all she had to live on."



Stewardship Season Kicks Off this Sunday

Stewardship Season begins this Sunday with a reflection by Chairman Pat Steinbrueck. Michael Hudson is scheduled to speak on November 18, Eric Hendrix on November 25, and Steve Steinbrueck will wrap up the series on December 2.

Parish Meeting November 18 after Church

Please make plans now to be present for this most important called Parish Meeting.

The final plans for the proposed Parish Hall building will be presented and discussed as will a financial scenario for making this become a reality.



Parish News & Notes

Birthdays

Nov 8	Vance Davidson	Nov 14	Mira Williams
Nov 10	Terri Sanger	Nov 17	Claire Marsh
Nov 13	Ponya Brown, Austin Coburn	Nov 19	Angus Despeaux

Anniversary

Nov 11 **Terri & Phil Sanger**

Prayers, Condolences, and Thanks

Jere Annis will undergo open-heart surgery in Florida on November 15. Judy and Jere ask for and appreciate all our prayers. Cards may be sent c/o Alex Frost 702 Laurel Pointe Drive East, Lakeland, Florida 33813. (The flower arrangement pictured in last week's Coracle was actually done by Muff Lyons, substituting for Judy Annis who had already left for Florida.)

Prayers this week also for our deacon Alice Mason as she undergoes surgery on November 13.

Prayers and peaceful rest for Annie Harlow, whose mother died last Sunday morning.

Our grateful thanks to Newt and June Smith who represented us as delegates to the Diocesan Convention this week. Michael Hudson, Alice Mason and Nancie Wilson, who serves on the Executive Committee, also attended.

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 has been working diligently with Dave Magill to finish his first CD. He and Norma have also been working on the cd cover, taking photos and putting together the album cover. Credits abound to Norma on this one! To listen to the title song and order a copy, ([click here](#)) and scroll down. Thanks!!

**Eric Hendrix & Friends
 upcoming concert
 schedule:** City Lights Cafe in Downtown Sylva, under City Lights Bookstore Saturday 17 November 7 pm - "the cows come home". The Rathskeller Coffee Haus and Pub in Downtown Franklin Saturday following Thanksgiving 24 November 8:15.

Spring in Santa Fe and Abiquiu, NM April 19 – 27, 2013

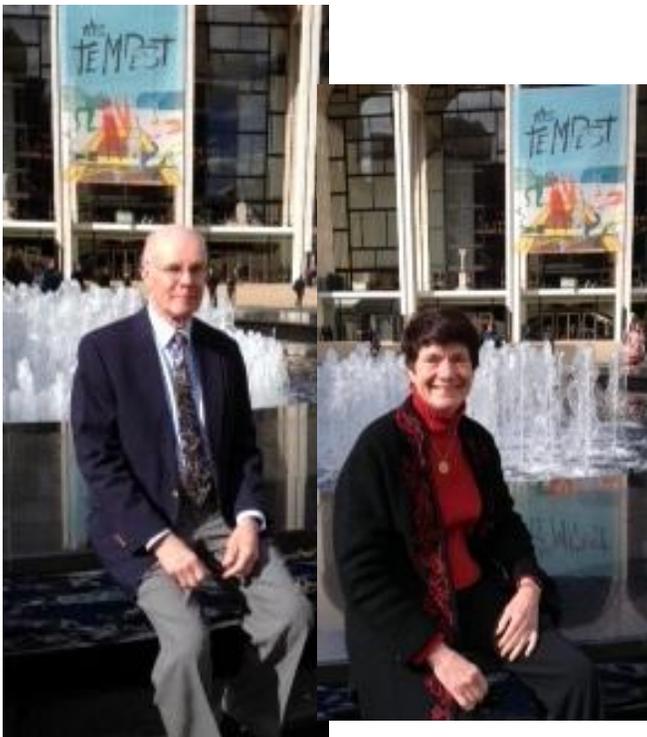
Cullowhee Mountain ARTS is excited to announce this 9 day Art Journey to Santa Fe. Four Nationally/Internationally acclaimed artists: [Ron Pokrasso](#), [Nancy Reyner](#), [Sandra Duran Wilson](#) and [Debra Fritts](#) will be opening up their studios to host workshops in Painting, Mixed Media, Mono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

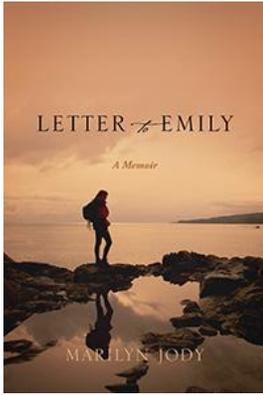
Making Lemonade...

John and Gracia Slater traveled to New York last week to be on hand while their daughter Shannon ran the NY marathon, which was cancelled due to hurricane Sandy. Despite the cancellation, Shannon raised \$5,300 for Parkinson's disease research which was doubled by a matching grant from Google. They are grateful to all who made a donation.



Making the best of the situation and staging from Pennsylvania, John and Gracia were able to negotiate the Lincoln Tunnel to attend a performance of the opera *The Tempest* by composer Thomas Ades. Not wanting to use resources needed for Sandy relief, they headed back to Pennsylvania, passing numerous utility trucks from all over. They continued on to Boiling Springs, PA, where they hiked for a couple of hours on the Appalachian Trail and visited the Mid-Atlantic Regional Office of the Appalachian Trail Conservancy.





An Announcement from Marilyn Jody

On Thursday, **November 15, 7:00pm at the Jackson County Public Library**, I will be reading from my memoir, *Letter to Emily*. City Lights Bookstore will have copies of my book for sale there, all profits going to St. David's Episcopal Church. In the wake of the recent election and the passage of Amendment I in North Carolina, I hope for a lively discussion of what lies ahead for our State and our Church.

Operation Easy Adopt

The WCU social group is a group of students from the Western North Carolina region who have autism. They range in age from ten to fifteen. The group gets together once a week to collaborate on different activities. This semester the WCUSG is planning to "adopt a child" and buy Christmas gifts for that child. This is a perspective-taking and collaboration activity for them. We have planned a Wal-Mart outing for November 26th. Their task is to work together as a group to shop for someone who is completely different and to think of what kind of toys or clothes that child would want. For instance, our students are all upper elementary/high school boys, so we might buy presents for a girl who is younger.

In years past we had grant funding to cover the cost of presents, but once the CSD grant ended, the funding ended for special projects. Therefore we need a little help with this particular activity this year. We are looking for approximately \$80 to cover the cost of presents. If you were planning on sponsoring a child for Christmas this year, let us make it extra easy by doing all the shopping for you!

Contact Nicole McRight at nmcright@gmail.com with any questions!



Little Ways to Help the Earth

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

Ordinary Mindfulness

By Michael Hudson

SUNDAY, NOVEMBER 4, 2012

Sliding Towards Acceptance

Wonderful guest post from my friend **Jane Coburn**. The growing, the loving, the making-room in her heart for her sons is a beautiful thing.

There is freedom that comes with acceptance. I wish I had learned this earlier in my sons' lives, but I am grateful I have stopped fighting. When it came to their autism, acceptance meant failure. I thought if I accepted the autism then I was giving up. Surrender meant losing. For years, I fought this opponent over which I had no control. I am saddened thinking about all the ways I did not accept my sons, focusing more on fixing them, on treatment, on making them conform to what society expected. Letting my own insecurities about what other people would think cloud moments I should have embraced. Despite all the therapy, all the doctors, all the modeling behavior, and all the love, my children still have autism. And yet, we have far from failed.

A few months ago, I went to the park with Austin. At 15, he still loves the park. This playground had a large, tall slide. Austin climbed the stairs excited to try the slide, but froze when he got to the top. Puberty has hit and Austin is now taller than me, he has to shave and has a deep voice. Boys his age are not going to playgrounds with their mothers. Boys his age usually don't want to go anywhere with their mothers. This is a blessing not lost on me, to have an almost sixteen year old who enjoys my company.

So, there he was at the top of the slide bobbing his torso up and down as he often does when he is excited or nervous. In this case, both. I gave him some words of encouragement. He yelled down to me, "Are you sure? I am nervous!" The fact that he can express his apprehension is yet another blessing. I reassured him and asked if he wanted me to hold his hand as he slid or would he rather I wait at the bottom to "catch him". As if I could actually "catch" this almost full grown man.

Minutes passed, Austin bobbed, I reassured, and a line formed behind him. Several children well below Austin's age anxiously waited to use the slide. In the past, before I waved my white flag of surrender, this situation would have triggered a fear inside me. It pains me to know I would have let my fear come out as anger towards Austin. Watching all those children and their parents waiting for Austin and watching this teenager bob and shake and call out to his mommy for help would have made me snap. My fears of what other people might think, my fear of being judged, my fear of Austin's vulnerability, my fear that he would never be able to care for himself, my fear that I would die and no one would care for him, advocate for him, or protect him as fiercely as me would manifest themselves in this one moment.

All these fears would come out as venom... venom not towards these people staring, but at my own son for simply being himself. I would have yelled at him to hurry up or get down most likely scaring him and paralyzing him at the top of the slide even longer. The fear and disappointment about Austin having autism would follow me home. It would ruin what could have been a pleasant outing to the park. The venom would then be turned inward and I'd spend the rest of the day admonishing myself for being a horrible mother.

Thankfully, on this beautiful day at the park, I had already learned the freedom of acceptance. I patiently offered Austin some help and words of encouragement waiting as long as it took for him to decide he was ready. Not one child or parent complained. He took me up on my offer to hold his hand and he slid down hanging on tight as I ran alongside him...big smiles on both our faces. Next we ran to the swings and swung side by side trying to see who could get the swing pumped higher into the air. With love, and patience, and surrender, the sky is the limit.

Acceptance gives me the freedom to focus on his strengths. Instead of always worrying, always measuring him against his peers who left him in the dust years ago, always focusing on the challenges, acceptance let's me enjoy him. Give up? NEVER! I will be teaching him, nurturing his independence, advocating for him, and loving him until my last breath. Acceptance is just going to make it a lot more fun.

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](#)

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.