

The Coracle

St Davids Cullowhee



November 18, 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	Nov 17	Fall Work Day
Sun	Nov 18	7 Creation Cycle, Godly Play, Stewardship Speaker Michael Hudson Parish Meeting Building Project Presentation after church
Sun	Nov 25	8 Creation Cycle Stewardship Speaker Eric Hendrix
Sat	Dec 1	Monthly Mindfulness 10 am Sylva Christmas Parade 3 pm (line up at 1:30)
Sun	Dec 2	1 st Sunday in Advent, Stewardship Speaker Steve Steinbrueck Yin Yoga 9-10:30 am Canterbury House
Wed	Dec 5	Advent Service 5:30 pm Michael Hudson, speaker
Sun	Dec 9	2 nd Sunday in Advent
Wed	Dec 12	Advent Service 5:30 pm Ron Robinson, speaker
Sun	Dec 16	3 rd Sunday in Advent
Wed	Dec 19	Advent Service 5:30 pm Jane Coburn, speaker
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

Holy Eucharist

Reader: June Smith
 Chalice: Newt Smith
 Coffee: Pat & Steve Steinbrueck
 Organist: Nan Watkins
 Readings: [Daniel 12:1-3](#), [Psalm 16](#),
 Creation Cycle Reading, [Mark 13:1-8](#)
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.



Come One, Come All!

Wear your work clothes and bring your tools and gloves!

St. David's Fall Clean-Up Day

This Saturday, November 17

9 until noon or so

There are leaves to rake or blow, weeds to pull, and trail maintenance to be done before the holidays arrive. Lots of hands will make the work go quickly.

Creation Cycle Reading

Wendell Berry,
What we need is Here

Geese appear high over us,
pass, and the sky closes. Abandon,
as in love or sleep, holds
them to their way, clear
in the ancient faith: what we need
is here. And we pray, not
for new earth or heaven, but to be
quiet in heart, and in eye,
clear. What we need is here.



The Gospel Mark 13:1-8

As Jesus came out of the temple, one of his disciples said to him, "Look, Teacher, what large stones and what large buildings!" Then Jesus asked him, "Do you see these great buildings? Not one stone will be left here upon another; all will be thrown down."

When he was sitting on the Mount of Olives opposite the temple, Peter, James, John, and Andrew asked him privately, "Tell us, when will this be, and what will be the sign that all these things are about to be accomplished?" Then Jesus began to say to them, "Beware that no one leads you astray. Many will come in my name and say, 'I am he!' and they will lead many astray. When you hear of wars and rumors of wars, do not be alarmed; this must take place, but the end is still to come. For nation will rise against nation, and kingdom against kingdom; there will be earthquakes in various places; there will be famines. This is but the beginning of the birth pangs."



The annual stewardship campaign is under way. Pledge letters are at the back of the sanctuary if you need one.

In reflecting on his pledge for 2013, **Vance Davidson** offers this memory of good times at St. David's:

"One of my fondest memories revolves around our collective work to rebuild our ramp to accommodate folks who have physical challenges. We had to take out the old ramp due to a plumbing problem and we came together to rebuild the ramp in record time. We had several members involved in this effort and besides getting a new ramp built we had a chance to enjoy each other's company and also to get to know one another a bit better. It was a great experience that addressed a significant need of our church and we had a great time getting it done."



Our New Parish Hall: Turning Dreams into Reality

by Terry Kinnear, Building Committee Chairman

The most recent proposal for the new parish hall was presented to the Vestry this past Tuesday, and the recommendation was made to move forward and sign the contract with Clark & Leatherwood identifying the Guaranteed Maximum Price. This same proposal, as well as the related financial plan, will be presented November 18 to the congregation, and I am hopeful there will be wholehearted support so we may proceed and make this dream a reality.

I became involved in the parish hall project upon being elected to the Vestry and being asked to chair the Construction Committee about a year ago. The design process, including cost identification, has been quite a learning experience for me. The most noteworthy experience I have had, however, relates to the history of this project. Serious interest in changing or replacing the existing hall goes back about fifty years!

I was surprised when exposed over a period of several months to old drawings for a new hall. These go back half a century and learning this had considerable impact on me. Although several structures were developed by professional architects, none appear to have left the proverbial drawing board. This means, to me, that St. David's and its wonderful people have concerned themselves with a new hall for a very long time and their wishes were never realized. Furthermore, time and money were spent on proposals not leading to any construction.



I have taken upon myself the responsibility to ensure we really do get a new hall and believe the other members of the Construction Committee have done the same. Influenced by Delmore Schwartz's powerful 1978 short story, "In Dreams Begin Responsibilities" and learning dreams of a new parish hall have existed at St. David's for decades, it is now time we do what is necessary to fulfill those dreams.

Parish Meeting after Church this Sunday

Agenda:

1. Elect vestry members
2. Review of building project history, plans, and financial picture
3. Vote on recommendation from the vestry to approve signing of contract for the project

If you find that you cannot attend the meeting Sunday but want to register your vote and/or comment, you can take advantage of

EARLY VOTING

Send your vote and/or comment in writing before 10 am Sunday morning, November 18 to stdavids1879@gmail.com.

The Steinbruecks are doing Coffee Hour, but extra food items would be welcome as this is expected to be a big meeting.

The rectory property is now officially sold; the sale closed last Friday. Net proceeds were \$130,680.



Pasta, Pasta

United Christian Ministries is putting together some four hundred food boxes in an effort to help out needy people in our area over the Christmas break. St. David's vestry members voted on Tuesday to contribute 150 one-pound boxes of pasta towards this effort. If you can help with this, please bring pasta no later than church time on Sunday, December 2 and place it in the Parish Hall or in the basket at the back of the church.

Sylva Christmas Parade

Saturday, December 1 at 3 pm

Once again St. David's will participate in the Sylva Christmas Parade. Children and musicians get top priority for riding on the float, but we can have as many people as want to come walk the parade route alongside the float. Just show up before 3 o'clock at the line up area near Chipper Curve. We also need a few people to come somewhat earlier to help decorate the float. (More details will be supplied as we get closer to parade time.)



Yin Yoga

Sunday, December 2, 9-10:30am in the Canterbury House

Yin Yoga with Susan Kaagan



What is Yin Yoga? Yin Yoga is best described as an asana practice that focuses on stretching the connective tissue of the body. Bad ankles, bad knees, bad hips, these are the result of our connective tissue shrinking as we age. Yin Yoga poses are designed to gently stretch and rehabilitate the connective tissue that forms our joints.

The main characteristic of Yin Yoga is holding poses for up to several minutes. Our connective tissue does not respond to brief, rhythmic stretching like our muscles do. So, a Yin class will consist of only 5 or 6 poses, designed to gently stretch the connective tissue. An emphasis of using the breath and relaxing the muscles helps the mind to overcome the obstacles of holding the pose. A period of deep relaxation ends the class.

This will be a donation-based class. Donations will help offset Susan's time and travel commitments.

For more information, contact Chad Hallyburton (828-508-2501, centeringyoga@yahoo.com)

Parish News & Notes

Birthdays

Nov 17 **Claire Marsh**
Nov 19 **Angus Despeaux**
Nov 23 **Annie Harlow, Edie Peden**
Nov 24 **Sue Bullis**
Nov 25 **Gabe Wood**
Nov 27 **Alicia Kirwan**

Jere Annis underwent open-heart surgery in Florida on Thursday, November 15, and will be recovering there for the next few weeks. Cards may be sent c/o Alex Frost, 702 Laurel Pointe Drive East, Lakeland, Florida 33813.

Alice Mason is at home recovering from surgery, and we have her in our thoughts and prayers.

Please Update Your Information

If any of your contact information has changed, please send a quick email message to Margot Wilcox mtwilcox@frontier.com and let her know the changes. This is in addition to making changes on the website directory. We do review the information on the website from time to time, but Margot keeps a much more comprehensive list for sending the Coracle link each week and other important notifications.

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, Saturday 17 November, **has been cancelled.**

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.](#)

Pecan Sale

Sylva Garden Club has pecans for sale again this year. They come in 12 oz. bags and are \$9.00/bag for all varieties. We have milk chocolate, glazed pecans and pecan clusters this year in addition to the mammoth plain halves that we always have. No dark chocolate this year. Please contact Betsey Hamlet at behamlet@gmail.com with orders or you can purchase at the Friends of the Library Used Book Store in downtown Sylva. City Lights, Ray's Florist, and Tuckasegee Trading Company may also have them. You can pay in cash or make checks payable to the Sylva Garden Club. Proceeds go to support the club's scholarship program and beautification projects.



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!

Ordinary Mindfulness

By Michael Hudson

THURSDAY, NOVEMBER 15, 2012

The Wholeness Hypothesis

My dear old dog-friend Mattie is 13 now. She's always taught me more than I've taught her. As she's moving more and more into being an old lady, some of her lessons are more poignant and plainer.

About two weeks ago we were going out for our usual last walk before bed when a truck backfired really loud. She's always been terrified by thunder, fireworks, and gun shots. She whipped around and began towing me back to the house. Nothing I could do to placate her. She would not be comforted.

What's different this time is that now she won't go on that walk anymore. We've been taking that particular neighborhood walk for 12 years. Been thunder and fireworks and gunshots before. She's always tried to tow me home. But she's always also been glad to go on the same walk the next day.

I'm thinking it's both some kind of degradation of a 'good' neural pathway as well as a strengthening of a 'bad' one. The part of her that used to be able to shake off the big bangs isn't working like it used to, while the part of her that carries the sensation and message of terror has opened the floodgates.

I love the following quote from John O'Donohue (thanks Rebecca Caldwell):

“Ancient, forgotten things stir within our hearts, memories from the time before the mind was born. Within us are depths that keep watch.”

I've tended to take this in an entirely positive way. God, Wisdom, Awareness always active deep in us even when our day-to-day minds are focused on the usual stuff.

But I'm coming to realize that's not the whole story. Different parts of us keep watch in different ways. There's a lizard in our brain stems that keeps watch. There's an aardvark and possum and otter keeping watch in our middle brain. There's an orangutan, a Neanderthal, and our own mothers and fathers keeping watch in our top brain, our primate brain.

These brains of ours evolved over a long, long time. Scientists say it wasn't an elegant progress, it was a kludgy process. Elegance wasn't the goal, survival was. Emotional well-being, wholeness was not the goal: living long enough to pass on our DNA was the only goal.

We have LOTS of help keeping watch. Every feeling, every sensation, every impulse we've ever had or ever will have has this long lineage behind and within it.

On the other hand, there's God.

Scientists can't really bring God into the hypothesis. But we can. I think science and spirituality can dance a wonderful and very beautiful dance.

The way I experience it is that *some things* in me keep watch. And *Some One* in me keeps watch, too. Both realities are active all the time. Being aware, welcoming both is the Wholeness Hypothesis.

When it comes to certain kinds of intuitions and gut reactions, I'm not much different than Mattie. But when it comes to *working* with those intuitions and reactions, we humans have this incredible new possibility--*conscious* evolution, which in one way is what spiritual formation is.

We can learn to welcome the strange mix of reports that are forever coming in from our various watchers. We can even learn to say 'Thank you' for every last strong, wild, helpful or unhelpful sensation-urge-impulse we ever feel. We can do this because the other One Who Keeps Watch has been holding this strange mix together forever.

I'm thinking that's what wholeness is. Letting there be room for life as it *is*--and letting there be room for life as it *can be*. Learning to discern which is which; choosing which to follow and which to simply let go. Conscious evolution. Spiritual growth. Making peace, deep peace, with our three brains, our watchers and our Watcher. Welcoming and working with all of it.

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.