

# The Coracle

St Davids Cullowhee



November 25, 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	Nov 25	8 Creation Cycle Stewardship Speaker Eric Hendrix
Sat	Dec 1	Monthly Mindfulness 10 am Sylva Christmas Parade 3 pm
Sun	Dec 2	1 <sup>st</sup> 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 <sup>nd</sup> Sunday in Advent
Tue	Dec 11	Vestry Meeting 6 pm @ the Wilcoxes
Wed	Dec 12	Advent Service 5:30 pm Ron Robinson, speaker
Sun	Dec 16	3 <sup>rd</sup> Sunday in Advent
Wed	Dec 19	Advent Service 5:30 pm Jane Coburn, speaker
Sun	Dec 23	4 <sup>th</sup> Sunday in Advent Greening of the Church
Mon	Dec 24	Christmas Eve Eucharist 9-11 pm
Tues	Dec 25	Christmas Day (No service)
Sat	Mar 2, 2013	St. David's Day Feast & Auction 5:30 pm
Sun	Mar 17	Bishop's Visit

### Canterbury House Activities

Mondays 7:25 am	Mindfulness Meditation
Mondays 9-10:30 am	Chad's yoga
1 <sup>st</sup> 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

### Serving this Sunday

#### Holy Eucharist

Reader: Muff Lyons  
Chalice: Claire Marsh  
Coffee: Faye & Jake Jacobson  
Organist: Andrew Adams  
Readings: [Daniel 7:9-10, 13-14](#), [Psalm 93](#)  
Creation Cycle Reading, [John 18:33-37](#)

#### Serving during November

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

#### Serving during December

Bread: Jane Coburn  
Flowers: Betty Lynn Kirwan  
Linen: Faye Jacobson  
Eucharist: Gracia Slater &  
Margot Wilcox

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.

### 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.



## Creation Cycle Reading

*When the Trees Say Nothing* by Thomas Merton

When was there ever such a morning as yesterday? Cold at first, the hermitage dark in the moonlight . . . a fire in the grate. Then the sunrise, enormous yolk of energy spreading and spreading as if to take over the sky. After that the ceremonies of the birds feeding in the dewy grass, and the meadowlark feeding and singing. Then the quiet, totally silent day, warm mid morning under the climbing sun. It was hard to say psalms: one's attention was totally absorbed by the great arc of the sky and the trees and hills and grass and all things in them. How absolutely true, and how central a truth, that we are purely and simply *part of nature*, though we are the part which recognizes God.

## The Gospel

### John 18:33-37

Pilate entered the headquarters again, summoned Jesus, and asked him, "Are you the King of the Jews?" Jesus answered, "Do you ask this on your own, or did others tell you about me?" Pilate replied, "I am not a Jew, am I? Your own nation and the chief priests have handed you over to me. What have you done?" Jesus answered, "My kingdom is not from this world. If my kingdom were from this world, my followers would be fighting to keep me from being handed over to the Jews. But as it is, my kingdom is not from here." Pilate asked him, "So you are a king?" Jesus answered, "You say that I am a king. For this I was born, and for this I came into the world, to testify to the truth. Everyone who belongs to the truth listens to my voice."



The Stewardship campaign continues. If you haven't done so, please mail in your pledge or drop it in the alms basin. This week Faye Jacobson offers one of her memories of good times at St. David's:

"I LOVE the St. David's Day auction! We have so many creative people at St. David's who donate crafts or services. I enjoy the friendly competition for desired items although I have been known to go a little over board if I really want something - and there are usually a number of things I want! June and Newt add spice to the evening by their delightful auctioneering banter. Everyone brings their favorite dish to share so there is wonderful food. Some of our talented musicians provide music before the auction. The date falls near the end of cold, dark winter but once you walk in the door of the Canterbury House every table has bouquets of daffodils and the whole room smells of spring."



## Gracious Space

The new Parish Hall is a giant step closer to becoming a reality. Church members who attended the Parish Meeting last Sunday voted unanimously, by written ballot, to proceed with the project. Ground breaking will not occur until after Christmas Day, but the contractor will be proceeding with acquiring the building permit, organizing his sub-contractor's, etc. The property survey has to be updated and various documents provided to Jackson Savings for the loan to be processed. But at long last it is underway!



# 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](mailto:centeringyoga@yahoo.com))

---

## Parish News & Notes

### Birthdays

Nov 24 **Sue Bullis**  
Nov 25 **Gabe Wood**  
Nov 27 **Alicia Kirwan**

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

Jere Annis is reported to be doing very well following his open-heart surgery in Florida. He has been moved to a regular room. He and Judy wish to thank everyone for their prayers. Cards may be sent c/o Alex Frost, 702 Laurel Pointe Drive East, Lakeland, Florida 33813.

**A Creation Cycle Expose'!!**  
**Secrets Of An Mpg Junkie Revealed!!**  
**Long Time, Respected Parishoner Confesses To Obsession!!**  
**By Jeff Neff**



OK, I admit it: I'm obsessed with fuel economy. I get a thrill when the most recent fill-up reveals a one or two-tenths mpg improvement since the last visit to that evil pump! Of course, I'm equally depressed when I do LESS well than before! Such is the life of an MPG Junkie. So, let me share some "secrets" about what I do to squeeze every increment of mpg that I can, because I know you not only love Nature and care about this beautiful Creation, but you're not happy about the gas pump prices either.

***Neff's Six-Step Program***; guaranteed to improve your vehicle's fuel economy by 5 mpg, maybe more! And it's all FREE!!

**1. TIRE PRESSURE:** 35 – 40 lbs !! Trade costly fuel for free air! You have to do this, whether your tires are old or new. Get a tire gauge. Get a hand pump. Check your tires every two weeks (Make it your Saturday morning routine while listening to Car Talk). Rolling resistance increases dramatically when your tires are low; basic physics. A huge gas-sucker. And, hey, the hand pump is good exercise! Bonuses: tires last longer, perform better, and are safer (less heat build-up, less wear-and-tear on the sidewalls which are bearing all of your vehicle's weight; prevents tire failure and – God forbid – disintegration!). SUV drivers: Your manufacturer's recommended tire pressure is usually too low because they want you to have a "Smoother, softer ride". Ignore it – 35 - 40 lbs is what you want.

**2. ROOF RACKS:** Do you really use them that frequently? Those crossbars disrupt the airflow over your car and create drag. Down goes the mpg. Put them on ONLY when you really need them. (By the way, rear deck spoilers do the same thing. That's why they are called "spoilers". Don't pay for that gas-consuming option on your next vehicle purchase)

**3. AIR CONDITIONER:** Turn it off when you're going uphill, then turn it on again on the downhill side. BIG drag on the engine (You can feel it kick in and slow the vehicle). Yes, it's less "convenient" to monitor it like that, but we're trying to save Mother Earth here by conserving energy, as well as save you some money!

**4. "ANTICIPATION":** Remember that Carly Simon golden oldie? Think of it when you're driving. Stop being a "Whammer-Jammer" – WHAM! Goes the accelerator when the light turns green. JAM! Goes the brakes when the traffic ahead is stopped. Speed up too quickly; brake too hard. And watch the mpg sink!! Instead, be smooth and steady: smooth, easy on the take off. Gently increase pressure on the pedal (the hypothetical light-bulb – fluorescent, of course – between your foot and the pedal). Red light up ahead? Scan and ANTICIPATE! Back off the accelerator right away; "coast" to that light. Don't race up to the stopped traffic, then JAM the brakes. So many drivers seem utterly "clueless" about this: race and jam, race and jam. Avoid that; it's a colossal waste of fuel and abuses your vehicle's critical systems! Concentrate and anticipate, don't just "react". So many drivers seem aware only of the car immediately ahead; no focus, no scanning ahead for developing situations.

**5. CELL PHONES:** WHAT?? Cell phones? How could that seemingly-innocent device possibly affect mpg? Well, see previous paragraph. Without focusing on what you and other drivers are doing, you will probably fail to scan-and-anticipate. And so you are probably drifting toward "whammer-jammer" behavior. I wish to offend none of you, but cell phone drivers are frequently some of the most unfocused drivers on the road, except for DUI candidates, distracted teenagers, and the pet-in-the-lap-while-driving people! If you are on that device while driving, you CANNOT be driving with focus, skill, economy, or consideration. You are therefore reducing your mpg and, of course, endangering everyone around you. Sorry to sound so incensed and preachy about this, but I am a motorcyclist and the *Cell Phone Driver* has created several "close-calls"

for me. As Tom and Ray keep saying on Car Talk: “Hang up and drive”! Be a patriot. Help reduce your nation’s fuel gluttony.

**6. PLAN AHEAD:** Limit the left turns! Yes, I’m serious. When I have errands to run in Sylva, I try to plan my stops so that I don’t turn left. Really! Turning left means sitting, idling, waiting for oncoming traffic to clear. An idling engine is a grossly inefficient engine and you are achieving ZERO mpg at that point! Ideally, the only left turn comes at the farthest point of my run where I have to turn around and head back home (Also ideally, this is in Sylva where one way streets mean you can turn left without too much waiting). I know left turns are often unavoidable, but try to minimize them. PLAN AHEAD!

There you are. Six absolutely free ways to honor this wonderful Creation, display your patriotism by saving our nation’s fuel, increase the life-span of your vehicle, promote your own and others’ health and well-being, and generally be a very nice person. Now that’s a sweet deal! Amen and God’s Peace!

Here is a link for this article if you would like to print it: [Jeff Neff's MPG Secrets](#)



Curtis Wood, Terry and Linda Kinnear, Muff Lyons, Jim and Maggie Bowles, Bob Dodd, Art Campana, Jane and Jake Coburn and Jake’s friend, Lucy Quinn and Michael Hudson spent last Saturday morning blowing leaves, trimming brush, and doing general clean-up on the Nature Trail and church grounds.



This recipe is from Pat Steinbrueck, in response to the many folks asked for it.

### Texas Caviar

Mix together:

2 cans black-eye peas rinsed and drained  
1 cup corn  
¼ cup each diced small:  
red pepper  
yellow pepper  
green pepper  
red onion  
¼ cup chopped parsley  
½ cup quartered cherry tomatoes  
Combine and pour over beans and veggies  
¼ cup balsamic vinegar  
¼ cup olive oil  
2 Tbs. sugar

It's good right away but much better if it can sit awhile...several hours or even overnight.

### 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](mailto: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 26<sup>th</sup>. 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](mailto:nmcright@gmail.com) with any questions!

#### St. David's Links and Contact Information:

Website: <http://www.st-davids.org/> [Lectionary Page](#)  
Newsletter editor: Maggie Bowles: [magbowles@gmail.com](mailto:magbowles@gmail.com)  
Church phone # and email: 354-0166 [stdavids1879@gmail.com](mailto: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](#)

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](mailto: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:**

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**

Culowhee 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,

**Ordinary Mindfulness**

By Michael Hudson

Tuesday, November 20, 2012

**Sacred Irony**

How often can we return to these words of Rumi and find them fresh yet again?

This being human is a guest house.

Every morning a new arrival.

A joy, a depression, a meanness,  
some momentary awareness comes  
as an unexpected visitor.

Welcome and entertain them all!

How many times today will we get what we want?

How many times today will we get what we don't want?

In the *The Guest House*, Rumi names one 'good' visitor (joy) and five 'bad' ones (depression, meanness, dark thought, shame, malice). Which ones will we meet today? What's the ratio between 'good' and 'bad' likely to be?

One of the great towering baffling questions in this *being human* is "How in the world can we welcome and entertain them ALL?"

Rumi suggests it's possible to live in an ever-available state of Sacred Irony. *Irony*:

"Something that seems deliberately contrary to what we expect--yet is often wryly amusing."

Sacred Irony is the opposite of bitter irony--a grim smile stretched across a feeling that yet again fate is against is.

Sacred Irony is the way to laugh with God. A way to *be* with God. An outrageous way to meet today's pains-in-the-butt not peeking through a window curtain but standing in an open door laughing!

It's hard to laugh and be miserable at the same time. Maybe it's even impossible.

Maybe it's not the least bit hypocritical to laugh, to smile deep down inside meanness, dark thoughts, shame, malice--even depression, when it's not clinical. Laughter in the face of the day's usual suspects is a powerful way to embody faith, trust, courage and compassion.

Start with a smile. A wry smile. Feel your mouth begin to spread, your cheeks rise, your dimples deepen. Go with it. Open to the irony. Open to the Sacred.

Maybe you've heard the saying, "Wanna make God laugh? Make plans!"

We never get days exactly as we've planned. Wouldn't it be transforming--laughing with God instead of bemoaning our fate?

The *only* reason Rumi encourages this is because he found it helpful. And he found it possible.

---

## **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](http://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.