

The Coracle

St Davids Cullowhee



February 19, 2017

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	Feb 18	Vestry Retreat, Lake Logan
Sun	Feb 19	Epiphany 7
Tue	Feb 21	Accessible Mindfulness 10 am Vestry Meeting 5:30 pm
Sun	Feb 26	Epiphany 8, Soup & Bread Supper 5 pm St. David's Day Celebration
Wed	Mar 1	St. David's Day, Ash Wednesday
Sat	Mar 4	Monthly Mindfulness 10 am
Sun	Mar 5	Lent 1
Tue	Mar 7	Accessible Mindfulness 10 am
Sun	Mar 12	Lent 2, Rice & Beans Sunday
Sun	Mar 19	Lent 3
Tue	Mar 21	Accessible Mindfulness 10 am
Sun	Mar 26	Lent 4, Soup & Bread Community Supper
Sat	Apr 1	Monthly Mindfulness 10 am
Sun	Apr 2	Lent 5
Tue	Apr 5	Accessible Mindfulness 10 am
Sun	Apr 9	Palm Sunday
Tue	Apr 11	Vestry Meeting 5:30 pm
Sun	Apr 16	Easter
Sat	Jun 3	Cold Mountain Music Festival at Lake Logan
Fri-Sun	Jun 9-11	Chad's Yoga Retreat Banner Elk

Serving this Sunday

Chalice: Todd Vinyard
Reader: Betty Lynn Kirwan
Coffee: Betty Lynn Kirwan
Music: Nan Watkins
Readings: [Leviticus 19:1-2,9-18](#),
[1 Corinthians 3:10-11,16-23](#),
[Matthew 5:38-48](#), [Psalm 119:33-40](#)

Serving during February

Bread: Jane Coburn
Flowers: Charles Pringle
Linen: Margot Wilcox
Eucharist: Linda Kinnear & June Smith
Greeters: John & Gracia Slater

Would You Like a Visit from the Rector?

Michael would be happy to visit; just let him know
in person or by email stdavids1879@gmail.com.

Childcare is available during the church service.

Regular Activities	Mondays 7:25 am	Mindfulness Meditation
	Mondays 9-10:30 am	Centering Yoga
	Mondays 10:30 am	Cullowhee Men's Group
	Tuesdays & Thursdays 6:30 am	Sunrise Strength Flow Yoga
	1 st & 3 rd Tuesdays	Accessible Mindfulness
	1 st Saturdays 10 am	Monthly Mindfulness
	Last Sundays 5-7 pm	Soup/Bread Community Supper

It's Inclement Weather Season

If there is any question about the weather, Margot will send out a special email message regarding the Sunday service or any other pending church activity.

The Gospel **Matthew 5:38-48**

Jesus said, “You have heard that it was said, ‘An eye for an eye and a tooth for a tooth.’ But I say to you, Do not resist an evildoer. But if anyone strikes you on the right cheek, turn the other also; and if anyone wants to sue you and take your coat, give your cloak as well; and if anyone forces you to go one mile, go also the second mile. Give to everyone who begs from you, and do not refuse anyone who wants to borrow from you.

“You have heard that it was said, ‘You shall love your neighbor and hate your enemy.’ But I say to you, Love your enemies and pray for those who persecute you, so that you may be children of your Father in heaven; for he makes his sun rise on the evil and on the good, and sends rain on the righteous and on the unrighteous. For if you love those who love you, what reward do you have? Do not even the tax collectors do the same? And if you greet only your brothers and sisters, what more are you doing than others? Do not even the Gentiles do the same? Be perfect, therefore, as your heavenly Father is perfect.”

Soup and Bread Community Supper

Sunday February 26th, 5-7pm

As always, ALL in the community are welcome! Invite friends! Donations will be accepted for The Community Table

If you are planning to bring soup and/or bread, please contact Wesley Satterwhite at wesleysatterwhite@hotmail.com or (828) 200-4363. You do not have to bring soup to:



Come! Eat! Enjoy!



LENTEN
MEDITATIONS 2017

You are invited to share in the 2017 Lenten email series from Episcopal Relief & Development. Each day during Lent you will receive a daily reflection, co-authored by a group of Anglican Communion and other faith leaders. During this season of reflection on our Christian faith, their writings will enhance your spiritual journey as they both inspire and challenge you. Each daily meditation is presented in both English and Spanish.

[Sign up to Receive our Daily Lenten Meditations by Email](#)

Make a Lenten Offering

Please join us by investing in Episcopal Relief & Development’s vital mission and giving meaningfully to support our work to strengthen communities around the globe. Together, we are seeking to serve Christ in all persons and striving to love our neighbor as ourselves.

[Donate to Episcopal Relief and Development](#)

OK, Let's Review This Again...

Recycling Redux....



LEFT SIDE: This is trash. Paper plates, napkins, toothpicks, juice boxes, plastic bags and wraps, Styrofoam.



RIGHT SIDE: Rigid plastic bottles, cups, and jars, glass containers, aluminum and metal cans, bottle tops, lids, and aluminum foil.



CLEAN PAPER GOES HERE:



Beans & Rice

St. David's children bagged up 116 pounds of beans and rice to donate to The Community Table and Vecinos Farmworker Health Program this month. Michael bestows a blessing on them during the church service.



New Outreach Effort Initiated

The vestry has given its approval to a new outreach project that will benefit the Vecinos Farmworker Health Program. Vecinos is a health care program that works with migrant farm workers in the Western North Carolina region. Farm workers sometimes don't have the necessary resources needed to keep themselves healthy. Vecinos is creating toiletry bags to give to the patients who come to their clinics. These bags include things such as floss, toothpaste, bandages, eye-drops, and other items. Muff Lyons is spearheading an effort to collect needed toiletry items and will have plastic bags and informative flyers available at church on Sunday. Here is a link to a [flyer with more information](#).

Items Needed in Each Bag:

1 Bar of soap
2 Pairs of socks
1 Toothbrush
1 Tube toothpaste

1 Floss
1 Tube Athlete's Foot Cream
1 Box of Band-Aids
1 bottle Saline eye drops

Parish News & Notes

Birthdays

Feb 19 **Rosa Reily**
Feb 20 **Barrett Yanik**
Feb 24 **Carolyn Rush**

Josh Vinyard got to ring the bell this past Sunday.





Vacation Bible School Being planned for June

Cullowhee United Methodist Church would love to work with St. David's again this year to host Vacation Bible School. The dates will be June 26-29th from 9 am-noon each morning (Monday - Thursday). The theme this year is Passport to Peru. More information: <https://www.group.com/category/ministry-resources/childrens-ministry/vbs/passport-to-peru.do>

Swimming Course Offered

It's that time in the season once again! The youth swim refresher course will be offered Monday-Wednesday evenings, March 13th-15th and March 20th-22nd from 6:25 to 7:15 pm.

Additionally, this year we are offering a class for adults! This class will be March 13th-15th and March 20th-22nd as well. The time is 7:25 to 8:15pm.

If you have any questions, feel free to message me, text or call me at [828-506-6065](tel:828-506-6065), or email me at kfgraham1@catamount.wcu.edu



From the Diocese

Lake Logan Lecture Series

Lake Logan Conference Center

Short Story Selection from Ron Rash Stories

Thursday, March 2nd from 10:30 am-1 pm

Lake Logan will be hosting "A Rash of Stories" adapted from the short stories of Ron Rash. The stories will be presented by Barbara Bates Smith and musician Jeff Sebens. The varied selections - humorous and tender as well as suspenseful - have been adapted by Smith from Rash's short stories "Lincolmites", "Burning Bright", "Casualties and Survivors", and "The Night the New Jesus Fell to Earth." [Register here.](#)

Selena Einwechter

Thursday, April 6th from 10:30 am to 1 pm

Author of *Courage is Abundant in the Abstract* and owner of Tiffany Hill Bed & Breakfast, Selena Einwechter is an inspiration to anyone wanting to transform their dreams into realities. After spending 30 years in corporate America, Selena finally decided to leave and pursue her long-time dream of owning a B&B. She now spends much of her time detailing her faith-based journey to entrepreneurship, and the financial, economic and personal decisions that accompany making big life changes. [Register here](#)

Susan Cushman

Thursday, May 4th from 10:30 am to 1 pm

Author of *Tangles and Plaques: A Mother and Daughter Face Alzheimer's* (to be published February 2017) Susan Cushman was co-director of the 2013 and 2010 Oxford, Mississippi Creative Nonfiction Conference, director of the 2011 Memphis Creative Nonfiction Workshop, panelist at the 2013 Louisiana Book Festival and the 2012 Southern Festival of Books in Nashville, TN. [Register here.](#)

Box Tops for Education

Many of our school-age children are collecting Box Tops for Education. I will put a basket on the counter beneath the white board and if anyone has box tops, they can drop them off in the basket. We will divide them equally among the children.



Meditation Opportunities at St. David's

Mindfulness Meditation: Mondays 7:25-8:30 am in the Parish Hall. Our practice is Contemplation of Wise Texts (Lectio), Sitting Meditation, and Informal Dialogue.

Accessible Mindfulness: 1st and 3rd Tuesdays, 10-11:15 am. This is especially geared for those new to mindfulness meditation.

Monthly Mindfulness: First Saturday of each month from 10 am until noon in the Parish Hall.

Other Meditation Opportunities

WCU Mindfulness and Meditation: Thursdays at 4 pm 224 Bird Building. For details, call 227-7469 and ask for Michelle. 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 1 pm.** 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.

St. David's Links and Contact Information:

Website: <http://www.st-davids.org/> [Lectionary Page 2017](#)

Newsletter editor: Maggie Bowles: magbowles@gmail.com

Church phone # and email: 828-331-1427

stdavids1879@gmail.com

Mailing address: PO Box 152, Cullowhee, NC 28723

[Parish Mailing List \(sign in required\)](#)

[2016 Altar Guild Schedule](#)

[2017 Greeter Schedule](#)

Diocesan Links:

[Diocese of Western North Carolina](#)

The Rt. Rev. José A. McLoughlin,
Bishop

[Diocesan E-Newsletter sign-up page](#)

[Camp Henry Facebook page](#)

Help with Tax Preparation Offered Locally

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Sponsored in part by:

Jackson County Senior Center
Jackson County Public Library
AARP Foundation

Jackson County Senior Center

100 County Services Park

(off Highway 116 (Webster Road) near Ingles and SCC in Sylva)

Mondays 10:00 – 3:00

Fridays 10:00 – 3:00

First come, first served

Jackson County Public Library Complex

310 Keener Street (new addition behind historic Courthouse)

Tuesdays 3:00 – 6:45

By appointment only, call library at 586-2016

- **Bring Social Security cards and photo identification**
- Bring all documents and information pertaining to 2016 taxes
- **Bring a copy of your 2015 filed tax return with any notices of adjustments**
- Bring information pertaining to health insurance during 2016