

# The Coracle

St Davids Cullowhee



February 24, 2019

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	Feb 24	Epiphany 7 <b>Soup Supper 5-7 pm (Clean Slate)</b>
Fri	Mar 1	St. David's Day
Sat	Mar 2	John Overbey memorial 11:30 am
Sun	Mar 3	Epiphany 8 St. David's Day Celebrated
Tue	Mar 5	Accessible Mindfulness 10 am
Wed	Mar 6	Ash Wednesday Ashes to Go 11 am WCU Holy Eucharist, Imposition of Ashes 6:15 pm
Sun	Mar 10	Lent 1 Rice & Beans, Holy Eucharist 11 am Evening Prayer 5:30 pm
Mon	Mar 11	Vestry Meeting 5:30 pm
Sun	Mar 17	Lent 2 St. Patrick's Day Holy Eucharist 11 am Taizé service 5:30 pm
Tue	Mar 19	Accessible Mindfulness 10 am
Sun	Mar 24	Lent 3 Holy Eucharist 11 am
Mon	Mar 25	Taizé service 5:30 pm
Sun	Mar 31	Lent 4 Holy Eucharist 11 am, Soup Supper 5 pm
Tue	Apr 2	Accessible Mindfulness 10 am
Sun	Apr 7	Lent 5 Holy Eucharist 11 am, Evening Prayer 5:30 pm
Mon	Apr 8	Vestry Meeting 5:30 pm
Sun	Apr 14	Palm Sunday
Thu	Apr 18	Agape Supper 5:30 pm. Maundy Thursday Service 6:30 pm
Fri	Apr 19	Stations of the Cross noon Good Friday Service 5:30 pm
Sat	Apr 20	Holy Saturday 10:30 am
Sun	Apr 21	Easter Sunday
Sun	Apr 28	Easter 2 Soup Supper
Fri	May 3	Wine Event (also Friday, Nov 1)

### Serving this Sunday

Chalice: Nancie Wilson  
Reader: Betty Lynn Kirwan  
Music: Lillian Pearson  
Coffee: Gracia & John Slater  
Readings: [Genesis 45:3-11, 15,](#)  
[1 Corinthians 15:35-38,42-50,](#)  
[Luke 6:27-38,](#)  
[Psalm 37:1-12, 41-42](#)

### Serving during February

Flowers: Judy Robinson  
Linen: Nan Watkins  
Communion: Linda Kinnear &  
June Smith  
Bread: Doug &  
Mary Michael Hanks  
Greeters: Gracia Slater &  
Muff Lyons

### Serving during March

Flowers: Judy Robinson  
Linen: Nan Watkins  
Communion: 3/3 June Smith  
3/10 Muff Lyons  
3/17 Gracia Slater  
3/24 Faye Jacobson  
3/31 Margot Wilcox  
Bread: Judy Robinson  
Greeter: Margot Wilcox

Childcare is available during the service most Sundays.

[Sermon Link](#)

## Soup & Bread Community Supper This Sunday, February 24<sup>th</sup> 5-7 pm

This is a time to gather and share soup and friendship. Free and open to all in  
the community. Donations are welcome for [Clean Slate Coalition](#).

COME! EAT! ENJOY!



## The Gospel

Luke 6:27-38

Jesus said, "I say to you that listen, Love your enemies, do good to those who hate you, bless those who curse you, pray for those who abuse you. If anyone strikes you on the cheek, offer the other also; and from anyone who takes away your coat do not withhold even your shirt. Give to everyone who begs from you; and if anyone takes away your goods, do not ask for them again. Do to others as you would have them do to you.

"If you love those who love you, what credit is that to you? For even sinners love those who love them. If you do good to those who do good to you, what credit is that to you? For even sinners do the same. If you lend to those from whom you hope to receive, what credit is that to you? Even sinners lend to sinners, to receive as much again. But love your enemies, do good, and lend, expecting nothing in return. Your reward will be great, and you will be children of the Most High; for he is kind to the ungrateful and the wicked. Be merciful, just as your Father is merciful.

"Do not judge, and you will not be judged; do not condemn, and you will not be condemned. Forgive, and you will be forgiven; give, and it will be given to you. A good measure, pressed down, shaken together, running over, will be put into your lap; for the measure you give will be the measure you get back."

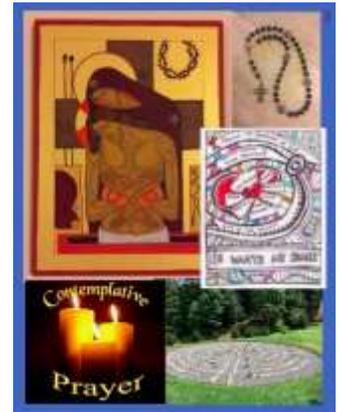
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### Lenten Prayer Series

By The Rev. Dr. Valori Mulvey Sherer

One of the opportunities Lent offers us is the opportunity to be intentional about deepening our prayer lives in order to draw closer to God. This year at St. David's we will offer a Lenten series on various ways to pray. We'll gather in "The Gathering Place" a.k.a. our parish hall, on the Tuesdays in Lent at 5:30 p.m. Come to one or all in the series. Prayer is so varied, and our tradition offers us a rich heritage of many ways to encounter the Holy. Here is the schedule:

- ✦ Lent 1, (3/10): **Praying with Icons:** covering a little history, the meaning of the colors chosen in iconography, as well as practicing the method of praying with these "gateways to the divine."
- ✦ Lent 2, (3/17): **Praying the Rosary/prayer beads:** In this teaching we will discuss why people have historically found beads to be helpful in prayer, a review of a few types of prayer beads and Rosaries, and practicing this kind of prayer using a form of the Rosary developed by our Interim Rector.
- ✦ Lent 3 (3/24): **Intro to contemplative prayer:** In this teaching we will discuss silent prayer, meditation, and contemplative prayer, then practice a short session of the discipline of Centering Prayer, followed by prayer journaling.
- ✦ Lent 4 (4/02): **Walking prayer:** will include teaching on and the practice of walking the labyrinth as well as discussion of various types of kinetic forms of prayer.
- ✦ Lent 5 (4/09): **Art prayer:** especially suited for those who "don't draw well", this offering includes discussion and practice of various forms of this discipline including prayer doodling, collage, mandalas, and coloring prayer.



### Lenten Book Study

A suggestion was made recently to hold a book study during Lent. If there is truly a desire for a book study, I will support whoever seeks to organize it. One book that came up (twice in one week) was *The Book of Joy* by the Dalai Lama and Archbishop Desmond Tutu. The topic, however, is as wide open as the opportunity to plan it. If you'd like to organize a Lenten book study, please contact me and we'll get it going!

Valori+

## Celebration of Life Memorial Service

Saturday, March 2<sup>nd</sup>, 11:30 am

John T. Overbey, MBA, CPA, PhD

4/19/1935–2/15/2019

John was a member of the men's spiritual group that meets at St. David's on Monday mornings. He and his wife, Diane, were very active parishioners when they lived here. He was parish treasurer for a time, and she was senior warden. Diane is buried in our cemetery.

The reception will be catered by Mad Batter, so all we need to do is show up, welcome people to our church home, and celebrate John's life with them. The Rev. Bill Mc McLoughlin from Church of the Resurrection, Asheville, will officiate. [John T. Overbey Obituary](#)



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### Think Leeks!

Dydd Gwyl Dewi hapus!

Happy St. David's Day!

St. David's Day Coffee Hour: All

By Faye Jacobson

We will celebrate St. David's Day on **Sunday, March 3<sup>rd</sup>**. Coffee Hour will be provided by the parish and is a great opportunity to try out a Welsh recipe. I found a website on the BBC that has some interesting choices: ([bbcgoodfood.com/recipes/collection/st-davids-day](http://bbcgoodfood.com/recipes/collection/st-davids-day)). Google St. David's Day recipes, and there are hundreds of them. If you are not an adventurous cook, just bring a favorite of yours. Please join us and enjoy the smell of good food and daffodils.



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### Ashes to Go

St. David's will offer *Ashes to Go* again this year on Ash Wednesday, March 6<sup>th</sup>. This year we will be at the fountain on the lawn at WCU from 11 am until 2 pm, AND Valori+ will be joined by The Rev. Tonya Vickery from Cullowhee Baptist Church! Please drop by and show the kindness and welcome people can expect from St. David's even as we recognize and remember our mortality.



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### St. David's Rector Search Info from the Vestry

By Judy Robinson

In discussion with Canon Augusta this week, we learned that we would do the parish assessment survey after the formation of the Discernment Committee. The reason for this is that the Discernment Committee needs to be in charge of that survey process. You will remember that your Vestry is meeting with Canon Augusta on Wednesday, March 13<sup>th</sup> for half a day to begin formation of the Discernment Committee.

As we have previously stated, the parish assessment survey is now done online and sent to a company that summarizes information and highlights outcomes. For anyone who is uncomfortable with or unable to complete the survey online, it will be provided as a hard copy that will be about ten pages long. The good news is that the company needs just a week to provide us with the survey outcomes.

# Parish News & Notes

## Birthdays

Feb 24 Clara Moussalli

Feb 26

Jeff Neff

Mar 1 Mary Michael Hanks

## Altar Guild Brunch



The Altar Guild brunch was beautifully done thanks primarily to Faye Jacobson and Judy Annis. There were hearts and flowers on all the tables, daffodil napkins, and a lovely daffodil runner on the serving table. Delicious food—three different breakfast casseroles, fruit cup, coffee cake, fancy ham and cheese sandwiches, and Faye’s delicate iced-heart sugar cookies.



## Lunch at Lydia’s

Lydia Aydlett baked and decorated a yummy gluten-free cake to help Claire celebrate the sale of her house. The house sold quickly, and Claire must be out by April 1<sup>st</sup>. She is moving to new facility in Bryson City (Bryson Senior Living Center) where she will be in an independent living space with assisted living as needed. She can take one small dog with her. She is looking for a good home for Layla, her big dog. Layla is one of the dogs pictured in this week’s Sylva Herald as being up for adoption.

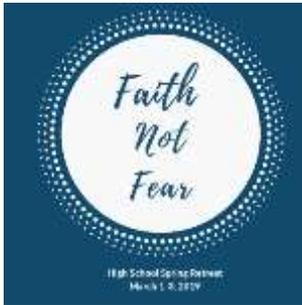


**ARF foster  
Call 586-5186**

**Layla: Housebroken senior Shepherd/Collie, spayed, 60 lbs. utd on shots! SWEET!**



# Diocesan Youth Events



## High School Spring Retreat March 1-3, 2019 Valle Crucis Conference Center For 8<sup>th</sup> through 12<sup>th</sup> graders

Cost: \$136, per youth. Includes lodging, meals, and programs. Meals start with supper on Friday and end with Lunch on Sunday. Scholarships are available at time of registration. Registration is through CampDoc software [here](#).



Friday, April 5<sup>th</sup> at 7 pm–Sunday, April 7<sup>th</sup> at 2:30 pm  
Youth must commit to the entire weekend.

Location: St. John in the Wilderness, Flat Rock.  
We will be spending the weekend at the church using the parish halls for lodging, meals, and program.

Cost: \$20, per youth. Scholarships are available.  
Registration is through CampDoc software [here](#).

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## Glory Ridge Camping & Service Retreat May 4-5, 2019 [Glory Ridge Camp](#) Middle School Youth Only

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## Lineup Announced for Cold Mountain Music

Returning to the picturesque Lake Logan Conference Center, the third annual Cold Mountain Music Festival will take place May 31 and June 1.

This year's gathering will include acclaimed string act Yonder Mountain String Band, indie-rockers Calexico and Americana/folk duo The Milk Carton Kids. Other acts to hit the stage will be JS Ondara, Driftwood, Ruby Velle & The Soulphonics, Kat Wright, The Travelin' Kine, Joe Lasher and Logan Ledger.



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## Meditation Opportunities at St. David's

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

### 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](#).

**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.

### Virtual Closet

If you need medical-related equipment or have something you can offer, contact Claire Marsh: [clairemrsh@gmail.com](mailto:clairemrsh@gmail.com) She keeps a list of who has what to facilitate sharing.

### Box Tops for Education

There is a basket under the white board in the Parish Hall where you can place any of these box tops you may have. This is an ongoing project for our children.

### 2019 Outreach Support

From 1<sup>st</sup> Sunday's loose plate offering and Soup Suppers

Jan	Circles of Hope	Aug	School Supplies drive
Feb	Clean Slate	Sep	Vecinos
Mar	Community Table	Oct	Midwives of Haiti
Apr	Mainspring Land Trust	Nov	to be determined
May	(general)	Dec	(general_

Jun-Jul-Aug-no Soup Suppers (general outreach)

<b>Regular Activities</b>	2 <sup>nd</sup> Sundays	Rice & Beans Ministry
	3 <sup>rd</sup> Sundays 5:30 pm	Taizé Service 5:30 pm
	Last Sundays 5-7 pm Sept-Apr	Soup/Bread Community Supper
	Mondays 10:30 am	Cullowhee Men's Group 10:30 am
	2 <sup>nd</sup> Mondays	Vestry Meeting 5:30 pm
	1 <sup>st</sup> & 3 <sup>rd</sup> Tuesdays	Accessible Mindfulness 10 am

### Vestry Stewardship Covenant 2018

#### St. David's Episcopal Church

We believe that our community is called upon to fully trust in God's promise to provide. Sometimes, however, we are fearful that it won't happen due to our lack of trust, our fear, and our need to control.

We commit to remember who we are in God and for the world, near and far: beloved servants. We commit to make financial decisions remembering that God provides for us, sometimes in surprising ways, by keeping the Gospel promise of abundance as our guide and touchstone, and by constantly evaluating this new way of thinking.

We invite everyone to join the vestry in reflecting on the grace and good luck that pervade our lives which leads us to a natural and comfortable means of sharing the abundance with which we have been blessed.

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

Website: [stdavidscullowhee.org](http://stdavidscullowhee.org)

[Lectionary Page 2019](#)

Newsletter editor: Maggie Bowles: [magbowles@gmail.com](mailto:magbowles@gmail.com)

Church phone # and email: 828-331-1427

[stdavidscullowhee@gmail.com](mailto:stdavidscullowhee@gmail.com)

Mailing address: PO Box 152, Cullowhee, NC 28723

#### Diocesan Links:

[Diocese of Western North Carolina](#)

The Rt. Rev. José A. McLoughlin, Bishop

[Sign up for Diocesan Newsletter](#)

[Camp Henry Facebook page](#)

[www.lakelogan.org](http://www.lakelogan.org)

#### St. David's Vestry Members:

Judy Robinson, Senior Warden

Muff Lyons, Junior Warden

Sandy Frazier—Gael Graham

Vance Davidson—Jake Jacobson