

# The Coracle

St Davids Cullowhee



February 5, 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 4	Monthly Mindfulness 10 am
Sun	Feb 5	Epiphany 5
Tue	Feb 7	Accessible Mindfulness 10 am
Sun	Feb 12	Epiphany 6 <b>Rice &amp; Beans Sunday</b>
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: Judy Annis  
 Reader: Wesley Satterwhite  
 Coffee: Johanna & Todd Vinyard  
 Music: Nan Watkins  
 Readings: [Isaiah 58:1-9a, \[9b-12\]](#),  
[1 Corinthians 2:1-12, \[13-16\]](#),  
[Matthew 5:13-20, Psalm 112:1-9, \(10\)](#)

## Serving during February

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

**Childcare is available during the church service.**

## 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](mailto:stdavids1879@gmail.com).

## 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 <sup>st</sup> & 3 <sup>rd</sup> Tuesdays	Accessible Mindfulness
1 <sup>st</sup> 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 5:13-20

Jesus said, “You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled underfoot.

“You are the light of the world. A city built on a hill cannot be hid. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

“Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfill. For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. Therefore, whoever breaks one of the least of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be called great in the kingdom of heaven. For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.”



### Soup and Bread Community Supper

1/26/2017



## At St. David's Community Involvement Matters

St. David's cares for its neighbors, both locally and internationally. Those values are reflected in six non-profit organizations our parish regularly supports: Clean Slate, Community Table, Good Samaritan Clinic, Macon CareNet, Neighbors in Need and United Christian Ministries.

Starting in February the loose plate offering on the first Sunday of each month will be designated for one of these groups. Previously, this offering went to Michael's Rector's Discretionary Fund, but Michael says his discretionary fund has enough to last out the year.

St. David's Soup-and-Bread Community Supper at the end of each month also accepts donations to help area groups.

Here are descriptions of the groups we support:

**Clean Slate** – Clean Slate Coalition is a supervised recovery residence program that provides safe, transitional housing, advocacy, vocational opportunities, connections to community services and supportive case management for women who have previously been incarcerated. These women learn healthy life styles and job skills in a supportive environment. Our beloved Deacon Alice Mason was a founder of this program.

**Community Table** – The Community Table is a nonprofit organization that provides nutritious meals to our neighbors in need in a welcoming environment.

**Good Samaritan Clinic** – Good Samaritan Clinic of Jackson County provides qualified adults aged 18-65 healthcare services via a free primary care clinic, nurse case management, and prescription medication assistance. They refer patients to area specialists and hospitals as needed while helping to ease the strain on hospital ERs.

**Macon CareNet** – Macon CareNet provides food assistance programs to Macon County residents who are unable to provide for themselves due to crisis.

**Neighbors in Need** – This organization assists Jackson County citizens who need warm shelter during the cold weather months.

**United Christian Ministries** – For over 25 years, United Christian Ministries of Jackson County has been assisting Jackson County residents in times of emergency by providing food, household goods, limited financial assistance, furniture, cleaning supplies, and personal care items for all ages.

So, remember the first Sunday – loose plate offering will be designated to one of these non-profits. And on the last Sunday of the month – join us for a *Soup and Bread Community Supper* where donations are accepted for local charities. Please watch the Coracle for the schedule of organizations.

Thank you to St. David's members for supporting the work of the church through pledges and plate offerings.

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## Parish News & Notes

### Birthdays

Feb 5 **Annabelle Perry,**  
**Kathryn Dills-Mulholland**  
Feb 10 **Ida Lou Reisinger**  
Feb 11 **Frank Lockwood,**  
**Michael Marsh,**  
**Julian Dills-Mulholland**

Speedy recovery to Pat Steinbrueck who had a minor knee surgery this week.

Maggie Bowles had a procedure to stretch her stiff knee and is making good progress with vigorous physical therapy.

Healing prayers for Claire Marsh who has viral bronchitis.

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A number of parishioners are travelling: Bob Dodd to New Zealand, Judy Robinson to Kansas City, Betsey and Ed Hamlet to Florida. Safe travels to these and any others who are away.



Angus Despeaux puts some muscle into his bell ringing. He is fond of Girl Scout cookies, too.



Vance Davidson holds up the final item that he has to install upstairs before signing off on the project. Thank you, Vance, for all your hard work on this job.



### Welcome Claudette Krizek



Claudette Krizek, LCSW, has rented space upstairs in the Parish Hall and will be seeing patients there on Fridays. You may have met Claudette at church services recently. Here is a [link](#) to information about her on the *Psychology Today* website.



## Circles of Hope

Dale Cox from *Circles of Hope* sends his thanks for the meal that St. David's folks prepared for their recent meeting. He said that they really appreciated the time that was spent on the meal, and that it was delicious.

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## 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.



## From the Diocese



Tickets to the Cold Mountain Music Festival at Lake Logan are now [available online](#). Tickets are limited, so buy yours today!

Cold Mountain Music at Lake Logan is a festival happening on Saturday, June 3<sup>rd</sup>, 2017 on the stunning grounds of Lake Logan Episcopal Center featuring Grammy-award winning band Steep Canyon Rangers and others. The event will raise awareness and funds for Lake Logan and Camp Henry.

In addition to an evening of top-notch musical talent, the festival will also feature a kids' area, food vendors, and after-party at the Sit 'n Whittle lodge.

For more information, including the full band lineup, visit [www.coldmountainmusic.org](http://www.coldmountainmusic.org).

[Tickets purchased online](#) are subject to normal handling and convenience fees. Avoid these fees by buying a ticket at the diocesan office. You will need to call ahead to make sure someone is in the office. Event Tickets are \$75 for adults. Students and youth (13-18) are just \$30, with kids 12 & under free.

Early bird tickets are available for \$60, but hurry! Early bird pricing ends April 1<sup>st</sup>.

Help with Tax Preparation Offered Locally

# Free Tax Service

Includes Federal and State Forms

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

## 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: 1<sup>st</sup> and 3<sup>rd</sup> 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 **2<sup>nd</sup> & 4<sup>th</sup> 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](mailto:magbowles@gmail.com)

Church phone # and email: 828-331-1427

[stdavids1879@gmail.com](mailto:stdavids1879@gmail.com)

Mailing address: PO Box 152, Cullowhee, NC 28723

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

### [2016 Altar Guild Schedule](#)

### [2016 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](#)

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