

# The Coracle

St Davids Cullowhee



March 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

Sun	Mar 19	Lent 3, Lenten Study 9:30 am
Mon	Mar 20	Long-range Planning 6:30 pm
Tue	Mar 21	Accessible Mindfulness 10 am
Sun	Mar 26	Lent 4, Lenten Study 9:30 am Soup & Bread Community Supper
Sat	Apr 1	Monthly Mindfulness 10 am
Sun	Apr 2	Lent 5, Lenten Study 9:30 am
Tue	Apr 5	Accessible Mindfulness 10 am
Sun	Apr 9	Palm Sunday, Beans & Rice Sunday
Tue	Apr 11	Vestry Meeting 5:30 pm
Thu	Apr 13	Maundy Thursday Service 5:30 pm
Sun	Apr 16	Easter
Tue	Apr 18	Accessible Mindfulness, 10 am
Sun	Apr 23	Easter 2
Sun	Apr 30	Easter 3 Soup & Bread Community Supper 5-7 pm
Tue	May 2	Accessible Mindfulness 10 am
Sat	May 6	Monthly Mindfulness, 10 am
Sun	May 7	Easter 4
Tue	May 9	Vestry meeting 5:30 pm
Sun	May 14	Easter 5, Beans & Rice Sunday
Tue	May 16	Accessible Mindfulness, 10 am
Fri	May 19	Wine Event
Sun	May 21	Easter 6
Sun	May 28	Easter 7, Soup & Bread Community Supper
Sat	Jun 3	Yard Sale, Monthly Mindfulness 10 am Cold Mountain Music Festival at Lake Logan
Sun	Jun 3	Pentecost
Fri-Sun	Jun 9-11	Chad's Yoga Retreat Banner Elk
Mon-Thu	Jun 26-29	Vacation Bible School, Cullowhee Methodist Church

### Serving this Sunday

Chalice:  
 Reader: George Rector  
 Coffee: Gracia & John Slater  
 Music: Lillian Pearson  
 Readings: [Exodus 17:1-7](#),  
[Romans 5:1-11](#), [John 4:5-42](#),  
[Psalm 95](#)

### Serving during March

Bread: Wesley Satterwhite  
 Flowers: Charles Pringle  
 Linen: Nan Watkins  
 Eucharist: Newt Smith &  
 Tom Wilcox  
 Greeters: Steve Steinbrueck &  
 Todd Vinyard

### 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).

**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 <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 Beans & Rice Sunday

Since church was cancelled last week due to the weather, Beans & Rice will probably happen this Sunday. Our children bag up the donated beans and rice for distribution to the charities we support and present it during church to be blessed.



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## The Gospel

### John 4:5-42

Jesus came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon.

A Samaritan woman came to draw water, and Jesus said to her, "Give me a drink." (His disciples had gone to the city to buy food.) The Samaritan woman said to him, "How is it that you, a Jew, ask a drink of me, a woman of Samaria?" (Jews do not share things in common with Samaritans.) Jesus answered her, "If you knew the gift of God, and who it is that is saying to you, 'Give me a drink,' you would have asked him, and he would have given you living water." The woman said to him, "Sir, you have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?" Jesus said to her, "Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life." The woman said to him, "Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water."

Jesus said to her, "Go, call your husband, and come back." The woman answered him, "I have no husband." Jesus said to her, "You are right in saying, 'I have no husband'; for you have had five husbands, and the one you have now is not your husband. What you have said is true!" The woman said to him, "Sir, I see that you are a prophet. Our ancestors worshiped on this mountain, but you say that the place where people must worship is in Jerusalem." Jesus said to her, "Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father seeks such as these to worship him. God is spirit, and those who worship him must worship in spirit and truth." The woman said to him, "I know that Messiah is coming" (who is called Christ). "When he comes, he will proclaim all things to us." Jesus said to her, "I am he, the one who is speaking to you."

Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, "What do you want?" or, "Why are you speaking with her?" Then the woman left her water jar and went back to the city. She said to the people, "Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?" They left the city and were on their way to him.

Meanwhile the disciples were urging him, "Rabbi, eat something." But he said to them, "I have food to eat that you do not know about." So the disciples said to one another, "Surely no one has brought him something to eat?" Jesus said to them, "My food is to do the will of him who sent me and to complete his work. Do you not say, 'Four months more, then comes the harvest'? But I tell you, look around you, and see how the fields are ripe for harvesting. The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, 'One sows and another reaps.' I sent you to reap that for which you did not labor. Others have labored, and you have entered into their labor."

Many Samaritans from that city believed in him because of the woman's testimony, "He told me everything I have ever done." So when the Samaritans came to him, they asked him to stay with them; and he stayed there two days. And many more believed because of his word. They said to the woman, "It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Savior of the world."

## **Starts This Sunday!**

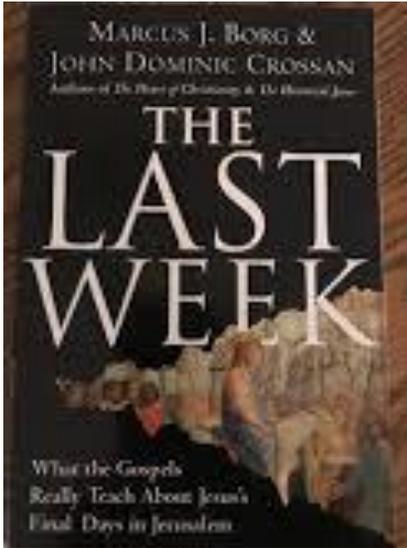
**This Sunday, March 19<sup>th</sup>, the discussion will cover the preface and Chapters 1 and 2.**

### **Lenten Study Group**

March 19<sup>th</sup>, 26<sup>th</sup>, and April 2<sup>nd</sup>, 2017, 9:30 am

***The Last Week: What the Gospels Really Teach About Jesus's Final Days in Jerusalem***

by Marcus J. Borg and John Dominic Crossan



From the preface: This book is about the last week of Jesus's life. It is a week of extraordinary importance for Christians, and because of its centrality for Christians, how this story is told matters greatly. What was the last week of Jesus's life about? And because this story is seen as revelatory, as speaking to us today, what IS it about?

Borg and Crossan set out to "retell a story everyone thinks they know too well, and most do not seem to know at all." The result is gripping and very timely for many who will be slowing down this Lenten Season to find a deeper meaning to our activism and our work.

Please join us in the Parish Hall on the Sundays listed above at 9:30 am. City Lights will have the book available at a 10% discount.

Questions, contact Betsy Swift [828-507-1678](tel:828-507-1678) or [bswift4252@gmail.com](mailto:bswift4252@gmail.com)

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## *A Message from Michael*

Easter Day is an historically rich time for the sacrament of Baptism. Baptisms have been celebrated on Easter since the time of the early church. Please let Michael know if anybody in your family would like to be baptized this Easter (April 16).

The Episcopal Church's theology of Confirmation has continued to evolve along with its understanding of baptism. Confirmation is no longer seen as the completion of Christian initiation, nor is Confirmation a prerequisite for receiving communion. Baptism is full initiation by water and the Holy Spirit into Christ's body the church. (From the Book of Common Prayer)

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## **The Grace in Aging: To Experience Aging as More of a Gift and Less of a Burden**

**April 30<sup>th</sup>, 9:15-10:30 in the Parish Hall.**

This special program will be led by Dr. John Ritchie, professor, therapist and a good friend to many at St. David's.

## Garage Sale Scheduled for June 3<sup>rd</sup>



We are pleased to announce that the Saint David's 2017 *Garage Sale* will be Saturday June 3<sup>rd</sup>. We know it is the same day as the Lake Logan Music festival but do not think there is a conflict as the sale will begin in the early morning.

Please begin saving your wonderful items for this event! Clothing and books will be included. Please also use some discretion and toss what needs to be trashed. More information will follow weekly in the Coracle regarding drop-off date, etc. If you have questions, please contact one of the event Co-Chairs: Judy Robinson ([judyleroyrobinson@gmail.com](mailto:judyleroyrobinson@gmail.com)) and Donna Ross ([dhross24@hotmail.com](mailto:dhross24@hotmail.com)).

What's better than SHOPPING for a good cause!?!

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## Vecinos Donations Still Being Accepted



The Vecinos Farmworker Health Program volunteers send heartfelt thanks to St. David's for the tremendous response to their request for toiletry bags. 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. Donations of things such as floss, toothpaste, bandages, eye-drops, etc. made be made at any time. Muff Lyons will see to it that they get delivered to the right place.

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## Donations Sought for Project Panama Trip

Sandy Frazier will once again be leading a mission trip to Panama later this month. Our own Betsy Swift is among the volunteers going. They will take a suitcase full of supplies such as lined paper, note books, pencils, pens, crayons, markers, construction paper, scissors, rulers, small calculators, Band Aids, gauze, antibiotic cream or ointment, aspirin, ibuprofen, acetaminophen (Tylenol generic), antifungal preparations, eye drops, antacids (Tums), multivitamins. Monetary donations are also accepted. Make checks payable to either St. David's Episcopal Church or Franklin Rotary Charitable Foundation for tax deduction purposes. Memo line should denote "Project Panama".



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## From the Diocese

*Episcopal Diocese of Western North Carolina*

March 12, 2017

([Click here](#) to view this letter in Spanish)

Dear Brothers and Sisters in Christ,

In the past five months as your bishop, I have traveled extensively throughout Western North Carolina, visiting parishes and exploring the various communities that encompass our diocese. I am continually blessed by the opportunity to learn and know your congregation's story as well as the unique, personal narratives from many of our lay leaders. These stories have deepened my appreciation for the grace that flows through this wonderful diocese.



I also hope that through our conversations and prayers, you have heard my story and witnessed the grace of God that flows through my life. I hope you have come to know that it is not my custom to officially address every issue discussed in the public square. As your bishop, I value *"the middle way,"* recognizing that our church is a community that welcomes all people, in the diversity of their convictions, to join together at the Lord's Table and share in the one bread and the one cup.

Nevertheless, I must speak out and stand firm in solidarity with the immigrants among us and the refugees seeking a safe harbor for their families.

As you might know, I am the son of a refugee. In 1961, my mother fled Cuba and the oppressive, communist regime of Fidel Castro. Along with other members of her family, my mother lost all she had and risked her life in pursuit of freedom and the possibility to realize her potential. My family made their way to Puerto Rico, where they were welcomed and given an opportunity to become citizens of the United States and contribute to the common good. And all along the journey, the Church demonstrated the radical welcome of Jesus, which profoundly shaped their new lives.

From the very first time I introduced myself to you, I shared my belief that I am called to be a bishop who not only **proclaims the Gospel in words, but also in actions.** This principle was set out in my ordination, when I was asked, "Will you boldly proclaim and interpret the Gospel of Christ, enlightening the minds and stirring up the conscience of your people?" Ever since, I have taken seriously how we nurture our lives as disciples of Jesus, as well as explore innovative ways to stand alongside and serve those in need.

Our Lord Jesus served within an ancient tradition that firmly welcomed immigrants and refugees. *"The alien who resides with you shall be to you as the citizen among you; you shall love the alien as yourself, for you were aliens in the land of Egypt: I am the Lord your God."* (Leviticus 19). Jesus himself was clear when he said, *"I was a stranger, and you welcomed me"* and *"that which you did to the least of these, you did to me"* (Matthew 25). We put our faith into action when we demonstrate radical hospitality and solidarity for all people, including the immigrant and refugee. We put our faith into action when we speak out against both hateful language and acts of bigotry.

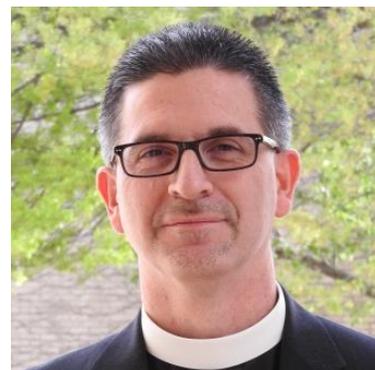
Likewise, as Americans, one of our core values is echoed by the poem etched in the base of the Statue of Liberty: "give me your tired, your poor, your huddled masses yearning to breathe free." My earlier years in law enforcement as well as serving at the Department of Justice emphasize that I will always honor the work necessary to ensure that proper safeguards are in place to help secure our nation. However, we also need to take every precaution not to impose restrictions or preferences based on religion, and we must always keep in mind that refugees and other immigrants have been a consistent source of creativity, ingenuity, and productivity - a true blessing to this nation and those who love it.

Finally, while there may be some in our communities who cheer the anti-immigrant sentiments and actions being unleashed, as your bishop, I entreat each of you to remember the grace of Christ that brought each of us into the safe harbor of God's love, and then I invite you to join me in proclaiming a Gospel message of peace and solidarity for the stranger and foreigner in our midst.

Faithfully,



The Rt. Rev. José A. McLoughlin  
VII Bishop of Western North Carolina



# Parish News & Notes

## Birthdays

Mar 17

Melba Cooper

Mar 23

Adam Philyaw

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## San Antonio Cabbage Dip

This recipe was served at Coffee Hour the day we celebrated St. David's Day and is shared by Harry Brown by popular request.

¾ lb. ground meat  
1 lb. uncooked bacon  
1 medium head of red cabbage  
1 jalapeno pepper  
1 jar of salsa (16 oz.), preferably of a smoother type  
1 ½ tsp chili powder

Cook the ground meat, drain, and set aside. Chop the bacon and fry until crisp, and set it aside to drain. Chop the cabbage into small pieces and mince the pepper. Fry them in the bacon pan for about 7 minutes, until the cabbage begins to turn soft. Stir in the cooked bacon and ground meat with the salsa and chili powder. Heat it all through and serve warm with corn tortilla chips.

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## Swimming Course Offered

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

Additionally, this year we are offering a class for adults! This class will be March 20<sup>th</sup>-22<sup>nd</sup> 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](mailto:kfgraham1@catamount.wcu.edu)"



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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.



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## 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](#)

[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

# 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