

The Coracle

St Davids Cullowhee



March 8, 2020

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 8,	Lent 2, Holy Eucharist 11 am
Mon	Mar 9	Vestry Meeting 5:30 pm
Sun	Mar 15,	Lent 3, Holy Eucharist 11 am
Thu	Mar 19	Accessible Mindfulness 10 am
Sun	Mar 22,	Lent 4, Holy Eucharist 11 am
Sun	Mar 29,	Lent 5, Holy Eucharist 11 am Soup Supper 5 pm
Thu	Apr 2	Accessible Mindfulness 10 am
Sun	Apr 5	Palm Sunday Holy Eucharist 11 am
Thu	Apr 9	Maundy Thursday
Fri	Apr 10	Good Friday
Sat	Apr 11	Holy Saturday
Sun	Apr 12	Easter, Holy Eucharist 11 am
Mon	Apr 13	Vestry Meeting, 5:30 pm
Wed	Apr 15	Savannah Bennett (our organist) senior recital 7:30 pm Coulter Recital Hall
Sun	Apr 19	Easter 2
Sun	Apr 21	Easter 3
Thu	Apr 30	Accessible Mindfulness 10 am

Serving this Sunday

Chalice: Betsy Swift
Reader: Marcus Goodkind
Music: Savannah Bennett
Coffee:
Readings: [Genesis 12:1-4a](#),
[Romans 4:1-5, 13-17](#), [John 3:1-17](#),
[Psalm 121](#)

Serving during March

Flowers: Judy Robinson
Linen: Nan Watkins
Communion: Judy Robinson
Greeter: Gracia Slater
Bread: Judy Robinson

[George Rector's Prayer Collection for Discernment](#)



Spring Forward

Remember to set your clocks forward an hour before you go to bed Saturday night! Unfortunately, it is going to feel like you lost an hour of sleep when you wake up Sunday morning.

Rice & Beans

Just a reminder that we still collect rice and beans to distribute to those in need in our community.



Altar Guild Brunch

Saturday, March 14th at 10 am

If you are not a member of the Altar Guild, don't let that keep you from attending the brunch! You are most welcome to join us in the Gathering Place at 10 am on March 14th for a time of fellowship and good food. Brunch will be provided. We would also like to use this occasion to say thank you to our former members. If you think you might be interested in becoming a member of St. Clare's Altar Guild at St. David's, come, eat, and find out what we do. There is no obligation to join. Please RSVP to Faye Jacobson at fayebj50@gmail.com or text 828 506-3184.



Circles of Hope

Volunteers Needed to Provide Food

By Judy Annis

St. David's has agreed to continue to support *Circles of Hope* by providing dinner for the participants in months with a 5th Tuesday. The dates for these dinners are March 31st, June 30th, September 29th and December 29th. Some churches have a set meal that they cook each time. I'm suggesting that we do that as well and that the menu consist of chicken tetrazzini casserole, a salad, bread and a dessert. I will provide a recipe for the chicken. Hopefully, we can have 4-5 volunteers for each night, so that it is not too much for one person. Please contact me if you are willing to help. Phone is 586-9557 and my email is jerewannis@gmail.com. Thanks so much.

Lake Logan Tentative Program Schedule

Volunteer Exchange workday at Lake Logan is March 28th. Volunteers can register to stay overnight for free in exchange for volunteer work. Full details and a link to register can be found here: <https://www.lakelogan.org/volunteer/>. People should respond by March 18th if they want to stay overnight.

Date	Program
April 13-16	Clergy Rest Days
April 20-21	Parish Administrators Retreat /Youth Ministers Retreat
May 7	Altar Guild Workshop
June 5-6	Cold Mountain Music Festival
June and July	Camp Henry
July 11	Music Series
August 15	Music Series
September 12	Music Series
October 5-7	Artists in Residence
November 9-12	Fly Fishing Retreat
November 26	Thanksgiving Feast
December 4-6	Advent Retreat



Parents as Teachers Program Available to Serve Families

The Parents as Teachers program (Region A Partnership) is looking to expand the number of families currently served. The Parents as Teachers Program provides education and support from before birth and extends through kindergarten entry. The program is based on the belief that parents are their children's first and most influential teachers. The mission is to provide the information, support, and encouragement that parents need to help their children develop optimally during the crucial early years of life. Please refer parents or questions to Patsy Allen at: pallen@rapc.org



The Slaters entertained the Jacobsons and Bowles at their lovely home.



St. David's Day 2020



Kelley Dinkelmeyer stole the show with her elaborately decorated daffodil hat, and Gracia gloved up for preparing the altar and handling food safely.



Parish News & Notes

Birthdays

Mar 8 **Nathan Brown**
Mar 10 **Jessica Philyaw**

Anniversary

Mar 14 **Pat & Steve Steinbrueck**

From the Diocese

A Message From the Bishop

February 29, 2020

Dear Clergy and People of the Diocese of Western North Carolina,



I understand the news of the spread of the COVID19 virus (Coronavirus), on top of an already difficult flu season, raises concerns and anxieties. I am deeply grateful to our colleagues at Episcopal Relief and Development for once again providing resources to put headline fear at ease, including a [series of guidelines for faith-based response to epidemics](#) which you can find by following the link. ERD reminds us that our role "as churches, dioceses and compassionate Christians is to:

- Combat fear with knowledge in order to encourage preparedness and decrease stigma.
- Maintain operational continuity and continue worship life in the case of potential quarantine and disruption.
- Show God's compassion and care to those in our communities who are affected.

Likewise, as new information which may be helpful arises, I will share it with our congregations. I am regularly reviewing guidelines and recommendations from the Centers for Disease Control and Prevention and, if necessary, will consult local medical professionals. When you receive information about Coronavirus and other infectious diseases from the media and other sources please consider carefully whether the source of the information is trustworthy.

In the meantime, I commend these effective practices to you, especially to clergy in charge of congregations and those who may lead congregations in worship:

- **The most important way to minimize the spread of infectious diseases is for people who have symptoms such as fever, upset stomach, or frequent coughing or sneezing, to stay home and to seek medical attention as symptoms warrant. This includes clergy.** Please notify the appropriate person at your congregation if you will miss a worship service or event so substitutes can be found. The clergy or lay ministers can bring the sacraments to those who cannot attend a service and/or provide pastoral care by phone as appropriate.
- **Frequent handwashing is another important way to minimize spread.** Hands should be washed often with soap and water for at least 20 seconds (about as long as it takes to sing the Doxology). Handwashing is especially critical after going to the bathroom; before eating; after blowing your nose, coughing, or sneezing; or if hands are visibly dirty. Plenty of soap and paper towels should be provided in restrooms and kitchens. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Place containers of hand sanitizer in the pews, near doors, and beside tissue boxes to be used when handwashing is not readily available.

If an infectious disease, such as the flu or Coronavirus is spreading in your community, your congregational leadership may consider whether some or all of the following would be appropriate:

- **The Peace:** You may want to invite worshipers to remain in their pews/seats and greet one another with a bow at the Peace, acknowledging each other while avoiding physical contact.
- **The Holy Eucharist:** Receiving the sacrament in one kind has ancient precedent in our spiritual life. We believe that those who receive only the bread (or wine) have fully received. The bread may be distributed by Eucharistic ministers who have cleansed their hands. Ask the altar guild to clean handrails and the altar rail before and after each service.

- **Avoid Intinction:** Because hands are a common source of infection, **Intinction by the communicant is not a sanitary substitute for drinking from the chalice.**
- **The Receiving Line:** Following the service, the receiving line should include conversation but omit physical contact. **Coffee Hour:** Food may be served by individuals who have washed their hands, put on serving gloves, and are using tongs to minimize the touching of food. Either paper plates and napkins or a dishwasher with a water temperature setting hot enough to kill germs should be used for cleanup. Similarly, beverages should be served by individuals who have washed their hands and are wearing gloves to minimize the number of people handling beverage containers.
- **Large gatherings or events:** Consider rescheduling if possible or canceling if necessary.

To maintain ministry to those encouraged to stay home as a precaution, some churches are reminding parishioners of remote viewing options, such as sharing services via Facebook Live or other livestreaming services. Others are utilizing video conferencing services such as Google Hangout or Zoom for meetings or to check in with those feeling ill while reducing the chance of spreading germs.

Finally, whatever steps are appropriate in your context, it is essential that you communicate your decisions to the congregation. Explain the steps you are taking and why. Clear and open communication can be both informative and calming.

Please keep those who are ill with infectious diseases, their families and caregivers, and our medical care providers, in your prayers. The Diocese of Western North Carolina has a strong history of caring for one another and for our communities in times of illness and health. With God's help, we will continue that tradition together.

Faithfully,
 The Rt. Rev. José A. McLoughlin
 Bishop of the Diocese of Western North Carolina

A Doctor Advises Doctors Re The Coronavirus:

February 26, 2020

Advice from a former Professor of pathology at the University of California San Diego

What I am doing for the upcoming COVID-19 (coronavirus) pandemic

Dear Colleagues, as some of you may recall, when I was a professor of pathology at the University of California San Diego, I was one of the first molecular virologists in the world to work on coronaviruses (the 1970s). I was the first to demonstrate the number of genes the virus contained. Since then, I have kept up with the coronavirus field and its multiple clinical transfers into the human population (e.g., SARS, MERS), from different animal sources.

The current projections for its expansion in the US are only probable, due to continued insufficient worldwide data, but it is most likely to be widespread in the US by mid to late March and April.

Here is what I have done and the precautions that I take and will take. These are the same precautions I currently use during our influenza seasons, except for the mask and gloves.:

- 1) **NO HANDSHAKING!** Use a fist bump, slight bow, elbow bump, etc.
- 2) Use **ONLY** your knuckle to touch light switches, elevator buttons, etc.. Lift the gasoline dispenser with a paper towel or use a disposable glove.
- 3) Open doors with your closed fist or hip - do not grasp the handle with your hand, unless there is no other way to open the door. Especially important on bathroom and post office/commercial doors.
- 4) Use disinfectant wipes at the stores when they are available, including wiping the handle and child seat in grocery carts.

5) Wash your hands with soap for 10-20 seconds and/or use a greater than 60% alcohol-based hand sanitizer whenever you return home from ANY activity that involves locations where other people have been.

6) Keep a bottle of sanitizer available at each of your home's entrances. AND in your car for use after getting gas or touching other contaminated objects when you can't immediately wash your hands.

7) If possible, cough or sneeze into a disposable tissue and discard. Use your elbow only if you have to. The clothing on your elbow will contain infectious virus that can be passed on for up to a week or more!

What I have stocked in preparation for the pandemic spread to the US:

1) Latex or nitrile latex disposable gloves for use when going shopping, using the gasoline pump, and all other outside activity when you come in contact with contaminated areas.

Note: This virus is spread in large droplets by coughing and sneezing. This means that the air will not infect you! BUT all the surfaces where these droplets land are infectious for about a week on average - everything that is associated with infected people will be contaminated and potentially infectious. The virus is on surfaces and you will not be infected unless your unprotected face is directly coughed or sneezed upon. This virus only has cell receptors for lung cells (it only infects your lungs) The only way for the virus to infect you is through your nose or mouth via your hands or an infected cough or sneeze onto or into your nose or mouth.

2) Stock up now with disposable surgical masks and use them to prevent you from touching your nose and/or mouth (We touch our nose/mouth 90X/day without knowing it!). This is the only way this virus can infect you - it is lung-specific. The mask will not prevent the virus in a direct sneeze from getting into your nose or mouth - it is only to keep you from touching your nose or mouth.

3) Stock up now with hand sanitizers and latex/nitrile gloves (get the appropriate sizes for your family). The hand sanitizers must be alcohol-based and greater than 60% alcohol to be effective.

4) Stock up now with zinc lozenges. These lozenges have been proven to be effective in blocking coronavirus (and most other viruses) from multiplying in your throat and nasopharynx. Use as directed several times each day when you begin to feel ANY "cold-like" symptoms beginning. It is best to lie down and let the lozenge dissolve in the back of your throat and nasopharynx. Cold-Eeze lozenges is one brand available, but there are other brands available.

I, as many others do, hope that this pandemic will be reasonably contained, BUT I personally do not think it will be. Humans have never seen this snake-associated virus before and have no internal defense against it. Tremendous worldwide efforts are being made to understand the molecular and clinical virology of this virus. Unbelievable molecular knowledge about the genomics, structure, and virulence of this virus has already been achieved. BUT, there will be NO drugs or vaccines available this year to protect us or limit the infection within us. Only symptomatic support is available.

I hope these personal thoughts will be helpful during this potentially catastrophic pandemic. You are welcome to share this email. Good luck to all of us! Jim

James Robb, MD FCAP"

St. David's Links and Contact Information:

Website: stdavidscullowhee.org

[Lectionary Page 2020](#)

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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

Virtual Closet

If you need medical-related equipment or have something you can offer, contact [Nancie Wilson](#). 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.

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

St. David's Vestry	
Jessica Philyaw, Sr. Warden	Sandy Frazier, Jr. Warden
Gael Graham	Vance Davidson
Jake Jacobson	Doug Hanks
Steve Steinbrueck, Treasurer, is ex-officio to the vestry.	

2019 Outreach Support			
From 1 st 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 Conservation Trust	Nov	to be determined
May	(general)	Dec	(general)
May-Jun-Jul-Aug-no Soup Suppers (general outreach)			

Vestry Stewardship Covenant 2019
St. David's Episcopal Church

We believe that God loves us unconditionally and desires that we love one another without exception; that God wants us to use the gifts we've been given including the gifts of listening, discerning, and doing. We trust in God's abundance and can respond in generosity and love by serving our community and creation in ways we never thought possible.

We commit to fostering a broad vision of stewardship as encompassing our physical church, our congregation, the community that surrounds us, and all of creation.

We invite the St. David's family to explore how we can embody God's love and promise of abundance in our process, practice, and reflection.