

The Coracle

St Davids Cullowhee



April 7, 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	Apr 7	Lent 5 Holy Eucharist 11 am,
Mon	Apr 8	Vestry Meeting 5:30 pm
Tue	Apr 9	Lenten Series: Art prayer 5:30 pm
Wed	Apr 10	Celtic Evening Prayer 5:30 pm
Sun	Apr 14	Palm Sunday, Holy Eucharist 11 am
Tue	Apr 16	Accessible Mindfulness 10 am
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	Altar Guild decorate church 9 am Holy Saturday service 10:30 am
Sun	Apr 21	Easter Sunday, Holy Eucharist 11 am (Easter Egg Hunt noon)
Sun	Apr 28	Easter 2 Holy Eucharist, Commissioning of Discernment Committee 11 am, Soup Supper 5-7 pm
Fri	May 3	Wine Event (also Fri, Nov 1)
Sun	May 5	Easter 3 Holy Eucharist 11 am
Tue	May 7	Accessible Mindfulness 10 am
Sun	May 12	Easter 4 Holy Eucharist 11 am
Mon	May 13	Vestry Meeting 5:30 pm
Sun	May 19	Easter 5 Holy Eucharist 11 am, Taizé service 5:30 pm
Sun	May 26	Easter 6 Holy Eucharist 11 am, Soup Supper 5-7 pm

Serving this Sunday

Chalice:

Reader:

Music: Lillian Pearson

Coffee:

Readings: [Isaiah 43:16-21](#),

[Philippians 3:4b-14](#),

[John 12:1-8](#), [Psalm 126](#)

Serving during April

Flowers: Judy Robinson
(through Lent)

Linen: Gael Graham

Communion: Muff Lyons &
Gael Graham

Bread: John Slater

Greeters: George Rector &
Joan Byrd

**Childcare is available during
the service most Sundays.**

[Sermon Link](#)

The Gospel

John 12:1-8

Six days before the Passover Jesus came to Bethany, the home of Lazarus, whom he had raised from the dead. There they gave a dinner for him. Martha served, and Lazarus was one of those at the table with him. Mary took a pound of costly perfume made of pure nard, anointed Jesus' feet, and wiped them with her hair. The house was filled with the fragrance of the perfume. But Judas Iscariot, one of his disciples (the one who was about to betray him), said, "Why was this perfume not sold for three hundred denarii and the money given to the poor?" (He said this not because he cared about the poor, but because he was a thief; he kept the common purse and used to steal what was put into it.) Jesus said, "Leave her alone. She bought it so that she might keep it for the day of my burial. You always have the poor with you, but you do not always have me."

April Outreach

This month the 1st Sunday Loose Offering and the donations at the Soup & Bread Community Supper will benefit Mainspring Conservation Trust.

April Outreach Support for Mainspring Conservation Trust

By George Rector

“But ask the animals, and they will teach you, or the birds of the air, and they will tell you; or speak to the earth and it will teach you, or let the fish of the sea inform you. Which of all these does not know that the hand of the Lord has done this? In his hand is the life of every creature and the breath of all mankind”

Job 12: 7-10

Land trusts across North Carolina work to permanently conserve a diverse range of lands for future generations—farms, forests, rivers, wetlands, urban parks, coast lines and vistas. Mainspring Conservation Trust is our land trust for the western region. It serves the six counties of Cherokee, Clay, Graham, Swain, Macon, and Jackson, as well as Rabun County in north Georgia. Mainspring’s projects not only safeguard the natural beauty of our mountains but also protect our biologically rich ecosystem. In its 22-year history, Mainspring has permanently protected more than 25,600 acres. In partnership with the Town of Sylva, for example, Mainspring has conserved the 1,100 acres of Pinnacle Park, now permanently set aside for public recreational use and enjoyment.

Recognizing that successful conservation requires future generations of conservationists, Mainspring works closely with the region’s schools, offering classes designed to inspire a sense of responsibility to protect the natural world. These activities include classroom visits, streamside studies, a butterfly migration celebration and bird monitoring.

Churches are stepping up to voice their support for environmental protection. They recognize that any threats to the natural world also endanger humanity. By supporting Mainspring, the congregation of St. David’s puts its principles into action, showing our commitment to honor all of God’s creation. For more information about Mainspring Trust and their projects please visit the website

www.mainspringconserves.org.

Art Prayer

By The Rev. Valori Mulvey Sherer

One of the priorities that arose during our parish summits was a desire for Christian Formation that addressed “practical Christianity—how-to’s.” This, along with the spirit of St. David of Wales, whose feast day we celebrated last month, inspired the Lenten series on prayer. Is there anything more practical than prayer?

The last of this series, called “Art Prayer,” on Tuesday, April 9th at 5:30 pm, is a means by which divine revelation and relationship happen through our bodies using non-verbal, symbolic language. Our creative mind is engaged as colors and shapes choose us, finding their way onto paper through our hands.

Since this is prayer it requires no previous training in art or what we might call artistic talent. In fact, the less qualified we feel, the more likely God can move freely within us, unconstrained by our thoughts about how a “piece” should be constructed.

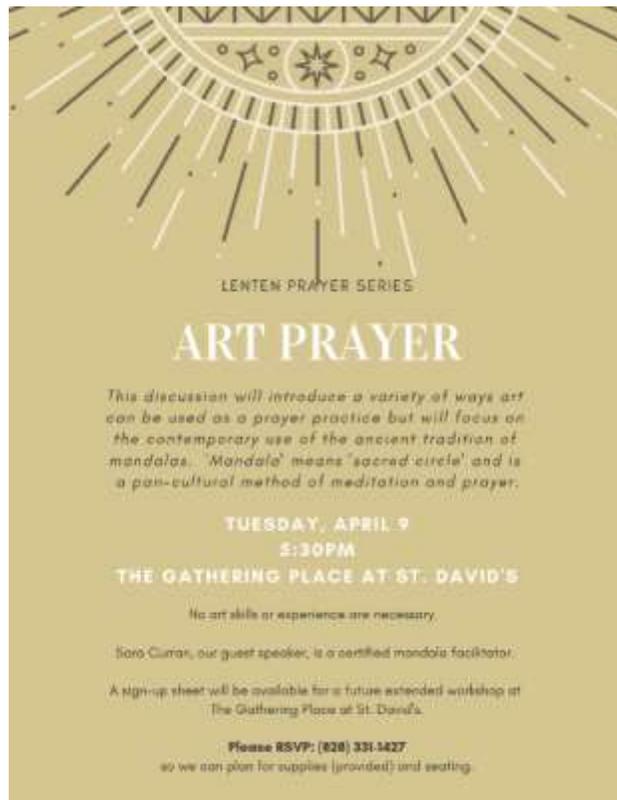
At the end of art prayer, I am always amazed by what God has accomplished through me. The “plan” I had approaching the prayer is rarely what ends up on the page. What does end up there not only surprises but delights me—and teaches me about God, myself, and my relationship to the world.

There are many, many forms of art prayer, but we’ll discuss only three and focus on one: mandalas. The majority of our time will be spent learning about and practicing the prayer form of mandalas led by our guest speaker Sara Curran, a certified mandala facilitator.

Sara will also bring a sign-up sheet to begin planning for a fuller experience of this prayer form, in an extended (half-day?) community workshop on mandalas at The Gathering Place at St. David's—another of our Stewardship of the Entirety of our Lives events, this one the stewardship of our spiritual health. I'm told Sara offered something like this at St. David's a few years ago, and from what I hear, it was well received! I'm so grateful she's willing to offer it again.

Sara asks that we have a head count for this Tuesday so that she can bring adequate supplies and arrange for seating. There is an online RSVP form on our [website](#) or you can call the church office and leave a message: (828) 331-1427. Hope to see you there!

Valari+



Decorating for Easter

By Faye Jacobson

Please plan to join Altar Guild members on Saturday, April 20th at 9 am, to decorate the church for Easter. We purchase spring flowers, but any flowers you have blooming or appropriate greenery will be appreciated. It is a time of fun and fellowship with the joy of seeing the church decorated and filled with the wonderful smells of spring once the transformation is complete. Join us if you can.

Flower Donations

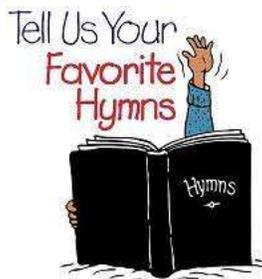
If you would like to make a donation to the Altar Guild to help cover the cost of flowers that we purchase, make the check to St. David's with Altar Guild Flowers on the memo line. Please give the check to Margot with name(s) of people you are remembering, honoring, or for whom you are giving thanks. There will be a list of those recognized in the Easter Sunday bulletin.



Let There Be Music

By Rosa Reily

The Worship Committee is compiling a list of the favorite hymns of the parishoners of St. David's as a reference tool for the interim Rector and our future Rector. There will be a list by liturgical calendar and, just for fun, a list by popularity. Please email your favorite titles to Rosa Reily: reily2@frontier.com. Or you may place them in a special box provided in the parish hall. Please choose up to ten hymns you love to sing starting with your most beloved. Don't forget one or two for Easter and Christmas. We will be compiling through the end of April. Your chance to have your voice heard! (Pun intended!).



Find the Flower CHALLENGE



Wild comfrey (*Cynoglossum virginianum*) has large oblong or broadly lance-shaped basal leaves. The flowers are blue or pale lilac. The upper stem leaves are few, and have a heart-shaped, clasping base. The stem is covered with bristly hairs. Look off of the upper trail for this flower.

Newcomb's Wildflower Guide

Wildflowers Abound!

This series first appeared in *The Coracle* in 2012 when we were first exploring and making a walking path in the green space above the church. Early springtime seems an appropriate time to revisit it.



**Soup Supper
March 31st 2019**

Parish News & Notes

Birthdays

Apr 8 **Ellerd Hulbert, Lisa Annis**
 Apr 9 **Barbara Hardie**
 Apr 11 **June Smith, Daniel Brown, Abel Despeaux**
 Apr 13 **Miesle Mesfin, Neal Howard**

Anniversaries

Mar 12 **Randi & Jeff Neff**
 Apr 11 **Rosa & Mike Reily**
 Apr 13 **Valori & Steve Sherer**

The people of St. David's wish to express heartfelt sympathy to the Brown family on the sudden loss of their daughter Ponya's one-year-old child, Nova. Ponya grew up at St. David's along with her siblings Miriam, Nathan, and Daniel.



A Piece From the Past

Recently, Nan Watkins happened upon a Reflection that was given by Claire Marsh during Advent 2005 entitled *Grace & Yes*. This timeless piece is presented once again here and can also be accessed on the church website. [Claire Marsh 12/21/2005](#)

by Claire Marsh
21 Dec 2005

GRACE & YES

Michael asked me to speak about how I have “mothered” my spiritual journey. The answer is that I have not mothered it; but Grace, Our Divine Mother, has mothered it. It is Grace that we can gather here together in this wonderful sanctuary. It is Grace that we can walk and talk in here, that we can see each other and hear each other - or read each other’s lips. At the university, I sometimes work with students who have not been Graced to do those things. They remind me of our Grace. And it is Grace that we will be able to go back from here to our homes where we will be safe & warm. The news daily tells us of those who do not share these blessings. Each breath is Grace. St. Teresa of Avila said, “I found completeness when each breath began to silently say the name of my Lord.” And Abu Hashim Madani said, “The only sin is a breath taken without the thought of God.” So every moment brings us an opportunity to experience Grace. And that’s what my whole spiritual journey has been the Grace of wonderful blessings, and the Guidance of the Holy Spirit to answer “yes” to those blessings. Grace & Yes.

It was Grace that I was born - in 1945 to Jewish parents. If my grandparents had not left Latvia & Poland, they all would have been killed in the concentration camps, and I would have never been born.

It was Grace that when I was young, we had Lottie, an amazing everyday saint, to come clean our house. I used to beg my mother to be able to go to Lottie’s house before Christmas because she was Catholic. And we would decorate her tree & put up the manger scene & the lights & the Christmas cards. And if it was Hanukkah, she would have me bring my menorah, and we would sing Hanukkah songs & Christmas carols as we baked cookies to deliver to her friends.

It was Grace the first time that I met the Episcopalians. Bloody Sunday had just happened in Selma. The Episcopal campus minister at Washington U. in St. Louis, where I was an undergrad, arranged for a bus to take some of us down to Montgomery to work in the SNCC office to prepare for the next March from Selma. What Grace to travel around to the black churches, singing those incredible songs of freedom - songs I still sing today when I need strength & courage. What Grace to hear those everyday saints tell their stories of walking 10 miles each way to clean white folk’s houses during the Montgomery bus boycott & then coming home to take care of their own homes & families. What inspiration.

It was Grace to live in community with peace activists during the Vietnam War - working with Quakers who helped people become conscientious objectors & Catholics who participated in draft file actions - some who even went to prison for peace.

It was Grace when I saw a poster about a Sufi workshop & heard the words “do that!” And the Holy Spirit in me answered yes. That was the beginning of meeting incredible spiritual teachers, living in community with people -some of whom are still my soul brothers & sisters, and doing daily spiritual practice & study. It was Grace to travel to Turkey to experience the incredible hospitality in Konya, the hometown of Rumi. And it

was Grace to go to the Holy Land to do a camp in the desert of No Man's Land - a camp to bring Jews, Christians & Muslims together for peace. We sang & danced & prayed & ate & visited Holy sites together.

It was Grace when I did the Spiritual Guidance Training, and we would be reminded that the soul knows the way even when the ego doesn't.

It was Grace when we moved to Asheville & I was baptized as an Episcopalian at All Soul's Cathedral. And Grace when we moved to this glorious county to live in God's astounding beauty here & when we first came to this wonderful place - St. David's. It's been Grace for you to be so patient & welcoming of my comings & goings over these last few decades.

Eucharist, Centering Prayer, Retreats, study groups, wonderful friends - there is no way to tell 60 years of Grace in 10 minutes; my life has been so full of blessings.

This is not to say that my life was always easy. At my birth my family & our Jewish community was in shock about the holocaust & all those lost back in the old country. From this I somehow realized at an early age that I wanted something that no Nazi could ever take from me. I heard stories about people who had worked so hard all their lives for education, position, wealth, possessions, prestige, power, & family, and all of those were taken away from them in a moment. I knew that I was looking for That Which no one could take away. And I encountered numerous difficulties growing up including my mother dying when I was 15. But the biggest challenge in my adult life came after going with some friends to see "Brother Sun, Sister Moon" - that idealized movie about St. Francis & St. Clare. I didn't sleep much that night & kept hearing that I was supposed to move to the country & take in homeless children. I grew up an only child; I was well behaved & made straight A's. I knew nothing about raising kids. But as a girl, I had read the book "Cheaper by the Dozen" and really enjoyed it. So I thought I would take in a dozen homeless children. Really! I did. Oh my ignorance! I never made it to a dozen, of course. I never made it past the first two children that the DSS foster care worker left at my house. Those of you who were here in the 80's remember John & Michael. They were hard to miss - two children who had been seriously abused & neglected & who eventually collected a long string of diagnoses. There were days where I thought I was losing my mind & I acted like I had. We were all in really bad shape.

The Persian poet Hafiz puts it this way:

We should make all spiritual talk simple today:

God is trying to sell you something, but you don't want to buy.

That is what your suffering is:

Your fantastic haggling, you manic screaming over the price! *

I didn't want to pay the price. And, unfortunately, we were all doing some literal manic screaming in those days. Part of me had enough consciousness to say to my friends, "I had to be sent spiritual teachers whom I could not escape because I'm so lazy that I would have walked away from anyone else if they tried to put me through this." Fr. Keating laughingly puts it this way: It's like God says, 'this person really seems interested in the spiritual path, let's turn up the voltage.' So I was sent two live wires. I can see now that I was so stubborn that I would not have learned anything about humility or surrender or

service any other way. I think of it now like a geode. The hard outer rock has to be cracked in order to find the Divine Beauty within. I was such a hard rock, that I had to be sent two full-time nut crackers who could team tag me 24-7 in order to break through that incredibly hard shell of my ego. Carl Jung says, "The wound is the opening through which the Light comes." I learned so much from my sons that I couldn't have learned any other way. But I sure struggled with it. The Jungians call that the "gold in the shadow." When I had my wits about me enough to remember to do spiritual practice, it helped so much. The problem was in those days, I kept forgetting. I don't know how people make it through life without spiritual practice. Life is always so much harder when I forget.

Father Keating says that only 3 things are necessary for the spiritual journey: perseverance, trust in God, and continual prayer. For myself I translate the word God to refer to The Ineffable Mystery which is our Source, Guide, and Goal. I pray that I will continue to persevere & to trust. And hopefully some day I'll be blessed to "pray without ceasing." But for now if I sit down for my second period of Centering Prayer, and I realize that I haven't prayed once since my last prayer period, I can be comforted by these words from Hafiz:

You have not danced so badly, my dear, trying to hold hands with the Beautiful One.
You have waltzed with great style, my sweet crushed angel, to have ever neared God's Heart at all.
Our Partner is notoriously difficult to follow, and even His best musicians are not always easy to hear.
So what if the music has stopped for a while.
So what if the price of admission to the Divine is out of reach tonight.
So what, my dear, if you do not have the ante to gamble for Real Love.
The mind and the body are famous for holding the heart ransom, but Hafiz knows the Beloved's eternal habits.
Have patience, for He will not be able to resist your longing for long.
You have not danced so badly, my dear, trying to kiss the Beautiful One.
You have actually waltzed with tremendous style, O my sweet, O my sweet, crushed angel. *

On this longest night of the year, I pray to remember the Grace in the fertile darkness and to say Yes to the Light & Life that is waiting to be reborn from the Eternal Flame which lives forever within us.
Grace & Yes.

* I Heard God Laughing Renderings of Hafiz, by Daniel Ladinsky

New Address for Claire Marsh
Bryson Senior Living,
314 Hughes Branch Rd
Bryson City, NC 28713

[2019-Summer-Arts-Workshops](#)

[See More](#)



[2019 Summer Arts Workshop Series](#)

[Held at Western Carolina University in Cullowhee, NC](#)

“Step Into Cold Wax Medium with Oil Painting” with Melba Cooper

JULY 1 – 3, 2019

Medium: Cold wax, oil painting

Level: All Levels

Tuition: \$400 | **Lab Fee:** \$50

This three day workshop is for those who would like step into a basic understanding of the medium of cold wax/oil painting. With helpful demonstrations and exercises, students will learn techniques for applying this versatile medium to create rich luminous textures and patterns, explore intuitive connections in abstract painting, gain strategies for strengthening their compositions. Students will create multiple small works (under 8"x8") on both paper and wood panels. Most Supplies will be provided. [See More...](#)

Melba Cooper has been an art educator and professional artist for over 35 years. Utilizing a research journal/sketchbook, she incorporates an arts integrated approach to her works inspired by environmental issues. She believes that art is a powerful tool to bring people into meaningful conversation. She has a MAT from the University of South Carolina specializing in gifted art education. Both a painter and a printmaker, she combines techniques from each to create her recent cold/wax series of works entitled “Pollination”. The series content is focused on the energy of the honeybee hive in which she imagines and longs for the hum of a sacred regard for the Earth. This exhibit has been featured in the gallery at Island Lavender, Washington Island WI. She has been the visiting artist at Island Lavender for the summers of 2016 and 2017. Other venues for this series have been The Circular Church in Charleston (spirituality and art exhibit), Charles Street Gallery in Beaufort SC., Haywood Arts Council Gallery, and Jackson County Library. Her work is in the homes of collectors in SC, NC, NY, OH, GA, WI. [See More...](#)



To Register: [Click](#) | 828.342.6913 | E contact@cullowheemountainarts.org

Cullowhee Arts Admin Office: 598 W. Main Street, Sylva, NC 29779

Meditation Opportunities at St. David's

Accessible Mindfulness: 1st and 3rd 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 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
	3 rd 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 nd Mondays	Vestry Meeting 5:30 pm
	1 st & 3 rd Tuesdays	Accessible Mindfulness 10 am

2019 Outreach Support

From 1st 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)			

Discernment Committee Members

Harry Brown, Chairman
Vance Davidson, Vestry Liaison
Marilyn Jody Margot Wilcox
George Rector Maggie Bowles

Vestry Members

Senior Warden, Judy Robinson
Junior Warden, Muff Lyons
Sandy Frazier Gael Graham
Vance Davidson Jake Jacobson
Steve Steinbrueck, Treasurer, ex-officio to the vestry.

St. David's Links and Contact Information:

Website: stdavidscullowhee.org

[Lectionary Page 2019](#)

Newsletter editor: Maggie Bowles: magbowles@gmail.com

Church phone # and email: 828-331-1427

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

St. David's Vestry Members:

Judy Robinson, Senior Warden

Muff Lyons, Junior Warden

Sandy Frazier—Gael Graham

Vance Davidson—Jake Jacobson

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.