

The Coracle

St Davids Cullowhee



May 19, 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	May 19	Easter 5 Holy Eucharist 11 am No Childcare Abrahamic Dinner at Cullowhee Baptist 7:30 pm
Tue	May 21	Accessible Mindfulness 10 am
Sun	May 26	Easter 6 Holy Eucharist 11 am
Sun	Jun 2	Ascension Sunday Eucharist 11 am
Tue	Jun 4	Accessible Mindfulness 10 am
Sun	Jun 9	Pentecost Holy Eucharist 11 am
Sun	Jun 16	Trinity Sunday Holy Eucharist 11 am
Sun	Jun 23	Pentecost 2 Holy Eucharist 11 am
Sun	Jun 30	Pentecost 3 Holy Eucharist 11 am
Tue	Jul 2	Accessible Mindfulness 10 am
Sun	Jul 7	Pentecost 4 Holy Eucharist 11 am
Mon	Jul 8	Vestry Meeting 5:30 pm
Sun	Jul 14	Pentecost 5 Holy Eucharist 11 am
Tue	Jul 16	Accessible Mindfulness 10 am
Sun	Jul 21	Pentecost 6 Holy Eucharist 11 am
Sun	Jul 28	Pentecost 7 Holy Eucharist 11 am

Childcare is available during the service most Sundays, but not this Sunday, May 19th.

Serving this Sunday

Chalice: Betsy Swift
Reader: George Rector
Music: Savannah Bennett
Coffee: Pat & Steve Steinbrueck
Readings: [Acts 11:1-18](#),
[Revelation 21:1-6](#), [Psalm 148](#),
[John 13:31-35](#)

Serving during May

Flowers: Rosa Reily
Linen: Gerlinde Lindy
Communion: Muff Lyons &
Laurie Hulbert
Bread: Wesley Satterwhite
Greeters: Melba & Paul Cooper

[Sermon Link](#)

Abraham's Table: A family reunion

Join us as we explore the commonalities and uniqueness
shared by the children of Abraham:
Jewish, Christian, and Muslim.

Sunday, May 19 * 7:30 to 9:30 pm

*Since this will be a fast-breaking dinner for Muslim friends in the month of Ramadan
dinner will be served at 8:30 after the presentations.*

Presentation Topic: Festivals in all three religions

All are welcome
as we celebrate our common roots and diverse practices
in an era of political division.

**Cullowhee Baptist Church
148 Central Drive, Cullowhee**

We invite you to bring a pot-luck item or just come –
food will be plentiful.

STUDENTS: YOUR DINNER IS PROVIDED!



The lamps are different
but the light is the same. ~Rumi

Reconciled for a Purpose

By The Rev. Valori Mulvey Sherer

And the Word became flesh and lived among us, and we have seen his glory, the glory as of a father's only son, full of grace and truth. (Jn 1:14)

Theologian and Franciscan priest, Richard Rohr, says: "In Jesus, matter and spirit were presented as totally one. Human and Divine were put together in his ordinary body, just as in the rest of humanity. That's Christianity's core and central message!"

The New Covenant we have in Jesus establishes a new relationship: one in which humanity has been reconciled to God. We say this all the time, but I wonder how much we let the power of this sink into our everyday understanding of ourselves and others. It's a powerful truth: God coexists with us, in our ordinary bodies. Jesus is the firstborn of this truth. We are the next-born.

Teresa of Avila describes this divine unity as complete and permanent, saying, "it is like rain falling from the heavens into a river or spring; there is nothing but water there and it is impossible to divide or separate the water belonging to the river from that which fell from the heavens." (*Interior Castle*, 235)

St. Paul tried to communicate this to the church in Corinth saying, "*Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own?*" (1 Cor 6:19) This statement in Greek denotes that "the agent and the person acted on are the same." (Thayer) In other words, the reality of God's spirit coexisting with us in our very tangible bodies means we and God are one.

In my healing ministry, people often admit a sense of alienation from their own bodies. Between our history of shame-based moralities directed at our bodies (particularly women's bodies) and the tendency of the scientific model to assume an omniscient yet sometimes narrow perspective on physicality and disease, many people express feeling disconnected from their bodies, unsure of what their body is communicating to them at any time. They are often afraid to listen and don't trust their own instincts.

They also speak of a sense of disconnection in their physical, emotional, and spiritual selves. The Good News for us is that our coexistence in Christ reconciles us to ourselves as well as to God!

We have resources today in science that enable us to know more about our bodies than has ever been known before. This is so important because it enables us to cultivate a positive relationship with ourselves, in our ordinary bodies. For example, we know that negative thoughts increase stress hormones, accelerating aging, decreasing immunity, and increasing anxiety. We also know that positive thoughts increase endorphins, hormones also released during exercise, that act as natural pain-killers and increase overall health and calmness.

The physical impact of prayer has been and continues to be studied by scientists because it has a measurable positive effect on our bodies. What science probably won't be able to measure is the unifying principle of prayer: God reconciles us into a wholeness of being, a co-existence of divine and human.

There is a purpose for this wholeness that extends beyond ourselves. Being reconciled to God in our ordinary bodies enables us to be reconcilers with God in the world. The divine within us recognizes the spirit of God co-existing in the other, in all their diversity, and we are able to connect to them through that same spirit; uniting what had been divided. Reclaiming the beloved ones of God into one family of God is our reconciling work in the world in Jesus' name.

Church is where we learn to do that. In our church community, we learn to live into the wholeness of ourselves as ordinary body-temples of the Holy Spirit. We practice this first within our community, then we, as a community, take it out into the world. We are blessed at St. David's with the opportunity to learn and practice this with such intentionality in this interim time.

Valori+

New WCU Outreach Team Forms

As part of St. David's larger outreach initiative, this team is organizing plans to reach WCU students as they arrive on campus in August. The timing is great to redouble efforts to invite students to join our community as we look forward to having a part-time campus minister in the foreseeable future. The team will work out a plan to better engage WCU students, including a presence at Valley Ballyhoo on campus and a special Soup Supper in August for new students.

**Campus
Ministry**

Members of the team include Lydia Aydlett, Elizabeth Frazier, Marilyn Jody, Gerlinde Lindy, Brian Railsback, Judy Robinson, and Betsy Swift. Others are welcome to join; if interested, please email Brian Railsback at brailsba@wcu.edu.

The Work Begins



The Discernment Committee met with Canon Augusta for five hours on Thursday for an in-depth training session for the journey that lies ahead. With great enthusiasm the committee members signed on for various tasks and agreed to meet again next Monday to further map out the work ahead.

#wearorange weekend starts june 7

In 2013, 15-year-old Hadiya Pendleton was shot and killed in Chicago. After her death, her friends wore orange to raise awareness about gun violence in their community. Then, Hadiya's friends asked others to wear orange to honor Hadiya and the hundreds of Americans killed and injured by gun violence every day. They inspired *Wear Orange*, which now includes a broad coalition of nonprofits, cultural influencers, and elected officials working to reduce gun violence in America.

Orange has become the defining color of the gun violence prevention movement, and on June 7th everyone is encouraged to wear orange to draw our nation's attention to gun violence. **So, save the date on your calendar: Join us to raise awareness for gun violence and make sure to Wear Orange on Friday June 7th.**

And *#WearOrange* is more than just a day, it's a whole weekend of events—a whole weekend of Moms Demand Action, Students Demand Action, survivors of gun violence, and all Americans coming together in the movement to end gun violence.

Thank you for participating,
Wear Orange 2019

Help Needed for UMC Literacy Camp

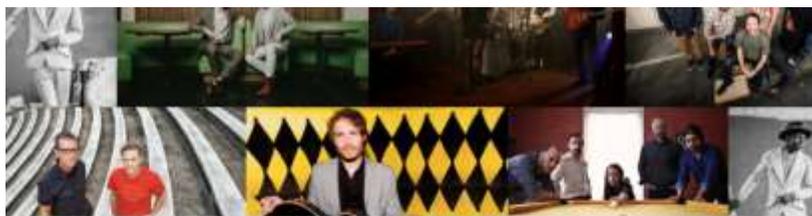
Cullowhee UMC received a 3-year Duke Endowment Grant to provide a 6-week summer literacy camp for rising 1st-3rd graders. This summer the camp will run June 17th-July 30th. Areas where we need your help include:

- Transportation of students to and from camp
- Nutrition: People to help serve a simple nutritious breakfast at 8:15 am. Students will eat lunch on campus, and we need church people to walk them to the WCU cafeteria each day.
- Food scholarship support
- People to prepare a Monday night meal for the parent/teacher conferences



Please let us know where you would like to help by emailing the church office, <http://www.cullowheumc.org/>.

The Cold Mountain Music Festival is a fundraiser event for Camp Henry—the summer program for Episcopalian youth. Half of the proceeds go to the camp and the other half to the conference center. This is the third year for the festival which includes family-friendly activities, food and beverage vendors (including local beer), overnight camping with a Friday night party in Boojum’s Cave, and a Saturday VIP After-Party at Sit ‘n’ Whittle Lodge.



Cold Mountain Music Festival

AT LAKE LOGAN
May 31 and June 1, 2019

If you cannot attend the Cold Mountain Music festival, Lake Logan is happy to welcome day guests who want to enjoy recreation activities on the property. Two people can get a day pass to hike, swim and picnic for \$5 and rent a boat for \$10. Well-behaved dogs are welcome. Season memberships are also available.



When Camp Henry is in session, guest passes for the lake are only available before noon. Camp Henry is typically in session from early June through early August. Other times of the year there are various programs which you can read more about on the website: <https://www.lakelogan.org/>

The mission of Lake Logan Conference Center is to serve Christ by welcoming all generations to experience restoration and reconciliation with God, one another, and all creation. St. David's has been associated with this facility from the beginning, and you will notice the names of members such as Alice Mason and others on bricks or plaques throughout the facility.

Lake Logan lies in a pristine valley near the Blue Ridge Parkway where visitors experience the serenity of God’s glorious gifts in a 260-acre sanctuary. Situated between US Forest Service holdings in the Sunburst region of Haywood County, the history of the lake dates back to the 1930s and Champion Paper mill owner Reuben Robertson. Mr. Robertson built the dam after the Sunburst logging community had stripped the forest and abandoned the area. He created a family compound called Sit 'n Whittle Village, consisting of a main lodge and six log cabins moved from the Great Smokey Mountains National Park and reconstructed on site.

The Episcopal Diocese of Western North Carolina went in with several partners to preserve this land and developed the Lake Logan property into a Camp and Conference Center designed to accommodate a wide variety of groups. In 2001 construction of the Bishop Robert Johnson Dining Hall began, as well as the refurbishment of the Lodge and many of the cabins. Lake Logan Episcopal Center opened the doors in the summer of 2002 for Camp Henry.

All are welcome to this special place, where the power of nature's bounty nourishes, restores, and rejuvenates.

Volunteers Needed to Help at Cold Mountain Music Festival!

Here's how it works in 3 easy steps:

1. **Click this link** to go to the invitation page: <http://signup.com/login/entry537004970106124083>
2. **Enter your email address:** (You will NOT need to register an account on SignUp.com)
3. **Sign up!** Choose your spots—SignUp.com will send you an automated confirmation and reminders. Easy!

A shift is 4 hours (with some exceptions). You get a free admission ticket for volunteering plus a t-shirt. If you want free admission both days, you need to volunteer both days.

Parish News & Notes

Birthdays

May 16 **Ed Hamlet**

May 17 **Zachary Smith**

Anniversary

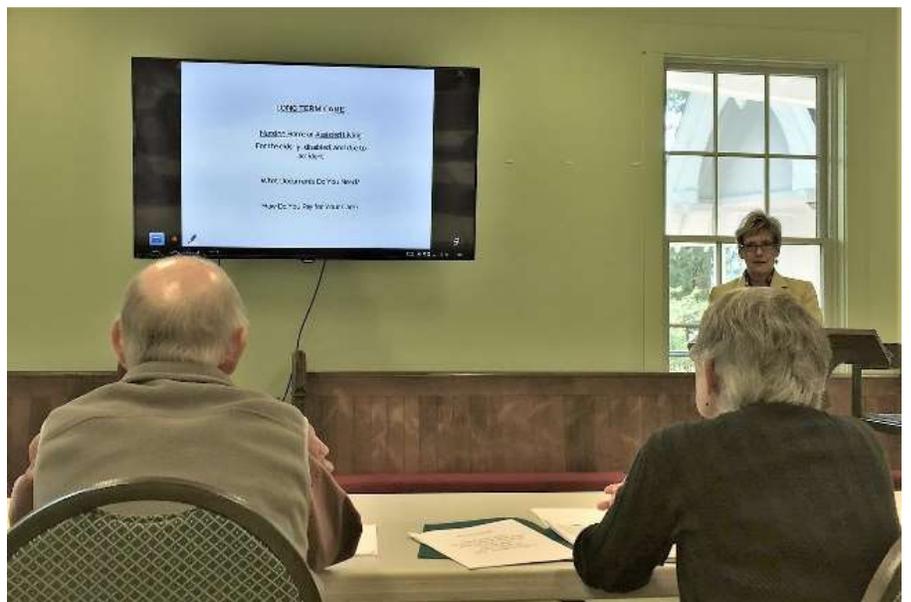
May 16 **Wesley Satterwhite & Paul Yanik**

Prayers for Margot Wilcox as she deals with pain from possibly a pinched nerve.



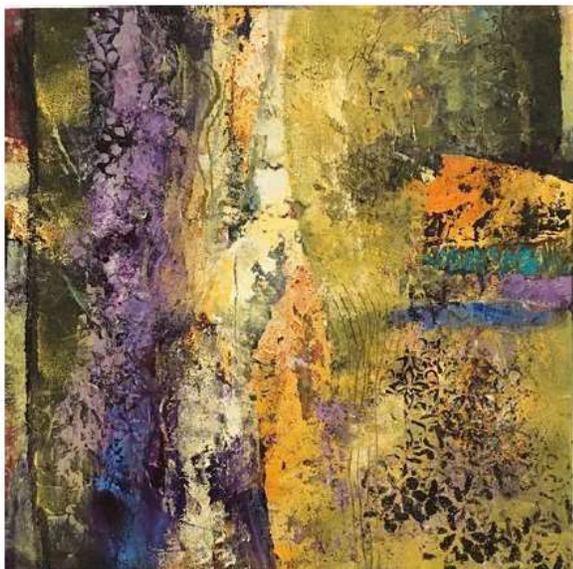
Donna Ross thanks St. David's for the use of The Gathering Place for a reception honoring these students who were receiving their Master's degrees

Sylva Attorney Diane Sherrill is shown conducting a seminar on end-of-life planning in The Gathering Place last Monday.



[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

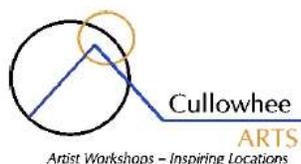
Medium: Cold wax, oil painting

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

St. David's Links and Contact Information:

Website: stdavidscullowhee.org

[Lectionary Page 2019](#)

Newsletter editor: Maggie Bowles: magbowles@gmail.com

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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.