

# The Coracle

St Davids Cullowhee



July 16, 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	Jul 16	Pentecost 6 <b>10 am</b>
Tue	Jul 18	Accessible Mindfulness 10 am
Sun	Jul 23	Pentecost 7 <b>10 am</b>
Sun	Jul 30	Pentecost 8 <b>10 am</b>
Tue	Aug 1	Accessible Mindfulness
Sat	Aug 5	Safeguarding God's Children, Grace Waynesville 8:30 am-noon Monthly Mindfulness 10 am
Sun	Aug 6	Transfiguration Sunday, <b>10 am</b> Collection for Community Table
Sun	Aug 13	Pentecost 10, Beans & Rice Sunday <b>10 am</b>
Tue	Aug 15	Accessible Mindfulness 10 am
Sun	Aug 20	Pentecost 11 <b>10 am</b>
Sun	Aug 27	Pentecost 12 <b>10 am</b>

Kay Byer's memorial service will be on August 5<sup>th</sup> at the Community Table at 3 pm.

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

## Serving this Sunday

Chalice:

Reader: George Rector

Coffee: Wesley Satterwhite

Music: Nan Watkins

Readings: [Isaiah 55:10-13](#),

[Psalm 65: \(1-8\), 9-14](#),

[Romans 8:1-11](#),

[Matthew 13:1-9,18-23](#)

## Serving during July

Bread: John Slater

Flowers: Muff Lyons &

Margot Wilcox

Linen: Nan Watkins

Eucharist: Muff Lyons &

Charles Pringle

Greeters: Jane Coburn &

Linda Kinnear

## 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).

## Virtual Closet

If you need medical-related equipment or have something you can offer, contact Claire Marsh: [clairemrsh@gmail.com](mailto: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

Mondays 7:25 am

Mondays 9-10:30 am

Mondays 10:30 am

Tuesdays & Thursdays 6:30 am

1<sup>st</sup> & 3<sup>rd</sup> Tuesdays

1<sup>st</sup> Wednesdays 6:30 pm

1<sup>st</sup> Saturdays 10 am

Last Sundays 5-7 pm Sept-May

Mindfulness Meditation

Centering Yoga

Cullowhee Men's Group

Sunrise Strength Flow Yoga

Accessible Mindfulness

Indivisible/Common Ground

Monthly Mindfulness

Soup/Bread Community Supper

## The Gospel

**Matthew 13:1-9,18-23**

Jesus went out of the house and sat beside the sea. Such great crowds gathered around him that he got into a boat and sat there, while the whole crowd stood on the beach. And he told them many things in parables, saying: "Listen! A sower went out to sow. And as he sowed, some seeds fell on the path, and the birds came and ate them up. Other seeds fell on rocky ground, where they did not have much soil, and they sprang up quickly, since they had no depth of soil. But when the sun rose, they were scorched; and since they had no root, they withered away. Other seeds fell among thorns, and the thorns grew up and choked them. Other seeds fell on good soil and brought forth grain, some a hundredfold, some sixty, some thirty. Let anyone with ears listen!"

"Hear then the parable of the sower. When anyone hears the word of the kingdom and does not understand it, the evil one comes and snatches away what is sown in the heart; this is what was sown on the path. As for what was sown on rocky ground, this is the one who hears the word and immediately receives it with joy; yet such a person has no root, but endures only for a while, and when trouble or persecution arises on account of the word, that person immediately falls away. As for what was sown among thorns, this is the one who hears the word, but the cares of the world and the lure of wealth choke the word, and it yields nothing. But as for what was sown on good soil, this is the one who hears the word and understands it, who indeed bears fruit and yields, in one case a hundredfold, in another sixty, and in another thirty."

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## The Summer Doldrums Are Upon Us!

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The work on the cemetery is nearing completion.



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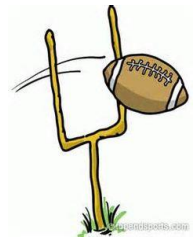
**Welcome home, June & Newt Smith!**

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## Fall Planning Reminder

If you are planning to use the Church, Parish Hall or parking lot on a Saturday this fall please be aware of the WCU football home schedule. The parking lot will not be available on Saturday, Sept. 9<sup>th</sup> after 3 pm; Saturday, September 23<sup>rd</sup>, October 14<sup>th</sup> and Oct 28<sup>th</sup> after noon, and Saturday November 11<sup>th</sup> after 11 am. These times are subject to change.

The WCU marching band rehearses in the stadium on the morning of home football games followed by stadium sound system checks, which usually include pop music played at the loudest volume possible.



# Parish News & Notes

## Birthdays

Jul 18 **Sloan Despeaux**

Jul 20 **Miriam Brown**

Jul 21 **Brian Dinkelmeyer**

Melba and Paul Cooper are currently on Washington Island, WI where she is artist-in-residence at Island Lavender Farm.



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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 will not meet during June, July, and August.** In September, it will resume meeting 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)

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

Mailing address: PO Box 152, Cullowhee, NC 28723

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

[Altar Guild Schedule 2017](#)

[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](#)