

The Coracle

St Davids Cullowhee



July 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	Jul 7	Pentecost 4 Holy Eucharist 11 am Book Study: <i>My Grandmother's Hands</i>
Mon	Jul 8	Vestry Meeting 5:30 pm
Sun	Jul 14	Pentecost 5 Holy Eucharist 11 am Book Study: <i>My Grandmother's Hands</i> Abraham's Table 4-8 pm WCU picnic area
Tue	Jul 16	Accessible Mindfulness 10 am
Sun	Jul 21	Pentecost 6 Holy Eucharist 11 am Book Study: <i>My Grandmother's Hands</i>
Sun	Jul 28	Pentecost 7 Holy Eucharist 11 am
Sun	Aug 4	Pentecost 8 Holy Eucharist 11 am Book Study: <i>Prayers of the Cosmos</i>
Tue	Aug 5	Accessible Mindfulness 10 am
Tue	Aug 6	Holy Conversation 5:30 pm Please note date change!
Sun	Aug 11	Pentecost 9 Holy Eucharist 11 am Book Study: <i>Prayers of the Cosmos</i>
Sat	Aug 17	Holy Conversation 10 am
Sun	Aug 18	Pentecost 10 Holy Eucharist 11 am
Tue	Aug 20	Accessible Mindfulness 10 am
Sun	Aug 25	Pentecost 11 Holy Eucharist 11 am
Fri	Nov 2	Fruit of the Vine Wine Event 6:30 pm

Serving this Sunday

Chalice: George Rector

Reader:

Music: Savannah Bennett

Coffee: Karen & Harry Brown

Readings: [2 Kings 5:1-14](#), [Psalm 30](#)

[Galatians 6:\(1-6\)7-16](#),

[Luke 10:1-11, 16-20](#)

Serving during July

Flowers: Muff Lyons &

Margot Wilcox

Linen: Margot Wilcox

Communion: Muff Lyons &

Laurie Hulbert

Bread: Judy Robinson

Greeter: Steve Steinbrueck

[Sermon Link](#)

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

Check Out the Church Web Site

[Upcoming Events](#)

[Rector Search](#)

Holy Conversation Date Change

The date for the first Holy Conversation has been changed to Tuesday, August 6th at 5:30 pm (previously August 8th) due to a conflict with Canon Augusta's schedule. The Saturday, August 17th at 10 am date remains the same. There is a sign-up sheet in the Gathering Place where you can choose your preferred time to participate.

Thank you all for your wonderful response to the CAT survey. At least 72% of you participated. We await the professional interpretation which will be presented to the Discernment Committee and Vestry on July 25th.

Prayer by George Rector, Discernment Committee Chaplain

Almighty God, we pray to carry in our hearts this passage from Matthew's Gospel: "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you." We ask to know and understand your will, to be guided in our discussions and in our decisions so that we may faithfully serve and honor you and the Church. In the name of Jesus Christ our Lord. Amen



Rector Search

Real hope for interracial harmony

By The Rev. Valori Mulvey Sherer

I'm very excited about beginning our first book study this Sunday. The book we're studying, *My Grandmother's Hands*, was recommended to me by our own Marilyn Jody. Based on the title, I was expecting a completely different book than I found. As some of you have heard me say, this may be one of the most important books I've ever read. I'll explain why...

Prior to my priesthood, I worked in victim advocacy for over 20 years, serving people who had been abused physically, emotionally, sexually, and financially. I spent untold hours in hospital emergency rooms, courtrooms, jails, and the shelters I was entrusted to lead, in the presence of people in the throes of trauma response.

Anyone who has witnessed someone in the midst of a trauma response knows that there is no talking to them until they can be assured of their immediate safety. They can't "hear" what's happening because they are in survival mode—which is a biological state, not an emotional one.

As a certified trainer of the Community Resilience Model (from the Trauma Resource Institute), I teach people from ages 3 to 93 how to use the "elegant design" of their bodies to restore themselves to a place of wellness, relative peace, and functionality. It is only when the brain, which senses the threat and signals the fight-flight-freeze-surrender response, recognizes there is no immediate threat that conversation and decisions can happen. The reason is, the part of the brain responsible for the survival response doesn't use words—it speaks in the body, so it can only be addressed in the body.

That's why this book is so important. It's the first book I've encountered that competently connects the roots of our current American cultural issues of racism to historical-cultural trauma then offers exercises to address the known epigenetic effects of that trauma on our bodies.

Reconstruction began the process by manifesting the correction of our thinking (mind) about racial diversity. Civil Rights opened the way to transform our hearts (spirit) about it. This book adds the essential step of freeing our bodies to live in harmony with one another. It's a game-changer.

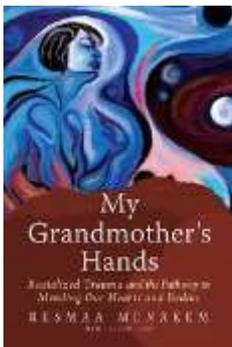
I look forward to our discussions and hope you'll invite friends to join us—to church too if they'd like!

Valori+

Summer Reading Book Studies

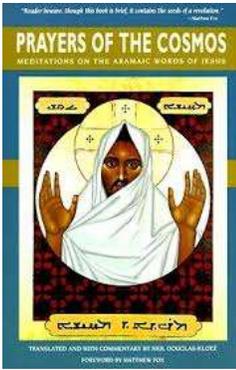
Please join us for two book studies this summer and another in the fall. As usual, City Lights Bookstore will have copies available at a 10% discount; just let them know it is for the book study.

July 7th, 14th, 21st: *My Grandmother's Hands, Racialized Trauma and the Pathway to Mending Our Hearts and Bodies* by Resmaa Menaken.



From the publisher: The body is where our instincts reside and where we fight, flee, or freeze, and it endures the trauma inflicted by the ills that plague society. In this groundbreaking work, therapist Resmaa Menakem examines the damage caused by racism in America from the perspective of body-centered psychology. He argues this destruction will continue until Americans learn to heal the generational anguish of white supremacy, which is deeply embedded in all our bodies...*My Grandmother's Hands* is a call to action for all of us to recognize that racism is not about the head, but about the body, and introduces an alternative view of what we can do to grow beyond our entrenched racialized divide. [This book offers] a step-by-step solution—a healing process—in addition to incisive social commentary.

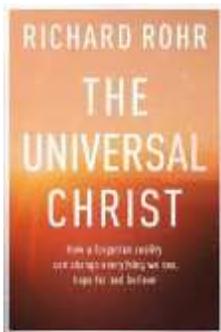
August 4th and 11th: *Prayers of the Cosmos, Reflections on the Original Meaning of Jesus's Words* by Neil Douglas-Klotz.



From the publisher: Neil Douglas-Klotz offers a radical new translation of the words of Jesus Christ...Reinterpreting the Lord's Prayer and the Beatitudes from the vantage of Middle Eastern mysticism, Douglas-Klotz... reveals a mystical, feminist, cosmic Christ. *Prayers of the Cosmos* is a spiritual revelation—and in the words of *Science of Mind*, “When you read this book, you will have no further doubt that God loves you infinitely and unconditionally.”

Join us after coffee hour in The Gathering Place. Bring a brown bag lunch in case there is no coffee hour sustenance.

September 8th–??: When we begin our fall program season, our book study will continue with *The Universal Christ* by Richard Rohr. This book is meant to be read aloud and pondered in a slow integrative process. We will meet to read this book aloud together, taking the time the Spirit desires for us to contemplate and integrate it.



From the publisher: Drawing on scripture, history, and spiritual practice, Rohr articulates a transformative view of Jesus Christ as a portrait of God's constant, unfolding work in the world. “God loves things by becoming them,” he writes, “and Jesus's life was meant to declare that humanity has never been separate from God—except by its own negative choice. When we recover this fundamental truth, faith becomes less about proving Jesus was God and more about learning to recognize the Creator's presence all around us, and in everyone we meet.”

Thought-provoking, practical, and full of deep hope and vision, *The Universal Christ* is a landmark book from one of our most beloved spiritual writers and an invitation to contemplate how God liberates and loves all that is.” Join us after coffee hour in The Gathering Place. Bring a brown bag lunch in case there is no coffee hour sustenance.

Abraham's Table: A family reunion

Join us as we relax, eat, play,
and share time together as the children of Abraham:
Jewish, Christian, and Muslim.

Sunday, July 14
4:00 to 8:00 pm

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

WCU Picnic Area behind the softball field

We invite you to bring a picnic lunch –
enough for you and a bit extra.
Bring your favorite picnic game(s), guitar
or instrument for sing-a-longs!

Sunday, July 14th we will gather at the WCU picnic center for an Abrahamic family reunion picnic—time set aside for us to relax, eat, play, and just be together—deepening our relationships. BYO Picnic food, drinks, utensils, plus a little extra to share.

From the Diocese

June 27, 2019

Dear brothers and sisters in Christ,

"Will you strive for justice and peace among all people, and respect the dignity of every human being?" Book of Common Prayer, p. 305.

This foundational principle from The Episcopal Church's Baptismal Covenant has guided and informed every aspect of my life for years. During my time as a law enforcement officer, while I respected the rule of law and the important need to enforce regulations, I was also always aware that my vocation provided me the privilege of engaging people from wide ranging backgrounds. As such, even in the midst of challenges, including those times I needed to take people to jail, one thing was always clear to me: every person I encountered was worthy of dignity and respect.



I have often said that my life as a priest, and now bishop, is not very different from my life as a law enforcement officer. In both vocations, I have encountered people who, for a variety of circumstances, find themselves in very difficult situations. Whether the cause was addiction, or bad judgement, or other pressing matters, the truth is that people can be simultaneously loved and held accountable for their actions. These two things are not mutually exclusive.

Out of all these experiences and grounded in my faith, I share with you that I am deeply concerned—and quite honestly, angry—about how we are treating immigrant families and those on the border. My concerns are not motivated by partisanship, but come from the mandate in our baptismal covenant.

A militarized approach to address the complexity of immigration only instills fear in our communities, and this is not acceptable. Conducting raids, separating families, and placing children into wretched, inhumane conditions is not acceptable. Demonizing refugees seeking asylum, simply for the purpose of political expediency, is not acceptable. We are called by God to live out of the love of Jesus and respect the dignity of every human being.

I understand that there are no easy answers to address the issue of immigration in this country. However, as Episcopalians, we know what it is like to model a middle way—a *via media*—that equips and empowers us to hold disparate and sometimes divergent tensions. Moreover, as disciples of Jesus, we are called to demonstrate the love God has for all of God's children. Indeed, love has practical and moral implications for every aspect of our lives.

In these challenging times, I invite you to join me in the important and holy work of study, reflection, prayer, conversation (even with those who may disagree with you) and action. I invite you to join me in active engagement to discern how we will work together to address and solve this complex issue, all the while advocating for the immediate welfare of God's children.

Indeed, at the very core of our work must be the Great Commandment to love our neighbors as ourselves.

As our Presiding Bishop often says, "If it's not about love, it's not about God."

In Christ,

A handwritten signature in black ink, appearing to read "José A. McLoughlin", with a small cross symbol to the left.

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

Parish News & Notes

Birthdays
Jul 7 Maleah Pusz Rios

Anniversary
Jul 8 Ed & Betsey Hamlet

THE SWAIN ARTS CENTER IS
PROUD TO PRESENT

ERIC HENDRIX & FRIENDS

AND THE OPENING
OF THE
POSTCARDS FROM
THE EDGE EXHIBIT

JULY 13, 2019
7:00 P.M.
TICKETS \$10 AT THE DOOR

The Swain Arts Center is located on the
campus of Swain County High School
1415 Fontana Road.

 This program received support from the NC Arts Council, a division
of the Department of Cultural Resources, with funding from the
National Endowment for the Arts.

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

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

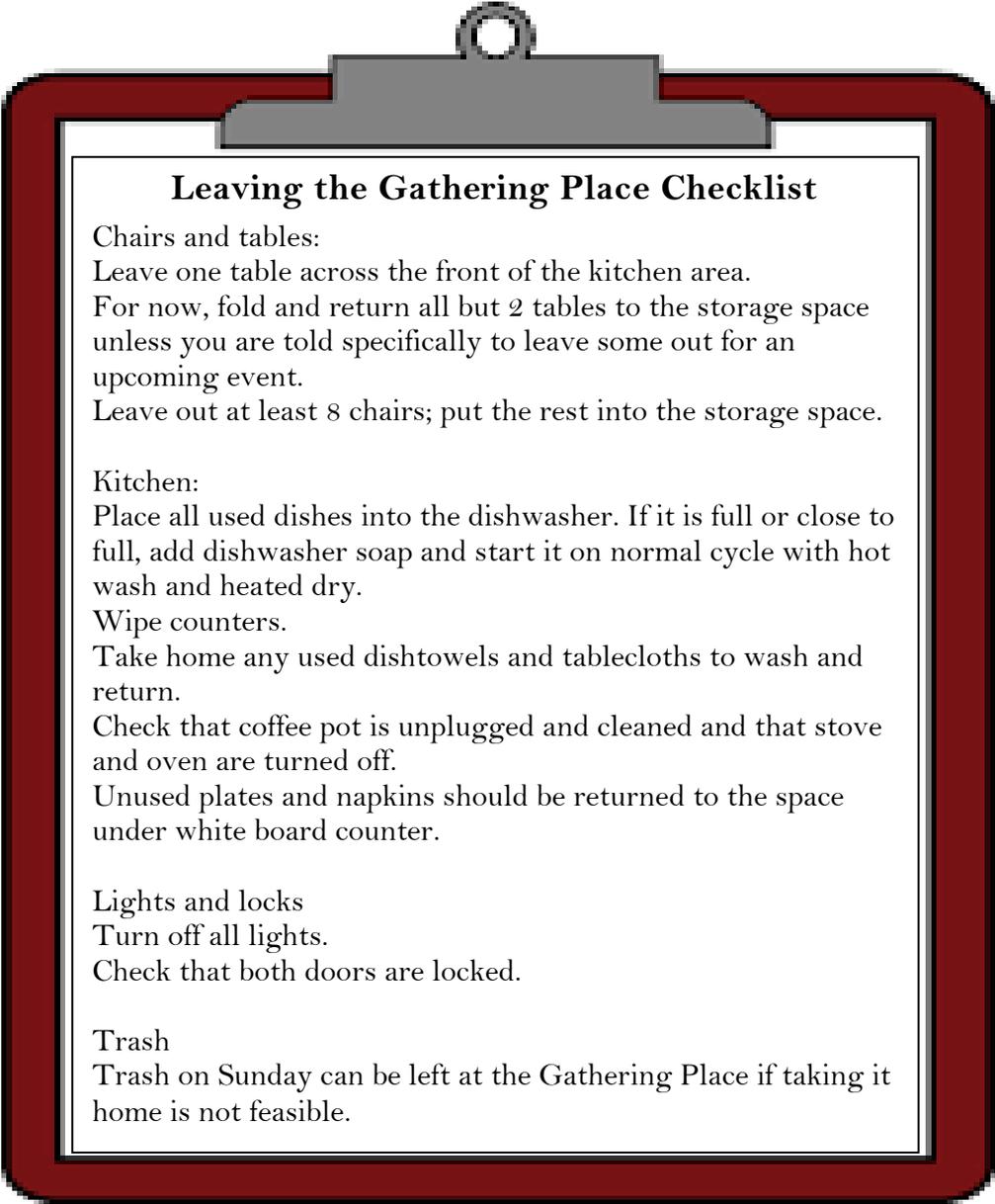
St. David's Vestry Members:

Judy Robinson, Senior Warden

Muff Lyons, Junior Warden

Sandy Frazier—Gael Graham

Vance Davidson—Jake Jacobson



Leaving the Gathering Place Checklist

Chairs and tables:

Leave one table across the front of the kitchen area.

For now, fold and return all but 2 tables to the storage space unless you are told specifically to leave some out for an upcoming event.

Leave out at least 8 chairs; put the rest into the storage space.

Kitchen:

Place all used dishes into the dishwasher. If it is full or close to full, add dishwasher soap and start it on normal cycle with hot wash and heated dry.

Wipe counters.

Take home any used dishtowels and tablecloths to wash and return.

Check that coffee pot is unplugged and cleaned and that stove and oven are turned off.

Unused plates and napkins should be returned to the space under white board counter.

Lights and locks

Turn off all lights.

Check that both doors are locked.

Trash

Trash on Sunday can be left at the Gathering Place if taking it home is not feasible.

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.