

# The Coracle

St Davids Cullowhee



January 15, 2012

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	Jan 15	2 <sup>nd</sup> Sunday after Epiphany, Godly Play Reisinger Baby Shower after church
Tue	Jan 17	Vestry 5:30 pm
Sun	Jan 22	3 <sup>rd</sup> Sunday after Epiphany <b>Parish Annual Meeting</b>
Tue	Jan 24	Franklin Neighborhood Group 7-8:30 pm
Sun	Jan 29	4 <sup>th</sup> Sunday after Epiphany
Sun	Feb 5	5 <sup>th</sup> Sunday after Epiphany
Sun	Feb 12	6 <sup>th</sup> Sunday after Epiphany
Sun	Feb 19	Last Sunday after Epiphany
Wed	Feb 22	Ash Wednesday
Sat	Feb 25	St. David's Day Feast & Auction
Sun	Feb 26	First Sunday in Lent

### Canterbury House Activities

Mondays 7:25 am Mindfulness Meditation  
Mondays 9-10:30 am Chad's yoga  
Mondays 10:45 am Garden Guild  
First Saturdays 10 am Monthly Mindfulness

## Serving this Sunday

### Holy Eucharist

Reader: Paul Cooper  
Chalice: Claire Marsh  
Coffee: Fran Wheaton,  
Allison Wunder  
Organist: Brad Martin  
Readings: [1 Samuel 3:1-10\(11-20\)](#)  
[Psalm 139:1-5, 12-17](#)  
[1 Corinthians 6:12-20](#)  
[John 1:43-51](#)

### Serving during January

Bread: Jane Coburn  
Flowers: Margot Wilcox  
Linen: Susan Rush  
Eucharist: Gracia Slater &  
Margot Wilcox

We collect food for United Christian Ministries on an ongoing basis. Non-perishable food may be placed in the basket at the back of the church. All food is appreciated, but things such as rice and beans (dried or canned) are more useful to the groups providing meals to the needy than are more highly processed foods. Please keep in mind the basket at the back of the church, a place where we can share our bounty with others in need through the food program of United Christian Ministries.

## The Gospel

### John 1:43-51

The next day Jesus decided to go to Galilee. He found Philip and said to him, "Follow me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael and said to him, "We have found him about whom Moses in the law and also the prophets wrote, Jesus son of Joseph from Nazareth." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." When Jesus saw Nathanael coming toward him, he said of him, "Here is truly an Israelite in whom there is no deceit!" Nathanael asked him, "Where did you get to know me?" Jesus answered, "I saw you under the fig tree before Philip called you." Nathanael replied, "Rabbi, you are the Son of God! You are the King of Israel!" Jesus answered, "Do you believe because I told you that I saw you under the fig tree? You will see greater things than these." And he said to him, "Very truly, I tell you, you will see heaven opened and the angels of God ascending and descending upon the Son of Man."



## **It's a Baby Shower for Jenny and Brad Reisinger**

**This Sunday**, January 15, 2012, after church, in the Canterbury House

Everyone is invited.

Please bring your favorite dish and join us to celebrate with Jenny and Brad the coming arrival of St. David's youngest member.

*Jenny and Brad are registered at Wal-Mart and BabiesRUs. The baby is a girl.*

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The Franklin Neighborhood Group will meet from 7-8:30 pm on Tuesday, January 24 at the home of Eric and Norma Hendrix.



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# Gracious Space

The building committee is researching possible refinements to the proposed Parish Hall design that may result in a simplified design and lower cost while emphasizing the attributes of the historic church. This information will be presented at the January 22 Annual Meeting.

Your comments, thoughts, and suggestions are welcomed. A comment box with paper and pencils is in the parish hall, or you can send an email message to [stdavids1879@gmail.com](mailto:stdavids1879@gmail.com) or submit a comment on the Gracious Space tab on the website <http://www.st-davids.org>.

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## **In the bleak midwinter...**

**It's Time to Think About Daffodils and Leeks!**

### **St. David's Day Feast and Auction**

**Saturday, February 25 at 5:30 pm in the Canterbury House**

*A special dispensation has been requested to have a feast during Lent!*

Daffodils and leeks are traditional symbols of St. David, whose feast day is March 1. Each year we celebrate on the closest Sunday by decorating the church with daffodils, and on the Saturday before we have a feast and auction. This is one of our biggest fundraisers each year, not to mention a fun time for all. So, please put this date on your calendar and start to think about something you can contribute as an auction item. Feel free to think outside the box and come up with new and excitingly different items. To see a sampling of items offered in the past, please [click here](#).



# Parish News & Notes

## Birthdays

Jan 20 **Chris Wilcox**  
Jan 21 **Charles Pringle**

## Anniversary

Jan 17 **Harry & Karen Brown**

## Rocky Welcomes his Friend Home

Muff Lyon's husband Bill is now home following hospitalization last week for a lung embolus, happy to be greeted by his dog, Rocky. Thank you all for your thoughts and prayers.

## Garden Guild Meeting

The inaugural meeting of the St. David's Garden Guild was held on Monday at the Mad Batter, with Margot Wilcox, Betty Lynn Kirwan, Linda Kinnear, Maggie Bowles, and June and Newt Smith in attendance. A number of areas of need were discussed. To see a summary, please click these links: [agenda](#) and [meeting notes](#).

The next meeting will be next Monday, January 23, at 10:45 am at the Canterbury House. All are welcome as we continue to hone plans for coming improvements.



Please [click here](#) to view the website for Norma Hendrix's new venture, Cullowhee Mountain ARTS, which offers exceptional summer workshops in painting, drawing, printmaking, book arts, ceramics, photography and mixed media. You are encouraged to share this link with friends who live elsewhere who might want to spend some summer time in the mountains doing something stimulating.

## Full Spectrum Farms Needs Egg Cartons



Full Spectrum Farms is collecting egg cartons to use for starting seeds. They need to be either the paper or plastic kind, not Styrofoam. Just leave them in the Parish Hall or the Canterbury House between now and the end of January.

### St. David's Links and Contact Information:

Website: <http://www.st-davids.org/> [Lectionary Page](#)  
Newsletter editor: Maggie Bowles: [magbowles@gmail.com](mailto:magbowles@gmail.com)  
Church phone # and email: 354-0166 [stdavids1879@gmail.com](mailto:stdavids1879@gmail.com)

### [Altar Guild Schedule](#) for 2012

Diocesan Links:

[Current Issue of the Highland Episcopalian Diocese of Western North Carolina Center for Spiritual Resources](#)

## Meditation Opportunity at St. David's

**Monday Mindfulness: 7:25-8:30 am** in the library of the Canterbury House. Our practice is Contemplation of Wise Texts (Lectio), Sitting Meditation, and Informal Dialogue.

### Ordinary Mindfulness

By Michael Hudson

MONDAY, JANUARY 9, 2012

### Crossing the Thames

The first time I remember ever paying attention to the word *epiphany* was in a remarkably apt place to do it. My mother had paid substantially more for my fall senior semester at Furman so that I, English major, could study in London and Stratford.

The professor who led these trips was Willard Pate, a great mentor. We'd come across the word *epiphany* in something we were reading early in our six week stay in London. She said, "The next time you cross the Thames' footbridge, remember to stop. Turn around. Look back. Maybe you'll have your own epiphany."

That very night a few of us were going to a piano concert across the Thames at the Royal Festival Hall. We took the footbridge. We remembered. We paused. Turned around to see Whitehall and Westminster lit up at night, the iconic images sparkling, floating on the big river below.

It made my breath catch. Just seeing the beauty, being at least a little aware of how much water had flowed under this bridge, along these banks, metaphorically, across the centuries. My soul seemed to grow-- it had to grow in order to make room for the sheer wonder of it all.

Then I caught an image of Mom in my mind's eye. I remembered the conversation we'd had about the trip. It was only a year after my dad died of a heart attack. I had said something about the England trip being a big deal for some of the students--but that I knew it cost too much. I was also thinking she might not relish living by herself quite yet. She'd said simply, "Don't be silly. Go. It's a once in a lifetime opportunity. I'll be fine"

This memory came with a surge of gratitude--I was suddenly *experiencing* my mom's willingness to bless me. Up till then I hadn't exactly perceived what a rich blessing it was. Then suddenly I was as *rich* in gratitude as she had been in generosity.

Dr. Pate was right. I was getting a taste of epiphany.

We are in the season of Epiphany now and for the next 6 weeks. The great invitation to the season is Jesus' profound invitation, "Come and See!"

How many ways are there to say yes?

## Other Meditation Opportunities

**Living Mindfully, Not Mindlessly--Mindfulness Meditation: Mondays 4:15pm – 5:30pm and Thursdays, 10 am – 11 am.** WCU Health & Counseling Center, 225 Bird Building, Pillow Room. Our practice is a few mindfulness-based readings, a check-in, guided mindfulness meditation practice of 15 – 30 minutes with a facilitated discussion and a closing ritual. For details, call 227-7369 and ask for Michelle or go to [www.facebook.com/wcumindfulness](http://www.facebook.com/wcumindfulness).

The **Tuesday Meditation Group** meets in the undercroft at St. John's Episcopal Church in downtown Sylva on the **2nd & 4th Tuesdays at noon**. 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.