

The Coracle

St Davids Cullowhee



January 22, 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 22	3 rd Sunday after Epiphany Parish Annual Meeting
Tue	Jan 24	Franklin Neighborhood Group 7-8:30 pm
Sun	Jan 29	4 th Sunday after Epiphany
Sat	Feb 4	Monthly Mindfulness 10 am
Sun	Feb 5	5 th Sunday after Epiphany
Sun	Feb 12	6 th Sunday after Epiphany
Tue	Feb 14	Vestry meeting 5:30 pm
Sun	Feb 19	Last Sunday after Epiphany Kyra Yoga with Chad Hallyburton 5-8 pm
Wed	Feb 22	Ash Wednesday
Sat	Feb 25	St. David's Day Feast & Auction
Sun	Feb 26	First Sunday in Lent
Wed	Feb 29	Lenten Service and Study
Sun	Mar 4	2 nd Sunday in Lent
Wed	Mar 7	Lenten Service and Study
Sun	Mar 11	3 rd Sunday in Lent
Wed	Mar 14	Lenten Service and Study
Sun	Mar 18	4 th Sunday in Lent
Wed	Mar 21	Lenten Service and Study
Sun	Mar 25	5 th Sunday in Lent
Wed	Feb 28	Lenten Service and Study
Sun	Apr 1	Palm Sunday
Wed	Apr 4	Wednesday in Holy Week
Sat	Apr 7	Monthly Mindfulness 10 am
Sun	Apr 8	Easter

Serving this Sunday

Holy Eucharist

Reader: Lydia Aydlett

Chalice: Curtis Wood

Coffee: ALL

Organist: Nan Watkins

Readings: [Jonah 3:1-5, 10](#)

[Psalm 62: 6-14](#)

[1 Corinthians 7: 29-31](#)

[Mark 1:14-20](#)

Serving during January

Bread: Jane Coburn

Flowers: Margot Wilcox

Linen: Susan Rush

Eucharist: Gracia Slater &
Margot Wilcox

Serving during February

Bread: John Slater

Flowers: Fran Wheaton &
Allison Wunder

Linen: Claire Marsh

Eucharist: Linda Kinnear &
June Smith

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

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.

Parish Annual Meeting and Building Project Update This Sunday!

The annual business meeting for the church will be held this Sunday, January 22, immediately following the church service. Updated information about the proposed building project will be presented and church members will have the opportunity to vote by ballot on whether or not to continue to pursue the project.

There will be an expanded coffee hour to follow. Everyone is asked to bring a food item to share.

The Gospel

Mark 1:14-20

Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, "The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news."

As Jesus passed along the Sea of Galilee, he saw Simon and his brother Andrew casting a net into the sea, for they were fishermen. And Jesus said to them, "Follow me and I will make you fish for people." And immediately they left their nets and followed him. As he went a little farther, he saw James son of Zebedee and his brother John, who were in their boat mending the nets. Immediately he called them; and they left their father Zebedee in the boat with the hired men, and followed him.

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

Email Eric & Norma for directions to their home in Franklin ps2515@yahoo.com or studio598@gmail.com.



Krya Yoga

Effort, Reflection, Submission
A workshop with Chad Hallyburton,
RYT

Sunday, February 19
5:00-8:00 PM

Free!



Sunset Asana and Candlelight Meditation

Limited Space: Pre-Registration
Required

A light supper of soup and bread will
be provided

For information or to register:

chadjazzguitar@yahoo.com

828 508-2501

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!

It is time to be brainstorming those auction items! 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](#). Contact June Smith junesmith41@gmail.com to get your items on her list.



Spend fall break week at Fripp Island, SC in a 5 bedroom, 3 bath beach house, second row from the beach. Peaceful and serene but only a daytrip from Beaufort, Hilton Head or Charleston. Newly renovated kitchen and entertainment area. This is a Monday to Monday week, October 15-22, 2012.

GENEROUS WELCOME

We're building a list of people who would enjoy taking an active part in GENEROUS WELCOME for newcomers to St. David's--people who would be happy to invite a visiting person or couple over for dinner. Please email [Michael](#) if you're game.

Parish News & Notes

Birthdays

Jan 24 **Donna Ross**
Jan 27 **Mary McGlaulin**

Garden Guild Gets Going!

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. Winter is a good time for taking inventory, exploring ideas, and gathering information on various possibilities for future pursuit. Open to anyone who has an interest in landscape and gardening, the group will focus on the church but also share personal gardening experience. To read the notes from last Monday's meeting, please [click here](#).

Jubilate Deo



We extend a hearty thank-you to Jubilate Deo for the rousing music selection they performed last Sunday!

For more photos, [click here](#).



Welcome, Baby!

The baby shower for Jenny and Brad Reisinger after church last Sunday was delightful. With help from Heidi Dinkelmeyer, Jenny opens presents as her parents look on. To see more pictures from the event, please [click here](#).



A Soothing Touch

Susie Witty, a physical therapist at MedWest, will be travelling to India this March to spend some time working with terminally ill patients in the Mother Teresa of Calcutta Center. As her trip approaches, she is collecting scarves, pretty ones, not necessarily warm, to take to offer as the gift of a soothing touch for the dying. If you have any scarves that you can donate for this, please leave them in the Parish Hall.

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.

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

WEDNESDAY, JANUARY 18, 2012

Playing in the Waves

I'm continuing to work with D. H. Lawrence's wise words this week:

"People* are not free when they are doing just what they like. People are only free when they are doing what the deepest self likes. And there is getting down to the deepest self! It takes some diving."

For all of you who've had the joy of being a child at the beach, wading out, having your hand held, feeling the little waves slap against your legs, the tug of retreating waves, the sand being sucked from under your feet, you already have a wonderful context to imagine what it is to go deeper in our interior lives.

Shallow water is wonderful, just as wonderful as deep water. It's just that, over time, we want both.

Remember going farther out into the ocean--the water rising every few steps--the waves slapping higher up--a strong force--3 steps out, 2 steps back?

At each point, growing up, you find your appropriate depth. Until you're ready, a big person stayed with you. You held hands. Your big person was an anchor--the waves that knocked you back didn't knock her or him back.

You grew. You became a big kid. Imagine that! You could go out by yourself or with other kids about your size. You learned to jump up high when the waves came.

And then you learned to duck under them--or dive right through them.

You ventured out a little farther. Some of the waves were too big to dive over or through--and if you just stood there they'd slap you really hard, maybe knock you down and tumble you along the bottom. You learned which waves do what. You learned to go under the big ones if you wanted to stay where you were. Or to ride them all the way in if that's what you wanted.

Now you're grown up. Imagine that! You probably don't play in the water as much as you used to. But life is still full of waves. Your memory of beach and ocean is a wonderful gift.

Pay attention to each day's waves. Some you can stride right through. Some you can rise over or ride back to shallow water. But now that you're so often in deeper water, most waves invite getting under, one way and another--ducking or diving or just gracefully dropping below.

And now that we're all grown up, it's kind of ironic to spend so much time bitching out loud or to ourselves about all the damn waves when some part of us understands that once upon a time we knew exactly how to play in them.

*I changed 'men' to 'people'

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.

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. The next meeting will be at noon on Tuesday, January 24th. Melba Cooper will facilitate.

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](#)

Newsletter editor: Maggie Bowles: magbowles@gmail.com

Church phone # and email: 354-0166 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](#)