

The Coracle

St Davids Cullowhee



February 12, 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	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
Thu	Mar 1	St. David's Day
Sat	Mar 3	Monthly Mindfulness 10 am
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	Mar 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
Fri	May 4	Spring Wine Tasting 6:30 pm

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
Thursdays 5:30 pm Alcoholics Anonymous
Fridays 5:30 pm U-Club

Serving this Sunday

Holy Eucharist

Reader: June Smith
Chalice: Newt Smith
Coffee: Gael Graham
Organist: Brad Martin
Readings: [2 Kings 5:1-14](#)
[1 Corinthians 9:24-27](#)
[Mark 1:40-45](#), [Psalm 30](#)

Serving during February

Bread: John Slater
Flowers: Fran Wheaton &
Allison Wunder
Linen: Claire Marsh
Eucharist: Linda Kinnear &
June Smith

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 Mark 1:40-45

A leper came to Jesus begging him, and kneeling he said to him, "If you choose, you can make me clean." Moved with pity, Jesus stretched out his hand and touched him, and said to him, "I do choose. Be made clean!" Immediately the leprosy left him, and he was made clean. After sternly warning him he sent him away at once, saying to him, "See that you say nothing to anyone; but go, show yourself to the priest, and offer for your cleansing what Moses commanded, as a testimony to them." But he went out and began to proclaim it freely, and to spread the word, so that Jesus could no longer go into a town openly, but stayed out in the country; and people came to him from every quarter.

The People of St. David's
Are delighted to welcome

BABY

Ida Louise Reisinger

6 lbs 7oz, 19", healthy and beautiful
2/10/2012

**Krya Yoga
Sunset Asana and
Candlelight Meditation**

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

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



Free!
**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

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.



Gracious Space

Meetings have been taking place this week between representatives of the Building Committee and contractors. Needless to say, there is a lot of information to be sorted through and evaluated. Fundraising efforts have begun, as has communication with the Diocese regarding their requirements for acquiring financial help from them.

Garden Guild Meets on Mondays

Armando, the yard man, has been doing clean-up on the front bank already improving its looks. On his to-do list is to construct a stone enclosure for the front sign.

To see notes from previous meetings, please [click here](#) then choose the Garden Guild Link. You will need to log in to the web site.

Parish News & Notes

Birthdays

Feb 11 **Frank Lockwood and Michael Marsh**

Healing Wishes

Tom Wilcox suffered a seizure on Monday evening and has been hospitalized this week at Haywood Regional Medical Center. He is stable and under observation, but will probably be home soon. Let's all keep him in our prayers.



[Marilyn Jody Interview](#)

Western Carolina University Professor Emeritus, author, and member of St. David's, Marilyn Jody speaks out against Amendment One in this interview from the RACE TO THE BALLOT stop in Cullowhee, NC. This constitutional amendment would define marriage in NC as between one man and one woman. The vote is scheduled for **May 8**.

Project Panama 2012

By Sandy Frazier

A small team (15) will be going to Panama on March 2 for ten days to continue our ministry there. We started this project back in 2004 and have been providing money, supplies, and person power to renovate rural schools in Chiriqui Province. Many of St David's members have made this journey over the years. On Saturday February 4, we had a reunion pot luck dinner at Canterbury House, and it was really neat to hear all the different "remembrances" from team members. This year's team is different from the others in that we are scattered all over the country and only come together for the first time when we arrive in Panama. Howard Hill, a former member of St. David's and now president of the Boquete Rotary Club in Panama, will be our host. He claims there is "still much to do." Part of the team is made up of medical personnel who will be conducting medical clinics wherever we go. In fact, two previous members of St David's, Dr. Harry Brown and his son Nathan will be going. Some of you have met Kenia Alvarez the teacher from Panama, who is wrapping up her visit to Western North Carolina. We will be doing some repair work and holding a medical clinic at her school, which is in the mountains and very remote.

In the past St. David's has always been a strong supporter with people, money, and supplies. If you wish to donate to this continuing ministry, please make checks payable to St. David's with Project Panama in the memo line. There will also be a suitcase in Fellowship Hall for any supplies you wish to provide.

Suggested school supplies: Lined paper, note books, pencils, pens, crayons, markers, construction paper, scissors, rulers, small calculators. Suggested medical supplies: Band-aids, gauze, antibiotic cream, aspirin, ibuprofen, acetaminophen, hydrocortisone cream/ointment, anti-fungal, eye drops, antacids, multivitamins.

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

SUNDAY, FEBRUARY 5, 2012

Waiting: First...Then...Next...

The lesson from the Hebrew Scriptures today in the Revised Common Lectionary is familiar and much loved:

Those who wait for the LORD shall renew their strength,

They shall mount up with wings like eagles,

They shall run and not be weary,

They shall walk and not faint.

The possibility of being worn out and worn down and being renewed is a wonderful thought to work with. And the image of that eagle, riding an updraft, is iconic.

We're told in this Isaiah passage that those who wait soar.

Wait, as it's used here, is a verb. It's a perfect yin yang kind of verb. Patient and Active.

The Gospel for today tells about Jesus going home with Peter and Andrew. Healing their sick mother. Meeting the needs of all the neighbors who come seeking help.

Then it shows how Jesus *waits* on God and is renewed.

First...he sleeps.

Then he gets up early.

Next he walks out to a deserted place.

Then he converses with God.

Out of this sacred time of 'waiting on God' comes discernment. Peter and Andrew, James and John find Jesus--tell him how many other of the town's people are already gathering, needing his wisdom, his prayers, his healing.

Jesus says, "We need to move on. Other people have needs, too. It's crucial that the experience of God's love and concern gets spread widely."

When we wait on the Lord, we can get clear guidance. The discernment Jesus sought was gut-wrenching. And clear. And renewing.

If we just wait for God passively, we can wait a very long time without discernment or renewing. But if we do it something like Jesus did, we might, in one way in another, catch an updraft every morning.

Other Meditation Opportunities

Living Mindfully, Not Mindlessly--Mindfulness Meditation: Wednesdays at 12:30 pm WCU Health & Counseling Center, 225 Bird Building, Pillow Room. For details, call 227-7469 and ask for Michelle or go to www.facebook.com/wcumindfulness. To view a flyer, [please click here](#).

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 is on February 14.

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](#)