

The Coracle

St Davids Cullowhee



February 19 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 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

Serving this Sunday

Holy Eucharist

Reader: Bill Kirwan
 Chalice: Claire Marsh
 Coffee: Whoever Susan Rush calls between now and Sunday
 Organist: Brad Martin
 Readings: [2 Kings 2:1-12](#)
[Psalm 50:1-6](#)
[2 Corinthians 4:3-6](#)
[Mark 9:2-9](#)

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.

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

**Ash
 Wednesday
 Service**

**Wednesday
 February 22
 5:30 pm**

Following the service
Soup Supper and Lenten Study

The Heartbeat of God

**By Presiding Bishop
 Katherine Jefferts Schori**

A signup sheet is in the Parish Hall or email stdavids1879@gmail.com. The book is available at City Lights at a group discount.

The Gospel Mark 9:2-9

Six days later, Jesus took with him Peter and James and John, and led them up a high mountain apart, by themselves. And he was transfigured before them, and his clothes became dazzling white, such as no one on earth could bleach them. And there appeared to them Elijah with Moses, who were talking with Jesus. Then Peter said to Jesus, "Rabbi, it is good for us to be here; let us make three dwellings, one for you, one for Moses, and one for Elijah." He did not know what to say, for they were terrified. Then a cloud overshadowed them, and from the cloud there came a voice, "This is my Son, the Beloved; listen to him!" Suddenly when they looked around, they saw no one with them any more, but only Jesus.

As they were coming down the mountain, he ordered them to tell no one about what they had seen, until after the Son of Man had risen from the dead.

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

Gracious Space

The nitty-gritty work of meeting with contractors and sorting through details continues as does the fundraising effort. Betsey Hamlet has joined the team and will do the accounting for the effort.

Garden Guild Meets on Mondays

Laurie Hulbert spent some time this week doing clean-up on the Hulbert Garden to the right of the driveway as you enter the parking lot.

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.

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](#)

St. David's Feast and Festival

Canterbury House—Saturday, February 25, 5:30 pm

Let the festivities begin! Every year we celebrate our patron saint with frivolity, feasting and fun. We begin with a gathering with liquid offerings and toasts at 5:30.

Then comes the patronal dinner from 6:00-7:00. Everyone is asked to bring their signature dish. This is the major parish dinner of the year. It is a feast the old saint would relish. There may even be some of his favorite vegetable—leeks! Come see what wonderful delicacies our parishioner can cook up.

Finally, it is time for the auction. This is when the fun really begins. You will be given the opportunity to bid on the treasures and the services offered by members of the parish. But come prepared to compete. So far no fights have broken out---but competitive bidding has strained a number of pocketbooks. The Auctioneer, Newt Smith, is notorious for hearing higher numbers than anyone has bid, and then saying "Sold." It all goes for a good cause—St. David's budget--and it is all in good fun.

We are still looking for people to offer services or treasures before the Auction begins. So far here is a sampling:

A week at a Fripp Island beach house

A portrait of your pet (So Sweet)

Royal Dog Sitting

Facial Massage

Soup-a-month

Overnight at the Walker Cottage in Flat Rock with tickets to Guys and Dolls, dinner, and breakfast with the Slaters

Custom sewing for a child

Soup-a-month

Jenny Knob Bread-making workshop with lunch.

Contact June Smith if you have items to auction or you have questions, junesmith41@gmail.com.

WE EXPECT TO SEE EVERYONE WHO IS IN TOWN. IT IS GREAT FUN!!

The Daffodil Tradition



Daffodils and leeks are symbolic of St. David, so each year, we try to have these traditional flowers and foods around the time of St. David's Feast Day. For the past several years Margot Wilcox has planted daffodil bulbs in pots, Maggie Bowles has wintered them in her root cellar, and the Dawsons,(neighbors of the Wilcoxes), have let us put them in their greenhouse to bring them to bloom. Before we started this routine, we tried ordering them from a florist for St. David's Day. We either couldn't get any at all or could get only a few, where we like to have an abundance of them for St. David's Day. With our current system, it is "by guess & by gosh" whether they will bloom at the "right" time. Last year they were late; this year they're early. So we will start seeing daffodils at church this Sunday, and we hope there will still be blooms available for the Feast and Auction as well as our celebration of St. David's Day on February 26.

Parish News & Notes

Birthdays

Feb 19 **Rosa Reily**
Feb 24 **Carolyn Rush**
Feb 26 **Jeff Neff**

Lydia Aydlett is recovering from sinus surgery.
We wish her a speedy and complete recovery.

Tom Wilcox continues to make a good recovery from his recent accident. Claire Marsh is coordinating transportation for him on Tuesdays, Thursdays, and Fridays, the days Margot works. If you can help out occasionally on any of those days, please contact Claire at clairemrsh@gmail.com and state which days/times are possibilities.

Introducing

Miss Ida Lou

Brand new daughter of Jenny and Brad Reisinger
Born Friday, February 10

Welcome!



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.

Victoria Stilwell (well known dog trainer and host of the TV show "It's Me or the Dog") is going to be visiting Western NC on Thursday, February 23rd at 3:30pm at the **Mountain View Intermediate School in Franklin**. See the [flyer](#) for details. She is not only an amazing dog trainer, she is a very nice person, and is very rescue friendly. Call or email for a reservation. You will also be supporting the Macon County Animal Control facility.

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

THURSDAY, FEBRUARY 16, 2012

What Prayer Is Not

**Prayer is not technique
for getting things, pious
exercise to make God
happy.**

**Prayer is not a ticket
to heaven. It's more
like practicing heaven
now.**

**Prayer is a way of seeing
that takes away anxiety
for figuring it all out
here.**

**Needing to be right about
everything. Here, now God
becomes more verb than
noun.**

**God--more process than conclusion,
more experience than dogma,
more intimacy than
idea.**

**Someone is dancing with you,
and you are not afraid
of getting it
wrong.**

*This poem is a very close paraphrase, almost a quote of the following Richard Rohr passage from *The Naked Now: Learning to see as the mystics see*.

In prayer, we merely keep returning the divine gaze and we become its reflection, almost in spite of ourselves ([2 Corinthians 3:18](#)). The word “prayer” has often been trivialized by making it into a way of getting what we want. But I use “prayer” as the umbrella word for any *interior journeys or practices that allow you to experience faith, hope, and love within yourself*. It is not a technique for getting things, a pious exercise that somehow makes God happy, or a requirement for entry into heaven. It is much more like practicing heaven now.

Such prayer, such seeing, takes away your anxiety for figuring it all out fully for yourself, or needing to be right about your formulations. At this point, God becomes more a verb than a noun, more a process than a conclusion, more an experience than a dogma, more a personal relationship than an idea. There is Someone dancing with you, and you are not afraid of making mistakes.

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.

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.