

The Coracle

St Davids Cullowhee



February 26 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

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	3rd Sunday in Lent (Daylight Savings Time change)
Wed	Mar 14	Lenten Service and Study
Sun	Mar 18	4 th Sunday in Lent
Tue	Mar 20	Franklin Neighborhood Group (Bob Dodd)
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
Sat	May 19	Yoga Workshop & Indian Dinner
Mon-Thu	Jun 18-21	Vacation Bible School Cullowhee Methodist

Serving this Sunday

Holy Eucharist

Reader: Muff Lyons

Chalice: Nancie Wilson

Coffee: John & Gracia Slater

Organist: Nan Watkins

Readings: [Genesis 9:8-17](#)

[Psalm 25:1-9, 1 Peter 3:18-22](#)

[Mark 1:9-15](#)

Serving during February

Bread: John Slater

Flowers: Fran Wheaton & Allison

Wunder

Linen: Claire Marsh

Eucharist: Linda Kinnear & June Smith

Serving during March

Bread: John Slater

Flowers: Mary Turk

Linen: Nan Watkins

Eucharist: Newt Smith & Tom Wilcox

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

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 1:9-15

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, "You are my Son, the Beloved; with you I am well pleased."

And the Spirit immediately drove him out into the wilderness. He was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him.

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."

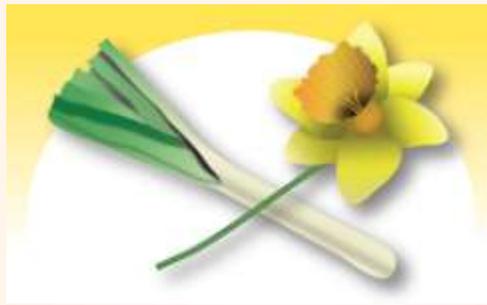
St. David's Feast and Festival

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 parishioners 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.



Help is needed with both set-up and clean-up. Set-up will begin at 10 am Saturday morning.

Here is a sampling of items offered for auction. To see more items, [click here](#) to go to the website. And don't hesitate to bring an item to offer at the last minute.

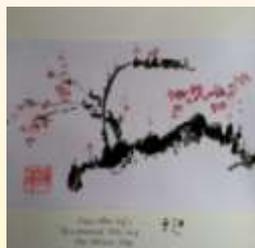


Two-pie basket
Handcrafted by Alice Mason

Custom pet portrait
11x14 in oil Lynn Willoughby



Rice paper sumi-e paintings



Guys & Dolls matinee
Flat Rock Playhouse August 3
With overnight, dinner &
breakfast at the Walker Cottage

What is an auction without a few white elephants? Trash vs. treasure always provides some good sparring at St. David's. This year you will find some treasures no longer needed by others, including a muffin stand, a fireplace tool set, and a plant stand.



Parish News & Notes

Birthdays

Feb 26 **Jeff Neff**
Feb 28 **Bill Bullis**
Mar 4 **TJ Walker**

Planning Ahead

The **Franklin Neighborhood Group** will meet on **Tuesday, March 20**, 7-8:30 pm at Bob Dodd's home.

Yog Bhoj (yoga feast) Saturday, **May 19**, time TBA. Indian cooking demo and full meal with Ruby Banerjee and asana session with Chad Hallyburton. To register, chadjazzguitar@yahoo.com.

New Ida Lou Pictures



Gracious Space

The Diocese has given its approval for us to attempt to sell the rectory in order to apply the sale proceeds to the building project. The gifts committee continues to make visits to church members, and the building committee is expecting to get feedback from the contractors they have spoken with soon.

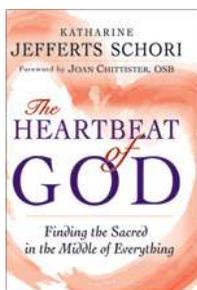
Garden Guild

County Extension Agent Christy Bredencamp is scheduled to come evaluate the ailing boxwoods at 10:30 am on Tuesday, February 28. WCU arborist David Hatton is tentatively scheduled to come on Friday, March 2 to give input regarding our trees. Those who can should plan to meet on Friday at 10:30 am rather than Monday as previously planned.

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.

Community Bulletin

United Christian Ministries is in need of a vacuum cleaner that works. If you have one that you can donate, please contact Betty Lynn Kirwan kirwan11@frontier.com.



Wednesdays during Lent
Lenten Service 5:30 pm
Followed by
Soup and Bread Supper
And Book Study

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. 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.

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. The deadline is this weekend, as they leave next week.

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

WEDNESDAY, FEBRUARY 22, 2012

Katabasis

A rich story for Ash Wednesday--and Lent--and winter moving toward spring--is the Greek tale of Persephone (per-sef-uh-nee) and Demeter (**dih**-mih-ter).

Persephone, young and beautiful, is abducted by Hades, Lord of the Underworld. Demeter, her mother, leaves the heavens to search for her.

It's a powerful force--what a mother feels for a lost child. A wonderful icon of the potential energy we humans have for life's most important adventures.

Demeter searches and learns about Persephone's capture--that Hades has taken her beautiful daughter as his bride. The one she longs to help is imprisoned in the underworld. And Demeter cannot go there herself. BUT she doesn't give up. She finds...a way.

It's a long and eventful story! I plan to refer to it over the next few days.

One word for this kind of journey Demeter takes is *Katabasis* (kuh-**tab**-uh-sis)--a Greek word that means 'a going down.' The story of Demeter and Persephone shows us what the 'going down' is about: Looking for what we love--never giving up on what we've lost--insisting that whatever is imprisoned be set free.

Prayer can be very like katabasis. Prayer is sometimes described as the mind descending into the heart. Meditation also *sinks* us to that deep still point.

Katabasis can also be about justice--taking risks so that what we love and who we love can be set free.

Why does Jesus 'go down to Jerusalem?' Why does Gautama, awakened under the Bodhi tree, even though he's offered the chance to enter Nirvananow, choose instead to stay *here* for the rest of his life?

There are many crucial journeys life calls us to take that we can't manage on our own.

What have we lost? What do we love? What takes us to the place where we are empowered to take risks for what we love?

How do we get there? How do we see in the dark?

How do we trust the Frodo in each of us that says, "I will take the ring--though I do not know the way?"

What is the Wisdom and the Way of Katabasis?

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.

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](#)****