

# The Coracle

St Davids Cullowhee



March 4 & 11, 2018

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

Thu	Mar 1	St. David's Day
Sat	Mar 3	Monthly Mindfulness 10 am Memorial Service for Hal Farwell 2 pm
Sun	Mar 4	<b>Lent 3 Holy Eucharist 11 am, St. David's Day observed 1<sup>st</sup> Sunday Collection for Good Samaritan, Inquirer's Class 1 pm</b>
Tue	Mar 6	Accessible Mindfulness 10 am
Sun	Mar 11	Lent 4 Holy Eucharist 11 am, <b>Beans &amp; Rice Sunday, Inquirer's Class 1 pm</b>
Tue	Mar 13	Vestry Meeting 5:30 pm
Sat	Mar 17	Liturgical Ministries Training 10 am-2 pm
Sun	Mar 18	Lent 5 Holy Eucharist 11 am, Inquirer's Class 1 pm
Tue	Mar 20	Accessible Mindfulness 10 am
Sun	Mar 25	Palm Sunday 11:00 am - Holy Eucharist, Liturgy of the Palms and the Passion Gospel Soup & Bread Community supper 5-7 pm
Thu	Mar 29	Maundy Thursday Agape Supper followed by Holy Eucharist with Foot Washing and stripping of the altar 5:30 pm
Fri	Mar 30	Good Friday Stations of the Cross noon, Service with Solemn Collects 5:30 pm
Sat	Mar 31	Holy Saturday Service (no Communion) 10:30 am
Sun	Apr 1	<b>Easter Sunday</b> Holy Eucharist with Easter Egg Hunt following the service <b>Childcare is available during the church service.</b>

### Serving Sunday, March 4

Chalice: Newt Smith

Reader: June Smith

Coffee: ALL

Music: Nan Watkins

Readings: [Exodus 20:1-17](#),

[1 Corinthians 1:18-25](#),

[John 2:13-22](#), [Psalm 19](#)

### Serving Sunday, March 11

Chalice: Judy Annis

Reader: Muff Lyons

Coffee: Faye & Jake Jacobson

Music: Nan Watkins

Readings: [Numbers 21:4-9](#),

[Ephesians 2:1-10](#), [John 3:14-](#)

[21](#), [Psalm 107:1-3, 17-22](#)

### Serving during March

Bread: John Slater

Flowers: Judy Robinson

Linen: Nan Watkins

Eucharist: Newt Smith

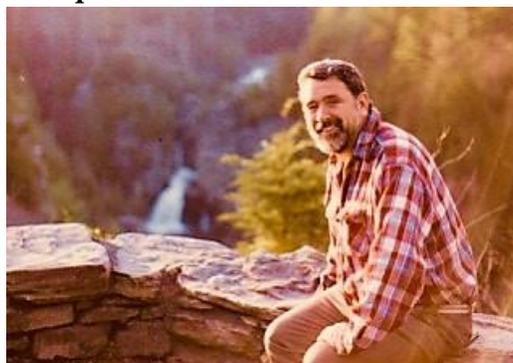
Greeters: Paul & Melba

## Memorial Service for Hal Farwell

Saturday, March 3<sup>rd</sup> at 2 pm

[Farwell Obituary](#)

Reception follows in the Parish Hall



## The Gospel for Sunday, March 4<sup>th</sup>

John 2:13-22

The Passover of the Jews was near, and Jesus went up to Jerusalem. In the temple he found people selling cattle, sheep, and doves, and the money changers seated at their tables. Making a whip of cords, he drove all of them out of the temple, both the sheep and the cattle. He also poured out the coins of the money changers and overturned their tables. He told those who were selling the doves, "Take these things out of here! Stop making my Father's house a marketplace!" His disciples remembered that it was written, "Zeal for your house will consume me." The Jews then said to him, "What sign can you show us for doing this?" Jesus answered them, "Destroy this temple, and in three days I will raise it up." The Jews then said, "This temple has been under construction for forty-six years, and will you raise it up in three days?" But he was speaking of the temple of his body. After he was raised from the dead, his disciples remembered that he had said this; and they believed the scripture and the word that Jesus had spoken.

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### Do the Little Things ('Gwnewch y Pethau Bychain')

By The Rev. Dr. Valori Mulvey Sherer

I have truly enjoyed learning about St. David of Wales as we prepare to celebrate his feast day this Sunday. I knew a little bit before, having researched him when I was choosing the name for my first son, David. I liked what I read about St. David and chose him, and the qualities he possessed, as the patron saint for my son. How synchronistic that I find myself serving with a church for whom he is also the patron!

Here's what I liked about St. David when I chose him as patron saint for my son: according to many sources, St. David was a gentle man who lived a simple, frugal life. Celtic spirituality was in his blood, and he was deeply concerned about the care of creation, even keeping bees at some of the monasteries he opened. It is reported that David was a strict disciplinarian who required that the brothers work hard to grow enough food to feed themselves and the poor in the neighborhoods surrounding them.

I recently read that St. David's last words were offered in a sermon he preached days before he died. He concluded that sermon with this advice to his followers: "Be joyful, and keep your faith and your creed. Do the little things that you have seen me do and heard about..."

"Do the little things." This brings two other saints immediately to mind who also preached this message: St. Thérèse de Lisieux, a.k.a. Thérèse of the Little Flower, who said, "Miss no single opportunity of making some small sacrifice, here by a smiling look, there by a kindly word; always doing the smallest right and doing it all for love" and Mother Teresa of Calcutta who said, "We cannot all do great things. But we can do small things with great love."

I can see St. David's influence and support in the life of our church. Saint David's in the Valley, Cullowhee, manifests a real concern for creation in the big things, e.g., how the new parish hall was built, and in the small things, like having bins for recycling and ceramic cups for wine and juice instead of paper or plastic. St. David's, Cullowhee also bravely sticks to its faith and creed—ahead of the curve, I might add, in its intentional inclusivity of all people and its strong commitment to inclusive language in worship.

In my Parish Tour conversations, I continually hear about small acts of kindness being done as part of the fabric of life here, with great love and without complaint or need for accolade. As one parishioner said, "The relationships here are reliable. These people are here for me if I need them." Imagine if every church lived that simple truth!

This is such a strong foundation to stand upon as we respond to the love of God who invites us into a new season, a season which will include connecting the great love here at St. David's to the neighbors surrounding us. As we go forward, we will remember the support we have among the communion of saints and be joyful, remember our faith and creed, missing no opportunity to do the little things we are called to do with great love.

'Gwnewch y pethau bychain.' See y'all Sunday for our patronal feast celebration!



Valori+

# Happy Feast of St. David of Wales!

Dydd Gwyl Dewi Sant Hapus!



on the Third Sunday in Lent

Please join us in the Parish Hall following the service for a celebration of our patron saint, the gentle David (Dewi) of Wales.

We will celebrate with traditional Welsh food (and regular fare), face-painting, costuming, noise-making, and a parade led by the children of St. David's in the Valley, Cullohwee.

Please bring a food item for Coffee Hour if you can; [Click here](#) to view some authentic Welsh recipes that you may try if you are so inspired!

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## St. David's Day, The CliffsNotes Edition

By Joan Byrd

The date of St. David's birth in the 6<sup>th</sup> century AD is a matter of conjecture, but according to legend at least, David died on the 1<sup>st</sup> of March in 589. He had founded a Celtic monastic community in Pembrokeshire, where St. David's Cathedral stands today, and is also credited with establishing as many as eleven additional monasteries in Wales. After he was canonized by the Pope in the 12<sup>th</sup> century, David became the national patron saint of Wales.

Legend has it that during a battle with the Saxons, St David directed the Welsh soldiers to wear a leek in their caps in order to readily distinguish friend from foe. When the Welsh scored a great triumph over the Saxons, the leek became the national emblem of Wales.

The tradition persists to this day: on March 1<sup>st</sup> the leek is tucked into the buttonholes of the Welsh all over the world, and soldiers in the Welsh regiments celebrate the day by eating a raw leek. The daffodil, which was later adopted as a second national emblem, is also worn on St David's Day by both men and women.

When I was a child in Wales, we girls dressed up for St. David's Day in skirts made of yellow crepe paper that we fluted on the edges to mimic the trumpets of daffodils. The boys emulated the leek by wearing green pants and white shirts. As members of St. David's in the Valley, let's try to wear a touch of either green or yellow this Sunday in solidarity with the Welsh, in honor of St. David, and in celebration of our special day. However, if your wardrobe does not lean toward the greens and yellows, white will also be appropriate: the emblem of St. David is a white dove.



## Inquirer's Class

The Inquirers Class will run through March 18<sup>th</sup>. This class meets the required preparation for Confirmation, Reaffirmation and is just plain fun if you like learning about being an Episcopalian. The primary text is the book *What is Anglicanism?* by Urban T. Holmes.

## Project Panama

This is the last Sunday before Project Panama flies south with our donations of school supplies, OTC medicines, and (if you prefer) checks toward the completion of the classroom at Emberra village. Sandy and Betsy will be packing up your donations this week for a Friday departure.

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## Gospel for Sunday, March 11<sup>th</sup>

### John 3:14-21

Jesus said, "Just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life.

"For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

"Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him. Those who believe in him are not condemned; but those who do not believe are condemned already, because they have not believed in the name of the only Son of God. And this is the judgment, that the light has come into the world, and people loved darkness rather than light because their deeds were evil. For all who do evil hate the light and do not come to the light, so that their deeds may not be exposed. But those who do what is true come to the light, so that it may be clearly seen that their deeds have been done in God."

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## Beans & Rice March 11<sup>th</sup>

The second Sunday of each month, our children package up donated beans and rice to be blessed during the church service and later distributed to needy people in our community.

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## Liturgical Ministries Training Is Saturday, March 17<sup>th</sup>, 10am–2pm

The Liturgical Ministries training will be held March 17<sup>th</sup> - St. Patrick's Day! We'll have to celebrate that too... green everything! I'm sharing the manual I developed to train for these ministries so that each person can read the descriptions of the ministries then pray and listen for the way(s) God might be nudging you to serve. On March 17<sup>th</sup> there will be opportunity to "try on" each ministry and see how it might "fit." Completing the training will enable you to serve immediately, but the choice remains yours on when and if you choose to serve. This day is meant as invitation and preparation. I look forward to seeing you there!



[Liturgical Ministries Manual with Illustration](#)

Parish Tour: Contact Valori+ to schedule your visit.

Call or text: [704.466.7727](tel:704.466.7727) or email: [interimvmsherer@gmail.com](mailto:interimvmsherer@gmail.com)

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## Lent and Holy Week Schedule

Here is a link to the schedule if you would like to print it out: [Ash Wednesday-Lent-Holy Week schedule](#)

# Parish News & Notes

## Birthdays

Feb 26 **Jeff Neff**  
Mar 1 **Mary Michael Hanks**  
Mar 3 **Johanna Vinyard**  
Mar 4 **TJ Walker**  
Mar 5 **Josh Vinyard**

Mar 7 **Carole Wood, Jane Coburn**  
Mar 10 **Jessica Philyaw**  
Mar 12 **Pat Steinbrueck**  
Mar 17 **Melba Cooper**



*To all of my wonderful friends at St. D's !!!*

*Please accept my most humble, heartfelt thanks for all of your kind words, thoughts and prayers, not only for the passing of my darling Tracy, but also for the previous five years that you first had her on your prayer list!! I find a certain amount of solace in thinking that Tracy is in the arms of her mother.*

*Thank you all so very much! God bless you!!*

*Much love, Art*

## Power to the Purple!

**It is Lent, after all.**

**Marilyn Jody, Valori Sherer, Claire Marsh, Pat Steinbrueck**





Please take a photo when you have your meetings and send it in for publication along with a few words about it: [magbowles@gmail.com](mailto:magbowles@gmail.com).

### **The Gherkins**

Dining Around is wonderful!! At our first gathering we celebrated Jeff's birthday. And although we would have said we already knew each other well, we found so much we didn't know. A great evening!! We've already set the dates for our next two meals.

Tom Wilcox, Haidee Wilson, Randi & Jeff Neff—not liking selfies, Margot took the picture.



### **The Artichokes**

Lucy and Sam Bowles were most excited to have guests come who would rub their heads. L-R: Jim Bowles, Karen Brown, Lucy, Sam, Judy Annis, Jere Annis and Harry Brown. Maggie was taking the photo.

## The Issues of Aging

Come join us for the first part of our Dementia Education Series. It will be a great opportunity to learn more about dementia and how to make Jackson County a more Dementia Friendly Community.

Speakers include: Sheriff Chip Hall, Long Term Care Ombudsman Larry Reeves, and Area Agency on Aging Director Sara Melton.

**March 21<sup>st</sup>**

**Location: Jackson County Department on Aging**

- 1:30 - Dementia Resource Tables
- 2:00 - "Sense and Nonsense About Dementia"
- Larry Reeves & Sara Melton
- 2:45 - "Project Lifesaver" Sheriff Chip Hall

**CALL 586-5494 BY MARCH 19TH TO SIGNUP**

**\* Resources \* Door Prizes \* Food**

**Sponsored by the Jackson County Dementia Friendly Action Team**

# Let's March! for Meals on Wheels



**WHY?**  
> To Recruit Volunteers to feed seniors in Jackson County

**WHEN?**  
> Friday, March 23rd  
Registration: 11AM  
Walk: 11:30AM

**WHERE?**  
> Downtown Sylva  
Corner of Mill & Main

Get a  
Free  
T-shirt!



> Sponsored by the Jackson County Dept. on Aging.  
> To Pre-register or Volunteer Call 586-5494



February 2nd thru April 13th, 2018  
**FREE 2017 Tax Services (Federal & State)**  
**JACKSON COUNTY SENIOR CENTER**  
 100 County Services Park | Sylva, NC  
 Off Highway 116 (Webster Rd); first street after passing  
 Department of Social Service Building  
 Monday & Friday  
 10 am– 3 pm  
 Walk-Ins (First come, first served)  
 For more information call: (828) 586.4944  
 View the complete flyer: [Tax Help](#)

**Meditation Opportunities at St. David’s**

**Accessible Mindfulness: 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays, 10-11:15 am.** This is especially geared for those new to mindfulness meditation.

**Monthly Mindfulness:** First Saturday of each month from 10 am until noon in the Parish Hall.

**Other Meditation Opportunities**

**WCU Mindfulness and Meditation:** Thursdays at 4 pm 224 Bird Building. For details, call 227-7469 and ask for Michelle. To view a flyer, [please click here.](#)

**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.

**Virtual Closet**

If you need medical-related equipment or have something you can offer, contact Claire Marsh: [clairemrsh@gmail.com](mailto:clairemrsh@gmail.com) She keeps a list of who has what to facilitate sharing.

**Box Tops for Education**

There is a basket under the white board in the Parish Hall where you can place any of these box tops you may have. This is an ongoing project for our children.

**St. David’s Links and Contact Information:**

Website: <http://www.st-davids.org/> [Lectionary Page 2018](#)

Newsletter editor: Maggie Bowles: [magbowles@gmail.com](mailto:magbowles@gmail.com)

Church phone # and email: 828-331-1427

[interimvmsherer@gmail.com](mailto:interimvmsherer@gmail.com)

Mailing address: PO Box 152, Cullowhee, NC 28723

[Altar Guild Schedule 2018](#)

[Greeter Schedule 2018](#)

**Diocesan Links:**

[Diocese of Western North Carolina](#)

The Rt. Rev. José A. McLoughlin,  
Bishop

[Sign up for Diocesan Newsletter](#)

[Camp Henry Facebook page](#)

[www.lakelogan.org](http://www.lakelogan.org)

<b>Regular Activities</b>	Mondays 9-10:30 am	Centering Yoga
	Mondays 10:30 am	Cullowhee Men’s Group
	Tuesdays & Thursdays 6:30 am	Sunrise Strength Flow Yoga
	1 <sup>st</sup> & 3 <sup>rd</sup> Tuesdays	Accessible Mindfulness
	1 <sup>st</sup> Saturdays 10 am	Monthly Mindfulness
	Last Sundays 5-7 pm Sept-May	Soup/Bread Community Supper