

The Coracle

St Davids Cullowhee



March 11, 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	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

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: Paul Cooper
Chalice: Judy Annis
Coffee: Faye Jacobson
Organist: Nan Watkins
Readings: [Exodus 20:1-17](#)
[Psalm 19, 1 Corinthians 1:18-25](#)
[John 2:13-22](#)

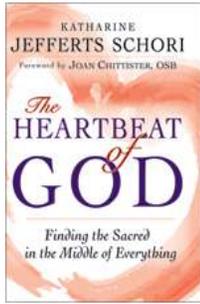
Serving during March

Bread: John Slater
Flowers: Mary Turk
Linen: Nan Watkins
Eucharist: Newt Smith & Tom Wilcox

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 Gosnel 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.



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

Please join us on Wednesdays at 5:30 for a short but meaningful service of evening prayer, featuring music and prayers from around the world. Following the service, stay for a supper of soup and bread and discussion of *The Heartbeat of God*, written by our presiding bishop.

Parish News & Notes

Birthdays

Mar 10 **Jessica Philyaw**
Mar 11 **Marianne Hollis**
Mar 12 **Pat Steinbrueck**
Mar 13 **Ron Fisher**
Mar 14 **Fran Wharton**
Mar 17 **Melba Cooper**

Anniversary

Mar 12 **Jeff & Randi Neff**

Condolences

Our thoughts and prayers are with the family of Elizabeth Addison whose son Allen Briggs of Blacksburg, VA died suddenly this week. [Click here](#) to view his obituary.

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.

Gracious Space

The building committee continues to explore the possibilities (and costs) for the proposed parish hall with three contractors.

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.

Garden Guild

WCU arborist David Hatton evaluated our trees and found the pines to be healthy. He recommended removing only the dead trees and ones that are competing with the pines for nutrients. Peggy Eidson, also from WCU, made some recommendations about what to do with the heathers, bulbs, rhododendrons, and shrubs. Details can be found in the Garden Guild notes on the documents page of the web site. Please [click here](#) then choose the Garden Guild Link. You will need to log in to the web site.

Jubilate Deo

Members of Jubilate Deo gathered at the home of Rosa and Mike Reily last Sunday evening for fun, fellowship, and practice. Pictured are Allison Wunder, Claire Marsh, Mary McGlaufflin, Rosa Reily, Gael Graham, Nancie Wilson, Alice Mason, and Fran Wheaton.





Bill Kirwan Launches Kite

The Kirwans, Bowles, Wilcoxes, and Smiths will not be in church this Sunday. Someone told them to go fly a kite, so they went to Fripp Island, SC to do it. While there, they crossed paths with Joanne Cleary and Marilyn Jody for dinner. There was something about the planets being in alignment...



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, MARCH 7, 2012

The Seventh Cathedral

When I was a student at Furman I went on a pilgrimage without knowing it. Instead of a pilgrimage it was called a semester abroad. For us English majors this meant going to Britain. Our first three weeks, before settling into studies in London and Stratford, we zigzagged through Scotland, Ireland, Wales and England.

We zigged for a lot of cathedrals. By the time we were in Durham (Cathedral #7) I was pretty sure I never wanted to see another one. But it was cloudy and drizzly that day so I meandered rather aimlessly around a cathedral once more. I lit a candle. Looked up at arches and the vaulted ceiling a lot.

For awhile the organist was practicing--I paid some small attention to that. Watched little clots of people walking purposefully from one place to another. Stood before the altar rail. There was a sign that asked visitors not to go any farther.

All the while I'm mostly thinking, What's the big deal? Then I looked down.

There were grooves in the stones in front of the rail. Suddenly I got that kind of feeling that comes with goose bumps and catches your breath. It hit me that people's knees had made those grooves in the stones. How many knees over how many years does it take to make deep grooves in stone? Without thinking I sank down, put my knees in those grooves.

I had 'lost' God 3 or so years before--and had been rather earnestly seeking a reasonable substitute ever since. It didn't seem to me that I was finding God in that moment. What was palpable was a sense of being in the presence of tides and tides of people who were also seekers--seekers and finders, pilgrims and wanderers.

God, it was a rich experience. And a significant stepping (kneeling) stone in my own 'pilgrimage.'

I wasn't able to look up and get any clues about God, but looking down at those grooved stones, letting my knees rest in those hollowed-out marks, I entered Presence. Didn't understand it at all--but that didn't keep me from experiencing it.

Seeing those knee prints was like seeing signs of a trail after being lost, deeply lost, in a forest for a long time. Though I had been seeking Presence in a meandering way for 3 years, it's not accurate to say I found it. But it is accurate to say I entered it.

In the vocabulary of yesterday's prayer those knee prints gave me confidence--not a lot, but enough for doors to open. Generations and generations had been seeking and finding for centuries. For a powerful moment I came to trust that the same was possible for me.

"In cities that have outgrown their promise, people are becoming pilgrims again, if not to this place, then to the recreation of it in their own spirits."

That sign? The sign that said not to go any farther--on a certain level, I completely ignored it. Those kneeling stones became stepping stones, and I'm pretty sure that's all we ever need.

This blog is about paying attention to knee prints. Learning to trust that the grooves we and others make in bringing ourselves over and over again into the possibility of presence, keep us, all of us, right there, right here in the possibility of Presence.

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](#)