

# The Coracle

St Davids Cullowhee



March 18, 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 18	4 <sup>th</sup> Sunday in Lent, Godly Play
Tue	Mar 20	Franklin Neighborhood Group (Bob Dodd)
Wed	Mar 21	Lenten Service and Study
Sun	Mar 25	5 <sup>th</sup> 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 Decorate for Easter, (Eily Brennan baptism)
Sun	Apr 8	<b>Easter</b>
Tue	Apr 10	Vestry Meeting 5:30 pm
Fri	May 4	Spring Wine Tasting 6:30 pm
Sat	May 5	Monthly Mindfulness 10 am
Sat	May 19	Yoga Workshop & Indian Dinner
Mon-Thu	Jun 18-21	Vacation Bible School Cullowhee Methodist

## Serving this Sunday

### Holy Eucharist

Reader: Lydia Aydlett  
Chalice: Vance Davidson  
Coffee: Claire Marsh  
Organist: Brad Martin  
Host: Jake Jacobson  
Readings: [Numbers 21:4-9](#)  
[Psalm 107:1-3, 17-22](#),  
[Ephesians 2:1-10](#), [John 3:14-21](#)

## 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.

## 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

## The Gospel

### John 3:14-21

Jesus said to Nicodemus, "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."

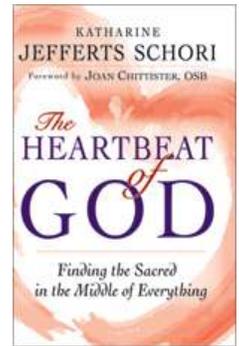


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Franklin Neighborhood Group will meet on Tuesday, March 20 from 7-8:30 pm at the home of Bob Dodd. Please call Bob at 828-332-7344 or email [rcdaec@gmail.com](mailto:rcdaec@gmail.com) to RSVP and get directions if you need them.

**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.



**Clearing the Way for Easter**

**Yard Work Day**

**Saturday, March 24 9 am-noon**

Please bring your garden gloves, clippers, rakes, and large bags for leaves. Also, bring any annuals you might want to plant around the church or near the road, possibly in the missing sign box. Randi Neff plans to bring mulch for the trail. Norma Hendrix is repainting the sign that was knocked down and which Bob Dodd has repaired. We will work on the trail and grounds and also make some decisions about where to place the sign; perhaps a different location will be less vulnerable to being run over!

**Altar Guild**

**Decorating for Easter**

We will gather at 9:30 am on Saturday April 7<sup>th</sup> to prepare the church for Easter Sunday. There is a Baptism at noon so finishing before it starts is our goal. Anyone who would like to help is welcome and encouraged to come!

**Parish News & Notes**

**Birthdays**

- Mar 12 **Pat Steinbrueck**
- Mar 17 **Melba Cooper**
- Mar 19 **John Marsh**
- Mar 23 **Adam Philyaw**

Pat Steinbrueck's sweet mother Gretchen Whitley has suffered a series of setbacks recently including bronchitis, a GI bleed, and a stroke. She is currently in a skilled nursing facility and needs our prayers.

**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](mailto:kirwan11@frontier.com).

**Planning Ahead**

**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](mailto:chadjazzguitar@yahoo.com).



**3rd Annual  
Full Spectrum Farms 5K Run  
April 21, 9 am**

Joining in the 5K on April 21st is a very easy and very fun way to support Full Spectrum Farms! You can register on Active.com or by printing out and submitting the [attached registration form](#). If you register by March 28<sup>th</sup> there is a discount, and you will receive a free T-Shirt!

Eric & Norma Hendrix will be playing in Franklin this Saturday Night 8 pm at the Rathskeller Coffee Haus & Pub, 58 Stewart Street, Franklin, along with Pete Cortese (drums & percussion) and Dave Magill (Bass & Vocals). You are cordially invited to come and hear them play!



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## 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

FRIDAY, MARCH 9, 2012

### Something We Can Do

What I mostly want to communicate in this ordinary mindfulness blog is that Presence, this *something we need so deeply and benefit from so profoundly*, is partly up to us.

Learning how to BE present is something we can DO.

Being present is a description of mindfulness. There's a simple method to mindfulness--show up, breathe, observe, embrace.

All these simple actions--the showing up, the breathing, the watching, the welcoming describe 'us' becoming 'present.' But it doesn't stop there.

In our ordinary practice we enter some place--some altered space--rather regularly. Often something else happens. Some ONE or some THING becomes...palpable. We work. We Watch. We Welcome. We wait (without expectation!) And then?

As Rumi wrote,

Keep knocking,  
and the joy inside  
will eventually  
open a window  
and look out  
to see  
WHO's there!

That THING, that ONE who's there, is the very Presence we prepare for and often experience...but never summon or control.

Mindful practices slow us down, center us, make us receptive. Practice cleans the windows. Maybe even opens them.

That's our part. It's something we can do. It's enough.

### St. David's Links and Contact Information:

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

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

Church phone # and email: 354-0166 [stdavids1879@gmail.com](mailto: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](#)

## 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](http://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.



## Ministry & Mission Conference Saturday, May 5, Trinity Church, Asheville

This year, we have decided to devote an entire Ministry & Mission Conference to one topic so that we might more deeply explore what it means to all of us in the Diocese of Western North Carolina. The topic this year is: The Missional Church.

Even though I've heard this phrase many times, I have to admit that I wasn't entirely sure what "missional" means. So I went in search of answers to this question, and have discovered some creative and insightful ways of understanding what it means for us to grow more fully into being a missional church. I'd like to share some of the responses with you each week in hopes that they may provide a better understanding and an invitation to the conversation we'll begin at this year's M&M Conference on Saturday, May 5, at Trinity Church, Asheville.

This week's thoughts come from The Rev. Tom Brackett. Being "missional" starts with asking, "What is God up to in the world around us, in this moment and how do we partner with the Spirit in birthing God's dreams for all of creation?" This starts with believing that God is a longing God who has made Her partnership with us quite vulnerable to our "Yes's" and No's". When we let God "Open our eyes to see Your hand at work in the world about us" we are able to collaborate in community around celebrating God's Presence and activity among us. Sometimes that celebration of God's sending and gathering activity happens inside church walls and sometimes it happens in Pritchard Park! To quote Byron Rushing, "God has a Mission and that Mission has a Church."

Kathy Atkinson, Chair

M&M Planning Committee