

# The Coracle

St Davids Cullowhee



March 25, 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 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
Tue	May 8	Vestry Meeting 5:30 pm
Sat	May 19	Yoga Workshop & Indian Dinner
Sat	Jun 9	Travelling Light Café 9:30 am-12:30 pm
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: Norma Hendrix  
Chalice: Claire Marsh  
Coffee: Donna Ross/Frank Lockwood  
Organist: Brad Martin  
Host: Jake Jacobson  
Readings: [Jeremiah 31:31-34](#)  
[Psalm 119:9-16](#), [Hebrews 5:5-10](#),  
[John 12:20-33](#)

### Serving during March

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

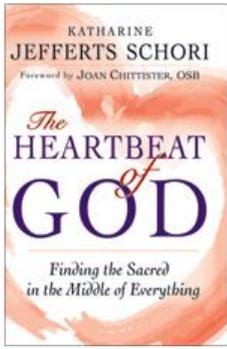
Bread: Jane Coburn  
Flowers: Donna Ross  
Linen: Faye Jacobson  
Eucharist: Ann Hallyburton & Barb  
Manke

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 John 12:20-33

Now among those who went up to worship at the festival were some Greeks. They came to Philip, who was from Bethsaida in Galilee, and said to him, "Sir, we wish to see Jesus." Philip went and told Andrew; then Andrew and Philip went and told Jesus. Jesus answered them, "The hour has come for the Son of Man to be glorified. Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit. Those who love their life lose it, and those who hate their life in this world will keep it for eternal life. Whoever serves me must follow me, and where I am, there will my servant be also. Whoever serves me, the Father will honor.

"Now my soul is troubled. And what should I say-- 'Father, save me from this hour'? No, it is for this reason that I have come to this hour. Father, glorify your name." Then a voice came from heaven, "I have glorified it, and I will glorify it again." The crowd standing there heard it and said that it was thunder. Others said, "An angel has spoken to him." Jesus answered, "This voice has come for your sake, not for mine. Now is the judgment of this world; now the ruler of this world will be driven out. And I, when I am lifted up from the earth, will draw all people to myself." He said this to indicate the kind of death he was to die.



**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. 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!

**Find the Flower**  
**CHALLENGE**

This wildflower, one of the spring ephemerals, has been spotted in the green space above the church and all, young and old alike, are challenged to see if they can find it.

Its common name is toothwort. A native member of the Mustard family, sometimes included in the genus *Cardamine*, it usually has three stem leaves deeply parted or divided into 5-9 segments, 1-3 inches long. These plants, with flowers only 1/2 inch or less broad, are perennial from small, deeply set, fleshy tubes or jointed rhizomes. It is most abundant in alluvial woods in the mountains and piedmont.

(Wildflowers of North Carolina, Justice and Bell)



# Parish News & Notes

## Birthdays

Mar 23 **Adam Philyaw**  
Mar 24 **Gretchen Whitley**  
Mar 29 **Lois Tebo**  
Apr 1 **Eric Neff**

## Anniversaries

Mar 30 **Ken & Sandra Burbank and  
Lorraine & Ron Fisher**

The Franklin Neighborhood Group had sixteen people in attendance at its meeting last Tuesday! Thanks to Bob Dodd for hosting at his home. Great trifle, Art!

## Lots of Prayers are Needed

Please remember Kelley and Heidi Dinkelmeyer in your prayers as they travel to the funeral of her aunt, Anna Poe. Kelley's father, Larry Holzknacht, has lost two sisters within a month; indeed, pray for all their family.

Prayers are also requested for Bentley Thomas, the young son of the tenants in our rectory. He has a condition involving fluid on the brain.

We are also praying for Tony with extensive burns on his body, and Suphira, a 15-month-old child who is unable to stand or walk due to abuse and lack of nurturing.

## 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).

## Travelling Light Café

**Saturday, June 9, 9:30 am-12:30 pm**

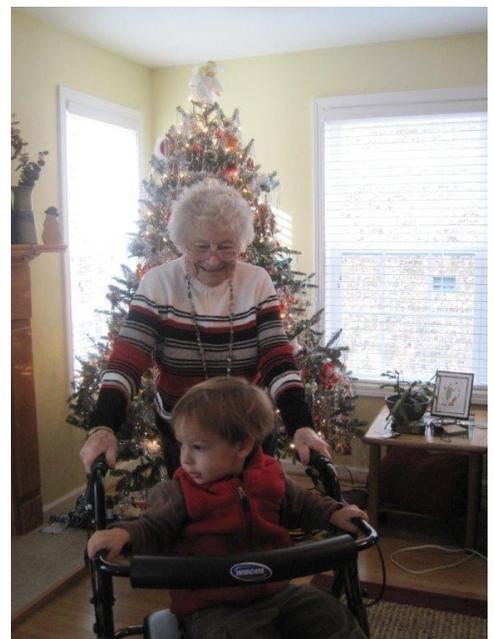
June Smith will guide us through the process of discerning how to best use the sacred opportunity of being inconvenienced by the building process.

## A Card Deluge Would be appreciated!

Pat Steinbrueck's sweet mother, Gretchen Whitley, will turn 91 this Saturday, March 24. She has suffered a series of setbacks recently including bronchitis, a GI bleed, and a stroke and is currently in a skilled nursing facility. She is making good progress and doesn't understand why she cannot go home with Steve and Pat yet.

A bunch of birthday cards would surely brighten her outlook. Let's see to it that she gets deluged! Here is the address:

**Gretchen Whitley  
565 Grapevine Drive  
Sylva, NC 28779**



**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!

**Hidden Talent**

By Jane Coburn

Waking up early is not easy for my son, Austin. He has autism and is unlike his peers in many ways, but when it comes to mornings, he is a typical teen who wants to sleep till noon on the weekends. This past Saturday, however, he got right up when I woke him at 8:00a.m. He knew he'd be able to do one of his favorite things that morning: pick ripe veggies at Full Spectrum Farms. He usually loves to scout out the red, ripe tomatoes and happily pluck them off the vine.

As the mother of two children who are on the autism spectrum, I have learned to be flexible and not always count on a preconceived plan. When we arrived at the farm at 9:00a.m., Austin was immediately drawn to the watermelons he could see at the end of a garden row. Of course, the one crop which truly enthused him that morning was not ready to be harvested. He could not let those watermelons go. I



I coerced him to help me pick some tomatoes, but his heart and head were set on those watermelons. Frustrated and having difficulty understanding why he could not pick the watermelons, Austin settled down in the dirt to break up dirt balls. He loves to squeeze the dirt balls in front of his face and watch the dust fall to the ground. He could do this for hours.

As we often need to do, I broke down the task into very clear steps and gave Austin a reward for completing each one: First pick 10 tomatoes then squeeze 5 dirt balls. It worked! We moved onto the peppers and squash. Our garden committee chairperson, Jan Miller, asked us to deliver our fresh picked veggies to our volunteers at the Sylva Farmer's Market. The plan was to quickly drop off the produce and head back to the farm for more harvesting.

Austin can be quite chatty at home or with people with whom he is extremely comfortable, but has much difficulty processing and retrieving words when he is in a crowd or unfamiliar place. Selling produce to strangers at a busy farmer's market was not on my short list of possible jobs for Austin. He insisted he wanted to stay at the market. I explained to him that we had to try to sell the vegetables and gave him an opening line to use with potential customers.

As each person approached our booth, I would prompt Austin and he would say, "We just picked these, will you please buy some?" At first that was all he would say, but as time went on he opened up more and

more. His sincere, awkwardly delivered opening line won over most customers and they eagerly asked him questions about the produce or our prices.

Watching Austin's big grin as he grabbed handfuls of beans to put in customer bags and happily accept their money brought tears to my eyes. He could not always answer a question and needed my prompting to stay on task or think of what to say next, but he was truly interacting with many different people and having a wonderful time. I worried that we needed to stick to the plan and get the empty baskets back to Jan at the farm, but knew Austin was getting so much more out of selling at the market.

When I first met Jean Alvarez and Margaret Oren, co-founders of Full Spectrum Farms, the fact that they wanted the farm to be a place where people with autism followed their interests was particularly enticing to me. My sons are square pegs constantly being pounded into round holes. I wanted a place where their talents and interests would be nurtured. And so, we stayed.

Austin's interest and talents that morning were best served at the Farmer's Market. Too often, people with autism are underestimated and we only focus on their challenges, which keep us from discovering their hidden talents. Who knew Austin's would be in sales!

I was watching the mission of Full Spectrum Farms in action and it was not just Austin who was benefitting, but all those customers he encountered that day. As we drove away, Austin said, "Mommy, I'm sad." When I asked him why, he replied, "I miss selling stuff to the people."

I think he'll be up early again next Saturday!



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

The word "missional" has found its way into our church language. What the word signals is a dramatic reorientation of the church (as the "people of God") toward its generative purpose: serving as Jesus' hands and heart in the world. This shift, being born as we see the old form of church passing away, is marked by the people of God gathering to be formed as disciples (meaning learners) of Jesus in order to be sent into the world as apostles (meaning people sent with a purpose or commission). Mission in this newly unfolding age becomes not so much an activity or a program, but more a way of being for the believer. The purpose of the local congregation becomes the "service station" which refuels the faithful who regularly come in from the world where they have brought healing, hope, love and good news. Thus renewed they "go in peace to love and serve the Lord." The Rev. Randy Ferebee wrote this paragraph. In a few days the conference booklets and posters will be mailed to each parish. Please log on to the diocesan website: <http://www.diocesewnc.org/> for registration.

Kathy Atkinson, M&M Conference Chair

### 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](#)

## **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 21, 2012**

#### **Soul, Role and Letting Go**

Not long after being ordained, I was browsing in a bookstore in Norfolk run by two wise and wonderful nuns. I was wearing my new priestly garb, feeling a bit special.

One of the nuns walked over to me and asked quietly if I'd be willing to 'bless' a cross that a customer had just bought. My first thought was, Wow, sure. I'm pleased to be asked.

But right on top of that first thought came a jumble of responses with a very different tone. This is a Roman Catholic bookstore--the customer 'looks like' a Catholic--so does the cross--I don't have a clue what blessing an RC priest might give.

I say 'Yes.' But while I'm being introduced to the lady who bought the cross, and she's saying something to me, I'm busy trying to remember if my Liturgics professor (a former Catholic) had told us anything about moments like this, and failing to remember, trying to compose a blessing in my head.

The only part of the blessing I can remember now is 'Amen.' I'm sure it was adequate. But...

It could have been more than that. I could have slowed down, relaxed, taken a few minutes to get to know the woman who bought the cross.

Why didn't I?

Anything like this ever happen to you?

Well, my response in the bookstore is what IDENTIFICATION looks like. In this case with a role--a new role, an imagined role: "What's a good priest supposed to do, exactly?" No doubt also in the mix was my family dynamic of GETTING THINGS RIGHT.

Non-Identification could have given me more space. I might have felt the same pressure, but then, noticing how strong it was...taken a moment. Realized I didn't have to get it Right. Understood there wasn't a right way and a wrong way. Just a Way.

If I could get a do-over, here's what I'd do. Notice that first shot of adrenaline. Notice what "I" was telling "Me" to do. Take a moment. In that moment I'd have probably realized with real relief, Ah, this involves me but it's not about me.

Then I could have engaged this woman with her new cross in a conversation that would have gone...somewhere...who knows where...listening...curious...caring...God knows where...I don't know because it was too much about small me then.

The voices and pressures and identifications that make up our non-examined selves are self-limiting. As we give them more of our 'kind attention,' we hear what they say, learn what they advise, feel how they urge--and realize how very much the voices and pressures of our small selves limit our responses to Life.

You shall know the truth.

Jesus said that.

And truth sets us free. Free to do lots of meaningful little things without the habitual limitations of little selves

## **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.