

# The Coracle

St Davids Cullowhee



April 1, 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	Apr 1	<b>Palm Sunday</b>
Wed	Apr 4	Wednesday in Holy Week
Fri	Apr 6	Good Friday Service noon
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
Sun	Apr 15	2 <sup>nd</sup> Sunday of Easter
Sun	Apr 22	3 <sup>rd</sup> Sunday of Easter
Sun	Apr 29	4 <sup>th</sup> Sunday of Easter
Fri	May 4	Spring Wine Tasting 6:30 pm
Sat	May 5	Monthly Mindfulness 10 am
Sun	May 6	5 <sup>th</sup> Sunday of Easter
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

### Serving this Sunday Holy Eucharist

Reader: Vance Davidson  
Chalice: Whoever the Spirit Calls  
Coffee: Fran Wheaton, Allison Wunder  
Organist: Nan Watkins  
Readings: [Isaiah 50:4-9a](#), [Psalm 31:9-16](#),  
[Philippians 2:5-11](#), [Mark 15:1-39](#)

### Serving during April

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

### 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.



This Sunday is Palm Sunday. We will gather outside near the cemetery and process into the church carrying palms.

## Wednesdays during Lent

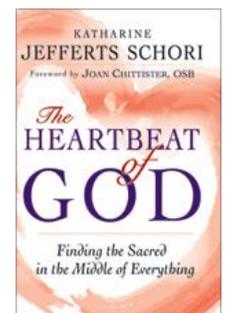
**Lenten Service 5:30 pm**

**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.



## The Gospel

### Mark 15:1-39

As soon as it was morning, the chief priests held a consultation with the elders and scribes and the whole council. They bound Jesus, led him away, and handed him over to Pilate. Pilate asked him, "Are you the King of the Jews?" He answered him, "You say so." Then the chief priests accused him of many things. Pilate asked him again, "Have you no answer? See how many charges they bring against you." But Jesus made no further reply, so that Pilate was amazed.

Now at the festival he used to release a prisoner for them, anyone for whom they asked. Now a man called Barabbas was in prison with the rebels who had committed murder during the insurrection. So the crowd came and began to ask Pilate to do for them according to his custom. Then he answered them, "Do you want me to release for you the King of the Jews?" For he realized that it was out of jealousy that the chief priests had handed him over. But the chief priests stirred up the crowd to have him release Barabbas for them instead. Pilate spoke to them again, "Then what do you wish me to do with the man you call the King of the Jews?" They shouted back, "Crucify him!" Pilate asked them, "Why, what evil has he done?" But they shouted all the more, "Crucify him!" So Pilate, wishing to satisfy the crowd, released Barabbas for them; and after flogging Jesus, he handed him over to be crucified.

Then the soldiers led him into the courtyard of the palace (that is, the governor's headquarters); and they called together the whole cohort. And they clothed him in a purple cloak; and after twisting some thorns into a crown, they put it on him. And they began saluting him, "Hail, King of the Jews!" They struck his head with a reed, spat upon him, and knelt down in homage to him. After mocking him, they stripped him of the purple cloak and put his own clothes on him. Then they led him out to crucify him.

They compelled a passer-by, who was coming in from the country, to carry his cross; it was Simon of Cyrene, the father of Alexander and Rufus. Then they brought Jesus to the place called Golgotha (which means the place of a skull). And they offered him wine mixed with myrrh; but he did not take it. And they crucified him, and divided his clothes among them, casting lots to decide what each should take.

It was nine o'clock in the morning when they crucified him. The inscription of the charge against him read, "The King of the Jews." And with him they crucified two bandits, one on his right and one on his left. Those who passed by derided him, shaking their heads and saying, "Aha! You who would destroy the temple and build it in three days, save yourself, and come down from the cross!" In the same way the chief priests, along with the scribes, were also mocking him among themselves and saying, "He saved others; he cannot save himself. Let the Messiah, the King of Israel, come down from the cross now, so that we may see and believe." Those who were crucified with him also taunted him.

When it was noon, darkness came over the whole land until three in the afternoon. At three o'clock Jesus cried out with a loud voice, "Eloi, Eloi, lema sabachthani?" which means, "My God, my God, why have you forsaken me?" When some of the bystanders heard it, they said, "Listen, he is calling for Elijah." And someone ran, filled a sponge with sour wine, put it on a stick, and gave it to him to drink, saying, "Wait, let us see whether Elijah will come to take him down." Then Jesus gave a loud cry and breathed his last. And the curtain of the temple was torn in two, from top to bottom. Now when the centurion, who stood facing him, saw that in this way he breathed his last, he said, "Truly this man was God's Son!"

---

**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.

Painted trillium (*Trillium undulatum*) in bud. The bud likely will have opened to full flower by the time you locate it. The white flowers have a distinctive red inverted “V” at the base of each petal making them easy to identify.

(Wildflowers of North Carolina, Justice and Bell)



---

## A Point of Information



### For Sale

**137 Country Club Drive  
Forest Hills**

It has become apparent that there is a great deal of confusion between the properties that we call the “rectory” and the “Canterbury House.” The photo above shows the “rectory,” which is a house in Forest Hills that was probably purchased in the 70s. Michael lived there when he first came to St. David’s, as did several rectors before him. It has been a rental property since he purchased his own home. The plan is for it to be listed for sale shortly with the net proceeds from its sale going into the building fund.



### Canterbury House

This is the property located at the other end of the parking lot from the church. Many church functions and other programs are held here and it is the location of Michael’s office and library.

---

### 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.

Join Ruby Banerjee and Chad Hallyburton for

## “Yog Bhoj”

Traditional Indian Cooking Demonstration,  
Yoga Asana &  
Full Indian Meal with Dessert

Saturday, May 19  
5:00 PM

St. David's Episcopal Church  
Canterbury House

Suggested Minimum Donation: \$35.00

All profits will go to *CLEAN SLATE* to further  
their efforts to support women transitioning  
from incarceration to responsible freedom.

Space is limited.

To reserve your spot, contact Chad  
Hallyburton.

828 508-2501

chadjazzguitar@yahoo.com

From Ruby:

“I like to think of my cooking style as an eclectic mix of favorite foods from the different regions of India where I spent my childhood. My mother, who is a great cook, learned a lot from her friends and her favorite aunt, and the numerous help she had, while we moved from place to place. It is true that our cooking methods back home can be quite laborious and time consuming (which is not so bad when help is easily available). But it is not practical from my perspective as a working woman without help! So, over the years I have learned to find short cuts to cooking Indian food without compromising on its taste and quality. I love to experiment with different spices and herbs and use plenty of both along with garlic and ginger which I keep in plenty in my freezer. I enjoy cooking for friends and family, and each year since 2008 I have been teaching a week-long class at the John C Campbell Folk School and really love the experience! It also amazes me that there are so many folks here that love Indian food; this makes me very happy!”

The yoga asana session will be very gentle, so this is a great workshop for folks who have limited or no yoga experience.

---

## Parish News & Notes

### Birthdays

Apr 1 Eric Neff  
Apr 2 Betsy Swift, Mary Turk  
Apr 4 Tyler Kinnear  
Apr 6 Terry Nelson

### Anniversaries

Mar 30 Ken & Sandra Burbank and  
Lorraine & Ron Fisher

### Lots of Prayers are Needed

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.

Rest in Peace Granny Hallyburton, 90+, beloved grandmother of Chad, Ann, and Lola, and lifetime Episcopalian.



### 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 28th there is a discount, and you will receive a free T-Shirt!



## Work Day Last Saturday

It wasn't all yard work last Saturday, though much was accomplished in that regard. Steve Steinbrueck climbed up on a ladder to repair the two broken window panes in the kitchen of the Canterbury House.

In addition to Steve, Linda Kinnear, Muff Lyons, Bob Dodd, Art Campana, Laurie Hulbert, Haidee Wilson, Michael Hudson, Jim and Maggie and David Bowles did various things to improve the appearance of the grounds and meditation trail.

## Friends of St. David's Perform at City Lights Café



Saturday, March 31 Eric Hendrix & Friends - 7 -9:30 pm

Join us for the Sylva-Franklin-Dillsboro band, Eric.

Hear the soulful voice of Eric with his superb strumming, Norma's beautiful flute, Dave's "get-down" bass and the coolest drummer in Western North Carolina, our very own Pete!

April 18 - Aprilfest - Beer Festival with [The Itinerant Locals](#), June and Newt Smith's son Zachary and daughter-in-law Cheryl. Don't miss it!



## Episcopal Diocese of Western North Carolina

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

M&M booklets and registration information are ready to go! Log onto: [www.diocesewnc.org](http://www.diocesewnc.org) and click on May 5. Another insight from The Rev. Randy Ferebee: Christendom, the era which is coming to a close, put the church in a privileged place. During this 1600 year period we grew the church into a culturally-shaped institution. Now we are not only losing our place of privilege but also find our institutional structures crumbling. Shall we try to return to, say, 1959, when the church seemed to be robust? Or, shall we just hold on tight and hope that these turbulent times will pass? Or, shall we take hold of the grace of God and move with confidence into this new future? Read much more by Dr. Zscheile on this shift at <http://arjrl.org/Volumes/Zscheile06.pdf>.

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 28, 2012

### Why Be Happy When You Could Be Normal

A friend sent me a quote yesterday from Jeanette Winterson's New Memoir, *Why Be Happy When You Could Be Normal*. It's the kind of thing (like her title) that gets a lot of juice out of a few words,

"What we notice in stories is the nearness of the wound to the gift."

In her memoir Ms. Winterson lets us know right off that she knows about wounds:

"I'm locked out and sitting on the doorstep again. It's really cold and I've got a newspaper under my bum and I'm huddled in my duffel coat. A woman comes by and I know her. She gives me a bag of chips. She knows what my mother is like. Inside our house the light is on. Dad's on the night shift, so she can go to bed, but she won't sleep. She'll read the Bible all night, and when Dad comes home, he'll let me in, and he'll say nothing, and she'll say nothing, and we'll act like it's normal to leave your kid outside all night, and normal never to sleep with your husband. And normal to have two sets of false teeth and a revolver in the duster drawer . . ."

"Growing up is difficult. Strangely, even when we have stopped growing physically, we seem to have to keep on growing emotionally, which involves both expansion and shrinkage, as some parts of us develop and others must be allowed to disappear....Rigidity never works; we end up being the wrong size for our world."

"What we notice in stories is the nearness of the wound to the gift."

I'm always so grateful to writers and storytellers who give us an honest glimpse into a life that, though desperately challenging, is still a life worth living.

All of us have wounds. Some more than others. Some are wounded so deeply that it's hard for many of us to fathom.

Thank God that many people who recognize their woundedness and seek healing... find it.

How? When?

The answers to these questions unfold over a lifetime.

But as to the question of *Where*, Ms. Winterson gives us an answer Now. Almost always, maybe even *always*, we find healing in "the nearness of the wound to the gift."

And so we come to trust, over time, though we are never healed always and forever, that every time we are in the grip of our wounds we are also near the source of our healing.

## **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.