

The Coracle

St Davids Cullowhee



April 8, 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

Fri	Apr 6	Good Friday Service noon, music by Charles Pringle
Sat	Apr 7	Monthly Mindfulness 10 am Decorate for Easter, (Eily Brennan baptism)
Sun	Apr 8	Easter Sunday
Tue	Apr 10	Vestry Meeting 5:30 pm
Sun	Apr 15	2 nd Sunday of Easter
Sun	Apr 22	3 rd Sunday of Easter
Sun	Apr 29	4 th Sunday of Easter
Fri	May 4	Spring Wine Tasting 6:30 pm
Sat	May 5	Monthly Mindfulness 10 am
Sun	May 6	5 th 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
Mon-Thu	Jun 18-21	Vacation Bible School at Cullowhee Methodist

Serving this Sunday Holy Eucharist

Reader: June Smith
Chalice: Nancie Wilson
Coffee: EVERYONE!
Torch: Scott Philyaw and Judy Annis
Thurifer: Jessica Philyaw
Organist: Brad Martin
Readings: [Isaiah 25:6-9](#), [Psalm 118:14-24](#), [1 Corinthians 15:1-11](#), [John 20:1-18](#)
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.

Good Friday Service

noon-1 pm

Special Music by Charles Pringle

Altar Guild Easter Preparations

Decorating for Easter

We will gather at 9:30 am on Saturday April 7th 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!

Flower Memorials

If you would like to remember someone at Easter by donating to the flower fund, please email Faye at thejakes@frontier.com. Include your names and who you would like to remember so Faye can get the information to Michael for the bulletin at the end of the week. You can give Margot a check on Sunday and indicate "Easter Flowers" on the memo line.



Blessing of the Garden and Farmhouse

Saturday, April 7, 4 p.m.

Full Spectrum Farms, 1185 Wayehutta Road

**Celebrate Spring
and**

Our Move into the Farmhouse

Full Spectrum Farms will celebrate spring with a nondenominational blessing of the garden and farmhouse by Michael Hudson, Rector of St. David's Episcopal Church of Cullowhee.

Join us for cookies and lemonade or tea and cake. Come see the progress Full Spectrum Farms has made since your last visit to the farm. Visit the garden, see our chickens, and watch pottery being made. Find out how you can volunteer and what Full Spectrum Farms is doing for the autism community.

For more information please contact Teresa Dowd at 828-293-2521 or info@fullspectrumfarms.org.

April 8, 2012, 11 am

Festival Eucharist

Coffee Hour Follows

Everyone Bring Food to Share



The Gospel

John 20:1-18

Early on the first day of the week, while it was still dark, Mary Magdalene came to the tomb and saw that the stone had been removed from the tomb. So she ran and went to Simon Peter and the other disciple, the one whom Jesus loved, and said to them, "They have taken the Lord out of the tomb, and we do not know where they have laid him." Then Peter and the other disciple set out and went toward the tomb. The two were running together, but the other disciple outran Peter and reached the tomb first. He bent down to look in and saw the linen wrappings lying there, but he did not go in. Then Simon Peter came, following him, and went into the tomb. He saw the linen wrappings lying there, and the cloth that had been on Jesus' head, not lying with the linen wrappings but rolled up in a place by itself. Then the other disciple, who reached the tomb first, also went in, and he saw and believed; for as yet they did not understand the scripture, that he must rise from the dead. Then the disciples returned to their homes.

But Mary stood weeping outside the tomb. As she wept, she bent over to look into the tomb; and she saw two angels in white, sitting where the body of Jesus had been lying, one at the head and the other at the feet. They said to her, "Woman, why are you weeping?" She said to them, "They have taken away my Lord, and I do not know where they have laid him." When she had said this, she turned around and saw Jesus standing there, but she did not know that it was Jesus. Jesus said to her, "Woman, why are you weeping? Whom are you looking for?" Supposing him to be the gardener, she said to him, "Sir, if you have carried him away, tell me where you have laid him, and I will take him away." Jesus said to her, "Mary!" She turned and said to him in Hebrew, "Rabbouni!" (which means Teacher). Jesus said to her, "Do not hold on to me, because I have not yet ascended to the Father. But go to my brothers and say to them, 'I am ascending to my Father and your Father, to my God and your God.'" Mary Magdalene went and announced to the disciples, "I have seen the Lord"; and she told them that he had said these things to her.

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

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

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!”

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.

Find the Flower

CHALLENGE

This is a Japanese Maple showing fresh spring foliage, and you may have to wander beyond the path to find it.



Parish News & Notes

Anniversaries

Apr 11 Marilyn Jody & Joanne Cleary,
Rosa & Mike Reily

Birthdays

Apr 8 Ellerd Hulbert, Lisa Annis
Apr 9 Barbara Hardie, Hal Farwell
Apr 11 June Smith, Daniel Brown,
Abel Despeaux



St. David's Oldest, Youngest, and Newest Members

Miss Ida Lou sleeps peacefully on her Dad's chest as Lois Tebo watches. Lois celebrated her 92nd birthday on March 29. In the background is Lynn Willoughby, our newest member.

Jubilate Deo In Performance on Palm Sunday



Happenings Involving Friends of St. David's

Itinerant Locals to Perform at City Lights

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!



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](#).

Cullowhee Mountain ARTS: Quality Artist Workshops & Arts Programs in the Blue Ridge Mountains of North Carolina.

We offer exceptional summer workshops in painting, drawing, printmaking, book arts, ceramics, photography and mixed media. With a distinguished faculty representing national and international reputations we provide week long immersion in a variety of topics with each instructor supplemented with lectures, demonstrations, or portfolio talks. CMA is committed to supporting the personal and professional development of each artist whatever their level by providing the setting and facilities for intense learning and art making shared in a community. CMA believes art enlivens community life and thrives best in a supportive community. Summer programs include public presentations and youth art camps. ([Click for more Info](#))

Help Defeat Amendment One

On May 8, 2012, the people of North Carolina will be voting on Amendment One, a constitutional amendment that reads: "marriage between one man and one woman is the only domestic legal union that shall be valid or recognized in this state." Marilyn Jody and others at St. David's are trying to raise awareness of the proposed amendment in the hope that it will be defeated in the upcoming May 8 primary election. To quote Marilyn, "I am sickened by the thought that ignorance and hate, especially in the name of morality, can be used to deny equality under the law to any citizen. That I will continue to be denied my rights as a citizen is not a surprise. Same sex marriage is already prohibited in North Carolina. Only federal action will change anything. But this reaffirmation of anti-gay hate in North Carolina, as promulgated in the name of Christianity and exploited by politicians, makes me profoundly sad. To read more about the consequences of passage of the amendment please [click here](#)."

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](#)

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



M&M booklets should have arrived at your parish by now. You can view the whole booklet online also at www.diocesewnc.org. Click on May 5. To “frost the cake” with great information, The Rev. Randy Ferebee found this excellent, short video. Please do watch it so you will have a better understanding of what Missional Church is all about!

<http://www.youtube.com/watch?v=K4k706Xf4oc&feature=related>. The vision of a missional congregation invites us to make all of the being and doing of the church (as the people of God) to be shaped by what God intends for the world. What shifts did you discern need to be made after viewing the brief video? What is the shape of your congregation? Learn so much more at the Mission and Ministry Conference on May 5th. Bring a large, eager team from your church. You must register by April 20 for the best rate (\$25).

Kathy Atkinson, M&M Conference Chair

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

TUESDAY, APRIL 3, 2012

Our Gatekeeper Selves

In *Gone With The Wind*, Scarlett O'Hara famously says, "I can't think about that right now. If I do, I'll go crazy. I'll think about that tomorrow."

What is the 'That' we can't think about right now? And who is it, what part of 'me' or 'you' is always deciding what makes us crazy (or not) and when we'll get around to thinking about it?

Who is the Gatekeeper? Who is it that lets some thoughts in, keeps some thoughts out, and either makes time or not for attention?

One of the psalms says "I'd rather be a gatekeeper in God's house than live comfortably in the tents of the wicked." (Apparently, the wicked lived better than temple gatekeepers.)

I don't want to push the metaphor too far, but it's not much of a stretch to experience our own *self*, our own *being*, as a temple, a holy place, a place where God, where *Being* is.

One of the first jobs of mindfulness is learning how to be a decent gatekeeper. God's not interested in keeping the riffraff out of the Temple. And, as we began to witness and experience how limiting it is to live fragmented, un-whole lives, neither are we. We want each bit of our scattered selves to come in out of the rain.

Jesus said, Come to me all you who are weary and burdened and I will give you rest. We could inscribe those words on the gate. Or maybe they're already inscribed there--and our untrained gatekeeper selves have been so busy excluding worrisome 'stuff' to notice.

We have a lot of thoughts, memories, worries, pains that need a place to rest. Yet our gatekeepers often block their entry.

When I get still enough to notice, my gatekeeper self often seems to be 'me' as a boy. Younger than Scarlett, yet still overwhelmed by certain aspects of life. Scared because certain issues in life seemed too dangerous to let in. I didn't know what to do with them--so it just seemed 'best' or sometimes 'necessary' to keep them out.

Who trained me to do that? Nobody, I suppose. Fear, self-protection 'trained' me.

You? Who trained your gatekeeper self?

All of us, over time, need to retrain the gatekeeper. Let him see for himself there's Somebody inside that knows how to work with 'crazy.' Let her see and experience for herself the safe, sacred space where the weary and burdened begin to find rest.

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.