

The Coracle

St Davids Cullowhee



April 15, 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 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
Sun	May 13	6 th Sunday of Easter
Sat	May 19	Yoga Workshop & Indian Dinner
Sun	May 20	7 th Sunday of Easter
Sun	May 17	Pentecost
Sat	Jun 9	Travelling Light Café 9:30 am-12:30 pm
Mon-Thu	Jun 18-21	Vacation Bible School at Cullowhee Methodist

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.

Serving this Sunday Holy Eucharist

Reader: Muff Lyons

Chalice: Nancie Wilson

Coffee: Sandy & Elizabeth Frazier

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

The Gospel

John 20:19-31

When it was evening on that day, the first day of the week, and the doors of the house where the disciples had met were locked for fear of the Jews, Jesus came and stood among them and said, "Peace be with you." After he said this, he showed them his hands and his side. Then the disciples rejoiced when they saw the Lord. Jesus said to them again, "Peace be with you. As the Father has sent me, so I send you." When he had said this, he breathed on them and said to them, "Receive the Holy Spirit. If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained."

But Thomas (who was called the Twin), one of the twelve, was not with them when Jesus came. So the other disciples told him, "We have seen the Lord." But he said to them, "Unless I see the mark of the nails in his hands, and put my finger in the mark of the nails and my hand in his side, I will not believe."

A week later his disciples were again in the house, and Thomas was with them. Although the doors were shut, Jesus came and stood among them and said, "Peace be with you." Then he said to Thomas, "Put your finger here and see my hands. Reach out your hand and put it in my side. Do not doubt but believe." Thomas answered him, "My Lord and my God!" Jesus said to him, "Have you believed because you have seen me? Blessed are those who have not seen and yet have come to believe."

Now Jesus did many other signs in the presence of his disciples, which are not written in this book. But these are written so that you may come to believe that Jesus is the Messiah, the Son of God, and that through believing you may have life in his name.

Spring Wine Tasting

Friday, May 4

6:30-8 pm

Canterbury House

Sign up on the sheet in the Parish Hall or email Vance Davidson vance@regionakids.org. Invite your friends and neighbors!



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.

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Gracious Space

June Smith, Maggie Bowles, and Michael Hudson went before the Fiscal Committee of the Diocese on Tuesday and received approval for St. David's to receive a \$25,000 interest-free-loan with a five-year term to be used towards the building project. The Fiscal Committee will also recommend that the Diocesan Foundation give us up to an additional \$25,000 grant when it meets in June. June and Maggie are shown at right, relaxing after the meeting.



Find the Flower

CHALLENGE



Wild geranium (G. maculatum) is an erect rhizomatous perennial that grows to a height of 12-24 inches. The largest of the deeply cleft leaves are 2-4 inches wide, and the flowers may be 1 inch or more across.

Wildflowers of North Carolina, Justice & Bell

Garden Guild Update

There is an updated page on the [website](#) where you can find information about Garden Guild plans. There is a running list of items for Armando, the groundskeeper, to help with as time permits. There is also a link for notes from the Garden Guild meetings. In the works: placing a line of large stones to the left of the driveway as you enter to define the parking spaces there and act as a barrier to protect the church sign. The damaged sign has been repaired and will soon be repainted and placed in a new stone enclosure near the road. Betty Lynn Kirwan will design the enclosure and flower bed, which, with Armando's help, will incorporate stones from the present "heather" bed. Haidee Wilson will be planting Lenten Roses in the wooded area as a memorial to her late husband, Paul Gehring. Laurie Hulbert and Linda Kinnear are gathering information regarding possibly selling some of the larger plants, and there may be a unique "yard sale" in the works.

Parish News & Notes

Anniversaries

- Apr 17 **Dottie Brunette & Jane Brown**
- Apr 21 **Susan & Charles Rush**
- Apr 22 **Alice Mason & Nancie Wilson**

Birthdays

- Apr 15 **Bill Kirwan**
- Apr 19 **John Overbey**
- Apr 20 **Zoe Tomczak**
- Apr 21 **Gael Graham, Joe Reily**

Melba Cooper had hip-replacement surgery this week; she is doing well and coming home on Friday (4/13). She could use a **bath stool or bench** if anyone has one they could share for a while.

Speedwell Road Safety Issue

Fellow St. Davidites,

I am sharing this information about the traffic situation on Old Speedwell road with you so that, once informed, you may provide support for a proposed investigation by the DOT of the safety record on the road and its condition in the hope that this will lead to installation of guard rails or other safety measures. As to what form this support might take, I hope you will use your own experience and knowledge of the County to arrive at tactics with which you are comfortable. It would be helpful if you would contact the DOT District Engineer, Mr. Woodard, the County Commissioners, the Highway Patrol, the Sheriff's Department and any of the listed principals you know and feel comfortable contacting.

To share a couple more thoughts of mine, I feel that both the University and Catamount Peak have a major responsibility for the safety of the students who use the road. The University has benefited by privatizing part of its dormitory needs, the "Peak" is benefitting by a captive rental market; both should do what needs to be done to address their responsibility regarding safety.

Thanks for your help,
George Holmes

Mr. Jonathon Woodward, P.E., DOT
District II Engineer 828-497-7333

Dr. Sam Miller, Vice Chancellor for
Student affairs, sam.miller@wcu.edu

Ernie Hudson, WCU Chief of Campus
Police, ehudson@wcu.edu,
828-227-7301

Joe Walker, WCU, Facilities
Management Director
jwalker@wcu.edu, 828-227-7226

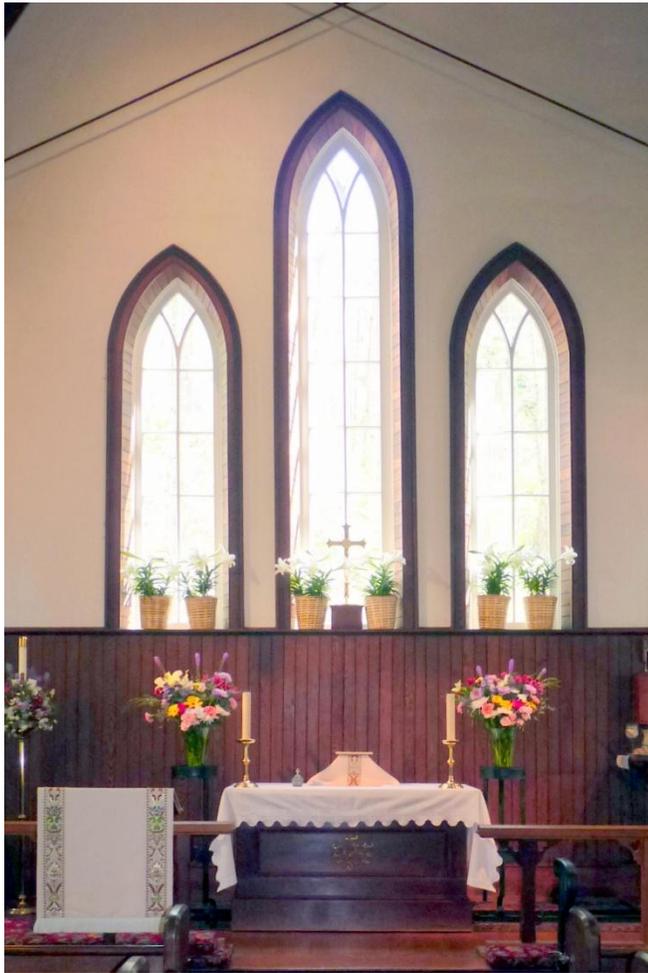
Brenda Holland, Community Manager,
Catamount Peak Apartments,
828-293-9930,
BHOLLADN@CATAMOUNTPEAK.COM

Help Defeat Amendment One

VOTE
AGAINST
AMENDMENT
ONE
MAY 8, 2012

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](#).

Easter Pictures



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](#).

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.

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.. You must register by April 20 for the best rate (\$25).

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
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](#)

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 10, 2012

More Capacity Than We Know

We have more capacity than we know. We, our 'selves', are More than we know. But our culture, our families, our basic instincts don't really 'know' this.

And so we experience and navigate a diminished life.

The word *diminished* comes from the Latin *minutia*, 'smallness.' Being so deeply immersed in *little* things, we rarely see and so don't 'believe in' and rarely experience *Bigness*.

Intentional awareness (mindful practice) is one the wisest ways we've figured out over millennia to get beyond smallness. When we're intentionally aware, we pay such attention to the minutia that we finally begin to see it for what it is.

And, amazingly, the very experience of seeing it for what it is AND holding it as it is shows us our bigness.

We're BIG ENOUGH to hold it--with room to spare.

And in this ROOM TO SPARE we begin to experience another whole dimension of life.

Stuff that scares us, bores us, challenges us--we can stop avoiding it and start to let it into awareness where it begins to become obvious what to do with it.

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.