

The Coracle

St Davids Cullowhee



April 22, 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 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 27	Pentecost
Sun	Jun 3	Trinity Sunday
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: Eric Hendrix
Chalice: Whoever the Spirit calls
Coffee: Joanne Cleary, Marilyn Jody
Organist: Brad Martin
Readings: [Acts 3:12-19](#), [Psalm 4](#)
[1 John 3:1-7](#), [Luke 24:36b-48](#)

Serving during April

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

Serving during May

Bread: John Slater
Flowers: Rosa Reily & Chad Hallyburton
Linen: Nan Watkins
Eucharist: Muff Lyons & Carole Wood

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

Luke 24:36b-48

While the disciples were telling how they had seen Jesus risen from the dead, Jesus himself stood among them and said to them, "Peace be with you." They were startled and terrified, and thought that they were seeing a ghost. He said to them, "Why are you frightened, and why do doubts arise in your hearts? Look at my hands and my feet; see that it is I myself. Touch me and see; for a ghost does not have flesh and bones as you see that I have." And when he had said this, he showed them his hands and his feet. While in their joy they were disbelieving and still wondering, he said to them, "Have you anything here to eat?" They gave him a piece of broiled fish, and he took it and ate in their presence.

Then he said to them, "These are my words that I spoke to you while I was still with you-- that everything written about me in the law of Moses, the prophets, and the psalms must be fulfilled." Then he opened their minds to understand the scriptures, and he said to them, "Thus it is written, that the Messiah is to suffer and to rise from the dead on the third day, and that repentance and forgiveness of sins is to be proclaimed in his name to all nations, beginning from Jerusalem. You are witnesses of these things."

Spring Wine Tasting
Friday, May 4, 6:30-8 pm, Canterbury House

This is a friendly reminder that St. David's Spring Wine Tasting "fun-and-fund-raiser" is coming up Friday evening, May 4, at 6:30 pm in the Canterbury House Great Room. These tastings are a great opportunity for re-stocking your personal wine cellar at a very reasonable cost. In addition to being a good fund-raiser for parish outreach projects, they are also a great opportunity to introduce others to the parish; be sure to bring a friend (or 2 or 3!). Our good friend Sonia Hooper will be there to guide us through the tasting list, with her insightful comments about flavors, pairings, and other wine-related matters.

Only light snacks are served during the tasting, so please have supper before you come. And a reminder that the wines are sold only by the case at these tastings. If you want less than a case, you must work out an arrangement with friends to split the case. Then the entire case must be ordered and paid for by one person with the 'banking' arrangements on that purchase worked out between the buyers. We can only accept payment for whole cases.



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.

Rest in Peace

Gretchen Whitley

Beloved mother of
Pat Steinbrueck

Gretchen, who turned 91 on March 24, died last Saturday.

A memorial service will be held at St. David's on
Tuesday, April 24 at 7 pm.

Donations in Gretchen's memory can be made to Jackson County
Adult Day Care, 100 County Services Park, Sylva, NC 28779.



Find the Flower

CHALLENGE



Wild comfrey (Cynoglossum virginianum) has large oblong or broadly lance-shaped basal leaves. The flowers are blue or pale lilac. The upper stem leaves are few, and have a heart-shaped, clasping base. The stem is covered with bristly hairs. Look off of the upper trail for this flower.

Newcomb's Wildflower Guide

Gracious Space

The Parish Hall Building Committee conducted follow-up meetings with three contractors this week and is sorting through a large amount of diverse information. They expect to identify a contractor very soon for recommendation to the Vestry. The process of determining what the final project will include and look like will begin shortly. Because of issues of cost, engineering and building access, the hall may not look exactly like the drawings previously presented. However, it will be functional, aesthetically pleasing, and the congregation will be kept informed as the process unfolds.

Garden Guild Update

Thanks and recognition are due this week to Betty Lynn Kirwan, Linda Kinnear, and Muff Lyons who spent time working on the grounds and green space.

Parish News & Notes

Anniversaries

- Apr 21 **Susan & Charles Rush**
- Apr 22 **Alice Mason & Nancie Wilson**
- Apr 27 **John & Gracia Slater**
- Apr 29 **Muff & Bill Lyons**

Birthday

- Apr 21 **Gael Graham, Joe Reily**
- Melba Cooper** continues to improve following her recent hip replacement surgery.

Transportation Team

If you are not yet a member of the TT, and you have time occasionally to drive someone to an appointment, please contact Claire Marsh clairemrsh@gmail.com. She will add you to the list of folks who will receive an email when someone needs a ride. Thanks!

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](#)."

**VOTE
AGAINST
AMENDMENT
ONE**
MAY 8, 2012



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



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](#).



Eric & Friends will be playing in Franklin Saturday April 21st at [the Rathskeller Coffee Haus & Pub](#) in Downtown Franklin 8:15 until 2 or 3 in the morning (i.e. until George kicks us out!). Look forward to seeing you there!

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

SUNDAY, APRIL 15, 2012

Remembering to Breathe

**Mindful Presence
is like breathing.
Just as life-giving
and life-sustaining.**

**It's just that
this time
we have to discover
its necessity
ourselves.**

And remember.

**Remember
to open our lives
to God's Breath
every second.**

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.

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](#)