

# The Coracle

St Davids Cullowhee



April 29 2018

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 29	Easter 5 <b>Soup &amp; Bread Community Supper 5-7 pm</b>
Tue	May 1	Accessible Mindfulness 10 am
Sat	May 5	Monthly Mindfulness 10 am
Sun	May 6	Easter 6 1 <sup>st</sup> Sunday collection for Neighbors in Need
Tue	May 8	Vestry Meeting 5:30 pm
Sun	May 13	Easter 7 Beans & Rice Sunday, Mother's Day
Tue	May 15	Accessible Mindfulness 10 am
Sun	May 20	Pentecost, Children's Sermon
Sun	May 27	Pentecost 1, Trinity Sunday
Sat	Jun 2	Monthly Mindfulness 10 am
Sun	Jun 3	Pentecost 2, 1 <sup>st</sup> Sunday Collection for United Christian Ministries
Tue	Jun 5	Accessible Mindfulness 10 am
Fri-Sat	Jun 8-9	Cold Mountain Music Lake Logan
Sun	Jun 10	Pentecost 3 Beans & Rice Sunday
Sun	Jun 17	Pentecost 4 Children's Sermon
Tue	Jun 19	Accessible Mindfulness 10 am
Sun	Jun 22	Pentecost 5

**Childcare is available during the church service.**

## Serving this Sunday

Chalice: Vance Davidson

Reader: Paul Cooper

Music: Nan Watkins

Coffee:

Readings: [Acts 8:26-40](#), [1 John 4:7-21](#),  
[John 15:1-8](#), [Psalm 22:24-30](#)

## Serving during April

Bread: Jane Coburn

Flowers: Donna Ross

Linen: Gael Graham

Eucharist: Muff Lyons &

Gael Graham

Greeters: Steve & Pat Steinbrueck

## Serving during May

Bread: Wesley Satterwhite

Flowers: Rosa Reily

Linen: Gerlinde Lindy

Eucharist: Muff Lyons &

Laurie Hulbert

Greeters: George Rector & Joan Byrd

## The Gospel

Jesus said to his disciples, "I am the true vine, and my Father is the vinegrower. He removes every branch in me that bears no fruit. Every branch that bears fruit he prunes to make it bear more fruit. You have already been cleansed by the word that I have spoken to you. Abide in me as I abide in you. Just as the branch cannot bear fruit by itself unless it abides in the vine, neither can you unless you abide in me. I am the vine, you are the branches. Those who abide in me and I in them bear much fruit, because apart from me you can do nothing. Whoever does not abide in me is thrown away like a branch and withers; such branches are gathered, thrown into the fire, and burned. If you abide in me, and my words abide in you, ask for whatever you wish, and it will be done for you. My Father is glorified by this, that you bear much fruit and become my disciples."

## Soup & Bread Community Supper

**Sunday, April 29**

**5-7 pm**

Donations benefit Macon CareNet

**All are welcome!**



## Consenting to the Divine Will

By The Rev. Dr. Valori Mulvey Sherer

Every Sunday at our Eucharistic gathering we pray together the prayer our Savior taught us, which we've adapted from the gospels of Luke and Matthew where Jesus said to his disciples: "Pray then in this way: Our Father in heaven, hallowed be your name. Your kingdom come. Your will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we also have forgiven our debtors. And do not bring us to the time of trial but rescue us from the evil one." (Mt 6:9-13)

We pray believing that God hears and answers our prayers. We pray not so much to ask for what we need or want – God already knows that and is answering our prayers before we ask – but in order to bring ourselves into the presence of God whose Spirit fills us and leads us to wholeness again and again, all the days of our lives.

When we pray that God's will be done on earth as it is in heaven, we know that this is already happening. That can be both comforting and frightful when we think about it. If God's Spirit is in us, then what happens to us happens to God who is in us. Therefore, when we see the face of a suffering child of God, we see the face of God. When we give comfort to one of the least in the kingdom (or when we don't), we give comfort to God (or we don't).

When we pray for God's will to be done, it's because the only other option is our will and even in our least humble moments, we know our will isn't sufficient. We know our best gifts and greatest compassion and most self-sacrificing love can't bring about reconciliation of the world to God. Only God can do that – and God chooses to do that continuing work through us.

When we pray that God's will be done on earth as it is in heaven, we are inviting God to change us. Because we have free will, we can choose to step out of God's path for us; sometimes we look up and find that we have stepped out of the path of God without realizing it. Mindlessness and habit can lead us to that. Prayer restores us, returns us, reconciles us back into God.

Prayer is our way of consenting to be brought back into cooperation with the divine will. This is why Jesus reminds us to pray trusting in the steadfast love, mercy, and compassion of God who provides what we need as we need it. When we truly believe that, then we become sources of that abundance to others. We are unafraid to "give it away" because we know there will always be more, there will always be enough.

Jesus concludes this conversation in the gospel of Matthew with an injunction against worrying saying, "Therefore do not worry, saying, 'What will we eat?' or 'What will we drink?' or 'What will we wear?' [I'd add: How will we keep our church alive and well?] For it is the Gentiles who strive for all these things; and indeed, your heavenly Father knows that you need all these things. But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well." (Mt 6: 31-33)

Faithfully yours,

A handwritten signature in cursive script that reads "Valori" followed by a plus sign.

## Notes from the Interim Rector

### Intinction reminder:

Intinction is the practice of dipping the communion bread into the chalice rather than drinking from the chalice. Many people choose this method of receiving communion to avoid passing or receiving germs.

For the sake of everyone's health, I ask again that everyone refrain from intincting the bread yourself and allow the chalice to do that and hand it to you. Here's why...

According to the Centers for Disease Control, "Within the CDC, the consensus of the National Center for Infectious Diseases and the National Center for Human Immunodeficiency Virus, Sexually Transmitted Diseases, and Tuberculosis is that a theoretic risk of transmitting infectious diseases by using a common communion cup exists, but that the risk is so small that it is undetectable" provided certain practices are in place.

Thankfully, it is our practice to use a silver chalice which actually makes the common cup very safe. Silver renders most microorganisms inactive. In addition, the chalice bearers will be required to use hand sanitizer prior to serving the cup at communion and are being trained on how to wipe the cup (inside and outside the rim with a clean portion of the cloth) and turn it one-quarter turn between each

communicant. This ensures that any germs that survive being wiped wait through three people before there is opportunity to make contact with a person again. This amount of time further limits the likelihood that germs could be passed. Finally, the cup contains real wine and alcohol kills most germs.

Done this way then, **the possibility for passing germs is practically non-existent... unless people are reaching their own hands into the cup.**

Below are links to several articles posted online in Episcopal, Anglican, and scientific sites about this. **The bottom line is this: receiving communion by drinking from the common cup is safe when offered as described above or by allowing the chalice to dip the bread, then hand it to the communicant.** For those who need to be extra careful, please remember that the fullness of the sacrament of communion is received when one partakes of one (bread only) or both (bread and wine) forms.

Links:

<https://www.episcopalnewsservice.org/2018/02/02/this-flu-season-congregations-urged-to-take-common-sense-health-precautions/>

<http://www.ntnl.org/wp-content/uploads/2014/07/Common-Cup-CDC.pdf>

<https://www.anglican.ca/faith/ministry/euc-practice-infection/>

<https://www.diocesenyn.org/administration/for-clergy/liturgical-and-sacramental/intinction/>



Paul Cooper and a week-old baby goat at Lydia and Quentin's barnyard. Delightful Dine Around evening with Jake and Faye Jacobson. Such a treat to visit the peaceable kingdom. Photo and caption by Melba Cooper.



Please take a photo when you have your meetings and send it in for publication along with a few words about it:

[magbowles@gmail.com](mailto:magbowles@gmail.com).

# Parish News & Notes

Congratulations to Johanna Vinyard who received the 2018-19 American Association of University Women (AAUW) Fellowship with a cash award to continue her autism research. She also received the Faculty Scholar Award for her college.



Prayers for Newt Smith and his family as he continues to recover from a stroke.

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## Lois Tebo's Latest Pilgrimage

By Sandy Frazier

Actually, Mom's latest journey began in June, 2015. Our extended family had gathered in Clemmons, NC, for Corine's wedding (Mom's great granddaughter). On the appointed day at 5:30 am, the emergency fire alarm at our hotel sounded, and Mother jumped from her bed. Being disoriented she fell over a bench at the foot of the bed and broke her hip. By that afternoon she sported a new hip and before very long she was up and about, albeit with a new walker. For the next several years she remained at home with the help of family members and Joan Bishop, a part time CNA. She did very well, taking care of herself and, while able to get around, one could tell that her memory was receding rapidly.

On March 28, 2018, one day before her 98<sup>th</sup> birthday, she fell sometime during the night and was not found until the morning. (We were in the process of installing a video monitoring system for just such an event.) She did have a Phillip's Lifeline System but was not wearing it at the time. She spent one week in Mission Hospital in Asheville where, at one time, they pronounced her at "death's door step." That was on Saturday, March 31<sup>st</sup>; she was totally unresponsive to any type of stimulation. Elizabeth and I attended St. David's Easter Service where she was prayed for. We drove to Asheville expecting the worst, but instead found her sitting up in bed smiling and laughing. [Another Easter Miracle!](#)

Several days later we brought her home to Franklin, not to her home but to the **Franklin House**, an assisted care facility. She is currently residing in room 402 of the Special Care Unit. Of course, she wants to return to her home in Holly Creek about 10 minutes away, but not being able to walk (she is now wheelchair bound) precludes that. Mom complains about the food yet eats nearly every bite served to her. She tells us that they are not taking care of her and the next minute tells us how wonderful everyone is at the facility. One of her biggest complaints is "they won't serve me a glass of red wine in here!" However, she receives cards and letters almost every day from a loving extended family, still smiles and laughs a lot, and someone from our family visits her every day.

Valori came to visit Mom on Sunday evening and gave her communion. One could tell from her reaction that she really appreciated that visit. While Mom's short-term memory is gone, and she can't remember who visited her earlier in the day, she remembered on Monday morning that "someone" came and gave her communion. While she probably won't remember your visit, you are all invited to stop by and see Lois in her "New Digs." Visiting hours are from 8 am to 8 pm. Lunch and dinner hours are 12 noon and 5 pm, and you can join her for some of that "terrible" food for only \$2.00 a plate. Thanks to all of you for your continued support and your continued prayers.



With much love and appreciation,  
Sandy and Elizabeth Frazier

## Earth Day 2018



### Reflection/Offering of gifts.

**1. Water:** Water is the source of all life. It is pure and refreshing. It flows, cleans, and nourishes. Water is a vital element we must take care of. Through the water cycle we are intimately connected to all of creation. As we offer this jug of water, let us remember how essential it is to all life on our planet. Let us strive to always care for it, use it wisely, and help keep it clean of pollution.

**2. Soil:** We offer up this pot of soil to remind us of all the minerals and unseen resources it holds. Sometimes we forget that the earth we walk on is, like water, another source of life. From it, plants, trees, and all living creatures are nourished. We harvest its minerals and rocks to build our homes and cities. Let us remember to care for our earth and harvest its resources in moderation.

**3. Seeds:** As we offer up these seeds, we are reminded of the potential they possess. Seeds, if cared for lovingly and properly, grow, mature, and bear fruit. Like the seed, we too need to be loved, cared for and nurtured by all those around us in order to grow to our full potential as disciples of Christ. When we look at these seeds let us remember not only our potential, but that we need to love and care for others as well.

**4. Plants and Animals** (stuffed toy and plant) In the scripture reading, we heard how God appointed us to take care of the earth and the plants and animals. We realize that we are integrally connected to all living things through the food chain and the elements of the earth. As we offer up this plant and this animal, let us remember to make wise decisions and treat all living creatures with kindness.

**5. Cross:** We offer this cross to remind us of the profound love of God. Through His compassion, He gave us life and made our beautiful world. Let us remember to give thanks to Him always and praise Him for His wondrous creation. We give thanks that God so loved the whole world that he sent his son Jesus.



Margot Wilcox was recognized and honored for her (approximately) twenty years of service as treasurer for St. David's Episcopal Church.



*Dearest St. David's Family,*

*You really did take me by surprise last Sunday! Whenever I wear the beautiful Celtic Cross pendant, I will remember your smiling faces and be thankful for your love. And the Green Man, that ancient symbol of our unity in creation, has wonderful associations for me and will be greatly treasured, too. Thank you!*

*Serving as treasurer has been an honor and a pleasure for me. It's a job that reveals the heart of a parish -- and this is such a generous one in so many ways! I am blessed to have a small part in it.*

*Peace & love,  
Margot*

## In Our Community and Beyond...

### Dinner for the Belchers

Recently Eric Hendrix from St. David's Episcopal Church and Steve White and Paul Stephen Heckert from Cullowhee Methodist Church made dinner for Western Carolina University Chancellor David Belcher and his wife Susan. Eric provided the fish and seafood. Paul cooked in the Cullowhee Methodist Church kitchen, and Steve delivered. We continue to keep the Belchers in our prayers.

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[Episcopal Relief & Development Double Your Gift Challenge](#)



3.26.18

Dear St. David's Episcopal Church,

We cannot thank you enough for your recent donation of \$177. Please know how much your gift has helped us at Clean Slate and how much we appreciate it.

Sincerely,

Paige Gullin

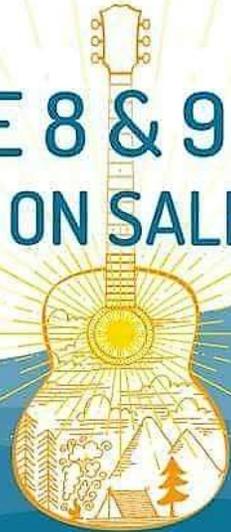
**A Thank-You Note from Clean Slate**

*From the Diocese*

# COLD MOUNTAIN MUSIC FESTIVAL

— AT LAKE LOGAN —

JUNE 8 & 9 2018  
TICKETS ON SALE JAN 30



SHOVELS & ROPE  
MANDOLIN ORANGE

RIVER WHYLESS + THE STEEL WHEELS  
JON STICKLEY TRIO + THE BROADCAST  
KENNY GEORGE BAND + AND MORE TBA SOON!

TICKETS AND MORE INFORMATION AVAILABLE AT [COLDMOUNTAINMUSIC.ORG](http://COLDMOUNTAINMUSIC.ORG)  
BENEFITING LAKE LOGAN AND CAMP HENRY + TENT CAMPING AVAILABLE!

Cold Mountain Music Festival takes place this year June 8-9 at Lake Logan. The event raises funds and awareness for Lake Logan and Camp Henry. Cold Mountain Music Festival features top-notch musical talent, amazing local food & drink vendors, a kid's area, and more all in one of the most pristine settings imaginable. The centerpiece of the 300-acre property is a mile-long lake surrounded by the Shining Rock Wilderness Area of Pisgah National Forest.

Purchase tickets and learn more [here](#).



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## IMAGINE WHAT WE CAN DO TOGETHER

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Blue Ridge Health is committed to providing access to quality healthcare for **everyone** who needs it.

To honor this commitment we depend on community support. We depend on **you**.

Please join us as we Open Doors to Health during an entertaining evening of community giving to benefit Blue Ridge Health in Jackson, Haywood, and Buncombe Counties. This event is a new and exciting opportunity to make a difference in the lives of those who live in our area. **Together** we will celebrate how far we have come with your support and unveil our vision for a healthier community through comprehensive, affordable care.

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**PLEASE SAVE THE EVENING OF MAY 19, 2018**

Generously Hosted and Supported by  
**Harrah's Resort Hotel**

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*Formal Invitation to Follow*



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### **Meditation Opportunities at St. David's**

**Accessible Mindfulness: 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays, 10-11:15 am.** This is especially geared for those new to mindfulness meditation.

**Monthly Mindfulness:** First Saturday of each month from 10 am until noon in the Parish Hall.

#### **Other Meditation Opportunities**

**WCU Mindfulness and Meditation:** Thursdays at 4 pm 224 Bird Building. For details, call 227-7469 and ask for Michelle. To view a flyer, [please click here](#).

**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.

#### **Virtual Closet**

If you need medical-related equipment or have something you can offer, contact Claire Marsh: [clairemrsh@gmail.com](mailto:clairemrsh@gmail.com) She keeps a list of who has what to facilitate sharing.

#### **Box Tops for Education**

There is a basket under the white board in the Parish Hall where you can place any of these box tops you may have. This is an ongoing project for our children.

<b>Regular</b>	Mondays 9-10:30 am	Centering Yoga
<b>Activities</b>	Mondays 10:30 am	Cullowhee Men's Group
	Tuesdays & Thursdays 6:30 am	Sunrise Strength Flow Yoga
	1 <sup>st</sup> & 3 <sup>rd</sup> Tuesdays	Accessible Mindfulness
	1 <sup>st</sup> Saturdays 10 am	Monthly Mindfulness
	Last Sundays 5-7 pm Sept-May	Soup/Bread Community Supper

**St. David's Links and Contact Information:**

Website: <http://www.st-davids.org/> [Lectionary Page 2018](#)

Newsletter editor: Maggie Bowles: [magbowles@gmail.com](mailto:magbowles@gmail.com)

Church phone # and email: 828-331-1427

[interimvmsherer@gmail.com](mailto:interimvmsherer@gmail.com)

Mailing address: PO Box 152, Cullowhee, NC 28723

[Altar Guild Schedule 2018](#)

[Greeter Schedule 2018](#)

**Diocesan Links:**

[Diocese of Western North Carolina](#)

The Rt. Rev. José A. McLoughlin,  
Bishop

[Sign up for Diocesan Newsletter](#)

[Camp Henry Facebook page](#)

[www.lakelogan.org](http://www.lakelogan.org)