

The Coracle

St Davids Cullowhee



May 6, 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	May 4	Spring Wine Tasting 6:30 pm
Sat	May 5	Monthly Mindfulness 10 am
Sun	May 6	5 th Sunday of Easter
Mon	May 7	NO YOGA
Tue	May 8	Vestry Meeting 5:30 pm
Sun	May 13	6 th Sunday of Easter, Mother's Day Jubilate Deo performs <i>We Are</i>
Sat	May 19	Yoga Workshop & Indian Dinner
Sun	May 20	7 th Sunday of Easter, Godly Play
Sun	May 27	Pentecost Jubilate Deo <i>Contemplation</i>
Sat	Jun 2	Monthly Mindfulness 10 am
Sun	Jun 3	Trinity Sunday
Wed	Jun 6	Healing Prayer 5:30 pm
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: Vance Davidson
Chalice: Curtis Wood
Coffee: Donna Ross/Frank Lockwood
Organist: Nan Watkins
Readings: [Acts 8:26-40](#), [Psalm 22:24-30](#)
[1 John 4:7-21](#), [John 15:1-8](#)

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

John 15:1-8

Jesus said, "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."

Monday, May 7 NO YOGA Chad will be out of town.

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**

The Yog-Bhoj workshop is FULL. If you'd like to have your name added to the waiting list, please contact Chad at 508-2501 or centeringyoga@yahoo.com. Already registered? Payment due by May 10.

All profits will go to *CLEAN SLATE* to further their efforts to support women transitioning from incarceration to responsible freedom. **Suggested Minimum Donation: \$35.00**

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.

Gracious Space

The Building Committee met this week with representatives from Clark and Leatherwood, the contractors selected for the building project, and their architect Odell Thompson. They reviewed the contract and also the design-build process. The contract will be signed once everyone has had a chance to carefully read through it, and the design meetings will begin in about a week.

Find the Flower CHALLENGE

Pipsissewa, or Prince's Pine (*Chimaphila umbrellata*) is an erect plant with dark green and shining evergreen leaves. Flowers are white or pinkish, waxy, ½" wide, in a small cluster. Leaves are finely-toothed, wider toward the tip and mostly in whorls, 4-10 inches high.

Newcomb's Wildflower Guide, Lawrence Newcomb



Parish News & Notes

Birthdays

May 8 **Karen Brown**
May 9 **Tom Wilcox & Maggie Bowles**

Paul and Melba Cooper wish to thank everyone who sent meals during Melba's recovery after her hip replacement surgery. They have placed various food containers in the Parish Hall for people who sent food to retrieve.

Mary McGlaufflin's brother, who had Down Syndrome, passed away on Wednesday. There will be a service at St. Paul's United Methodist Church in Asheville at a time yet to be determined. This message is from Mary:

Thanks so much for your thoughts and prayers; they mean more than you can know. Butch made a peaceful transition this morning. I was blessed to be with him. He truly was a gift to this world and blessed so many lives with his innocent and gentle playfulness. I will miss him, but rejoice he is no longer trapped in a body that had worn out.

I am so grateful that he was in my life, and I am grateful for the kindnesses of people like all of you. You, too, are great gifts to me, and to this world.

Mary

New Coracle Feature

Many of us travel from time to time, some of us go to Florida for the winter and return at various times, we have company, enjoy an auction item purchased earlier, and sometimes we just have something interesting going on. This will be a space where little pieces of news can be shared. Of course, it is up to each individual to decide what they would like to share, unless the editor just happens to know of something interesting. At any rate, everyone is encouraged to share their interesting tidbits--just send a quick email message to magbowles@gmail.com and if you possibly can, include a picture.

Good People of St. David's
Where are you?
What are you doing?
GPS

The Slaters have just returned from what apparently was an exceptional trip to Hawaii with their children and grandchildren.

Newt and June Smith are currently enjoying exploring Italy, and are due to return on May 8.

Muff Lyons and Gracia Slater did a 25 mile hike on Wednesday from Newfound Gap out the AT and down Snake Den Ridge to Cosby campground--along with a group of 26 hikers from Tennessee.

Eric & Friends this Saturday 5 May @ City Lights Cafe, 7 pm downtown Sylva.



Looking forward to sharing a great evening with you this Saturday night. Grab some friends

together; step out into a great May evening. Don't forget to stop in for a visit to [City Lights Bookstore](#), check out Chris and Co's latest selection of great reads!



Lydia Aydlett had her sister Virginia and brother-in-law Gary visiting this week. She entertained them with rafting and hiking adventures. The feet sticking up belong to Jim Bowles, shown as he was being thrown overboard at the Nantahala Falls.

Chad Hallyburton is starting a new Dynamic Flow yoga class at Sylva Yoga (above Lulu's restaurant). The class will meet 5:45-7:15 pm on Tuesdays, beginning on May 8.

Follow Chad's yoga philosophy blog at www.centeringyoga.blogspot.com

You are cordially invited to the First Dance Recital of Miss Heidi Rose Dinkelmeyer



“France” will be represented by the three- & four-year-old class.



The Triple Threat Performing Arts Academy

Spring Dance Recital

“Around the World”

2 pm, Sunday, May 27, 2012

The Fine & Performing Arts Center
Western Carolina University

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, May 2, 2012

SLOGGING IN THE RIGHT DIRECTION

I emphasize the commitment to embodied practice a lot--to myself and to others--because it's so helpful, because it's essential, and because our culture so often resists and dismisses the need for slow, slogging, drudge work in favor of induced epiphanies and quick fixes.

Slow, slogging, drudge work in service of continued wise and healthy formation of body, mind, and soul is a wonderful thing.

Epiphanies feel decisive--yet they often aren't. We, our perspectives, the world (!) can seem fresh and transformed in epiphanal moments. Yet always we come back to the world as it's usually experienced: with one possible (and decisive) difference.

If before the epiphany we were headed in the 'wrong' direction, and after the epiphany we are headed in the 'right' direction, everything IS different.

What, in our deepest and truest experience of life and ourselves, do we love, recognize, and value most? Turning toward THAT is the wisest thing we'll ever do. Life in many ways will still be a slow and steady slog, but now it will be a slow and steady slog slowly and steadily taking us deeper and deeper into wholeness and our heart's desire.

After a decisive turn like this, it's just a matter of regularly checking the compass and reorienting--and our many ongoing epiphanies are mostly just delightful confirmations that we're slogging in the right direction. Alleluia.

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](#)