

The Coracle

St Davids Cullowhee



May 13, 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	May 13	Easter 7 Feast of the Ascension Beans & Rice Sunday, Mother's Day
Tue	May 15	Accessible Mindfulness 10 am
Fri-Sun	May 18-20	Vestry Retreat
Sun	May 20	Pentecost , Children's Sermon
Sun	May 27	Pentecost 1, Trinity Sunday
Sat	Jun 2	Monthly Mindfulness 10 am Cancelled
Sun	Jun 3	Pentecost 2, 1 st Sunday Collection for United Christian Ministries
Tue	Jun 5	Accessible Mindfulness 10 am
Fri-Sat	Jun 8-9	Cold Mountain Music Lake Logan
Fri-Sun	Jun 8-10	Yoga Retreat Valle Crusis, Chad Hallyburton
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

Serving this Sunday

Chalice: Betsy Swift

Reader:

Music: Lillian Pearson

Coffee: Judy & Ron Robinson

Readings: [Acts 1:15-17, 21-26](#),

[1 John 5:9-13](#), [John 17:6-19](#),

[Psalm 1](#)

Serving during May

Bread: Wesley Satterwhite

Flowers: Rosa Reily

Linen: Gerlinde Lindy

Eucharist: Muff Lyons &

Laurie Hulbert

Greeters: George Rector &

Joan Byrd

Childcare is available during the church service.

The Gospel

John 17:6-19

Jesus prayed for his disciples, "I have made your name known to those whom you gave me from the world. They were yours, and you gave them to me, and they have kept your word. Now they know that everything you have given me is from you; for the words that you gave to me I have given to them, and they have received them and know in truth that I came from you; and they have believed that you sent me. I am asking on their behalf; I am not asking on behalf of the world, but on behalf of those whom you gave me, because they are yours. All mine are yours, and yours are mine; and I have been glorified in them. And now I am no longer in the world, but they are in the world, and I am coming to you. Holy Father, protect them in your name that you have given me, so that they may be one, as we are one. While I was with them, I protected them in your name that you have given me. I guarded them, and not one of them was lost except the one destined to be lost, so that the scripture might be fulfilled. But now I am coming to you, and I speak these things in the world so that they may have my joy made complete in themselves. I have given them your word, and the world has hated them because they do not belong to the world, just as I do not belong to the world. I am not asking you to take them out of the world, but I ask you to protect them from the evil one. They do not belong to the world, just as I do not belong to the world. Sanctify them in the truth; your word is truth. As you have sent me into the world, so I have sent them into the world. And for their sakes I sanctify myself, so that they also may be sanctified in truth."



It's Beans & Rice Sunday. Our children will package the food and bring it to the altar to be blessed by the priest. More beans are needed to balance out the rice.

Notes from the Interim Rector
By The Rev. Dr. Valori Mulvey Sherer

Receiving Communion

As Episcopalians we have two sacraments: Baptism and Holy Communion. We also have what we call sacramental rites: Reconciliation of a Penitent (a.k.a. Confession), Confirmation, Marriage, Ordination, Ministration at the time of Death (a.k.a. Extreme Unction). By their nature, sacraments are outward and visible signs of our reception of an interior divine grace. Sacraments enable and empower us to shift from an earthly-only consciousness to one in unity with the divine consciousness—the mind of Christ, as St. Paul calls it.

As we continue to find the best way for us to bodily receive Holy Communion on Sundays, this effort represents for us a sacramental shift. There is the outward part of it: finding the “traffic pattern” that is inclusive, safe, and spiritually nourishing. Then there is the interior aspect: how we are experiencing God in this transition. Along the way it remains our goal to live together and respond to the uncomfortable and inspirational moments of transition while maintaining our unity as members of this part of body Christ called St. David’s.

As we do this, it’s important to remember that God is leading us all, discomfiting some and inspiring others, all of which helps us find our way on the path God is setting before us. This is why everyone’s feedback is important.

My perspective, as a priest and an interim, is that everything is a gift, including loss of sleep and tears, especially when we’re talking about something as spiritually important as receiving the sacrament of Communion. I believe these experiences, the inspiring and the uncomfortable, are the ways the Holy Spirit is working within us as individuals and as a community. For example, the great discomfort one person was experiencing has become a doorway of possibility for us all, allowing us to open our hearts and minds to what God might be asking us to hear and do. The outward and visible result was the discernment of a new approach to this outward issue.

I commend and thank everyone for their courage in sharing their feedback with me because I know trust is still being built among us. We don’t know each other all that well yet, but I hope you are learning how much I love you, individually and as a community. It is my sacred responsibility and privilege to support and encourage whatever God is working in and through you during our time together.

It is also my delight that the outward issue that grabs this community is Holy Communion. It has been known to be the color of carpeting or whether there should be a cross or a crucifix over the altar. In the glory and generosity of God’s love, however, there is no issue too mundane or too precious. They all lead us to the same place: the heart and will of God.

Our interim time offers us the freedom to try things that show us what we really care about and what doesn’t really matter in the end. One of the things our first two attempts at communion traffic pattern showed is that this parish values the communal aspect of receiving communion, being “shoulder to shoulder” with other members of the family in faith, as one among us said. This has arisen from a variety of people representing all age groups, length of membership, etc. It is a true community value.

In keeping with the overall contemplative nature of this parish, there was a general sense of feeling rushed while receiving Communion, whether standing or kneeling, during the first two tries. This has arisen as another community value.

Finally, it looks like what doesn’t really matter in the end is whether a person is standing or kneeling. Even those for whom kneeling is the preferred posture, that wasn’t as important as the spiritual nourishment received from the communal and contemplative experiences while receiving Communion.

With all that in mind, we will try out a new communion traffic pattern this Sunday, May 13th, that brings those two values, the communal and contemplative, back into the experience while preserving the inclusiveness and safety of the former patterns. God worked this particular both/and possibility through

the discomfort of one of our own. As always, we'll "try it on" for a while, listen to our responses (without judging ourselves or anyone else), then share our feedback.

It's a bit difficult to explain this new possibility in writing, so I won't. What I will say is that it is inspired and I'm excited to see where it leads us.

We will find our way, of that I have no doubt, because God is leading us. I am incredibly grateful to be part of this sacramental process unfolding at St. David's.

Safeguarding God's Children & Safeguarding God's People

These are required trainings for leadership in Episcopal churches. Currently there only two copies of these certifications in the church office: The Senior Warden's and the Interim Rector's. If you have received these trainings in the last five years, please send a copy of your certification to Valori+ to keep on file in the church office. Thank you!

Worship Booklet

Worship booklet: The Liturgy Team has been going over how to make the worship booklet a little more user-friendly for newcomers, guests, and supply priests, as well as more nimble and flexible for all of us. We have a version ready for trial use which we'll roll out on Trinity Sunday, May 27th. This booklet enables more choices on some things, e.g. the Gloria, the Prayers of the People, and the third Eucharistic Prayer found in *Enriching Our Worship* (the current booklet uses only the first two prayers). It also includes the words to the beautiful doxology which is sung here and adds a few rubrics and explanations from the Book of Common Prayer.

Thank you

I am so grateful for the prayers and helpful advice so generously offered to me while I managed my allergic reaction to being stung by a wasp last week. The outcome was far better than the last time I was stung (hospitalized and months of treatment for cellulitis). I apologize for any confusion or mistakes I might have made while the antihistamines held my brain in a foggy prison for those couple of days. I'm grateful we have antihistamine medication which helped curb my reaction but, as they say the cure was [almost] worse than the disease! All is well now. I have no continuing effect from the sting and lots of strength from your prayers. Thank you all.

Children's Formation

One of the errors I made last week while in my antihistamine fog was the schedule for the children's formation Sundays. The Rice and Beans ministry is traditionally held on the **second** Sunday of each month, not the first. This will remain the same. So, the new formation efforts will be moved to the **fourth** Sunday. That means Children's Formation will be on the **second** and **fourth** Sundays of each month. I apologize for any confusion my error may have caused. We'll be careful to announce this correction often until it becomes a rhythm for us.

Pentecost Sunday, May 20th

Everyone is invited to read the Gospel on this day in a language meaningful or familiar to you—at the same time—during the service! Valori+ can provide you with the text translated into the language you choose.

Also, as a Principle Feast in the Episcopal Church (see BCP, p 15), this is a party day. It's the birthday of the church, so we plan to celebrate big! We will, of course, wear **red**. The children will fly the Holy Spirit dove in procession along with the prayer flags they made for Easter. (We'll make more if needed.)

The Sunday preceding Pentecost (May 13th), we're hoping for a creative sort to volunteer to do a craft with the children during the first part of the worship service when they are in the parish hall. This would be to create tongues-of-fire headbands/gear to wear on Pentecost. Please let Valori+ know if you can do this.

We'd like the adults to prepare the parish hall for a birthday celebration complete with streamers, a cake, and fireballs (the candy) at the coffee hour. Everyone is invited to bring food for our celebration Coffee Hour.

Finally, everyone is also invited to learn and teach your children to say, "The peace of Christ" in a language meaningful to your family for use at the exchange of peace.

Use of the Worship Booklet and the Book of Common Prayer:

It may be news to some that the permission St. David's was given to use its own Worship Booklet was for occasional use, for example, during a liturgical season or two, but not all of the time as has been the practice. The permission stipulated that The Book of Common Prayer was to be used for worship on all Principle Feasts. During this interim time, we will find a "middle way" and use the Book of Common Prayer on some of the Principle Feasts, in particular Pentecost. There are seven Principle Feasts, three of which are successive Sundays: Ascension (May 13th), Pentecost (May 20th), and Trinity (May 27th). We will use the Book of Common Prayer only on Pentecost Sunday.

Valori+

From the Senior Warden

By Betsy Swift

During the years that Michael was our Rector, we heard him preach hundreds of times, it is fair to say, about the "possibilities" opened up by our faith, or the Holy Spirit, or the decision to follow Jesus, or the Kingdom of God.... It was a major recurring theme of the spirituality that his preaching invited us to experience.

That theme came back to me during a conversation I had with Canon Augusta Anderson during her recent "check-in" on our progress.

I shared with her some of our mixed emotions at this point in our interim time. There is chafing at some things, even as there is delight at others. Part of what is hard is that we don't all agree or experience the same reactions to change.

While it is uncomfortable, change gives us the opportunity to discover what is "us," essential to the way we at Saint David's are Church, as opposed to what is "the way we've always done it," but which, when examined, turns out to be a carapace, ready to fall away as new life emerges. The gentle and wise response at this moment is to reflect on our experience: if it chafes, why? If it is welcome, why? And to listen to one another compassionately, give Valori our feedback, watch and wait before naming a thing "good" or "bad." I (along with people in all kinds of transition for many generations) am grateful to the poet R. M. Rilke for his counsel to "love the questions," so that we can "live along into the answers."

The gist of that conversation with Canon Augusta? It was that we are right on track—what we are experiencing is normal, healthy, expected at this stage in our interim journey. We will know when we are ready to move on to the next phase, discerning the qualities we will look for in a new Rector. Right now, it's about us, and about the possibilities that abound if we remain open to the Spirit moving among us.



Betsy

The Hanks Family

By Joan Byrd

Doug Hanks developed a fondness for North Carolina in the early nineties, when he was serving a residency in anesthesiology at Bowman Gray School of Medicine. His roots, however, lie deep in Bayou Country: born and raised in Lake Charles, Louisiana, he received his bachelor's degree in pre-med at McNeese State University in his home town and earned his medical degree from the LSU School of Medicine in New Orleans. When he completed his residency in Winston-Salem, he returned to his home state, where he worked at a number of hospitals in Baton Rouge, most notably at the Baton Rouge Health Center. His ties to LSU were reinforced when his older son, Stephen, chose to become a student at the university; Stephen is now a rising senior at LSU.



Doug is married to Jenny, known by her family nickname, "Boot." A nurse, Boot is a runner, like Doug, and shares his love of the outdoors. They were married in 2001. Their son Henry was born in 2004 and their daughter, Mary Michael, three years later. As the children grew older, Doug pored over sites on his computer showing enticing locations in the Smoky Mountains for family vacations. While Mary Michael particularly enjoys horseback riding, and Henry prefers computer games, both have found excitement in exploring and hiking the trails in the Smokies with their parents. The summer days in the mountains proved so satisfying that the Hanks bought a cabin off Barker's Creek in Whittier in 2016.

When he returned to the hospital after visits to the Smokies, Doug recounted his experiences in glowing terms. Last year one of his partners, knowing how much he loved North Carolina, passed on to him a couple of online announcements of job openings in the state. As it turned out, there was an opening in anesthesiology at Harris Regional Hospital, just fifteen minutes from the cabin. "After some soul searching and encouragement from my wife," Doug says, "I decided to pursue the job in Sylva, and here we are." They arrived at the cabin on December 28, 2017, along with their two cats, Chat and Carly, and Biscuit, their fourteen-year-old German shorthaired pointer. Boot's father, a veterinarian, recently flew to North Carolina with a two-month-old German wirehaired pointer in a carrier stowed under his seat. An instant hit with all the family, the puppy has been named Ava.



Since Biscuit has had trouble with the front steps to the cabin, Doug recently built her a ramp. But the cabin is too small for a permanent home, and the children, both students at Fairview Elementary School, would like to live in a neighborhood again. The Hanks have bought property in the Sundrops community on Caney Fork, which offers a great view and the inducement of a swimming pool for Henry and Mary Michael. Everyone is eagerly anticipating watching the construction of their new house, although the only progress to date has been the site preparation.

Henry usually joins Boot in worshipping at St. Mary's Catholic Church in Sylva, while Mary Michael most often accompanies her father to St. David's. Doug observes that even before he realized that St. David's is among the most welcoming churches he has ever known, the beauty of the structure itself told him this was where he would choose to worship. The little whitewashed church in what he sees as "a forest, almost" epitomizes the transition he and the family have made - from a brick and glass downtown environment to the natural world. Reflecting on his happiness at this move, Doug looks forward to watching the change of seasons through the windows over the altar in St. David's.



Many thanks to Chad Hallyburton for last Sunday's great activity with our children on planting seeds and having hope!



Karen & Harry Brown, Betsy Swift, Barb Manke, Melba and Paul Cooper met for supper at the Cooper's home. Nancie Wilson took the photograph. The Browns have been busy lately.



Jim and Maggie Bowles, Jere and Judy Annis, and Harry and Karen Brown met at the Brown's home near Waynesville for lunch and conversation. Maggie took the photograph.

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.

Parish News & Notes

Birthdays

May 16 **Katherine Ulrich, Ed Hamlet**

May 17 **Zachary Smith**

Anniversaries

May 16 **Wesley Satterwhite & Paul Yanik**

May 20 **Sloan & Michael Despeaux**

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

Congratulations to Kendra Graham on her graduation from WCU.



Nathan Brown is shown with his parents Karen and Harry Brown following his graduation last week from the University of Tennessee, Chattanooga. Nathan grew up at St. David's before the Brown's moved to Tennessee.

Yoga Retreat with Chad Hallyburton

Resting in the Quiet Heart: A Mountain Yoga Retreat: Friday, June 8th—Sunday, June 10th. Spend a weekend at the historic Valle Crucis Conference Center near Banner Elk, NC. Relax, rejuvenate, and soak up the quiet mountain atmosphere. \$214 includes programs, food, and lodging. Register here: vconferences.org/programs.

Meditation Opportunities at St. David's

Accessible Mindfulness: 1st and 3rd 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 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.

From the Diocese

COLD MOUNTAIN MUSIC FESTIVAL

— AT LAKE LOGAN —

JUNE 8 & 9 2018

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.

[Biltmore Beacon article about Cold Mountain Music Festival](#)

Regular	Mondays 9-10:30 am	Centering Yoga
Activities	Mondays 10:30 am	Cullowhee Men's Group
	Tuesdays & Thursdays 6:30 am	Sunrise Strength Flow Yoga
	1 st & 3 rd Tuesdays	Accessible Mindfulness
	1 st 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](#)

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[Altar Guild Schedule 2018](#)

[Greeter Schedule 2018](#)

Diocesan Links:

[Diocese of Western North Carolina](#)

The Rt. Rev. José A. McLoughlin,
Bishop

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www.lakelogan.org