

# The Coracle

St Davids Cullowhee



May 20, 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

Sat	May 19	Yoga Workshop & Indian Dinner
Sun	May 20	7 <sup>th</sup> Sunday of Easter, Godly Play
Sun	May 27	<b>Pentecost</b> 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
Sun	Jun 10	2 <sup>nd</sup> Sunday after Pentecost
Tue	Jun 12	Vestry meeting 5:30 pm
Sun	Jun 17	3 <sup>rd</sup> Sunday after Pentecost
Mon-Thu	Jun 18-21	Vacation Bible School at Cullowhee Methodist
Sat	Jul 14	Altar Guild Workshop
Sun	Jun 24	4 <sup>th</sup> Sunday after Pentecost

<b>Canterbury House Activities</b>	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

## Serving this Sunday Holy Eucharist

Reader: Rosa Reily  
Chalice: Lydia Aydtlett  
Coffee: Fran Wheaton & Allison Wunder  
Organist: Nan Watkins  
Readings: [Acts 1:15-17, 21-26](#), [Psalm 118](#)  
[1 John 5:9-13](#), [John 17:6-19](#)

## Serving during May

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

## Serving during June

Bread: Jane Coburn  
Flowers: Betty Lynn Kirwan  
Linen: Claire Marsh  
Eucharist: Judy Annis & Faye Jacobson

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.

## “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**

One spot has become available for the dinner; if you are interested, please contact Chad at 508-2501 or [centeringyoga@yahoo.com](mailto:centeringyoga@yahoo.com) ASAP.

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**

## The Gospel

JOHN 17:6-19

Looking up to heaven, Jesus prayed, "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."

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**Next Sunday, May 27, is Pentecost**

**FRUIT OF THE SPIRIT**

**Everyone is invited to bring food to share at coffee hour on Pentecost.**

**It's a good day to wear red, too.**

**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.

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## Vacation Bible School

The Cullowhee United Methodist Church /St. David's VBS still needs volunteers; in particular, there's a need for folks to work the registration table first thing each day. Spread the word, or just come on and join us one morning! The dates are **June 18-21**. Registration needs are the greatest on the first couple of days. The program is entitled *Sky: Everything is possible with God*. It will run Monday-Thursday mornings from 9:30 - 11:45 am. For a more complete description of the program and volunteer jobs and to sign up, you may visit: [Sky](#).

### **Some of the jobs still needed in order of priority are:**

Crew Leaders - help lead small groups of children through the program (ideally people who can be there all four mornings, but we can be flexible, too)

Wild Blue Bible Adventures Leader for preschool-creative story-telling of the Bible stories used in the curriculum

Preschool Games Leader

Chadder Theater - Leads discussion about the movie and mission project (Heifer International)

Decoration crew - Needed on Sunday, June 17th at 6pm

Registration Helpers - needed especially on Monday morning to check children in and get them to their Crew leaders.

Nursery helpers - help watch children in the nursery while their parent is volunteering

Skydive Diner helpers (snacks) - any level of commitment

## Cemetery News

For those who are interested, the vestry, at its last meeting, approved policy for use of the cemetery, that is, the gravesites and cremains spaces. [Click here](#) to view the policy document, application procedure, and application form, or look on the documents page of the web site. As in the past, you still need to be dead to use the space.



## Home For Sale

The church property that we call the rectory, located at 137 South Country Club Drive in Forest Hills, has now been listed for sale with Cullowhee Real Estate agent Norman West. A great location close to campus, it is priced to sell as a fixer-upper at \$165,000. This is its [MLS listing](#). If you know of anyone who might be interested, please have them contact Norman West at 293-5678 or [normanwest@frontier.com](mailto:normanwest@frontier.com).

## Parish News & Notes

### Birthdays

May 22 **David Bowles**  
May 23 **Ann Hallyburton, David Philyaw**  
May 26 **Blythe Brown**

### Anniversaries

May 20 **Sloan & Michael Despeaux**  
May 25 **Courtney Smith-Mark Tomczak**

**Jubilate Deo** performed *We Are* during the church service on Mother's Day. Shown clockwise from left are Alice Mason, Rosa Reily, BJ Wanlund, Lynn Willoughby, Mary McGlaflin, Claire Marsh, Gael Graham, and Nancie Wilson.

### Jenny Reisinger

celebrated her very first Mother's Day last Sunday at St. David's!



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

Everyone is encouraged to share their interesting tidbits--just send a quick email message to [magbowles@gmail.com](mailto:magbowles@gmail.com) and if you possibly can, include a picture.

Check out Eric Hendrix' new blog: [Fresh Fish and Amendment One](#).

As it was for Bilbo, it is for Jeff..... just another adventure. After 39 years at WCU he is retiring and looking forward to mapping new paths. Come help us celebrate in hobbit style (that means we are providing the presents - none necessary on your part)!

Saturday, May 26, 2—6 pm  
[Soul Infusion](#)  
628 E. Main Street, Sylva, NC



Chad Hallyburton is starting a new Dynamic Flow yoga class at Sylva Yoga (above Lulu's restaurant). The class meets from 5:45-7:15 pm on Tuesdays.

Follow Chad's yoga philosophy blog at [www.centeringyoga.blogspot.com](http://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

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

Website: <http://www.st-davids.org/> [Lectionary Page](#)  
Newsletter editor: Maggie Bowles: [magbowles@gmail.com](mailto:magbowles@gmail.com)  
Church phone # and email: 354-0166 [stdavids1879@gmail.com](mailto:stdavids1879@gmail.com)  
Mailing address: PO Box 152, Cullowhee, NC 28723

**[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, MAY 15, 2012**

### **Tolerance: The Ability to Ferment**

I used to brew beer. You can buy different kinds of barley to brew different kinds of beer. If you're making a stout or porter, you get barley that's roasted like coffee beans. If you're making something blonder, you get barley that's barely roasted at all.

Yet all barley has to be roasted, at least a little, to keep its sweetness. Barley sugar is necessary for beer. It's what the yeast eats, digests, and transforms into alcohol and bubbles (carbon dioxide).

To 'invite' the barley to become its sweetest, you (somebody) soaks it in water to turn its 'come alive' switch on. The grain thinks it's in moist ground after spring rain--so it prepares to grow by releasing food to sustain its first sprout and root. That food is sugar. To sprout barley for beer is called spalting.

But in order to keep the barley grains sweet, the process has to be turned off. Roasting the spalted grain arrests the process at just the right time, keeping the sugar and adding just the right amount of roastiness for the style of beer you want to brew.

On Saturday I posted that 'tolerance' is as good as chocolate--because it allows us to endure the things that transform us. I guess what I'm saying today is that tolerance is also what makes good beer.

The Sufi poet Hafiz says it this way:

Don't surrender your loneliness so quickly.  
Let it cut more deep.  
Let it ferment and season you  
As few human or  
Even divine ingredients can.

Trying to avoid life's unpleasant moments--the soaking, the swelling, the cracking, the heating, the roasting--keeps us from ever developing our richest flavors, our deepest potentials. Like the story of Jesus at the wedding feast, if we don't hang around till the end of the party, we'll never taste the *really* good wine.

We could use other words than the 'loneliness' Hafiz uses above. What words suit your situation, now or perhaps soon? Use those words in your poem.

Don't surrender your 'stuff' so quickly. Stay with it. Let it soak, sprout, roast and ferment.

## **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](http://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.