

The Coracle

St Davids Cullowhee



May 27, 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	May 27	Pentecost Jubilate Deo <i>Uya Emote</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 nd Sunday after Pentecost
Tue	Jun 12	Vestry meeting 5:30 pm
Sun	Jun 17	3 rd Sunday after Pentecost, Godly Play
Mon-Thu	Jun 18-21	Vacation Bible School at Cullowhee Methodist
Sun	Jun 24	4 th Sunday after Pentecost
Sun	Jul 1	5 th Sunday after Pentecost
Sat	Jul 7	Monthly Mindfulness
Sun	Jul 8	6 th Sunday after Pentecost
Tue	July 10	Vestry Meeting 5:30 pm
Sat	Jul 14	Altar Guild Workshop
Sun	Jul 15	7 th Sunday after Pentecost
Sun	Jul 22	8 th Sunday after Pentecost

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: Muff Lyons

Chalice: Claire Marsh

Coffee: ALL

Organist: Nan Watkins

Readings: [Ezekiel 37:1-14](#),

[Psalm 104: 25-35,37](#), [Romans 8:22-27](#),

[John 15:26-27; 16:4b-15](#)

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

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



This Sunday is Pentecost Sunday

FRUIT OF THE SPIRIT

The service will feature **Jubilate Deo** singing
Uya Emote, an African song of joy.

**Everyone is invited to bring food to share at coffee hour.
And if you feel like wearing red, why not!**

The Gospel

JOHN 15:26-27; 16:4B-15

Jesus said to his disciples, "When the Advocate comes, whom I will send to you from the Father, the Spirit of truth who comes from the Father, he will testify on my behalf. You also are to testify because you have been with me from the beginning.

"I did not say these things to you from the beginning, because I was with you. But, now I am going to him who sent me; yet none of you asks me, 'Where are you going?' But because I have said these things to you, sorrow has filled your hearts. Nevertheless I tell you the truth: it is to your advantage that I go away, for if I do not go away, the Advocate will not come to you; but if I go, I will send him to you. And when he comes, he will prove the world wrong about sin and righteousness and judgment: about sin, because they do not believe in me; about righteousness, because I am going to the Father and you will see me no longer; about judgment, because the ruler of this world has been condemned.

"I still have many things to say to you, but you cannot bear them now. When the Spirit of truth comes, he will guide you into all the truth; for he will not speak on his own, but will speak whatever he hears, and he will declare to you the things that are to come. He will glorify me, because he will take what is mine and declare it to you. All that the Father has is mine. For this reason I said that he will take what is mine and declare it to you."

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.

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

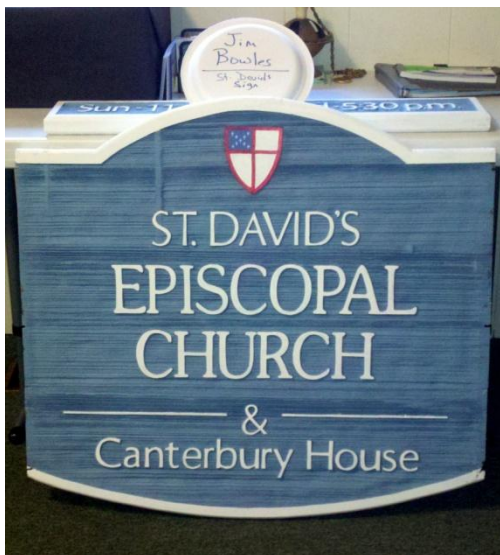
Chadder Theater - Leads discussion about the movie and mission project (Heifer International)

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



It's a Process...

The church sign that was virtually destroyed when someone ran over it earlier this year has been repaired and repainted. A huge thank-you is due to **Norma Hendrix** for the paint job and to **Bob Dodd** for making the repairs. It does not necessarily take an artist to paint a sign, though they do have the tools, just hours of time and patience. The colors are the "official" Episcopal Church colors.

The next steps will be for Jim Bowles to make posts to hold the sign and for Betty Lynn Kirwan to design a flower bed to go around it. Subsequent to that, the temporary signs now in place will be moved to locations on Highway 107 as directional signs to the church.

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.



Parish News & Notes

Birthdays

June 1 **Chase Robinson, Margot Wilcox**

Anniversaries

May 31 **Brad & Caroline Ulrich**
Jun 4 **Judy & Ron Robinson**

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
Mailing address: PO Box 152, Cullowhee, NC 28723

[Altar Guild Schedule for 2012](#)

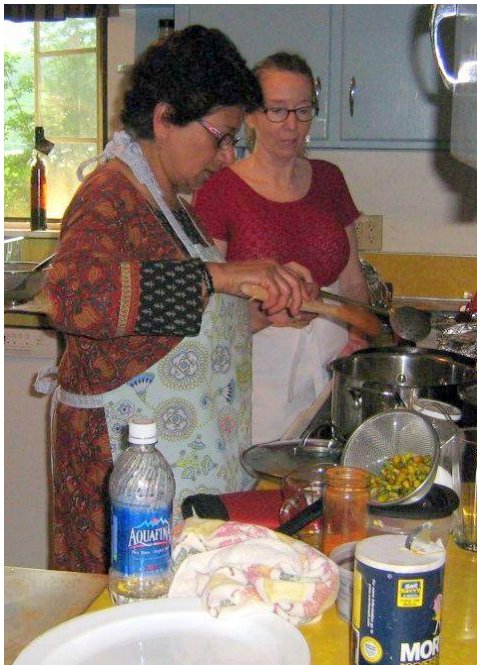
Diocesan Links:

[Current Issue of the Highland Episcopalian](#)
[Diocese of Western North Carolina](#)
[Center for Spiritual Resources](#)

“Yog Bhoj”

A little yoga and one truly outstanding meal.

Ruby Banerjee prepared and served an authentic home-cooked Indian feast Saturday evening for about 20 attendees. Ruby, who works in Hunter Library with Ann Hallyburton, was assisted by Mary Lou Surgi, Director of Blue Ridge Food Ventures. Chad conducted a short yoga session prior to the meal. The event raised \$566 to benefit *Clean Slate*.



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 and if you possibly can, include a picture.

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



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

Check out [Cullowhee Mountain Arts](#) offering of summer art workshops!

You are cordially invited to the

**First Dance Recital
Of**

**Miss Heidi Rose
Dinkelmeyer**



Admission \$10

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

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

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 23, 2012

Familiarity Without Contempt

I often quote William Stafford's poem, "The Way It Is." If you've been reading this blog for awhile, you may have seen it two or three times. Does that make you want to skip it?

Familiarity can feel boring. Sometimes our desire for knowledge makes us prefer novelty much more than familiarity. Yet Awareness Practice is grounded in familiarity.

The word 'grounded' points to rootedness, staying put, incremental growth. One of the graces of meditation is 'growing' an ability to experience familiarity as 'interesting' rather than 'boring.' When our 'familiar' is interesting, when it draws us in, we see everything in and around us in so much more detail. We even 'care' about it more. We see our habits, our likes and dislikes, our 'ways' more and more clearly--and it matters. We notice that our habits, likes and dislikes, our 'ways' are what constitute our 'Way.'

AND (this is a big AND) for all of us who've been somehow opened up to a WAY that is bigger (in so many ways) than our own personal ways, mindfulness and contemplative practices allow us to notice more regularly when we've Lost our Way.

William Stafford calls this Way *a thread*--and creatively, powerfully describes the grace and discipline, the gift and participation of intentional (for many of us, spiritual) journey.

The Way It Is

**There's a thread you follow. It goes among
things that change. But it doesn't change.
People wonder about what you are pursuing.
You have to explain about the thread.
But it is hard for others to see.
While you hold it you can't get lost.
Tragedies happen; people get hurt
or die; and you suffer and get old.
Nothing you do can stop time's unfolding.
You don't ever let go of the thread.**

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.