

# The Coracle

St Davids Cullowhee



June 3, 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

Sat	Jun 2	Monthly Mindfulness 10 am <b>Cancelled</b>
Sun	Jun 3	Pentecost 2— <b>1<sup>st</sup> Sunday Collection for United Christian Ministries</b>
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
Tue	Jun 12	Vestry Meeting 5:30 pm
Sun	Jun 17	Pentecost 4
Tue	Jun 19	Accessible Mindfulness 10 am
Sun	Jun 24	Pentecost 5 Children's Sermon
Sun	Jul 1	Pentecost 6— <b>1<sup>st</sup> Sunday Collection for Clean Slate</b>
Tue	Jul 3	Accessible Mindfulness 10 am
Fri-Sat	Jul 6-7	Vestry Retreat
Sat	Jul 7	Monthly Mindfulness 10 am
Sun	Jul 8	Pentecost 7 Beans & Rice Sunday
Sun	Jul 15	Pentecost 8
Tue	July 17	Accessible Mindfulness 10 am
Sun	Jul 22	Pentecost 9 Children's Sermon
Sun	Jul 29	Pentecost 10

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

## Serving this Sunday

Chalice: Todd Vinyard  
Reader: Lydia Aydlett  
Music: Lillian Pearson  
Coffee: Chad Hallyburton



Readings: [1 Samuel 3:1-10 \(11-20\)](#),  
[Psalm 139:1-5, 12-17](#),  
[2 Corinthians 4:5-12](#),  
[Mark 2:23-3:6](#)

## Serving during June

Bread: John Slater  
Flowers: Judy Annis  
Linen: Faye Jacobson  
Eucharist: Judy Annis &  
Faye Jacobson  
Greeters: Hank Sharp &  
Lydia Aydlett

## The Gospel

**Mark 2:23-3:6**

One sabbath Jesus and his disciples were going through the grainfields; and as they made their way his disciples began to pluck heads of grain. The Pharisees said to him, "Look, why are they doing what is not lawful on the sabbath?" And he said to them, "Have you never read what David did when he and his companions were hungry and in need of food? He entered the house of God, when Abiathar was high priest, and ate the bread of the Presence, which it is not lawful for any but the priests to eat, and he gave some to his companions." Then he said to them, "The sabbath was made for humankind, and not humankind for the sabbath; so the Son of Man is lord even of the sabbath."

Again he entered the synagogue, and a man was there who had a withered hand. They watched him to see whether he would cure him on the sabbath, so that they might accuse him. And he said to the man who had the withered hand, "Come forward." Then he said to them, "Is it lawful to do good or to do harm on the sabbath, to save life or to kill?" But they were silent. He looked around at them with anger; he was grieved at their hardness of heart and said to the man, "Stretch out your hand." He stretched it out, and his hand was restored. The Pharisees went out and immediately conspired with the Herodians against him, how to destroy him.

## Notes from the Interim Rector

By The Rev. Dr. Valori Mulvey Sherer

### The “Middle Way” Solution to the Communion Puzzle



As you all know, I am due to become a grandmother any day now. Thank you for the many prayers for safe delivery you have told me you’re offering. They mean the world to me!

I will be in Atlanta for the next two weeks to lend support to my daughter and bond with our new family member. This bit of leave time has been anticipated since before I accepted the call to serve here as Interim Rector. While I am away, The Rev. Nick MacDonald will fill in as supply priest. I will return on June 17<sup>th</sup> to celebrate Holy Eucharist and enjoy a “reception” for Maleah Pusz and Austin Rios, who will have been married by the Rev. Scott Oxford, (retired) in a private ceremony on a favorite hiking trail. I will then return to Atlanta to assist my daughter that final week of June. I’ll be back at St. David’s on Sunday, July 1<sup>st</sup>.

During my absence, we will return to having communion at the rail. This will allow those for whom these trial patterns have been stressful to relax and enjoy “the way we’ve always done it”. It will also be much easier for the supply priest to manage. We ask that strong, able-bodied persons volunteer to assist people stepping down the chancel step.



Last Sunday, Bill and Betty Lynn Kirwan’s daughter, Alicia, an architect who not only grew up at St. David’s but whose graduate work included study of the building we call our church home, led some of us in a conversation about how we might adapt our communion pattern to best fit the space we have while meeting our need to address issues of safety and our clearly communicated values of inclusive access and contemplative spiritual nourishment.

Alicia’s skill and knowledge were invaluable and led us, it seems, to a “via media” (middle way) solution to this puzzle which includes these features:

- ✦ Communion distributed at the communion rail—kneeling or standing, as desired
- ✦ Communion distributed in the space ahead of the first pew for those who prefer to stand together there as a family or for those for whom the step is an impediment.

Alicia showed us how adding an ADA compliant ramp would be impossible in our small chancel area. Her recommendation was to move the current handrail slightly toward the center and use it to aid in stepping up. The stone from Wales can be used to cover the spot where the carpet will be affected by this move. Alicia demonstrated how it is not safe to use the current handrail to assist with stepping down. Another handrail, one that is longer and extends down the step, will be needed to assist with stepping down. This longer handrail would be placed on the chancel step on the other side of the center aisle. This enables us to make a “good faith” response to the known safety risk of the step, for the purposes of Church Insurance, within the limits of our beloved 19<sup>th</sup> century building. This, of course, requires vestry approval, as it incurs a cost. While we don’t know the exact cost yet, a generous (anonymous) member has already offered to help cover it.

Clearing enough space for inclusive access ahead of the chancel step will require a bit of “Tetris” work with our pews, the sound box, and the baptismal font. We envision moving the short pew currently at the front right (facing the altar) to the back of the church against the wall, next to the table. That will open up space for communion to be distributed up front but ahead of the chancel step.

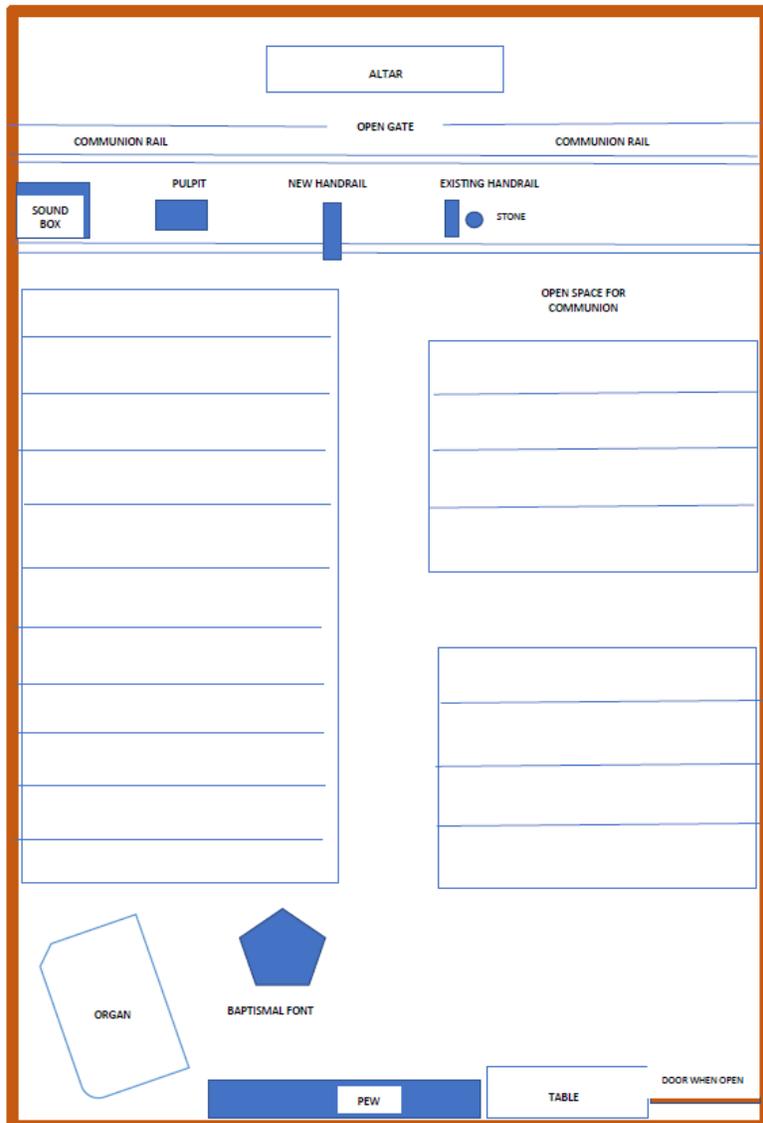
The sound box on the left would be moved up the step to where the extra chancel chair used to be. A pew currently kept in storage may then be placed in that space (left front) adding more seating on that side. The pulpit/lectern eventually will be moved to the left side as well.

Since there will be a pew in the back center against the wall, the baptismal font would be moved to the space behind the last pew on the left. This move has the additional benefit of placing the font within reach as people walk in and out of the church, enabling those who wish to bless themselves. It is theologically and liturgically desired that people experience passing by the waters of Baptism as they enter the sanctuary for worship. Once accomplished, we can enjoy a short but meaningful “blessing of baptismal water” prayer as we refill the font.

Once the reorganization is complete, probably in July or August, people will walk up the right side (facing the altar) of the center aisle to receive communion, maintaining a long-standing tradition and habit, and go to the front area ahead of the step (on the right) or up to the communion rail. They will return to their seats walking down the left side of the aisle using the new handrail if needed.

The gate at the altar rail will remain open to allow the priest and chalice bearer to move to the lower area to distribute communion there as well. This has an added theological benefit. Communion gates were originally designed to address a practical problem: keeping animals who wandered into the church out of the chancel area where the holy food was being prepared. Over time, the visual and physical action of “closing off” the altar led to the people experiencing that they too were being “shut out” from that sacred space. This is a wonderful corrective to that unfortunate and unforeseen outcome.

In order to normalize the use of the space in front of the chancel step for inclusive access to communion, we ask that those for whom this is a priority use that space each Sunday. Then when someone who is unable to go up the step joins us for communion, they can come up with the family, receive communion where the family receives, and not be set apart or made to feel different.



**Disclaimer!**

Not to scale, but it has been measured to assure that it all fits!

## The Gifts This Process Has Given Us

I truly believe that everything is a gift. I also believe that when we prayerfully seek that gift, we will find it. This is especially important when the circumstance confronting us is difficult, as has been the discussion about how we receive communion at St. David's. Now that we have found a way through, we have the opportunity to mine this experience for the gifts it has given us.

In a small "family-sized" church, incorporation of a new person, including clergy, happens when the gatekeepers allow it. The gatekeepers are the people whose strong support, both in ministry and financially, help keep the church alive and thriving. Over time, however, gatekeeping can slowly restrict the freedom to express differences among the family members who may not agree with the core group. This has been made evident in our discussions about communion.

I know that some people won't talk to me about how they really feel about the communion pattern conversation. Please know that some do talk to me privately because they are uncomfortable voicing their differing opinion, not wanting to negatively impact their friendships. Others are just not comfortable speaking in a group setting. This is what pastoral care offers: a safe place for difficult discussions. The Parish Tour visits along with individual meetings have provided this safe space. What some may have interpreted as a descent into polarity was actually an awakening of freedom to have a difference of opinion. This represents a valuable gift of health to any congregation.

Another gift this process has given is the experience of walking through a difficult experience as a congregation. In the life of every church, circumstances will arise to stress the community. How we respond can be either life-giving or destructive to the longevity of a parish. I ask that you please reflect on how you responded to the stress. Here are my observations: some withdrew, or threatened to withdraw, themselves or their financial support from the community. Some worked sacrificially to encourage reconciliation while others sought support for their positions in triangulating conversations. Some blamed me, the Interim Rector, for the changes to communion, even though the issues were raised up from the community (see the [March 18<sup>th</sup> Coracle](#) article).

These are all normal responses. The gift available to us is to look honestly at our responses and choose how to respond in future moments of stress. For example, when a family member messes up, we aren't likely to cut them off. Family members walk together through difficult times. The same is true for parish families. Leaving or threatening to leave can be destructive to the whole system's effort to solve a problem. Additionally, connecting stress to pledge commitment misunderstands pledging, and it, too, can lead to long-term disruption of a parish family. Blaming or scapegoating the clergy is an increasingly common phenomenon in church and is a very destructive pattern. Small churches especially suffer the consequences of this as it's already difficult to find clergy to serve a small, part-time parish. It would be harder still to find clergy to serve a parish that scapegoats their clergy.

I remind you of the article I wrote in the [May 13<sup>th</sup> edition of The Coracle](#) wherein I discussed the sacramental nature of this discussion, that is, where God is in this for us. The process in which this all swims is also part of this transitional season. Finding a way through challenging moments together, reflecting on what really matters and what ultimately doesn't, awakening to the servant-mindedness that our worship and communion are other-focused (invitational) as well as self-focused (spiritually nourishing), and remembering that everyone matters-these are all gifts of the experience of this moment.

The world needs what St. David's has to offer. The stories I've heard and what I've witnessed so far convince me that the people of St. David's are responsive to the call of the Holy Spirit. Discovering the nature of God's call for St. David's in this moment of its history and preparing to respond to that call, is part of what this interim time is about.

Valari +



CUMC would love to work with St. David's again this year to coordinate the morning snacks for Vacation Bible School. The dates will be June 25<sup>th</sup>-28<sup>th</sup> from 9 am-noon each morning (Monday-Thursday). The theme this year is Babylon: Daniel's Courage in Captivity. For more information go to: <http://www.cullowheumc.org/event-items/babylon-vbs-june-25-28-2018/>. If you can help with your time or by providing snacks, please email Sloan Despeaux ([despeaux@wcu.edu](mailto:despeaux@wcu.edu))



Ron Robinson, Margo White, Dave Nelson, Haidee Wilson, Steve and Pat Steinbrueck are pictured enjoying dinner at the Robinson's home. Judy was the photographer.



The Begonias—the Slaters, Bob Dodd and honorary Begonia Valori+ had a lovely evening of good food and conversation at Tom and Margot Wilcoxes' home. What was planned as a Memorial Day cookout became a cook-in because of the rain. Bob Dodd barely made the picture. Margot took the photo.

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).

### Yoga Events with Chad Hallyburton

Resting in the Quiet Heart: A Mountain Yoga Retreat: Friday, June 8<sup>th</sup>—Sunday, June 10<sup>th</sup>. 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: [vcconferences.org/programs](http://vcconferences.org/programs).

June 18<sup>th</sup>-22<sup>nd</sup>: Celebrate the Sun! A week of sunrise yoga to commemorate the Summer Solstice. FREE! with breakfast included! Classes will meet at St. David's Episcopal Church in Cullowhee.

# Parish News & Notes

## Birthdays

Jun 6 Elise Reynolds, Lesley Duggins, Paul Yanik

## Anniversary

Jun 7 Faye & Jake Jacobson



Trinity Sunday 2018





Zoe Tomczak, June and Newt Smith's eldest grandchild, is a 2018 graduate of Charles D. Owen High School. At the academic awards program this week, she was recognized as a top scholar with highest honors and was awarded a scholarship by the Black Mountain/Swannanoa Rotary Club. She plans to attend NC State University. Zoe was baptized at St. David's in 2000.

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This recipe is shared by popular demand by Gerlinde Lindy who brought it for Coffee Hour last Sunday.

### **Skillet Almond Shortbread**

Recipe courtesy of Trisha Yearwood. Recipe adapted from Georgia Cooking in an Oklahoma Kitchen by Trisha Yearwood (c) Clarkson Potter 2008

Total Time: 1 hr. 5 min    rep: 15 min    Inactive: 15 min    Cook: 35 min    Yield: 10 servings    Level: Easy

#### **Ingredients:**

Non-stick cooking spray  
1 1/2 cups plus 2 tablespoons sugar  
3/4 cup (1 1/2 sticks) butter, melted  
2 large eggs  
1 1/2 cups all-purpose flour  
1/2 teaspoon salt  
1 teaspoon almond extract  
1/2 cup sliced almonds with skins

#### **Directions:**

Preheat the oven to 350 degrees F. Spray a 10" iron skillet with non-stick cooking spray and line skillet with parchment paper (bottom and up sides). Clip parchment paper vertically around sides so it will fit more easily (It still will look a bit "ruffled", but that gives the edge of the shortbread a nice shape.) and spray the parchment with non-stick cooking spray as well.

In a large mixing bowl, stir 1 1/2 cups of the sugar into the melted butter. Beat in the eggs one at a time. Sift the flour and add the salt onto the batter. Add the flavoring and stir well. Pour the batter into the skillet spreading around evenly. Top with sliced almonds and the remaining 2 tablespoons sugar (I use less—probably 1 TBSP). Bake until lightly browned on top, about 30-35 minutes. Cool the shortbread in the skillet. When cool, use the parchment paper to lift the shortbread from the skillet; slide the shortbread off the parchment paper and cut shortbread into wedges.

Many people who posted reviews of this recipe mention cutting the sugar back to just 1 cup. One person even substituted 1/2 cup almond flour for 1/2 cup of the flour. I haven't tried either of these suggestions but may try cutting back on the sugar but haven't yet.

*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](#)

VALLE CRUCIS CONFERENCE CENTER PROGRAMS

## AN ENNEAGRAM JOURNEY: FROM PERSONALITY TO ESSENCE

JUNE 3 - 5, 2018



The Rev. Rob Field  
Christine King  
Paula Benton



### THE ENNEAGRAM

The Enneagram is widely recognized for its profound descriptions of nine distinct personality patterns. The tool invites us to release the personality masks we present to the world. When we let go of the masks, our Soul's qualities have room to express their beauty, bringing kindness and compassion to ourselves and others.

### THE PROGRAM

- Lodging in the beautiful and historic Inn
- \$374 Full Program rate includes lodging, meals, & program
- \$274 Commuter rate
- Register quickly and securely online at [www.vconferences.org/programs](http://www.vconferences.org/programs)

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THINGS THAT GET IN OUR WAY.

**August 26 - 29, 2018**

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BISHOP JOHNSON HALL

AT THE VALLE CRUCIS CONFERENCE CENTER

ALL MEALS AND PROGRAM COSTS INCLUDED  
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**VULNERABILITY IS THE BIRTHPLACE OF LOVE, BELONGING, JOY,  
COURAGE, EMPATHY, ACCOUNTABILITY, AND AUTHENTICITY."**

**BRENÉ BROWN**

## 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.

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### [Sermon Link](#)

	Mondays 9-10:30 am	Centering Yoga
<b>Regular</b>	Mondays 10:30 am	Cullowhee Men's Group
<b>Activities</b>	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)