

# The Coracle

St Davids Cullowhee



July 1, 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	Jul 1	Pentecost 6—1 <sup>st</sup> Sunday Collection for <b>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 Yoga, spirituality, Religion and the Modern World 9:30 am Chad Hallyburton
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
Sun	Aug 5	Pentecost 11—1st Sunday collection for Community Table
Tue	Aug 7	Accessible Mindfulness 10 am
Sun	Aug 12	Pentecost 12 Rice & Beans Sunday
Sun	Aug 19	Pentecost 13
Tue	Aug 21	Accessible Mindfulness 10 am
Sun	Aug 26	Pentecost 14 Children's Sermon

## Serving this Sunday

Chalice:  
Reader:  
Music: Nan Watkins  
Coffee: Randi & Jeff Neff  
Readings: [2 Samuel 1:1, 17-27](#),  
[Psalm 130](#), [2 Corinthians 8:7-15](#)  
[Mark 5:21-43](#)

## Serving during July

Bread: Jane Coburn  
Flowers: Muff Lyons &  
Margot Wilcox  
Linen: Faye Jacobson  
Eucharist: Muff Lyons &  
Laurie Hulbert  
Greeters: Muff Lyons &  
Margot Wilcox

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

## The Gospel

**Mark 5:21-43**

When Jesus had crossed again in the boat to the other side, a great crowd gathered around him; and he was by the sea. Then one of the leaders of the synagogue named Jairus came and, when he saw him, fell at his feet and begged him repeatedly, "My little daughter is at the point of death. Come and lay your hands on her, so that she may be made well, and live." So he went with him.

And a large crowd followed him and pressed in on him. Now there was a woman who had been suffering from hemorrhages for twelve years. She had endured much under many physicians, and had spent all that she had; and she was no better, but rather grew worse. She had heard about Jesus, and came up behind him in the crowd and touched his cloak, for she said, "If I but touch his clothes, I will be made well."

Immediately her hemorrhage stopped; and she felt in her body that she was healed of her disease.

Immediately aware that power had gone forth from him, Jesus turned about in the crowd and said, "Who touched my clothes?" And his disciples said to him, "You see the crowd pressing in on you; how can you say, 'Who touched me?'" He looked all around to see who had done it. But the woman, knowing what had happened to her, came in fear and trembling, fell down before him, and told him the whole truth. He said to her, "Daughter, your faith has made you well; go in peace, and be healed of your disease."

While he was still speaking, some people came from the leader's house to say, "Your daughter is dead. Why trouble the teacher any further?" But overhearing what they said, Jesus said to the leader of the synagogue, "Do not fear, only believe." He allowed no one to follow him except Peter, James, and John, the brother of James. When they came to the house of the leader of the synagogue, he saw a commotion, people

weeping and wailing loudly. When he had entered, he said to them, "Why do you make a commotion and weep? The child is not dead but sleeping." And they laughed at him. Then he put them all outside, and took the child's father and mother and those who were with him, and went in where the child was. He took her by the hand and said to her, "Talitha cum," which means, "Little girl, get up!" And immediately the girl got up and began to walk about (she was twelve years of age). At this they were overcome with amazement. He strictly ordered them that no one should know this, and told them to give her something to eat.

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## Yoga, Spirituality, Religion, and the Modern World

Sunday, July 8 at 9:30 am

Chad Hallyburton



Explore your own self-nature and your place in community through the lens of yoga. A yoga practice is, at its heart, a striving towards INTEGRATION; the unification of body, mind, spirit, community, the natural world, and even the divine. Find out how yoga can complement, challenge, and learn from religious traditions, as it challenges us to examine our preconceptions of community. No yoga experience necessary; if you can sit in a chair (or stand) you are welcome. FREE breakfast included!

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## St. David's Timeline

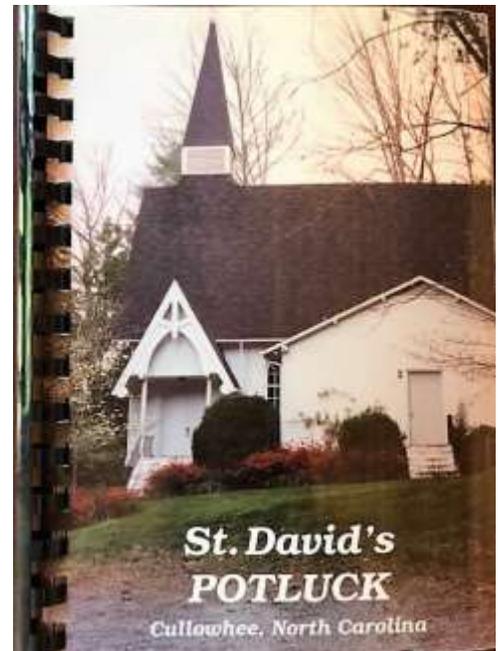
By June Smith

### St. David's Cookbooks

The first St. David's Cookbook was published in 1967. According to former parishioner Maggie Mathewes, it was mimeographed (Can someone explain to the children what this was?) and over time became faded and hard to read. It was titled *Addyourown*, which someone thought sounded Welsh when spoken rapidly. There were pages with pockets for adding recipes, thus the name. I have not been able to locate a copy.

The second St. David's Cookbook was a spiral bound affair with a color photo of the church and parish hall on the stiff cover, taken by yours truly. It was titled *Potluck* and was published in May 1993. It was organized by categories of food such as Meats and Main Dishes. It was dedicated to the memory of great St. David's cooks who are no longer with us but who are still remembered for many reasons, including their good food. Several current members have a copy.

The third St. David's cookbook, *Maleah's Recipe Booklet*, was compiled as a wedding gift for Maleah Pusz and Austin Rios, who will be living in Rome. All the recipes were contributed by current St. David's members and a friend, with the exception of one from Deacon Alice Mason, taken from an old issue of *Mountain Manna*. Maggie Bowles did the layout as a computer file and presented it to Maleah and Austin at a reception for them at church. Maggie included a photo of each contributor with their recipes. Anyone can download the booklet from the June 24, 2018 edition of the *Coracle*.



## Fruit of the Vine...

by Judy Robinson

St. David's needs one (or more) of our wonderful members to take on coordination of this Fall's Wine Tasting. This would work well with a small group sharing duties/decisions, so grab your two BFFs and please volunteer!

Components include: Working with wine expert Sonia Hooper to set a date and details; complete license and applications; send invitations throughout the greater community through the Coracle and emails; set-up/clean-up of church hall; collect \$ at the event and account for it; accept wine delivery and deliver to purchasers. Some helpful hints: Steve Steinbrueck has forms for license and applications and would be glad to share lots of how-to info; Sonia Hooper has done this with us several times, so she will be a great resource. The event usually occurs in late October/early November. This has always been a super fund raiser for us...so success is just about guaranteed! Please let senior warden Betsy Swift know if you are interested: [bswift4352@gmail.com](mailto:bswift4352@gmail.com)



Steve Steinbrueck would be glad to answer any questions as you consider doing this: [stevesteinbrueck@gmail.com](mailto:stevesteinbrueck@gmail.com). Thanks for your consideration!!!

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## Parish News & Notes

### Birthdays

Jul 1 **Ann Suggs**  
Jul 4 **Elizabeth Frazier, Kendra Graham**  
Jul 7 **Maleah Pusz Rios**

Healing prayers for Ann Hallyburton who is recovering from a laparoscopic surgery.



### VBS 2018

#### Cullowhee United Methodist Church

With thanks to all who helped with this program



## NAACP Program

The Jackson County branch of the NAACP is celebrating the 150<sup>th</sup> anniversary of the adoption of the 14<sup>th</sup> amendment with dinner and a talk by Dr. Elizabeth McRae, author of the book *Mothers of Massive Resistance*.

**Tuesday, July 10<sup>th</sup>, 2018, 6-8:30pm**

**Note date correction!**

**Old Webster School Auditorium**

**Tickets: \$10 from Betsy Swift**

### Please share the Love with my brother John (JT).

By Randi Neff

My brother is a recovering alcoholic. The past four years have been very rough with the loss of his job, his marriage, and legal troubles. He thankfully still has his house, and he and his wife are giving it another try for the sake of their daughter Candace. He finally has a project to try and turn his life around while also looking for work. He is making God Boxes and selling them on ETSY. Here's the

link: <https://www.etsy.com/shop/TheGodBoxCo> and a picture.

The inscription reads "God I've done everything I can to please you. I know you want the best possible outcome. However, I'm gonna need some help on this one. I pray for your will to guide me." My brother is willing to personalize the text if you would prefer something else. In addition, I am willing to deliver from Charlotte to avoid shipping costs.

Even if you don't buy from him, keep his family in your prayers and share this link with others who may want to contribute to his rehabilitation. Many thanks. [whee.grannie@gmail.com](mailto:whee.grannie@gmail.com)



### 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.

### [Sermon Link](#)

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

*From the Diocese*

## THE DARING WAY™

SHOW UP | BE SEEN | LIVE BRAVE™



*based on the research of Brené Brown*

# A JOURNEY IN THE DARING WAY™

A SACRED SPACE TO EXPLORE LIVING WITH  
COURAGE AND VULNERABILITY AND THE  
THINGS THAT GET IN OUR WAY.

**August 26 - 29, 2018**

### VENUE:

THE HISTORIC INN AND  
BISHOP JOHNSON HALL

AT THE VALLE CRUCIS CONFERENCE CENTER

ALL MEALS AND PROGRAM COSTS INCLUDED  
\$450 with Lodging / \$306 Commuter

Led by the Rev. Cyndi Banks and the Rev. Karla Woggon, Certified Daring Way™ Facilitators

Register at [www.vcconferences.org/programs](http://www.vcconferences.org/programs)

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**VULNERABILITY IS THE BIRTHPLACE OF LOVE, BELONGING, JOY,  
COURAGE, EMPATHY, ACCOUNTABILITY, AND AUTHENTICITY."**

**BRENÉ BROWN**

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# *Moving Forward Through Circles of Hope*

## **Circles of Hope Program**

Through the Circles of Hope program individuals receive classes which are essential to the participants success:

Classes include:

- Problem solving skills
- Budgeting strategies
- Hidden rules of economic class
- How to build community resources

## **National Impact Report**

- ♦ Circle Leaders in Jackson County have an 81% increase in income
- ♦ Those taking a leadership role are working their way out of poverty
- ♦ Average Salary has gone from \$653 a month to \$1,886 a month



## **How can you help?**

If you have a heart for the poor, an open mind, and want to experience the wonder of seeing someone get out of poverty through their own hard work and dedication to their goals, we hope you will come one Tuesday night to the Mission and Fellowship Center of First Baptist Church and join us for a good meal and great fellowship with amazing volunteers and Circle leaders!



**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)