

The Coracle

St Davids Cullowhee



December 2, 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	Dec 1	Monthly Mindfulness 10 am Sylva Christmas Parade 3 pm
Sun	Dec 2	1 st Sunday in Advent, Stewardship Speaker, Steve Steinbrueck Yin Yoga 9-10:30 am Canterbury House
Wed	Dec 5	Advent Service 5:30 pm Michael Hudson, speaker
Sun	Dec 9	2 nd Sunday in Advent
Tue	Dec 11	Vestry Meeting 6 pm @ the Wilcoxes
Wed	Dec 12	Advent Service 5:30 pm Ron Robinson, speaker
Sun	Dec 16	3 rd Sunday in Advent, Children's Program
Wed	Dec 19	Advent Service 5:30 pm Jane Coburn, speaker
Sun	Dec 23	4 th Sunday in Advent Greening of the Church
Mon	Dec 24	Christmas Eve Eucharist 9-11 pm
Tues	Dec 25	Christmas Day (No service)
Sat	Mar 2, 2013	St. David's Day Feast & Auction 5:30 pm
Sun	Mar 17	Bishop's Visit

Serving this Sunday Holy Eucharist

Reader: Rosa Reily
 Chalice: Vance Davidson
 Coffee: Eric & Norma Hendrix
 Organist: Nan Watkins
 Readings: [Jeremiah 33:14-16](#), [Psalm 25:1-9](#), [1 Thessalonians 3:9-13](#),
[Luke 21:25-36](#)

Serving during December

Bread: Jane Coburn
 Flowers: Betty Lynn Kirwan
 Linen: Faye Jacobson
 Eucharist: Gracia Slater &
 Margot Wilcox

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.

Canterbury House Activities	Mondays 7:25 am	Mindfulness Meditation
	Mondays 9-10:30 am	Chad's yoga
	1 st Saturdays 10 am	Monthly Mindfulness
	Thursdays 11:30 am	Cullowhee Men's Group
	Thursdays 5:30 pm	Alcoholics Anonymous
	Fridays 5:30 pm	U-Club

Sylva Christmas Parade

Saturday, December 1, at 3 pm

The Sylva Christmas Parade is this Saturday. Children and musicians get top priority for riding on the float, but we can have as many people as want to come walk the parade route alongside the float. Just show up before 3 o'clock near the Sylva Fire Department. If you can help decorate the float with greenery and bows, find us at the church around noon or on Chipper Curve around 1:30.



Yin Yoga

Sunday, December 2, 9-10:30am in the Canterbury House

Due to a death in Susan Kaagan's family, Chad Hallyburton will lead a "Long, Slow, Deep" class instead. It will not be an "official" Yin Yoga class, but the overall feel will be similar. Hope you can still attend.

For more information, contact Chad Hallyburton (828-508-2501, centeringyoga@yahoo.com)



Pasta, Pasta

This Sunday is the last opportunity to bring pasta to contribute to the United Christian Ministries Christmas food drive. They are putting together some four hundred food boxes in an effort to help out needy people in our area over the Christmas break. St. David's will contribute 150 one-pound boxes of pasta towards this effort. If you can help with this, please bring pasta and place it in the Parish Hall or in the basket at the back of the church.

The Gospel

Luke 21:25-36

Jesus said, "There will be signs in the sun, the moon, and the stars, and on the earth distress among nations confused by the roaring of the sea and the waves. People will faint from fear and foreboding of what is coming upon the world, for the powers of the heavens will be shaken. Then they will see 'the Son of Man coming in a cloud' with power and great glory. Now when these things begin to take place, stand up and raise your heads, because your redemption is drawing near."

Then he told them a parable: "Look at the fig tree and all the trees; as soon as they sprout leaves you can see for yourselves and know that summer is already near. So also, when you see these things taking place, you know that the kingdom of God is near. Truly I tell you, this generation will not pass away until all things have taken place. Heaven and earth will pass away, but my words will not pass away."

"Be on guard so that your hearts are not weighed down with dissipation and drunkenness and the worries of this life, and that day catch you unexpectedly, like a trap. For it will come upon all who live on the face of the whole earth. Be alert at all times, praying that you may have the strength to escape all these things that will take place, and to stand before the Son of Man."

This Sunday Steve Steinbrueck will be offering the last stewardship reflection. So far we've received 13 pledges totaling \$32, 580. Let's all make a special effort to get our pledges submitted as soon as possible!

This week Gracia Slater shares a special memory of good times at St. David's:



“One of my favorite times at St. David's is the "Greening of the Church." Every year, on the last Sunday in Advent, we all don work clothes, bring greens, work gloves, clippers, rakes and other tools. Bill Kirwan puts down the tarps. Tom brings in a truck load of greens. Under Margot's direction, a bunch of us make wreaths--no experience needed. The main direction is to cover all of the wreath base with greenery. While all of this clipping and pinning is going on, others are outside raking, trimming and sprucing up. Betty Lynn brings sandwiches and everybody brings something to share. When all of the work is done, we celebrate with a cup of June's delicious hot Russian tea. This has always been a rewarding time for fellowship, with parishioners of all ages working together.”



To read Eric Hendrix' excellent talk from last Sunday click this link: [Eric Hendrix stewardship talk](#)



The Franklin Neighborhood Group will meet this Tuesday, December 4, at 6 pm, hosted by Bob Dodd and Art Campana at Bob’s home on Buck Creek Road outside Franklin. The usual group has been contacted by email, but anyone is welcome. Contact Bob at rcdaec@gmail.com for information or directions.

Jackson County Neighbors in Need

This year, instead of the Heifer Project, we are going to donate to “Neighbors in Need,” which is a local charity that gives assistance to people in Jackson County. Their Mission: “We are a voluntary organization bringing together community organizations and citizens to promote effective collaboration to assist Jackson County citizens in need of adequate warm shelter during the cold weather months. Major goals are: weatherization of homes, cold-weather shelter, and funding to help with heating and shelter needs.” They also work with the Tuckasegee Community Food Pantry, in cooperation with Manna, to provide food when needed.



The procedure will be the same as Heifer. Make checks payable to St. David’s with “Neighbors in Need” on the memo line. Give your checks to Margot, Betty Lynn, or just place them in the offering plate. All donations are tax deductible. Brochures will be available as well as an enclosure that can be added to your Christmas cards if you wish to donate as a gift. Judy Annis is on the board and she, along with the entire board, is so grateful that we have chosen to support this much-needed organization. If you have other questions you can contact Faye Jacobson at thejakes@frontier.com.

Parish News & Notes

Birthdays

- Dec 3 **Scott Philyaw, John Slater,
Christine Stevens**
- Dec 6 **Jake Coburn**

Jere Annis is out of the hospital and improving daily but not as fast as he would like following his open-heart surgery in Florida. Cards may be sent c/o Alex Frost, 702 Laurel Pointe Drive East, Lakeland, Florida 33813. .

There will be a memorial service for Annie Harlow’s mother, Marget (Peg) Hussey, at Sylva's First Presbyterian Church on Sunday, December 2 at 3 pm.

Good Food, Good Fun

The children enjoyed the refreshments after church last Sunday. Each child was given an Advent Calendar to assist them in counting down the days as Christmas approaches.

On Sunday, December 16, they will present a short program during church.



Corvus for Clean Slate



Ann Courmouzis, a “friend of St. David’s,” is bottling a unique Greek Olive Oil from Sparta. CORVUS, Greek for “crow” is a unique, buttery oil with a mellow herbal flavor. Perfect for dipping, salads, fish, and veggies. A 12.5 ounce bottle is \$16. Ann will donate \$2 from each sale to CLEAN SLATE. To

reserve amounts, contact Melba Cooper at 506.7559 or melbacooper@mac.com. Ann lives in Athens, Greece and Beaufort SC. She is a professional chef and certified olive oil taster.

Pecan Sale

Sylva Garden Club has pecans for sale again this year. They come in 12 oz. bags and are \$9.00/bag for all varieties. We have milk chocolate, glazed pecans and pecan clusters this year in addition to the mammoth plain halves that we always have. No dark chocolate this year. Please contact Betsey Hamlet at behamlet@gmail.com with orders or you can purchase at the Friends of the Library Used Book Store in downtown Sylva. City Lights, Ray’s Florist, and Tuckasegee Trading Company may also have them. You can pay in cash or make checks payable to the Sylva Garden Club. Proceeds go to support the club’s scholarship program and beautification projects.

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.

Celebrating the North Carolina Poetry Society's 80th anniversary, poets Joseph Mills, Kathryn Kirkpatrick, and Julie Suk will join guitarist and songwriter Eric Hendrix, and Norma, too, at **City Lights Bookstore in Sylva this Saturday evening 5 pm.** Kathryn Stripling Byer will serve as emcee. Wine, apple cider, cheese and other assorted appetizers will nourish the celebrants and their audience. Books will be on display, waiting to be inscribed by the authors. Come celebrate the season with us.

Eric Hendrix has been working diligently with Dave Magill to finish his first CD. He and Norma have also been working on the cd cover, taking photos and putting together the album cover. Credits abound to Norma on this one! To listen to the title song and order a copy, ([click here](#)) and scroll down.



Norma Hendrix invites you to spend some time at the [Holiday ART Gallery](#) – a collection of fine art made by artists of regional, national and international recognition. All of the artists either teach for CMA or are staff artists. Enjoy looking and find out how you can give a donation *and* receive a piece of art.

Your donation will be distributed thus:

50% goes directly to the artist (who each donated the other 50% of the sale),

40% will help support Cullowhee Mountain ARTS in its ongoing efforts to support artists, students and created learning communities, and

10% will help support the Jackson County Arts Council, who uses all their funding to go directly back to the arts in Jackson County North Carolina.

Ordinary Mindfulness

By Michael Hudson

TUESDAY, NOVEMBER 27, 2012

Thou Shalt Not Be Late

Though it goes against my temperament, I'm almost never late. Somehow somewhere in me it is written:

Thou Shalt Not Be Late

I know it has to do with my father--he was, shall we say, *committed* to being on time. He was also committed to *encouraging* his wife and 3 boys to be on time. Being the youngest, and seeing my brothers catch hell for holding up the show, it must have seemed really, really important for me to *get it right*.

This particular commandment is not only carved in stone but hardwired in my neurons. It's a superhighway among neural pathways.

If I'm paying attention I can feel this gift from my dad as driven-ness. I'm agitated when I'm 'behind' time, a man on a mission. I get tense and terse and tend to see things as 'in my way' rather than simply being what they are.

Life has been telling me for a long time to slow down--to loosen up and to open up. To stroll more, to linger, to chat, to visit, to savor, to bask.

But it's a slow process--like negotiating rights-of way for a Greenway in Brooklyn.

So I love it when help comes--like this bit from Mark Nepo's *Seven Thousand Ways to Listen*:

When fully here, we touch what is before us: life-force to life-force, essence to essence. When asleep or numb or moving too fast, we only touch surface to surface. And without that glow of life-force, that glow of essence, things just get in the way. It seems that the feel of truth and meaning waits below the surface, and it's the heart of listening that allows the life-force in all things to touch us.

I'm working on going from seeing things IN the way to seeing things ON the way. It seems a little farfetched that we'll often meet 'essence to essence' but it doesn't seem much of a stretch at all to begin intending to mingle at least some of *what we truly are* as we bump into each other on the Way.

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:

[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.

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.