

The Coracle

St Davids Cullowhee



December 16, 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	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	Lessons & Carols with Festive Eucharist 9-10:30 pm
Tues	Dec 25	Christmas Day (No service)
Sun	Dec 30	1 st Sunday after Christmas
Sat	Jan 5, 2013	Monthly Mindfulness
Sat	Mar 2	St. David's Day Feast & Auction 5:30 pm
Sun	Mar 17	Bishop's Visit

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: Betty Lynn Kirwan
Chalice: Curtis Wood
Coffee: John & Gracia Slater
Organist: Nan Watkins
Readings: [Zephaniah 3:14-20](#), [Philippians 4:4-7](#), [Luke 3:7-18](#)

Serving during December

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

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

The Gospel

Luke 3:7-18

John said to the crowds that came out to be baptized by him, "You brood of vipers! Who warned you to flee from the wrath to come? Bear fruits worthy of repentance. Do not begin to say to yourselves, 'We have Abraham as our ancestor'; for I tell you, God is able from these stones to raise up children to Abraham. Even now the ax is lying at the root of the trees; every tree therefore that does not bear good fruit is cut down and thrown into the fire."

And the crowds asked him, "What then should we do?" In reply he said to them, "Whoever has two coats must share with anyone who has none; and whoever has food must do likewise." Even tax collectors came to be baptized, and they asked him, "Teacher, what should we do?" He said to them, "Collect no more than the amount prescribed for you." Soldiers also asked him, "And we, what should we do?" He said to them, "Do not extort money from anyone by threats or false accusation, and be satisfied with your wages."

As the people were filled with expectation, and all were questioning in their hearts concerning John, whether he might be the Messiah, John answered all of them by saying, "I baptize you with water; but one who is more powerful than I is coming; I am not worthy to untie the thong of his sandals. He will baptize you with the Holy Spirit and fire. His winnowing fork is in his hand, to clear his threshing floor and to gather the wheat into his granary; but the chaff he will burn with unquenchable fire."

So, with many other exhortations, he proclaimed the good news to the people.

Be A Christmas Angel for Our 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.



Many thanks to Michael, Eric and Steve for their stewardship reflections this past month. The stewardship drive continues. Please submit your pledge as soon as possible so we can finalize next year's budget and get to work on ministry and programming for 2013. Thanks- Pat Steinbrueck



Please, if you possibly can, catch up on your pledge as Christmas approaches.

Also, donations may be made to the Altar Guild for Christmas memorials. Special remembrances and thanksgivings will be listed in the Christmas Eve bulletin. Please give the memorial/thanksgiving information to Margot in person or by email: mtwilcox@frontier.com.

The
Children of St. David's
will present
a very special
Christmas Program
during church this Sunday.

Please be on hand to appreciate and support them!



Wednesdays in Advent
5:30 pm Service of Light

Jane Coburn will be the speaker this Wednesday.

Garden Guild Work Day

The Garden Guild rock-moving day that was rained out last Monday is rescheduled for next Monday, December 17 at 10:30 am.

Getting Ready for the Construction Crew

Susan Rush, Muff Lyons, Margot Wilcox, and a number of others have been busy recently going through the contents of the Parish Hall, sorting, storing, and moving things, making ready for the start of demolition/construction to begin after Christmas. Several things are up for grabs to anyone who might want them with the suggestion that a donation to the building fund would be appreciated. They include the toilet, bathroom sink, kitchen sink, wall and base kitchen cabinets, a few light fixtures, a metal shelf unit, a broom closet type cabinet, and a deep base cabinet in the sacristy. Also, there are a number of shrubs next to the Parish Hall building itself and towards the driveway—mostly azaleas and boxwoods, that could use a new home.



Newt Smith, Tyler Kinnear, Bob Dodd and Jim Bowles maneuver the armoire into its temporary spot at the back of the nave.

Clothes Rack Needed

Does anyone have one or more portable clothes racks, substantial enough to hold vestments, that could be used during the construction period? A temporary vesting area will be set up in the Canterbury House.

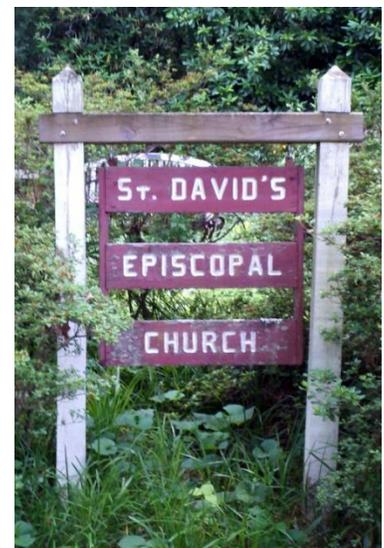


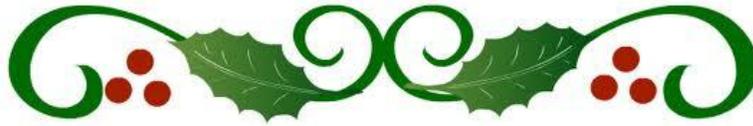
Two Projects

The table shown at left needs to be refinished and repaired. A fine table, it served as the altar for a time after St. David's was re-consecrated in 1959.

The charming sign at right needs to be repainted. It will be removed from its current support so it will be easy to handle.

If either of these projects is something you would be interested in doing, please contact Maggie at magbowles@gmail.com.





Greening of the Church

Sunday, December 23

Please join us following church for this festive and fun afternoon of decorating.

Further details will be published in the Coracle next week.

Parish News & Notes

Birthdays

Dec 14 **Emma Tomczak, Betsey Hamlet**
 Dec 17 **Michael Hudson, Judy Robinson**
 Dec 18 **Nan Watkins**
 Dec 22 **Charles Rush**
 Dec 24 **Elena Reynolds**

Anniversaries

Dec 17 **Marcus & Caroline Goodkind**
 Dec 19 **Paul & Melba Cooper**

Congratulations to Jeff Neff on being appointed to serve on the Board of Lake Logan, a Diocesan position.

Congratulations also to Jessica Philyaw on her new job as assistant librarian for the Macon County Library.

Joanne Cleary has been diagnosed with ovarian cancer and will undergo surgery next Wednesday at Mission Hospital. Joanne wants everyone to know how very much she appreciates all of our prayers as she negotiates surgery and chemotherapy.

Jere Annis continues to improve and may be able to return here before Christmas. Cards may be sent c/o Alex Frost, 702 Laurel Pointe Drive East, Lakeland, FL 33813.

Thank-you to Tom and Margot Wilcox for hosting a festive dinner for the December vestry meeting.



Corvus for Clean Slate

Ann Courmouzis, a "friend of St. David's," sends this message to elaborate on this unique Greek Olive Oil from Sparta: Corvus is Latin, not Greek, for the general species of crow: "corvidae", to be precise. Our crow is a Rook, "corvus frugilegus", distinguished by the extra feathery feet (and some other distinctions not evident in the painting which is part of the logo). Anyway,

I used this crow in the logo because they live in the olive groves in Molai (the village near Sparta where our oil comes from) and I always see them flying up and squabbling with each other when I walk about there - they have quite an "attitude" and so does the oil. I am so happy to be able to participate in the St. David's sponsored program, Clean Slate.

To reserve amounts, contact Melba Cooper at 506.7559 or melbacooper@mac.com. Ann, who lives in Athens, Greece and Beaufort, SC, 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-- 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. 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.

A Clean Well-Lighted Place—Housekeeping with Purpose and Nurture

Barbara Hardie is starting a housekeeping service. If you are interested, please contact her at bjhardie@gmail.com or [828-331-0000](tel:828-331-0000). To view a flyer with full details, please [click here](#).

Saturday December 15th, 2 pm: Tyler Kinnear, a Vancouver-based sound artist and son of Terry and Linda Kinnear, will lead a Soundwalk through Downtown Sylva. A Soundwalk is a silent group walk led along a planned route to experience a location's ambiance and underlying rhythms. Participants are invited to actively listen to the "music" of the environment. The walk begins and ends at City Lights Bookstore and lasts from 2 - 3:30. Call the bookstore with questions: [828-586-9499](tel:828-586-9499).

Stay downtown after the walk and enjoy [Eric Hendrix & Friends](#) at Sylva's [City Lights Cafe, 7 - Close!](#) Dave Magill will be playing both bass and a middle set of Acoustic Guitar with several songs from Eric's CD, "Would You Dance with Me?" ([click here to order your copy](#)); plus, some new ones we've been working on. Percussionist Pete Cortese returns this trip, providing some of the smoothest grooves in the area; and of course, Norma Hendrix shares vocals and beautiful flute melodies and harmonies throughout the evening. The only part missing is YOU! See you there!



Celebrate the Holidays with Cullowhee Mountain ARTS by giving towards one of our Summer Workshops or Art Immersion Trips where you, or someone you love, even someone you want to inspire—can study with an extraordinary teacher along with like-minded artists committed to learning and developing their art. ([Click Here](#))

Friday, Dec. 21
Winter Solstice & Beer Party
with The Itinerant Locals

CITY LIGHTS CAFE WINTER SOLTICE PARTY & BEER FESTIVAL



"It's the End of the World As We Know It - But We'll Feel Fine" - Enjoy Amazing Polka by the Itinerant Locals, Beer Brat Paninis, Draught Flights, Seasonal Brews and more.

Brought to you by [Heinzelmännchen Brewery](#) and City Lights Cafe!

Ordinary Mindfulness

By Michael Hudson

THURSDAY, DECEMBER 13, 2012

Love the Frustrations (re-post)

We often come across Rilke's quote, "Love the questions."

I've usually enjoyed exploring the kinds of questions Rilke seemed to have in mind--questions of the heart and of the soul. At least I've enjoyed them when I've been able to glimpse the answers, or at least glimpse the regions up ahead where the answers might be found--like hiking and seeing the next ridge or two on the path you're on.

It's a different thing to love questions when you can't glimpse answers, when you're not sure there are answers, when you're not sure you have the ability to find some answers even if they do exist.

Rilke's advice then becomes more like, "Love the frustrations."

Raise your hand if this could be one of your favorite quotes.

Frustration is the feeling of being upset or annoyed as a result of not being able to change or achieve something. Frustration is also the prevention of our progress, success, or fulfillment of something.

Alas, frustration is also the thing that convinces us, by its persistent uncomfortableness, to stop trying to get to where it's so damn hard to go--even when it's the place deep down we want most to go.

What would happen if we actually could grow to "Love the frustrations?" What would that be like?

What would a moment in life be like if Frustration was scratching at our door and we opened the door laughing and invited it in--treating it honorably, trusting (at least a little) that even Frustration is sent as a guide from beyond?

The way to hear what Frustration (as a Guide from Beyond) has to tell us is to find time to be still. To consciously slow down, take a few deep breaths, and listen to and feel what Frustration is bringing to the party.

First, simply feel what frustration is doing in your body. Maybe it's sitting on your chest!

But that's okay. Frustration is never really as heavy as advertised.

Just keep some attention on your breathing, in and out, and a little attention on Frustration's great big butt on your chest--or tightness in your throat--or droopiness in your posture. Wherever Frustration is, just breathe into that place for a few minutes with no other intention but to treat it honorably.

Then keep doing the same thing with a little wider awareness. Listen to whatever is speaking. Try not to argue or be defensive. Breathe. Feel. Listen. Treat each thought and feeling honorably.

Welcoming whoever comes, as Rumi recommends, is always just as simple as this and at the same time almost never just as simple as this. As with everything else in life, the only way to explore this kind of welcoming is to give it a try yourself.

Love the frustrations. Opening our doors to them in a playful, welcoming way sometimes is the same thing as having a door opened for us along those very ways that have seemed, so far, so very closed.

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.

St. David's Links and Contact Information:

Website: <http://www.st-davids.org/> [Lectionary Page](#)

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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](#)