

# Edgcumbe

## Presbyterian Church

### Midweek Update

February 7, 2024

*In this issue:* Prison II, Jodi Houge Installation, New Members & Conversation with a Pastor, Feb Mission, Giving Statements, February Birthdays & Anniversaries



### The Prisons of Our Making, Part II

As I mentioned last week, the Enneagram Prison Project curriculum doesn't start with the Enneagram itself. We start by looking at the basic need of every infant and child for attachment, for love and nurture and protection. When we do not get those basic needs met, then our little selves come up with the best adaptive strategies that we can to protect and nurture ourselves. These strategies are the building blocks for what we call our personality.

To be able to look at our own personalities with any of the objective awareness and self-compassion that is needed for real healing, it helps immensely to accept three basic ideas.

1. **At my core, I am a divine spark, loveable and amazing.** Instead of focusing on everything that is wrong with me, I can accept that there is something truly good about who I am. This step is so essential that it is not worth reading on until you can accept at least the possibility of your own essential goodness. Non-acceptance of this point will trip up all further progress toward self-acceptance, self-regulation or self-compassion.
2. **I can take emotional responsibility for my own life and reactions.** My own thinking and stories cause my own emotions and those emotions in turn lead to my actions and choices. This might sound like basic adult self-responsibility, but it is astoundingly difficult. I/we are so tempted to blame others and circumstances for our own reactivity. We think, "Clearly I'm upset because you are doing X, or not doing Y." Owning my own thoughts, emotions, and actions is the beginning of true freedom. If this feels like a step too far, please return to #1.
3. Viktor Frankl wrote: "*Between stimulus and response lies a space. In that space lie our freedom and power to choose a response. In our response lies our growth and our happiness.*" **Healing and freedom begin when we can pause**—even for a quarter-second—and allow our own minds and hearts to come online, giving us new options beyond our fear-reactivity. When we can "catch ourselves in the act" of our own egos, it gives the Holy Spirit the space and permission to flood our lives with grace and peace and life-giving options.

I said to you last week that I would be bringing several EPP teachings directly into worship last Sunday. While we did lay some helpful groundwork and got to do some amazing work with Isaiah 40, I did not actually get to the EPP material. The above three points come from our in-prison work, and we will definitely get to the EPP handouts this Sunday, God willing!! Peace to you all, Pastor Phil

*Holy Spirit, in this holy moment, **you** be in charge, and we will follow **you**, trusting that your direction will lead us to peace!!*

## Jodi Houge Installation this Sunday

Rev. Jodi Houge has been a friend of EPC for many years. She was formerly the pastor of Humble Walk Lutheran community and is now being installed as a pastor at Gloria Dei Lutheran Church. Her installation service is this Sunday, Feb 11, at 8:15am. Pastors Luna and Phil plan to attend before heading to worship at EPC. Gloria Dei is at the corner of Snelling and Highland Pkwy—just north of the Highland water towers.

## February Mission: Snack Money & Tissues

The February mission collection has two parts; 1) we are collecting money to fund the purchase of snacks for the Saint Paul 8218 Truce Center(s) for the coming year, 2) we are collecting facial tissue boxes to give to the teachers at Highland Park High School (our next door neighbor).

The 8218 Truce Center (<https://8218trucecenter.org>) strives to create lasting solutions to youth gang and gun violence through impactful programs and mentorship. Their vision is to eradicate youth gun violence any place 8218 Truce Center has a presence. They provide clothing donations and food to kids in need of resources due to gang violence or other situations. They also provide a resource Center for youth to have a place of peace. Our Mission collections are used to provide snacks for the after-school and summer programs held at the Truce Centers at Lexington and Selby or on Payne Avenue in St.

Paul. Most of the snacks we purchase are delivered to the Payne Avenue center. The photo shows what we typically purchase (for about \$100) and deliver every other week. For mission contributions please write "February Mission" in the memo line of your check or indicate "February Mission" in the note provided with your online contribution.



The facial tissue boxes that we collect are delivered to the high school for use in classrooms. Normally we collect between 50 and 100 boxes for this mission and when we deliver them to the

high school teacher break room they are absorbed by the teachers in a few hours. Please bring the facial tissue boxes to the church and place them in the office.

Thank you for your continued generous contributions to the EPC mission program!

## Pastoral Tending: New Members and Conversation with a Pastor

Edgcumbe is receiving the gift of newer folk who are connecting to the community, and so Pastors Phil and Luna will be having a gathering of people who are interested in **exploring membership** at Edgcumbe. Please hold this in your prayers, and if you are interested in joining this conversation, please contact the Pastors or Elders (Connie, Todd, Michelle, Jay, or Ingrid).

Also, from time to time, Pastors Phil and Luna feel guided to connect with all persons who attend worship outside of the Sunday morning time frame. The purpose of these conversations are meant to share honesty and to explore what might be supportive for your connection with the God of your understanding and with the community. The desire would be to have these one-to-ones over the upcoming months. If you have an interest in having this conversation with specifically Phil or Luna, reach out to them to set up a time... otherwise they will randomly divide the list of people and reach out to you to set up a time over the next months.

## 2023 Giving Statements

Year end Giving Statements have been mailed and emailed out. If you have any questions regarding your statement please contact Krysta Niznick at [epchurch2149@gmail.com](mailto:epchurch2149@gmail.com). Thank you for your generous support of Edgcumbe Presbyterian Church.

## February Birthdays and Anniversaries

Happy Birthday to:

Meredith Holt	1/14
Angelie Ryah	1/18

Happy Anniversary to:

Luna & Phil GebbenGreen	1/31
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