

Edgcumbe

Presbyterian Church

Midweek Update

April 17, 2024

In this issue: Acceptance, Todd Barnes memorial, Mission Partner: HPHS Mental Health Team & IB testing, Clothing & Pie, Session Report HAIKU



Breathing In Acceptance

The main thing you need to know about this week's Update is that Elder Connie wrote this month's **Session Report all in Haiku**. It is a delight, and you can find it at the bottom of this email, so please read to the bottom today!

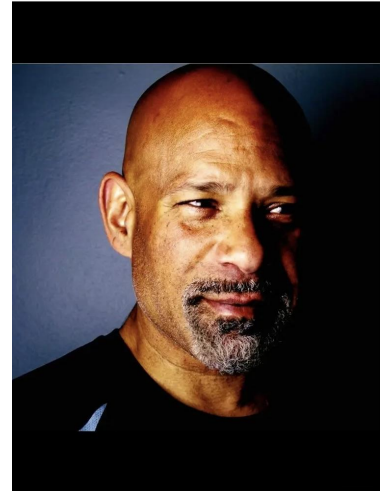
Even more important is to remember that you are a child of God. In some fundamental way, we are not the children of our biological parents any longer, but belong—in body and in soul—to our faithful savior, Jesus Christ. What this means is that the full inheritance of God's love is available to you right now. Your mission today, should you choose to accept it, is to receive God's love. Nothing else is as important or vital as this acceptance.

Grief affects everyone differently, of course. One of the ways Todd's death is impacting me is that my mind is a bit foggy. It's hard for me to focus on one task for very long, and my own sense of self gets a little wobbly with sadness and uncertainty. It helps me to stop now and then and simply breathe in the love of God for me and for everybody. I invite you to take such a breath right now. Say to yourself, "God/Jesus/Spirit, I accept the fullness of your love." Repeat this breathing and inner speaking as often as necessary or helpful. Notice what happens in your mind, in your heart, and in your body as you do this. For me, my mind slows, my guts settle, and I can feel my heart soften. In those moments, I am reminded of who and whose I am. May the peace of knowing who you really are be with you all today! Pastor Phil

holy spirit, in this holy moment, you be in charge
and we will follow you, trusting that your direction leads to peace.

Rest in Peace, Todd Barnes

We continue to give ourselves and the community places to celebrate and grieve and process and trust, following the death of Todd on April 7. The official memorial service for Todd is still scheduled for the afternoon of Saturday, May 11, in the EPC Backwoods. Stay tuned for more details.



Church Workday Gratitude

We got so much done around the church building last Saturday. A huge Thank You to everyone who participated with organizing and cleaning and decision-making and planning!

April Mission

Our April Mission focus is supporting the Mental Health team of HPHS in preparation for National Mental Health Awareness Month. They want to focus on completing activities for both staff and students to bring more awareness, decrease stigma and increase knowledge of mental health and mental health supports. Some ideas that the team have thought of but are limited by funding include: therapy animals/Paws for Healing, affirmation aromatherapy or self-care packs, and in-building staff yoga or mini massage therapy sessions. The Mission monies raised in April will be given to the Mental Health Team of HPHS for their May activities. Please consider contributing to April's Mission focus to provide support and care to our neighbors at HPHS!

Exam proctors needed for Highland Park Sr High School

Here's another great opportunity to support our High School Neighbors. Volunteer proctors are needed for the upcoming IB (International Baccalaureate) DP (Diploma Programme) Exams. Exam dates are from April 25 through May 15. All testing is done at the High School (next door to EPC). Each Exam session is from 3 to 3.5 hours long (either the morning or the afternoon). You do not need to know anything about the subject matter of the exams to be a proctor. Please consider signing up for one or more time slots. Sign up instructions are below. If you have any questions about this, please contact us. Rich and Liz (Irschiferl@gmail.com).

- 1) Click this link to see the SignUp! options: <https://signup.com/go/mpxqSdS>
- 2) Review the options listed and choose the spot(s) you like. (One or more.)
- 3) Sign up! It's Easy - you will NOT need to register an account or password on SignUp.

Clothing Exchange and Pie Social

EPC is hosting this double event on Friday & Saturday, May 3-4. Starting next week, we will be asking for sign-ups for work shifts and pies and promotions. Clothing donations can be brought to the church office at any time.

April Session Haiku!!

Hello Brothers and Sisters in Christ,

here are the session notes from elder connie (see how I am channeling luna?)

I am attempting to compress by using haiku:

1. session gathering
beloved member jay asks
what is most true about todd?

we think about it
forgiving and forgiveness
surrender and grace
2. treasurer Ron talks
he tells us that we are good
he is a treasure
3. Let's clean up the church
is this a metaphor? or...
nope, it is scrubbing.
4. There is a question
will we let them spread ashes
Brian Manwarren? Yes
5. in June or longer
Conservancy of Music
may be gone..unsure
6. A New Members class!
Hooray! All are Welcomed Here
More info to come!
7. In charge of service
May 19th, Pastors are gone
Jay, Ingrid, Connie
8. luna: outdoor companion

sitting in all the beauty
silent, holy space

centering in place
resist and retain no thought
return to the sacred word

she has the best bike
she rides and rides and rides it
full day of nature

9. Phil: bible study
the depth is so enriching
long term care of soul

he will miss Todd's voice
of radical inclusion
keep that voice alive

We are connected
to Highland Highschool students
notice and rejoice!

10. Free clothing and pie
on May 3rd and on May 4th
we need all to help!