

# Edgcumbe Presbyterian Church, Midweek Update – August 2, 2017

## REST FOR WEARY SOULS

We continue our weekly meditation series with an invitation to rest.

### FAITH PRACTICE: GOD OFFERS REST

*I am noticing weariness all around me these days. My family seems tired, even though we have had a very relaxed summer. I usually get up early every morning to exercise and lately I have slept in almost as much as I have gotten up on time. Two different people contacted me and Julie to apologize for sleeping too long to make it to church this past Sunday. In Matthew 11:28, Jesus says, “Come to me all who are weary and weighed down, and I will give you rest.” Weariness is not something to be ashamed of. Weariness is part of being alive. And it’s not just daily life that tires us out. Grief, transitions, worries, relationship work—these all take immense internal resources and make us tired. For this week’s morning and evening mediation, say the following line to yourself for three minutes as you breathe slowly in and out.*

### **God offers me rest.**

*Let your body, mind, and soul relax into the comfort and presence of God’s Spirit.*

### WORSHIP THIS SUNDAY, AUG. 6: PET BLESSING

The day is finally here! We plan to worship outside in the church parking lot, and the weather looks cooperate at the moment. We will welcome you and your critters to join us for 10am worship and a special blessing for the animals who mean something to us. One of the reasons we designed this service was for a community outreach, so please invite your animal-loving friends and family and neighbors! Be sure to stay for ice cream!

After worship, we will prepare for the Graduation Party for Josh LeClair from 12noon – 3pm, also at church.

## PASTORS JULIE & PHIL CELEBRATE 10 YEARS AT EPC

Pastor Julie and I started working at EPC on August 1, 2007, making this our 10-year anniversary. I am too tired to write anything very profound about that at the moment (see weariness paragraph above), but we are both deeply grateful for our time at Edgcumbe Church, for everyone in this community of faith, and for all the blessings of God’s Spirit in this work and place. When weariness fades, both Julie and I hope to pen some reflections of ten years of ministry and where we see this congregation right now, and share these reflections with the congregation.

## **BIBLE STUDY — MONDAY, AUGUST 7**

Our next Bible Study and dinner will be Monday, August 7, at 6:30pm at the home of the Eggerts (1868 Simpson, Falcon Hgts 55113). All are welcome and a light dinner will be served. The texts for the 10<sup>th</sup> are: Genesis 37:1-4, 12-28; Psalm 105:1-6, 16-22, 45b; Romans 10:5-15; and Matthew 14:22-33. This is a consistently excellent and thought-provoking study, so I hope you will try to make time to join us!

## **TWO WAYS TO GIVE THIS MONTH**

School Tools & Food Shelf.... The shopping lists are attached for your convenience.

## **CONTEMPLATIVE PRAYER ON TUESDAYS**

Our meditative prayer group continues to meet each Tuesday at 3pm in the sanctuary. Feeling frazzled or overwhelmed or just in need of some quiet space? Join the circle of silence and support.

## **PRAYERS**

- Prayers for Lydia GebbenGreen after she had a seizure at our National Night Out picnic last night. Lydia has a brain tumor that was discovered when she was two years old (she's now 12) but has been dormant. This seizure could be the result of the onset of adolescent hormones (which can be a seizure trigger). It could also be a sign of increased tumor activity. Medical tests will follow soon. Lydia is tired but well.
- Prayers for all the weariness in ourselves and our loved ones. Prayers for healing in relationships, comfort in grief, strength in body, patience in attitude, peace in our souls. For each of us; for all of us.
- Prayers for our pets and all the critters and animals who have touched our hearts, taught us lessons, or given us delight and beauty and companionship.

*[If you have other prayers for this list, please feel free to email Pastor Phil ([pastorphil@epchurch.org](mailto:pastorphil@epchurch.org)) early in the week and we'll get it in.]*

Rest is one of God's greatest gifts to us. As a matter of fact, you can't enjoy God's other gifts (like peace, joy or love) unless you have rest! So take some guilt-free rest today. Peace and rest to you all, Pastor Phil