

Edgcumbe Presbyterian Church, Midweek Update – October 11, 2017

FAITH PRACTICE: SELF-CARE

Encouraged by Angelie Ryah, who is making support and self-care a key part of her ministry calling, I (Pastor Phil) have been thinking recently about the meaning of self-care. Do you think of yourself as caring for yourself? Do you know what self-care looks like? What is self-care?

Although it can be completely different for each individual, self-care is basically giving yourself what you need. It starts with eating delicious and nutritious food, getting enough sleep each day, and paying attention to your health and well-being. It can mean saying Yes to the things that bring you joy and pleasure and saying No to things that suck life out of you. Self-care can mean having the self-awareness to turn off the computer or TV at the right time, to move your body in ways that lead to vigor, to watch your emotional responses and act out of kindness instead of the feeling of the moment.

While all this is true, as spiritual people, the most important part of self-care is to remember at every moment who I am. Do you know who you are? You are a beloved child of God. Whatever else you tell yourself, your belovedness is the most true. Because God loves you, so we are called to love ourselves. So spiritual self-care includes whatever practices lead you to love and self-love. What works for you? Prayer, meditation, yoga, walking, going to worship, singing, deep breathing, attending a 12-step meeting, reading the Bible, community? That's your invitation this week—**Remember what works to connect yourself to God and to yourself and then do it!**

PASTOR APPRECIATION & 10-YEAR ANNIVERSARY CELEBRATION

This Sunday we will have a celebration Sunday for the ten years of ministry of our Pastors at Edgcumbe Church. There is a giant card to sign, everyone is encouraged to submit their own written reflections so that Julie and Phil can read and digest our words in their own time, and we will spend time in worship reflecting on the impact and changes in our own lives and giving thanks to God for the calling and work of our diligent pastors. After church we will have a potluck lunch—with a holiday theme, whatever that means to you! Angelie says she is bringing a turkey, if that helps you plan. There is a fridge and oven at church, if you need to keep something cool or warm during worship.

BACK WOODS EAGLE SCOUT PROJECT

The workday with our Eagle Scout, Kieran Ketelsen, is scheduled for **this Saturday, October 14, 9am-2pm**, including lunch (with a rain date of October 28). Everyone is invited to help with the work or help serve lunch to the scouts and volunteers. Pastor Julie adds: "It is my dream that every single person at Edgcumbe Church will show up for at least a little time on Saturday to help out!" This is a great opportunity to get a lot done, to have fun together, and to move forward our hopes for the back woods. The focus of this project will be: preparing the entry garden up by the new swing, building an entry arbor, and clearing brush and buckthorn (of course!)

Some of you have noted that we have not asked for any financial help with this project. So far the back woods work has all been donated or within our small outdoor budget. As we begin to switch from the buckthorn removal phase of the project to the planting phase of native shrubs and trees, we will probably need extra money for those plants. We also have some huge trees (like the two massive cottonwoods at the end of the parking lot) that will need some health and safety trimming soon. Some of us are thinking about grant money and other outside resources. But if you would like to contribute to a back woods fund, please feel free to designate money for that purpose and it would be greatly appreciated!

ALL-CHURCH MISSION PROJECT

Thank you to everyone who helped to assemble the care package bags for panhandlers and homeless folk, with special thanks to Eleta for coordinating the whole project! We still have several totes full of bags in the church office if you missed this past Sunday or need more already.

STEWARDSHIP

Look for a Stewardship letter next week as we start looking ahead to 2018!

CLOTHING EXCHANGE NOTE FROM PASTOR JULIE

hello, gals! for my birthday this year, i'm hosting a clothing exchange on october 21. for those of you new to this idea, come and bring the clothing, accessories, shoes, jewelry, etc that you are no longer wearing or wanting-- that you no longer love, and take home fun items other folks are releasing. find a new look. see clothing that you'd never consider for yourself, and try new things/colors/styles. fun! fun! fun! and free!!!

whatever is left over at the end i will give to joseph's coat. even if you do not have any items to bring---come anyway!! there will be plenty of clothing to look through! here are the details:

women's clothing exchange at the gebbengreen's home

[1462 van buren ave, st paul, 55104](#)

saturday, october 21st, 1pm-3pm

i should mention that many of these items will be in our attic which is only accessible by stairs---a lot of stairs.... but there will be some items on the main floor for those for whom the stairs are prohibitive.

i hope you can come and share in the fun!! peace!! julie g

PRAYERS

- Of comfort and peace for former EPC members Carl & Lynn Sims, who lost their home in the California wildfires. The Sims are safe and well, but they lost so much, including all their family photos.
- Of gratitude and joy to Connie and Dave Howe-Vielmetti for the wondrous celebration of their wedding day last Saturday. Congratulations!
- For Jay McGregor, who is going before Session this Thursday to request to be baptized. Yea God and yea Jay!

Peace to you all today! Pastor Phil