

Edgcumbe Presbyterian Church

Midweek Update

January 10, 2018

LOVING YOURSELF

Let me tell you a secret. It is the secret to happiness and to living in complete freedom and joy. I don't know why it is a secret, but most people don't talk about it.

The secret to happiness is to love yourself. That's it. If you can love yourself, accept yourself, be gentle and kind to yourself, take care of yourself, then everything else is easy and joy-filled. If you love yourself, then you will know without a doubt that God loves you. If you love yourself, then it becomes easy and pleasurable to love the people and world around you.

Jesus says, *Love your neighbor as you love yourself*. Spend some time today to show yourself some love. I mean that literally: take some time today, sit in a comfortable chair, and direct your own loving energy toward yourself. Start with ten seconds of love, or as long as you can handle. This is exactly what God does with you every day (I'm assuming that God has a comfortable chair), directing all of God's love straight at your heart. Notice your own feelings around being loved by yourself and by God. Does it feel good? Does it bring peace or does it create shame or anxiety? Whatever your response, try it again. Repeat as often as necessary because this is a secret that will heal what ails you.

COMFORT & JOY SUNDAY—THIS WEEK!

The EPC Deacons and the youth of the church will be hosting a "Comfort & Joy" Sunday, January 14, 2018, during the worship service. The modified worship service will be held in the parlor area, with a potluck brunch during the service featuring comfort food that brings you joy. The service will be led by young people in our congregation and will focus on the many gifts in our life which bring us comfort and joy. So bring your blankets, an open heart, and a delicious dish to pass!

GIVING STATEMENTS THIS SUNDAY

Giving Statements for 2017 will be ready to pick up on Sunday, January 14, 2018. Please check your statement as soon as possible and let Lois know of any changes which may need to be made before the books are closed for 2017.

ART SHOW OF EPC COMMUNITY ART –ART FROM HOME

Bring in a piece or two of your artwork or the work of a member of your family. Please bring only work that can be hung on the wall and that is ready to hang.

Art work can be painting, photographs, drawings, fabric work, carving, etc. Anything along as it will hang on the wall.

This show will be up from January 21st through the end of February.

If you have questions please contact:

Carol at cschweickhardt@gmail.com [651 468-9888](tel:6514689888)

RELATED TO ART: We received a thank you note from the HPHS art department for the supplies we bought for them in December with the rest of our School Tools offering from this fall. They are inviting us all to see the HPHS Honors Art Exhibition at Concordia University, January 11-24.

ANNUAL MEETING—FEBRUARY 4

On the day of that big athletic event in the city next door, EPC is having our Annual Meeting. We have one of these each year in late January or early February to check in about past year and give God thanks for the ministry of this congregation. We plan to share most of the reports during worship, followed by a short meeting to give the budget report and vote to renew the pastors' contract. That leaves plenty of time for nachos and the big athletic event (which starts at 5:30pm).

PRAYERS

- Prayers for Eleta and her family, after a week in which her grandma died, her dad went back into the hospital, and her cousin's body was found (on the day of grandma's funeral). Eleta says that it does feel like it is pouring right now, but she can also see God's miracles in the midst of it all.
- Prayers for Marlys Kingsriter who is back at Regions Hospital.

O People of God, rejoice and be glad! Here at the darkest time of year we remember that the Light has come and the darkness shall not overcome it. Give yourself some love today! Pastor Phil