

Edgumbe Presbyterian Church

Midweek Update - January 24, 2018

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STRESS RELIEF

I'm stressed today. I don't even know why. If I think about my life, everything seems pretty good. But I have been clenching my jaw all morning—one of my stress “tells.” I have tried relaxing my jaw several times, which helps for a few minutes, but then the tightness returns. Am I trying to tell myself something? If so, my jaw is not being forthcoming. Apparently they call it the subconscious for a reason.

Now I am sitting here at my desk, wondering if there is a cure or a point. This makes me remember that Pastor Julie and I have been asking you all to think about and try self-compassion recently. So I try it. Instead of trying to relax or think of solutions or ignore my jaw, I simply offer myself compassion. “Phil,” I say to myself, “you are loved and loveable. Your jaw is aching and that is no fun at all. But your heart is full of compassion that you are ready to share with the world.” I say things like this over and over, all the while offering love and empathy to my struggling jawline. It helps a bit. I've been clenching my teeth for so long that my jaw is still sore. But it feels like maybe I'm ready to let go of some tension, some worry, some control. Like maybe I'm ready to trust.

Today's exercise: Check in with your body—where are you holding tension or anxiety? Try, if you can, to talk soothingly to yourself, offering love and empathy and support. Let all your judgements float away, even those voices that want to judge you for talking to yourself. Repeat as necessary.

ANNUAL MEETING—FEBRUARY 4

In one week from Sunday, Feb. 4, 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).

Here is a summary of the announcement that Elder Fred Clary made on Sunday:

- *In early January, the Session passed a balanced budget for 2018. Thank you everyone, for your generous pledges. Exciting things are happening at EPC!*

- *That budget includes raises for all our staff, including moving our two pastors from a split 85% position to a split 90% position.*
- *The approval of the overall budget is the job of the Session, but the congregation votes at the Annual Meeting on the pastor positions. So take a look at the Annual Report and direct any questions to Treasurer Ron or any of the Elders. Thank you!*

INVITATIONS FROM PASTOR JULIE

Two broader episcopal community events are happening in the upcoming days which are involving pastor julie...and anyone interest in attending are very welcome to join along!

the first is an information session for people interested in learning more about traveling the **camino de santiago**, a series of christian pilgrimage routes throughout (mostly) spain. this sunday, january 28th, from 3p-5p at REI in bloomington will be the class, "camino 101--basics for pilgrims walking the camino de santiago". if you are interested, please connect with pastor julie so that she can get you registered.

also, the **12 Step Spirituality group**, of which pastor julie is on the leadership team, is having their regular meeting on saturday, february 10th, from 9a-12n, at colonial church in edina. this is an open meeting, not only for people in a 12 step program. the half day retreat will have 2 people share stories of learning (one will be pastor julie), as well as two 20 minute centering prayer periods. for more information about the group, please go to www.12stepspirituality.org, or talk to pastor julie.

MISSION TRIP TO LOUISIANA

Our Presbytery is sponsoring a mission trip to the the Baton Rouge area to assist in disaster clean-up in early April. The total cost of the trip is only \$150. If this opportunity might interest you, talk to Pastor Phil and he'll get you the full information.

NOTE FROM BRYAN KINGSRITER

Dear Edgcumbe Family,

Elaine and I haven't been attending often in the past 6+ months. This began for us, as a kind of 'sabbatical' from Edgcumbe. We wanted to step back and be attentive to our needs for spiritual community and nourishment, and how this has been changing in the last few years for us. I have been praying for some time about this, and asking God's direction. He has been affirming my process of seeking other sources for community.

God lead us to Edgcumbe for a reason. Not only has this community seen us through some major events in our lives, but I have, in this community, learned to be more attentive to God's voice and calling to me, especially about being involved in a church more deeply than any other I've been a part of. I'm grateful for Edgcumbe, for this community of faith, for Phil and Julie and Deb, and for countless times I've felt Gods' presence among you all.

I'm not sure where God is leading me/us now. I'm trusting Him, that He knows I don't want to be untethered from a community of faith. And I am praying, and trusting, that the unique ministry at Edgcumbe will continue to grow. Elaine and I don't want to just disappear. We continue to feel bonds with this community. We may continue to stop by from time to

time. And I welcome any interest in more conversation and understanding about our shifting direction.

We would like to invite you to our home for food, and a celebration of our time with Edcumbe, on Sunday, February 18, after church. Please let us know if you can make it. There may even be a little hymn singing, (if I have any say in it)!

Thanks to all, Bryan

DIRECTORY UPDATE—LAST CHANCE FOR CORRECTIONS

Lois is planning to have the new church directory ready by February 4. So if you have any additions or corrections, please contact Lois by tomorrow!

O People of God, when Jesus says, “Follow me,” he is not leading us into a life of suffering and stress. Jesus is leading us to a garden of love and loveliness. I’ll meet you there. Pastor Phil