

# **Edgumbe Presbyterian Church**

## *Midweek Update – May 9, 2018*

### **I REST IN GOD**

Last Sunday we left with the invitation to spend intentional time each day resting in God. If you need a reminder right now, then do this: Take one minute to sit and say to yourself over and over, “I rest in God.” Maybe set a timer on your phone to remind you to stop once each hour for one minute and say those same words.

When I do this, it feels like a reset or reboot. My shoulders relax, my mind slows down, and I grow in compassion and gentleness for myself and the people around me. When I take just a minute to rest in God, I remember who I am and I gain focus on what is really important. Let me encourage you again—don’t just think about how nice it would be to rest in God. Actually take one full minute and repeat the phrase to yourself, “I rest in God.” If that feels so good you want to keep going, then go for 5 minutes or 20 minutes. But just one minute can be a practice that transforms your day.

### **BACKWOODS**

Thank you to everyone who helped clean up our backwoods on Sunday. We were blessed with a beautiful day and many helping hands!

### **MAKING A DIFFERENCE**

THANK YOU to everyone who donated this past Sunday to the last-minute drive to give Cub Foods gift cards to Northside Women’s Space. With just 18 people in worship, we gave \$240, which equates to 24 cards, to NWS at last night’s Presbytery meeting. Way to go, EPC!

### **THURSDAY**

Session and Deacons are meeting together this Thursday at 6:15pm at church. No choir this week.

Rest in God for one minute and/or forever! Pastor Phil