

# Edgcumbe Presbyterian Church

*Midweek Update – July 11, 2018*

## **MEMORIAL SERVICE FOR DEB—SATURDAY, JULY 14**

Deb's family has set the afternoon of July 14, 2-4pm, for Deb's service. It will be an outdoor service (God willing) here in the backyard of EPC.

Most details of the service are now set, but there are several ways that we can help out as a congregation. It would not surprise me at all if there were 200 people or more at this service. You may also want to bring an umbrella.

1. We plan to gather around 12:30pm on Saturday to set up.
2. All attendees are being asked to bring chairs and/or blankets to sit on.
3. Anyone who is able, please bring finger snacks that do not require silverware and can hold up in the heat. We are providing cups and plates and napkins, which have already been arranged.
4. We will also need help with traffic control and clean up.
5. In general, our only job is to love everyone who shows up!

## **LOVE OFFERINGS**

We are collecting both a Love Offering for the Carlson family, and we are collecting for a memorial tree or grove of trees in honor of Deb on the church property. If you want to give to either of these offerings, please designate it accordingly.

## **PROJECT HOME ON JULY 14**

Our Project Home shift is on the same day as Deb's service. Project Home does not start until after 5pm, so this should all work out. If you would still like to be involved, contact Eleta Pierce, ([eleta.pierce@gmail.com](mailto:eleta.pierce@gmail.com) or 612-719-0758), with any questions.

## **PASTORS OFF**

Pastors Julie and Phil will take off July 16-22, while Phil attends the International Enneagram Association conference in Cincinnati, Ohio. On July 22, Elder Fred Clary and Deacon Connie Howe-Vielmetti will be covering the worship service.

## **THOUGHTS ON GRIEF**

*I thought I would reprint this reflection from last February:*

1. I just talked to a grief counselor who said that most calls for grief support come in about 2-3 months after the death of a loved one. In other words, grief takes time. If you have experienced a major loss, give yourself time to grieve and process and rest and adjust. Just taking care of the huge

number of details following a death often takes weeks to sort out. It is very typical for new grief to emerge after the busy-ness of funeral and estate planning calm down.

2. Everyone grieves differently. Just as every relationship is unique, so too is grief. Maybe you will be chuckling one minute and be weeping hard the next. Most people feel unpredictable combinations of emotions like sadness, anger, humor, panic, calm, trust, fear, confusion, despair, gratitude. Some respond to grief by avoiding their emotions and staying busy. Others become inactive or tired. All this is completely normal.
3. Grieving can be lonely. If you are grieving yourself, remember to reach out to your community of love and support. If you know someone who has experienced loss, then reach out to that person. Are you wondering whether or not to call or write a card? Wonder no more—do it. Obviously we need to respect the person's space and requests, but it is better to err on the side of too much support. Again, unless you hear differently from the bereaved themselves, it is almost always comforting and helpful to talk about the person who has died, sharing stories or memories or reflections.
4. Finally, remember our faith. In Jesus' life, death, and resurrection, we remember that death does not hold power over us. Rather, in life and in death, we belong to God and to each other.

Peace to you all, today and every day, Pastor Phil