

Edgcumbe Presbyterian Church

Midweek Update

April 3, 2019

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STEP INTO THE RIVER

Here is something I wrote about a year ago (re-shared with me by Elder Jay):

The river of God's grace and love flows by your feet at every single moment. Stepping into the river is not cold or dangerous. Stepping into the Spirit's river brings only peace and joy and freedom. It may be the most wonderful feeling in the world, but it is surprisingly scary to take that step. It's scary because it means giving up your life on the riverbank. It's scary because we do not believe we deserve love and grace.

There are so many reasons to not step into the river. Life on my little ego riverbank may be lonely, but at least it is familiar. On the bank, I have control, not the river. What I've forgotten is that control is a complete illusion. The stories I tell myself about controlling my own life only lead to stress and exhaustion and insanity. What if I gain the whole world but lose my soul?

So for just a moment I lay down the illusion of control and rest in the current of love and grace. I am not pulled under; I do not hit hidden rocks; I do not die. Instead my whole self begins to relax into a deep sense of faith that I am held by something larger than myself. I remember who I am and whose I am. My decisions come out of sense of trust and connection rather than frantic survival. I can love and be honest and vulnerable with the people around me and accept them in return. I feel like I belong. Nothing scares me because nothing can threaten me when I am fully alive in God's Spirit.

This is my hope for you this Wednesday!

LENTEN WORSHIP

From now until Easter Sunday, we worship together using the beautiful music of Holden Evening Prayers and hearing congregational friends reflect on the question: **"How am I being changed right now?"** Leading worship and speaking this week will be Elder Fred Clary.

PASTORS' UPCOMING SCHEDULE

- Phil and Julie will take off a week, starting on Thursday, April 4, for continuing education as Phil travels to California for Enneagram Prison Project training.
- Phil will be taking off another week in early May because the Enneagram Prison Project is flying him to Lisbon, Portugal (!!!) for a European Enneagram conference.

HOLY WEEK

Besides Easter worship on Sunday morning, April 21, we will also have a potluck dinner and worship on Maundy Thursday, April 18, at 5:30pm.

MN FOODSHARE CAMPAIGN GRATITUDE

Our March FoodShare finished last week. Over the past month, we raised \$475 to help feed hungry folks here in Minnesota. Thank you all

LABYRINTH RETREAT AT EPC

“Be Still an Instant and Go Home”

Join fellow companions in an afternoon retreat, as we center ourselves in a contemplative walk on an indoor labyrinth, led by Michelle Lesley. We will practice sacred stillness, sacred movement and sacred community. ~ *A pilgrimage without distance*~

*Saturday April 13, 1:30-4:30pm
Edgumbe Presbyterian Church
2149 Edgumbe Rd, St Paul*

Requested donation of \$30, but of course everyone is welcome regardless of ability to pay.

Please RSVP to: mlesley827@gmail.com

Anticipate walking in your socks!

Sponsored by the St Paul A Course In Miracles group, anyone is welcome!

PRAYERS

- We continue to pray for the Clary family after several deaths in their family and community in the past few weeks.
- We pray for John and Linda Omgs: for their physical and spiritual health.
- We pray for all who hunger and thirst for righteousness and peace.
- We pray for ourselves, that we might remember our true function in the world is as simple as loving and being loved. We pray for the courage and boldness to step into the river right now.

APRIL BIRTHDAYS & ANNIVERSARIES

Happy Birthday to:

Cali Clary – April 17

Faith Dietz – April 19

AND – Happy Anniversary to:

Teri Senger & Todd Horne – April 21, 2017

Meredith and Tom Holt – April 22, 1967