

# Edgumbe Presbyterian Church

*Midweek Update*

*May 15, 2019*

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## **FORGIVENESS: JUST DO IT**

Pastor Julie and I have been preaching about forgiveness for the past three weeks.

1. Forgiveness doesn't work—doesn't help anything at all—when it is forced or coerced or obligatory.
2. The forgiveness we are talking about comes from the deep belief that we are completely connected to God now and forever, that nothing can separate us from love, that our hurts and resentments and guilt are only stories that our ego uses to keep us from the real freedom of love.
3. Thus, forgiveness is the simple (!! ) but profound choice within ourselves to choose love over fear, to choose freedom over resentment, to choose life over death. When we forgive, we are saying, I want to live in love and fullness and joy right now.
4. The best way to experience this freedom is not to think about it; the best way is just to try it. What is the down side? Here are some simple phrases that you can try, if you feel ready. Feel free to say these lines over and over again, using as many people or situations as you desire.

*God, help me be willing to forgive \_\_\_\_\_.*

*Holy Spirit, in your loving presence, I forgive {this person or situation}.*

*Jesus, I want to be free. You show me the way.*

As I mentioned in worship, forgiveness works in absolutely every situation: cracks in the sidewalk, cancer, old emotional wounds, new emotional wounds, self-hatred, guilt, irritating people, the news, summer construction, children, parents, everything. There is no assignment here to talk to anyone, to ask for amends, to beg forgiveness. This is only an invitation to yourself to open your own heart to love. If

you do, the Holy Spirit will rush in with the power of gentleness to soothe your mind and soul and open your eyes to grace and joy and love.

Let me add that Julie and I are super, super willing to talk to any of you about insights or struggles or epiphanies or hopes or blockages or questions that come up for you around forgiveness. We want to support your spiritual life and growth, your happiness and peace in your own life, in whatever ways we can.

### **CONGREGATIONAL MEETING-MAY 19**

This Sunday, May 19, after worship we will hold a short Congregational Meeting to elect Elders and Deacons to three-year terms. If you have any questions about being a church officer, please speak to any of our Elders or Pastors. Someone said to me this past week: Please don't surprise me by electing me next Sunday! Just to put you all at ease, let me make it clear that no one can be nominated or elected without their express consent. So unless you nominate yourself at this meeting, you are completely safe!

### **NAMING HOPE OPEN HOUSE THIS EVENING**

*From Pastor Julie:* Two people within the EPC community have had their writings selected to be a part of the "Envisioning Hope" exhibit at St. Paul's monastery. Teri Rose and myself have writings which are now published in the accompanying book, "Naming Hope," which is in tandem with their current exhibit. The show's opening is tonight, from 6-8pm, at the Benedictine center at St. Paul's Monastery, 2675 Benet Road St. Paul, Minnesota 55109. Please consider joining the gathering tonight, or stop by to view it at your convenience thru July 5.

### **STORYTELLING AT SHAMROCK'S**

This coming Monday, May 20, at Shamrock's on W 7<sup>th</sup>, Pastor Phil and Pastor Jodi from Humble Walk will be hosting a storytelling evening at 7pm around the theme "Summer Lovin'." These evenings are always filled with tears and laughter and connection. All ages are welcome.

### **BIBLE STUDY**

Our next Bible Study will be next Sunday evening, May 26, at 6:30pm at the church. All are welcome.

### **BONNIE'S NEW ADDRESS**

Bonnie Lonbaken has moved into her new home. The new address is  
**1641 Cumberland Street #28**  
**St. Paul, MN 55117**