

Edgcumbe Presbyterian Church

Midweek Update

Oct. 23, 2019

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WHAT I KNOW

Pastor Phil here. I have felt a little shaky lately. A bit unmoored. Too many things on my mind, waking up in the middle of the night, more than the usual anxiety. Then this morning I met with Kathy Pedersen, who attends EPC with her daughter Ann Schroeder. Kathy said to me during that meeting that she thinks of herself like a ship on the ocean and God is her anchor. That felt so true and profound and, well, anchoring to me that it reminded me of the other things I know to be true. Things like this:

- Life is best lived one day at a time.
- Everything is either an expression of love or a call for love. Everything.
- God is my only goal.
- Love is the only real thing; everything else is illusion.

That a short list, but it is holding me for now. What is it that you know?

CIRCLE OF TRUST REPORT

This is new Elder Connie! A few words about the Circle of Trust that happened after church on 10/20. Thank you to all who showed up to this circle. For those who were not able to be there, we created a space to let anyone who wanted to speak have that opportunity. We used a formula to help us identify how we feel when things happen. The formula was very similar to one used in Non Violent Communication (Example: I feel _____ when _____ happens because my need for _____ was/was not met). A variety of feelings and thoughts were heard and held with love and care in the circle. Please listen to the recording to get the depth of this holy conversation. For copies of the recording, please write to Jay at: jaymcgregor@me.com.

BIBLE FOR ARIA

This Sunday we will present a Bible to Aria McGregor. If you still want to sign Aria's Bible, come to church a little early!

PRAYERS

- Prayers for Leslie Snow during her chemo treatment and a recent nasal infection. .Leslie loves hearing from people! Her number is 612.388.2526
- For Helen Meyers on her move to Kasson. Here is her new address: 48 Veterans Memorial Highway, Kasson, MN 55944