

Edgumbe Presbyterian Church

Midweek Update

Oct. 30, 2019

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YES AND!

Last Sunday, Pastor Julie reminded us that healthy living in community includes humility—allowing ourselves to be grounded in God’s love rather than the sensitivity and disregard of our own egos. One way to practice the flexibility and openness of true humility, Julie suggested, is to use the improvisation technique of saying, “Yes, and...” in every situation. Instead of reacting with correction or judgment or disagreement or outrage or shame, saying, “Yes, and...” to others in our community keeps the conversation going with a generosity of spirit.

The “Yes, and...” mindset allows us to:

[thanks to Jim Robinson and Paul Corney]

- Accept each moment and interaction as a gift
- receive and accept input
- look for possibilities while respecting differences
- build on others’ ideas
- be open to new ideas
- be kind to ourselves and others
- see “mistakes” as gifts to be celebrated

If you’ve ever seen improv comedy, you know there is a certain level of chaos and even anxiety, which usually lead to often-surprising humor, insight, and joy. In other words, leaning into saying “Yes, and...” takes courage and a willingness to surf through our mistakes and uncertainties, until we can reach a place of mutual trust with humor, insight, and—God willing—joy. That’s how faith works, and it also how we build trusting community.

ALL SAINTS SUNDAY

Worship this Sunday, Nov. 3, will include communion and also a time of remembrance for those who have touched our lives and our faith. We remember our loved ones who have died, and we also remember that grief does not have an expiration date. So we hold ourselves with gentleness and hope in the all-encompassing love of God. For worship, there will be a table for a pictures and mementos of anyone you would like to add to our circle, and an opportunity to light a candle of remembrance during the communion meal.

DAYLIGHT SAVINGS TIME

This Saturday night, Nov. 2, is the time to turn your clocks BACK one hour so you get the extra hour of sleep and do not come to church one hour early!

NEW MEMBER EXPLORATION CLASS

If you are interested in attending a class to explore membership at Edgcumbe Church, please talk to either pastor or any Elder. The date for the class has not yet been set, but will probably be after worship on a Sunday morning.

CAMINO INVITATION—Nov. 17

An invitation to being extended to the folk of EPC to come to the fall gathering potluck for the American Pilgrims on the Camino, which will include six pilgrims sharing short snapshots of caminos traveled this year (Pastor Julie is one of the presenters). This gathering will be held in the sanctuary at EPC, Sunday, November 17th, with the timeline:

4:00 - 4:45 Social time, announcements, introductions

4:45 - 5:15 Three *peregrinos* share their 2019 Camino story

5:15 - 6:15 Camino Potluck meal

6:15 - 7:00 Three *peregrinos* share their 2019 Camino story & Blessing

If you are interested, please contact Pastor Julie by November 10.

FOOD & FUN: ARE YOU CALLED?

Pastor Julie and I are good at many things. Organizing church events with food and fun and fellowship is not one of them! So this is a simple invitation to anyone reading this message to feel free to imagine and organize such events. Could we have more brunch worship services, marshmallow roasts in the backwoods, evening meals together, art or craft or game days? The answer is Yes We Can! Concerts, dancing, cooking, yoga, progressive meals? Again yes. If this is sparking any life for any of you, please do not hesitate to talk to me or put forward an idea during announcement time in worship or whatever else comes to your mind. Thank you!

CHRISTMAS FLOWERS & HANGING THE GREENS

Amazingly, it is time to think about flowers you want to order for yourself or the church for this Christmas season. Contact the church office or see the order form in the narthex for more information. Then set aside some time after church on Sunday, December 1, to help decorate the sanctuary, with carol singing and treats!

NOVEMBER BIRTHDAYS

HAPPY BIRTHDAY TO:

Julie GebbenGreen – November 5

EGGERT UPDATE

Here is the most recent news from Ingrid and Ron Eggert in Arusha, Tanzania.

Hi everybody,

I thought it was about time, before we leave in about 2 weeks to spend 2 weeks in Germany, to sort of bring you up to date!

We have had a good time here, both working and connecting with our friends. Our house this year is super small, basically one big room - sitting, computer, sleeping, with a door to the bathroom, and an open kitchen. The living room and bedroom are divided by a low bookshelf topped by a giant tv which we don't use, sort of like a room divider!! We also have a covered patio, with chairs and a dining table, which is ok before the mosquitoes come out late afternoon! So we haven't had a lot of people over!! Saturday lunch is about the only time we have space for feeding people. But we have been invited a lot, even brought food to friends who have 3 little girls! Shades of home!

Work has been good. Ron enjoys bedside teaching, there are always 2 interns there, and a resident. Right now there is also a resident from UK.

Plaster house has had a lot of kids lately; word gets around, plus we had plastic surgery week recently, 75 kids operated on, one night in hospital, then here. The total that week was close to 160 kids and 60 mamas accompanying their kids! They all stay until they are able to return to their villages.

The biggest group in the class room is mine, usually 20 or more kids, at my table, preschoolers plus early elementary, plus all those who haven't been to school at all or sporadically. Interesting mix!! So every day I spend close to one hour getting materials ready that I use to teach them letters, numbers, a little reading, etc!! My prep time is before class room time, as Ron drops me off at plaster house on his way to the hospital.

This last week we took some time off, with our friends Daudi and Trude, to do some birding and walking. We stayed 2 nights in a cottage at a huge sugar plantation, about

2 hours from here. They grow a lot of sugar, but a large part of the property is left natural, ponds, a river, forest, savanna, so there were lots of birds. Then 2 nights at Simba farm, a very large farm that grows all the barley for Kilimanjaro beer, on west kili at 6000 ft!! It was kind of chilly, we were in the rain clouds, and had some time to read! The major event there was a flock of over 200 crowned cranes, hanging out in the fields, being very active. Of course we wanted to get a little closer, so we parked the car, and walked a ways in the fields. It took a lot of water and scrubbing of shoes and feet to get rid of the mud! We couldn't do any of our favorite walks because the trails were too muddy and slippery.

And last weekend we spent 3 nights at Tarangire safari lodge, inside Tarangire national park which was wonderful. Eunie Simonson, and her son and daughter in law, who own the lodge, were there, so more friends, in addition to lots of animals! We took the lodge open vehicle down to a big swamp which had received lots of rain, so an abundance of animals. Lots of elephants playing in the water, impala, giraffes, buffalo, and a cute family group of vervet monkeys, entertaining us with their interactions. Also lots of water birds, everything duly recorded!

This time our commitment here is for only three months, which went by very quickly. But fortunately it is not over yet!

Hoping that you are all well, and looking forward to seeing you all soon!! Or hearing from you!!

Greetings to all of you, from this wonderful place!