

Edgcumbe Presbyterian Church

Midweek Update
April 22, 2020

In this issue: Butterfly Presence, Member to Member Generosity, Backwoods, Mission: FoodShare & Books, Church Giving, Scripture, Session update

Butterfly Presence

Today's Update artwork is a piece by Connie Howe-Vielmetti that she gave to Pastor Luna. It includes the phrase that Luna has been using, saying that presence includes a quiet mind, an open heart, and grounded body. Check in with yourself right now. Take a deep breath and say to yourself:

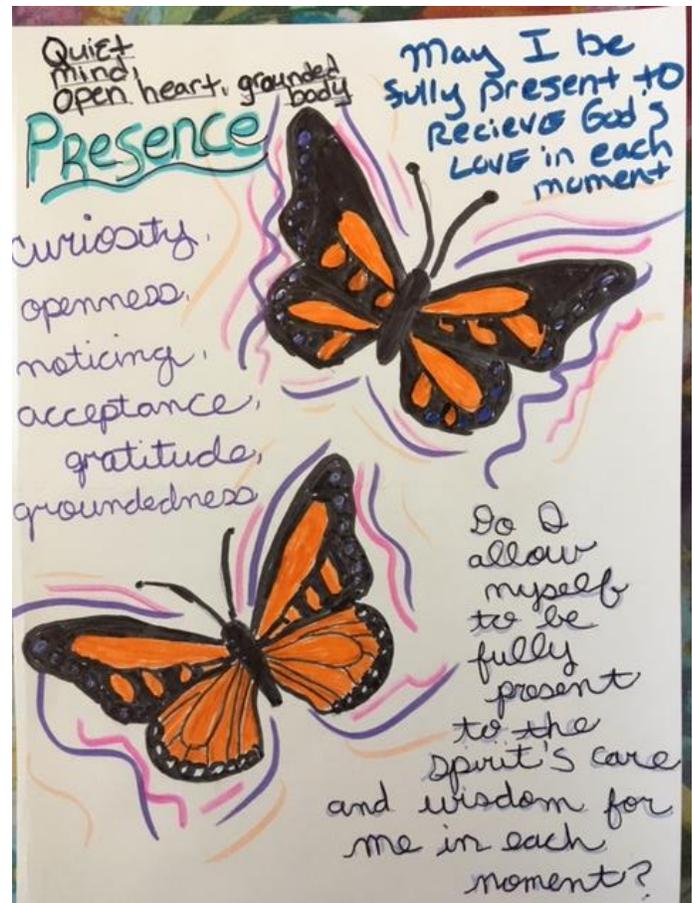
- **My mind is quiet and calm--I remember that I am safe**
- **My heart is open and trusting--I remember that I am loved**
- **My body grounded and still--I remember that I am free**

I would recommend that spiritual grounding exercise anytime that you are feeling a little anxious or stifled or angry or ashamed or just blah.

Connie chose the image of a butterfly for her Presence artwork--a wonderful metaphor for this time of great change in our world and lives. A butterfly only becomes a butterfly by being FULLY PRESENT to each of its four stages of existence. As an egg, the job is to grow and develop; then the caterpillar, whose only job is to eat eat eat; then the pupa (chrysalis) whose whole focus is transition. The final stage is the butterfly, whose purpose is beauty--and reproduction, but this is a church newsletter.

In Connie's words: *Do I allow myself to be fully present to the Spirit's care and wisdom for me in each moment?*

Member to Member Generosity List



Have you run out of books to read? Do you need supplies for making masks? Do you need a mask? Do you need help shopping?

At this time we would like to support each other in concrete ways. Are there items that you would be willing to share or services that you could provide to Edgcumbe members? If so, please send Meredith Holt (tloht42@gmail.com) your wants and needs and she will post them on each Wed. email.

The categories posted would be:

- I need help with.....
- Does anyone have.....I could borrow or you would be willing to donate?

The Session is also talking about the formation of a fund for direct monetary support as well. Look for an announcement in the next week or two.

Thank you, Meredith

next stages for the backwoods 🌿

spring has arrived and i strong encourage everyone to hang out in the backwoods of church...it is so nourishing to be in the space, as well as to sit and absorb the *present moment* in the reflections chairs. ❤️

i would love to gather with a few folks over zoom to talk about the next stages, including trying out a name for the backwoods space that has been coming to me for a few months.... please contact me (pastor luna) if you are interested!!

Zoom Meetings for Everyone!

We now have four Zoom meetings scheduled for our congregation for each week. All of these meetings are open to you and to everyone. They are:

- Sunday morning Worship at 10am
- Sunday evening Bible Study at 6:30pm
- Tuesday Centering Prayer at 3pm
- Wednesday evening Gathering at 7pm

The links for each of these meetings are on the church website at

<http://www.epchurch.org/>

Please use the website links rather than any links we have sent out in the past.

Mission Opportunities

MN FOODSHARE OFFERING: During this COVID-19 isolation time, keeping everyone fed is more important than ever. The statewide drive to support food shelves will continue through April. Any donations to EPC designated to "food shelf" will go to this outreach.

BOOKS FOR SOUTH AFRICA: [from Ruth Andersen] Thanks so much EPC members and friends for your generous donations of children's books to Books for Africa. Our shipment will be leaving in early May for two-three distributions in South Africa to schools located near the coast. We were able to collect approximately 8,000 books throughout the Twin Cities, and with about 500 - 800 from Illinois. The AAUW {American Association of University Women} chapters of Minneapolis and St. Paul also donated funds for the transportation cost via ocean shipment.

These books are urgently needed for South African children who are without learning materials or electronic media. They will be greatly appreciated.

Church Giving

The best way to give to church continues to be mailing a check or putting the check in the mail slot at church. However, if you would like to explore giving from an investment account or through direct transfer from your bank, those are both options as well. If interested, please contact church treasurer Ron Eggert. Ron and the church office are also hoping to add a PayPal option for online giving to our church website in the near future.

Text for Sunday, April 26: Luke 24:13-35

Encounter on the Emmaus road (on the evening of Easter day)

13 On that same day, two disciples were traveling to a village called Emmaus, about seven miles from Jerusalem. 14 They were talking to each other about everything that had happened. 15 While they were discussing these things, Jesus himself arrived and joined them on their journey. 16 They were prevented from recognizing him.

17 He said to them, "What are you talking about as you walk along?" They stopped, their faces downcast.

18 The one named Cleopas replied, "Are you the only visitor to Jerusalem who is unaware of the things that have taken place there over the last few days?"

19 He said to them, "What things?"

They said to him, "The things about Jesus of Nazareth. Because of his powerful deeds and words, he was recognized by God and all the people as a prophet. 20 But our chief priests and our leaders handed him over to be sentenced to death, and they crucified him. 21 We had hoped he was the one who would redeem Israel. All these things happened three days ago. 22 But there's more: Some women from our group have left us stunned. They went to the tomb early this morning 23 and didn't find his body. They came to us saying that they had even seen a vision of angels who told them he is alive. 24 Some of those who were with us went to the tomb and found things just as the women said. They didn't see him."

25 Then Jesus said to them, "You foolish people! Your dull minds keep you from believing all that the prophets talked about. 26 Wasn't it necessary for the Christ to suffer these things and then enter into his glory?" 27 Then he interpreted for them the things written about himself in all the scriptures, starting with Moses and going through all the Prophets.

28 When they came to Emmaus, he acted as if he was going on ahead. 29 But they urged him, saying, “Stay with us. It’s nearly evening, and the day is almost over.” So he went in to stay with them. 30 After he took his seat at the table with them, he took the bread, blessed and broke it, and gave it to them. 31 Their eyes were opened and they recognized him, but he disappeared from their sight. 32 They said to each other, “Weren’t our hearts on fire when he spoke to us along the road and when he explained the scriptures for us?”

33 They got up right then and returned to Jerusalem. They found the eleven and their companions gathered together. 34 They were saying to each other, “The Lord really has risen! He appeared to Simon!” 35 Then the two disciples described what had happened along the road and how Jesus was made known to them as he broke the bread.

Session Report - from Elder Fred Clary

Session met by Zoom on Thursday, April 16th. We started checking in with the session’s Congregational Care efforts. Church members may have noticed cards, letters, texts and emails from session members. These efforts are going well as the team reaches out to the congregation. This is an unique situation and we all need to connect in any safe way possible to our members and continue our Edgcumbe Way of Community.

Next we covered finances. With a large amount of monthly rent income decreased due to Covid19 (AA at zero, the school a \$1000 for the time being but is tenuous) we are financially healthy enough to tolerate the stark reduction in monthly income until the Fall or end of the year. Savings are healthy but this crisis does put us in a negative cash flow of \$4500 monthly. The finance team will be look at grants that are available to help us through this time. One grant to cover payroll/utilities and another new technology through the Presbytery.

The session had a conversation about “Zoom Life.” The challenges with technology and how we can reach out to members of our congregation to get them connected to the church through Zoom. If you are struggling with Zoom please contact anyone in leadership right away. There are many opportunities to connect, including Sunday Service 10AM , Bible Study Sunday 6:30PM, Centering Prayer Tuesday 3PM, Check-in Wednesday 7PM. We even talked about whether we want any of these groups to continue on Zoom after the virus shelter in place orders are lifted.

The session finished the meeting discussing election of Offices. If you feel called to be a deacon or elder please contact Session. A few terms are up in May but session will continue as is, as we prayerfully look for those in the congregation that can fill these roles.