

Edgcumbe Presbyterian Church

Midweek Update

April 29, 2020



In this issue: Triggers, Announcements, Member to Member Generosity, Online Art Show, Zoom Mtgs, May Birthdays, Music Recordings, Scripture, Bread Recipes

Triggers

Not “Tiggers,” the Winnie the Pooh character, but triggers, as in: What triggers you to move from PRESENCE to REACTIVITY? We are in reactivity when we lose the ability to hold ourselves with curiosity and freedom. We are reacting and not present when we have an uncontrollable or overwhelming reaction in our minds or bodies or emotions. Noticing what triggers us into this reactivity is an important first step in finding not only peace and calm, but also the freedom we want to be who we really are.

Our triggers can be as simple as our pet peeves--something that bugs us. Usually, though, our biggest triggers are tied to one of three things: 1) we believe we are threatened or unsafe, 2) we believe that we are constricted or limited, as if our freedom is at risk, or 3) we believe that we are not seen for who we really are, we believe that we are unloved or maybe even unlovable. Any of these threats “triggers” an emotional response--Fear, Anger, Hurt, Shame--which then drive our actions.

It is at the very moment of the trigger that we can pause and notice ourself with compassion and curiosity. That pause, that magic quarter-second, is the time when we can regain our freedom, when we can choose presence and trust, when we can remember that we are caught in God’s love forever.

Here is a simple “trigger” prayer for today. Use whenever necessary; prayer as many times as necessary. The Holy Spirit is both kind and powerful and will answer your prayer.

***Holy Spirit, I’m feeling triggered right now.
In your holy pause, I find trust and light and hope.***

Announcements

- We will celebrate **Communion** together at this week’s Sunday morning Zoom worship! What this means is that anyone who wants to participate needs...well...something to eat and something to drink. Bread and grape juice / wine, if you want to be traditional, but really the point is SUSTENANCE, LIFE,

HUNGER and THIRST and PEACE, so feel free to bring whatever you have at hand or to bake something delicious or start your own home-communion ritual.

- Last week our Session applied for three **grants from our Presbytery** for extra help during this pandemic time. This week we found out that we were approved for all three! Thanks be to God. This means we will receive just over \$17,000 of grant money (does not need to be paid back), for help with general budget & salaries, technology assistance (computer upgrades, Zoom membership, new mic for Jenya, etc) and \$3000 for community outreach with \$1500 going to our local food bank and \$1500 staying at EPC for direct grants to members and friends in need.
- We have some **video recording** of recent Zoom worship services that we hope to share with you soon on our website. The hold-up is Phil's (my) technical incompetence. I will be calling in the cavalry (read: Ron & Jay) later this week.
- I'm just remembering that Pastor Luna (!) invited us on Sunday to **set a place at our table** this week for Jesus. Or (for spiritual bonus points) to bring a mirror to your table (!!!) so that you could see Jesus in your own face as you eat. All this in the spirit of the miracle of connection that happens around meal tables so often in the Bible (the last supper, the road to Emmaus, Psalm 23, Acts 2...)

Member to Member Generosity List

Have you run out of books to read? 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 Edgumbe members? If so, please send Meredith Holt (tloht42@gmail.com) your wants and needs and she will post them on each Wed. Update.

April 29 list:

- Ngoc Huyen Nguyen, Lorenz Fett's wife, is an accomplished seamstress with a sewing business. At this time, she is making and selling face masks. Her masks use a variety of fabrics, colors and patterns and are sewn with the highest thread count available. One prototype has a pocket for a disposable filter, but she doesn't furnish the filter. (I have read that you can use coffee or furnace filters for this. This information is online.) The cloth masks are washable. Regular masks, without the filter pocket, are \$5.00; those with a pocket for a filter are \$8.00 and by special order only. Those wanting a mask should text her at 612-245-3517 between 9am and 6pm so they have an order and a time to pick it up.
- Connie Howe-Vielmetti has yeast that she is willing to share. (See some BREAD RECIPES at the end of this Update!)

Online Art Show at EPC

We would like you to send a picture of what you are doing during this time that is helping you stay sane. It could be art, a loaf of bread, mask making, drawing, a helpful recipe, anything. Put your name with it and a title or brief explanation. You can think of this as "Soul Food for a Pandemic" or "Art Wins!"

Send your full sized photograph to Ron Eggert at ireggert@gmail.com

Suggestion for your artistic mental health from Carol S: Feel free to use art supplies. Don't worry about "wasting materials." It is OK to make a mess. "Mucking" around can be very therapeutic. Glue sticks and scissors are my favorite tools.

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/>

If you have any trouble getting on Zoom, please contact Pastor Phil or Elder Jay McGregor.

May Birthdays & Anniversaries

Happy Birthday to:

Vincent Hogen	5/5
Phil GebbenGreen	5/7
Belinda Clary	5/9

Happy Anniversary to:

Naomi & Mel Houle	5/21
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EPC Music

From Jay: Here's a link to Lisa singing "Vespers" from "The Pooh Songbook," which she, her sisters, mom, and dad sang from, in the little red house at the end of Weaver Street, in Mankato. Norman Rockwell, eat your heart out!

<https://soundcloud.com/jay-s-mcgregor/lisa-sings-vespers/s-4YEyKuNgjBI>

Jenya playing two hymns based on Psalm 23 (one of the texts for this Sunday):

<https://soundcloud.com/jay-s-mcgregor/the-king-of-love-my-shepherd-is>

<https://soundcloud.com/jay-s-mcgregor/shepherd-meo-god-vs1-5-with-voice>

Scripture Text for Sunday, May 3 (also communion!):

Acts 2:42-47 42 The believers devoted themselves to the apostles teaching, to the community, to their shared meals, and to their prayers. 43 A sense of awe came over everyone....

Psalm 23

The Lord is my shepherd, I lack nothing.
She lets me rest in grassy meadows;
she leads me to restful waters and restores my soul.
She guides me in the right paths for the sake of her good name.
Even when I walk through the darkest valley,
I fear no danger because you are with me.
Your rod and staff--they protect me.
You set a table before me right in front of my enemies.
You bathe my head in oil;
my cup is so full it spills over!
Yes, goodness and faithful love will pursue me
all the days of my life,
and I will live in the Lord's house for all of my days.

Bread Recipes - *maybe for homemade communion this Sunday?*

SIMPLE CRUSTY BREAD (maybe from NYT?)

Yield: 4 loaves.

Time: about 45 minutes plus 3 hours rest and rise

1 1/2 tablespoons yeast

1 1/2 tablespoons kosher salt

6 1/2 cups unbleached, all-purpose flour, more for dusting dough

Cornmeal

In a large bowl or plastic container, mix yeast and salt into 3 cups of lukewarm water (about 100 degrees). Stir in flour, mixing till there are no dry patches. Dough will be quite loose. Cover, but not with airtight lid. Let dough rise at room temperature 2 hours (or up to 5 hours).

Bake at this point or refrigerate, covered, for as long as 2 weeks. When ready to bake, sprinkle a little flour on dough and cut off a grapefruit size piece with a serrated knife. Turn dough in hands to lightly stretch surface, creating a rounded top and a lumpy bottom. Put dough on pizza stone sprinkled with corn meal; let rest 40 minutes. Repeat with remaining dough or refrigerate.

Place broiler pan on bottom of oven. Place baking stone on middle rack and turn oven to 450 degrees. Heat stone at that temp for 20 minutes.

Dust dough with flour, slash top with a serrated knife or scissors 3 times. Slide onto stone. Pour one cup of hot water into broiler pan and shut door quickly to trap steam. Bake till well browned, about 30 minutes. Cool completely.

Tip: if not using stone, stretch dough into oval and place in greased, non-stick loaf pan. Let rest 40 minutes, if fresh, an extra hour if refrigerated. Heat oven at 450 for 5 minutes. Place pan on middle rack.

ALMOST NO KNEAD BREAD (suggested by Ann Schroeder)

<https://breadtopia.com/cooks-illustrated-almost-no-knead/>