

# Edgcumbe Presbyterian Church

## *Midweek Update* *May 13, 2020*

*In this issue:* Presence, Member to Member Generosity, Church Giving, Online Art Show, Zoom Mtgs, Prayers, Scripture



### **Why not just be PRESENT all the time?**

Presence is about openness and curiosity and calm and peace and love and connection to ourselves and the Divine. The lack of presence is about internal chaos and confusion and anxiety and being triggered and anger and shame. So why in the world would we not choose presence all the time? Why do we subject ourselves to so much suffering and disconnection? The short answer is because presence might sound appealing but it is amazingly scary. It feels vulnerable, and we have learned not to trust the world and others and even ourselves when we feel so vulnerable.

Our egos have learned an effective way to falsely protect us when we feel this vulnerability. Our egos feed us a three-part lie to keep our hearts closed:

1. Our egos tell us that we have no needs--we don't need other people, we don't need help, and we certainly don't need open-hearted presence. We are good good good, thank you very much.
2. The second lie our egos tell us is that we are shameful and broken and do not deserve love or connection or happiness. Bouncing us back and forth between these two lies ("I'm too good for this!" and "I'm awful and don't deserve this!") works for most of us for years or decades to keep us from relaxing in the love and peace of real presence.
3. When those two lies start to fall apart and we allow ourselves to trust God and ourselves and the people around us for even a moment, then the ego pulls out its trump card. The ego says, "O, you think you can rest in God's love? If you abandon me, your ego (my Godzilla suit, in last Sunday's metaphor), then you will surely die. I am the only thing keeping you alive." Don't brush past this insight too quickly. Take a moment to be honest with yourself about this death-threat within yourself. Recently, I've had the opportunity to record myself talking about the Enneagram or about the Bible, two topics I love. How did my insides respond? I felt scared to death. [Pause, think about that for a moment.] Was this a logical or reasonable response? No. Do I actually love talking about these topics? Yes I do. If I did it, would I actually die? No I would not. Has my unreasonable fear kept me from starting? Yes it has. Phil's Ego 1, Phil 0.

If you are going to attempt more presence in your life, then you need to know that it is a journey to the most beautiful place imaginable, a journey to your own heart. But it is also a journey that takes fortitude and grace and perseverance and self-awareness and honesty. When the Apostle Paul says, May the mind of Christ be within you, he is giving us the gift of thinking God's thoughts rather than the thoughts of our own egos.

***Holy Spirit, in this holy moment, you be in charge,  
and I will follow you, trusting that your direction will lead to peace.***

### **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.*

#### **May 13 list:**

- Ngoc Huyen Nguyen is still making **masks**. 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.
- The **food shelf in the church narthex** is full of food and no one is there to use it. Before this food gets old, please feel free to stop by church and pick some up for yourself or someone you know. There are canned goods and cereals and soups and peanut butter and even some dog food. To enter the church, use the key box on the office door, punching 8-2-3-7 both to get the key out and again to put the key back in.

### **Church Giving**

Thank you to everyone who continues to support EPC with your gifts and donations. Checks dropped off at church are still an excellent way to give, as is direct deposit to the church's account (talk to Krysta or Ron). We are very close to unveiling an online giving option, which will let you know about as soon as it is ready.

### **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

Check out the church website, epchurch.org, to see the great photos there already at the bottom of the homepage.

### **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.

## **Prayers**

- Of celebration and gratitude for Leslie Snow who was declared cancer-free last week and is feeling much better!
- For Kathy Pedersen and daughter Ann Schroeder as Kathy explores hospice care.

## **Text for Sunday, May 17:**

### **Acts 17:22-31 Paul speaks in Athens**

22 Paul stood up in the middle of the council on Mars Hill and said, “People of Athens, I see that you are very religious in every way. 23 As I was walking through town and carefully observing your objects of worship, I even found an altar with this inscription: ‘To an unknown God.’ What you worship as unknown, I now proclaim to you. 24 God, who made the world and everything in it, is Lord of heaven and earth. He doesn’t live in temples made with human hands. 25 Nor is God served by human hands, as though he needed something, since he is the one who gives life, breath, and everything else. 26 From one person God created every human nation to live on the whole earth, having determined their appointed times and the boundaries of their lands. 27 God made the nations so they would seek him, perhaps even reach out to him and find him. In fact, God isn’t far away from any of us. 28 In God we live, move, and exist. As some of your own poets said, ‘We are his offspring.’ 29 “Therefore, as God’s offspring, we have no need to imagine that the divine being is like a gold, silver, or stone image made by human skill and thought. 30 God overlooks ignorance of these things in times past, but now directs everyone everywhere to change their hearts and lives. 31 This is because God has set a day when he intends to judge the world justly by a man he has appointed. God has given proof of this to everyone by raising him from the dead.”