

Edgcumbe Presbyterian Church

Midweek Update

Sept 23, 2020

In this issue: Unlearning with Paul, New Members and New Officers, RJAM, Zoom, Prayers

Unlearning: A Deep Dive into the Practices of Paul

This summer, many of our worship themes came out of Paul's writing in the book of Romans. Including this verse in Romans 12:2--

Don't be conformed to the patterns of this world, but be transformed by the renewing of your minds so that you can figure out what God's will is—what is good and pleasing and mature.

We are all shaped by our histories of families and culture, and could it be possible that **what** we have learned are the *exact things* which are inhibiting our healing, growth, and freedom? "Don't be conformed to the patterns of this world" is the invitation, but it might not be such a simple matter. Perhaps we have to consciously unlearn these very patterns and habits to experience the transformation and healing.

Just a few weeks ago, my siblings and I packed up my mom's house, where she has lived for 41 years, so that she could transition to an assisted living facility in Eau Claire, WI, nearby to my oldest brother. And in this process, I had the opportunity to witness the "patterns and beliefs" which have been integral for my family, some which demonstrate so much beauty, and others which close and shut down people. At one point, we were sharing memories from the house. The hiding of easter baskets some said. Others talked about the power of family around a dinner table. And I mentioned gathering about my dad's deathbed and having a crisis of identity while on the driveway which led me, within 24 hours, to understanding myself having an addiction to alcohol. And as I spoke, everyone stopped breathing and I could feel the awkwardness in the group. And as I reflected on it, my "truth telling" was never welcome. I didn't speak these truths to make others uncomfortable, but I spoke what was true for me. I saw so clearly how I learned to be quiet so that I would not make others uncomfortable. Moving my mom, exhausting and stressful at times, has given me an unintentional powerful gift, because now I have recently seen and felt this powerful lifetime habit, which I believe, I am being invited into freedom and healing by the Holy Spirit.

What is the Holy Spirit stirring up for you?? Your willingness even to ask begins the

healing process....



Pastor Luna

New Members & New Officers

This fall we will hold both a New Member Exploration Class for anyone who wants to consider being a member of Edgcumbe Church. At the same time, we are looking for

new Elders and Deacons to lead our community of faith. If you are interested in either of these opportunities or just want to talk more, please contact either Pastor Luna or Pastor Phil.

Racial Justice and Me (RJAM)

Thank you to all who attended last week's RJAM session and to Liz Schiferl for sharing reflections on *How to Be An Antiracist* by Ibram X. Kendi. She also shared the link to register for an upcoming lecture by Dr. Kendi on Sept. 30 at 6pm. <https://www.hhh.umn.edu/news/professor-ibram-x-kendi-headline-virtual-distinguished-carlson-lecture-sept-30> Thanks also to Connie Howe-Vielmetti for reporting on *My Grandmother's Hands* by Resmaa Menakem, which was about how trauma is perceived differently by different "bodies" (Black, White, and Police).

This week the RJAM committee has been contacting people from last week's meeting to get their feedback on how things are going so far for them (what they liked/didn't like about our format, any improvements that we could make). This Wednesday will be an open discussion on one or more topics, including brainstorming some possible actions that our church community may want to consider taking, related to what we've learned so far. Please plan to attend and actively participate in this important conversation, so we can keep our learning growing. We look forward to seeing everybody there! Thanks, Leslie Snow

Zoom Schedule

We 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 (RJAM) at 7pm

If these gatherings are meaningful to you, then why not invite a friend? Updated links for each of these meetings are on the church website at

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

Prayers

For Carol Schweickhardt who is scheduled for a neurological angiogram for Monday. (Carol says, "Note to self: next time come down with something easier to spell.") This means that this week Carol has to get a pre op physical and a covid test. (Carol says, "Ugh!")

Prayers for Isaac GebbenGreen as he heads back to Gustavus Adolphus College to continue his semester in-person.

Prayers for all our students and teachers as they navigate a very different school year.

Prayer for today: *Holy Spirit, help me unlearn what you want me to unlearn, so that I might see only your love in every moment and in every person.*