

# Edgumbe Presbyterian Church

## *Midweek Update*

*Oct 21, 2020*

In this issue: Unlearning: Choosing Connection, New Member Class, Worship Survey, Zoom, RJAM, Prayers

### **Unlearning: Choosing Connection**

On Sunday, Pastor Luna talked about the invitation from Non-Violent Communication (NVC) to choose connection. This means UNLEARNING our habitual reactions of judgment or blame or comparison or shame or withdrawal. In Matthew 22, Jesus sees the “evil motives” of his questioners, who have been trying to trap him for several chapters. Rather than leaving or yelling, Jesus invites his questioners into both relationship and transformation with his presence and questions.

Here are a few of the basic beliefs of the NVC approach, with biblical connections.

1. **We all share the same basic needs.** Our strategies for meeting those needs might be similar or super different, but all humans share the same needs. This is a consistent biblical message as well. There is not a list of the fruits of the Spirit for men and a different one for women, or a great commandment for children and a greater commandment for adults. Fundamentally, we are all the same (one body--1 Cor. 12).
2. **It is our nature to enjoy giving and receiving in a compassionate manner.** The basis of who we are is not selfish or cruel; it is loving and kind and generous. “Blessed are the merciful, for they will receive mercy. Blessed are the pure of heart, for they will see God.” (Matthew 5:7-8)
3. **If you want to connect with someone, the first step is to want to connect.** Our intentions matter. As I step toward a conversation with my child or neighbor or sibling or even with myself (!), I ask myself, what is my intention? Is it to be right? To be safe? To be strong? To win? To look good? What if I desired connection, first and foremost? How would that change how I listen, how I speak, how vulnerable I allowed myself to be? Jesus said, “You must love the Lord your God with all your heart, all your being, and with all your mind. This is the first and greatest commandment. And the second is like it: You must love your neighbor as yourself.” (Matthew 22:37-39)

### **New Member Class**

After Zoom worship this Sunday, we will have a New Member Exploration class in place of our usual fellowship time. However, everyone is welcome!

### **Online Worship Survey**

The Session has asked for a new worship survey to hear your thoughts about Zoom worship and the options for in-person worship over the coming months. The link to the

short online survey is here: <https://forms.gle/nT6UccfkP81f9pN79>. If you haven't done so yet, please fill out the survey as soon as possible or before October 28. Thank you!

## **Zoom Schedule & Recordings**

We have four Zoom meetings scheduled for our congregation for each week. All of these meetings are open to you and to everyone. Here is our current schedule:

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

**Some recent sermons/services** are posted on our church website: <http://epchurch.org/>, on the Sermon Archive page. Click on the scripture text and most of the services will open in a new window on your device. However, Zoom recordings require a passcode. I have put the passcodes in the 'preacher' column. Copy the passcode and paste it when requested and the video will begin. -Ron

## **Racial Justice and Me (RJAM)**

RJAM Update from Leslie: Thanks to all of our participants who have shared their learning last week. This week we will be having an open discussion with a focus on trying to identify possible action steps that individuals or the church as a whole can take. Please be sure to join the Zoom at 7pm on Wednesday.

My journey with RJAM has widened my own perspective on how my white privilege affects me and those around me. I have considered what I can do to help support people of color in my family and community, which has included educating my children about how to repair bad credit or build new credit, since two of them are really in need of permanent housing, and cannot get it because of their past history. I am in negotiation with my son about how to do some writing around his experience with incarceration, possibly in a theatrical format. I have also explored an important resource that helps me understand the experience of incarceration from the viewpoint of the inmate (<https://www.weareallcriminals.org>) This makes me want to join other white advocates to work on recommendations for prison reform that include transitional services that really work for re-entering citizens. I also learned that there is a Native-run bank in the Franklin Avenue area of Minneapolis that assists the local community with small business development. There's so much to learn! I look forward to our discussion on Wednesday!

## **Prayers**

Prayers of gratitude and healing for Carol Schweickhardt who is home and doing well after surgery on Monday. If you can help out by bringing Carol a meal, please arrange the details with daughter Heidi at 763.280.0154.