



Edgumbe Presbyterian Church

Midweek Update - Jan 13, 2021

In this issue: On Love, Trauma & Winter, RJAM, Zoom, January Mission

Three Tidbits: On Love, On Trauma, On Winter

ON LOVE On the Sunday before last, I asked you to consider reminding yourself every day that God loves you. How is it going? For me personally today is not a great day--I'm tired and feel out of focus. On days like this, I tend to remind myself less often that I rest in God's love at every moment. Is that silly? It's like saying, On days that I'm thirsty I drink less water. Take a big gulp of God's love right now and stay love-hydrated!

ON TRAUMA This past Sunday, Luna invited us to be aware of the ways that trauma impacts our thinking and feeling, as individuals and as a culture. Here are some quotes about trauma that I use when I teach in prison.

"Being traumatized means continuing to organize your life as if the trauma were still going on.... As if every new encounter is contaminated by the past." -Besel van der Kolk

"Trauma is not what happened to you; it is what happened inside of you as a result." - Gabor Mate

What happened to us is not something we can control. How we talk to ourselves now is something we can control. Pastor Luna in her sermon invited us to remember that there is a deeper voice underneath the trauma, underneath the post-traumatic stress. The voice of the Holy Spirit is also inside of us. When we are hurt or angry or afraid, it is so hard to hear any other voice. But God is still speaking. ***Holy Spirit, we open ourselves to your voice today, because we trust that your way leads to peace.***

ON WINTER I remember last spring or summer when Governor Walz said that making it through the Covid shutdown was like surviving a long Minnesota winter. I think he was right. I also think that now, still in shut down, we are surviving a second long winter. Most people I

talk to are tired in body and soul. This is a good time for some extra self-compassion and gentleness. Have you done something nice for yourself today? How about unlearning the voices of self-condemnation and fear just for this evening and listening for the Holy Spirit, listening for love. How about reaching out to someone around you who pops into your mind today? A wonderful thing about love is that it is contagious.

Racial Justice And Me

The RJAM group is reading "So You Want to Talk About Race" by Ijeoma Oluo. We would love to have you join us in discussion! Tonight we will be unpacking chapter 5 'What is Intersectionality and Why Do I Need It?' Click the regular Wed night check in link on the EPC Homepage to attend the Zoom.

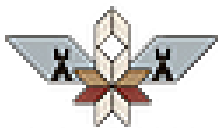
We encourage everyone at EPC to check out the RJAM page on the EPC website. We have a new Proposed Statement of Intention posted and would love feedback. You can connect with anyone on the team to offer feedback, ask questions, or chat. We are Connie Howe Vielmetti, Rich and Liz Schiferl, Luna GebbenGreen, and Leslie Snow.

Zoom Schedule

We have four Zoom meetings scheduled for our congregation for each week. All of these meetings have been updated and are open to you and to everyone. The links can be found on our church website homepage. 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 at 7pm

January Mission of the Month: Migizi



MIGIZI

Our January mission focus is on Migizi, a Minneapolis based organization that acts as a circle of support for Native American development, especially youth. You can see all their programming on their website: <https://www.migizi.org/>

On May 28, 2020 Migizi's home building, including priceless archives, equipment, education materials, and employment internships for 50 native youth was destroyed in fire during the spring protests. The EPC mission team encourages gifts to support the rebuilding effort to quickly bring back Migizi during 2021. Please consider a special gift this month for Migizi.