



Midweek Update - May 12, 2021

In this issue: Announcements, Connection, Zoom, May Mission, RJAM, Mini-concerts, Garlic mustard, Directory check

Quick Announcements

- **No Wednesday gathering** on Zoom this evening while Luna and Phil attend the Presbytery Anti-Racism Spiritual Pilgrimage.
- At the bottom of this update is a listing for each of you for our new **church directory**. Please take a look and contact the church office if anything is amiss.
- Our upcoming scripture text for Sunday will be one of the Ascension Day texts, Ephesians 1:15-23. As we move toward the time of worshipping together in-person, we get these great images of the church as Christ's body.

Am I Connected to the Vine?

In John 15, Jesus gives us this clear reminder of who we are: Jesus is the vine; we are branches. The difference between being rooted and being disconnected is the difference between faith and fear, between life and death. This past Sunday we asked the congregation, How do you know when you are **disconnected** from the vine? And then we asked, How do you know when you are **connected**? Here is what folks wrote.

How do I know when I am DISCONNECTED from the vine?

agitated

scared

anxiety

When I'm worried about everyone else but me

I feel anxious, I compare myself to others, I feel isolated and separate.

When I have negative thoughts or feelings, I know I disconnected

Feel like I'm walking behind myself

random wandering. not knowing what to do.

frustration

judgy

defensive

despair

snapping at those I love the most
fogginess
Irritated
disassociation
acting only out of my head
hypervigilant
thinking about everyone else's problems and how to solve them
trying to dig myself out of the hole

How do I know when I am CONNECTED to the vine?

Held and supported
ease
Lightness, an inner warmth, and sometimes on the verge of tears
enjoying nature
I am accepting my own self
I sense my physical body
Life goes easier
stillness
When I am taking care of my responsibilities and not thinking about helping others
I feel calm and present. When I am not distracted.
When I remember Jesus is not a 2000 year old person, but present to me right now.
i am less hooked by other people's reactions
I don't know but will let you know when I get there
I am less reactive
I feel presence of Holy Spirit and I also become more present---not absent
More accepting of others
A feeling of gratitude

In case you need the reminder, let me say to you right now: you get to choose which list you live in. All it takes to be connected is rooting myself in the vine of Christ's love and grace.

Zoom Gatherings 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 **NO WED MTG TODAY!**

May Mission Focus: Pentecost Offering

During the month of May, our Mission offering for Edgcombe Church will focus on youth through the Presbyterian Pentecost offering. A gift to the Pentecost Offering helps the church develop, and support its young people, and address needs of at-risk children. 60% is used to support

children and young adults through ministries of the Presbyterian Mission Agency. An example of mission programs for youth is in building skills and opportunity for leadership in worship through camps and direct congregation support.



Our 40% local contribution will be used to support the 8218 Truce Center in Saint Paul (on the corner of Lexington and Selby). The mission of the 8218 Youth Mentorship is to empower all youth in our community to make positive life choices that will foster their development into productive and contributing members of society. The Truce Center's mission is to enable one's ability to peacefully resolve conflict by promoting the use of effective communication skills.

Racial Justice & Me

We have just finished discussing the chapter entitled "Why are our students so angry" from Ijeoma Oluo's book 'So You Want To Talk About Race'. This chapter had some powerful examples of the burden's students of color are often faced with in school. The author recalls the fear her 8-year old son expressed about what might happen if he didn't sing the national anthem or say the pledge of allegiance at a school assembly that some veterans would attend. He didn't want to do those things because for him the words in that song and pledge were lies or something he didn't believe in. This country doesn't treat black people very well, so saying 'liberty and justice for all' was a lie to him. His teacher had told him that the veterans would be mad at him if he didn't participate. No wonder efforts to assimilate black kids into the white way of becoming successful (behave, get a good education, etc.) often falls on deaf ears - they see first hand from an early age that the system doesn't work for them. Now add that fear and dissonance to all of the typical angst of growing up and becoming an adult and you can imagine why students are angry.

This chapter can be tied to one of our Mission recipients this month The 8218 Truce Center. To see a bit more about what is going on with this group check out this news story: <https://www.mprnews.org/story/2020/01/10/st-paul-nonprofit-provides-safe-site-to-resolve-conflicts>.

Please join us next week (May 19 on Zoom at 7pm) when we will be discussing the next chapter "What is the model minority myth?" All are welcome; even if you haven't read the chapter feel free to just listen.

Bach Society Mini-Concerts

The Bach Society of MN is holding mini-concerts on the EPC veranda (east of the front doors) again this spring on these dates and times. All are welcome and invite friends!

- May 13 at 7:40pm
- May 17 at 6:20pm
- May 18 at 7:40pm
- May 22 at 6:20pm

More Garlic Mustard



Last Saturday, our invasive species eradication team almost filled the dumpster with pulled garlic mustard. This Saturday morning, Phil and Luna will be in the backwoods again, looking for anyone willing to join for whatever time you can spare. We'll plan to be there from 9-11am.