



## Presbyterian Church

### ***Midweek Update - July 14, 2021***

In this issue: Self Compassion, Questionnaire, Worship Sched, Pilgrimage, July Mission, Traffic report, Presbytery Party, Prayers

### **Together and Love**

O how good it is to worship with God's people! It really was lovely to be with you all in the sanctuary again and to have four others join us on Zoom. And the singing! Be still my heart and pass the hymn book. We are outdoors again this week with a good weather forecast and a brand new stage backdrop (see photo at top). Backup plan is to meet in the sanctuary.

How is it going loving yourself today? When you own a car, you need to occasionally check and fill up the oil. If the oil runs out, very bad things start to happen quite quickly in your engine. Self-compassion works the same way. When you are full of compassion for yourself, then everything runs smoothly. When the self-love well runs dry, then the entire inner workings of our minds and hearts and bodies goes downhill fast. How is your self-compassion reservoir doing?

### **Community Questionnaire in July**

We are asking everyone who attends EPC to fill out an online questionnaire (link below). The information you share will help the presbytery:

- *better support and resource congregations and*

- *provide key data for the presbytery's Institutional Race & Equity Assessment, an ongoing presbytery initiative undertaken to help us move toward the justice God desires.*

This information will also help your congregation better know “who you are together” so you can respond faithfully to the needs of your congregation and community.

The questionnaire is designed to be answered by at least one person per household. If more than one adult in your household has received this email, you can both respond for yourselves. All who attend congregations within the Presbytery of Twin Cities Area are invited to complete the survey — you don't have to be an official “member” of the congregation.

How much time will this take? You should be able to complete this survey in 5-10 minutes. **HERE IS THE LINK TO THE SURVEY** (It needs to be completed by July 25, so please do it right away!)

<https://rebrand.ly/PTCAquest>

The very first question asks you to pick your faith community. Edgumbe Church is listed under Saint Paul--so go to “S” and not “E.” If you have any questions, contact Pastor Phil or Clerk Meredith Holt. Thank you so much!

## **Summer Worship Schedule**

Here is the worship schedule for the next weeks:

- Jul 18 - Outdoors this Sunday
- Jul 25 - In Sanctuary
- Aug 1 - Outdoors (communion)

Pastors Luna & Phil will be taking 5-6 weeks off from August 2-Sept 12. Our Worship Team is working right now on creative ideas for those Sundays!

## **Anti-Racism Spiritual Pilgrimage: Invitation to Everyone**

Last summer the Presbytery of the Twin Cities Area (PTCA) launched a new initiative, the **Anti-Racism Spiritual Pilgrimage**. Each church within the PTCA was contacted and asked to commit at least one person from its congregation to join this pilgrimage. I was one of 6 people from EPC who joined with over 100 others for this past year's journey.

We knew it would be a year of individual study and reflection combined with a group meeting with the other pilgrims every two months, where we were invited to learn and fully engage with the racial history of Minnesota. We were to use personal reflection and small groups to practice spiritual skills for anti-racist living, and to act in solidarity with Black, Indigenous and other People of Color in our community. Participating in this

pilgrimage shook me to the core at times as missing pieces of Minnesota history came alive for me, and enriched me as my eyes continued to open, and my heart broke open with grief, but with deeper clarity, too.

The experience was so powerful for those who participated, there will be another opportunity this Fall. Please hold this pilgrimage in your prayers for discernment. I would encourage every person in the EPC community to participate and deepen in the anti-racism path. Watch for further information. ~Pastor Luna

### **July Mission Focus: Project Home**

**Our July Mission is Project Home**, a division of Interfaith Action of Greater St. Paul. In recent years we have volunteered at First Presbyterian Church in South St. Paul, while guests of Project Home lived in their Fellowship Hall for the month. When the pandemic hit in March 2020, area faith communities could understandably no longer host guests. Project Home families moved to two sites downtown Saint Paul until March 2021, when Interfaith Action joined with the Sisters of St. Joseph of Carondelet and Ramsey County to open a shelter in the Provincial House, the former home of the Sisters, located at 1880 Randolph Avenue in the Highland Park neighborhood of Saint Paul. This site is now providing shelter, employment and rapid exit housing support for approximately 20 families with minor children. Post-pandemic, Interfaith Action would like to re-open the rotating shelters at our network of faith community partners, while retaining the Provincial House location as well. Typically, there are dozens and dozens of families waiting to get INTO emergency shelter. With the increased capacity at the Provincial House, if we add a tier of the mobile model, we could very possibly eradicate the need for an emergency shelter waitlist in our area. This year we will collect cash donations to support Interfaith Action's Project Home, but look to next year for more hands-on volunteer work. Donations can be made to Edgcumbe with "Project Home" in the memo line.

### **Edgcumbe Road Closure through July**

From July 12-30, the St Paul Public Works will be tearing up Edgcumbe Ave from Snelling Ave to the Highland Park Senior High driveways. The church driveway will be accessible this entire time--by driving the "wrong way" up the northern lane of Edgcumbe Ave. You can do this even though no signs are posted. The other option is to enter the Senior High parking lot from Montreal Ave, park in their lot, and then walk to the church property.

### **EPC Backwoods Hosting Presbytery Gathering on Thursday**

The Presbytery Leadership Team (think: Session at the Presbytery level) has asked EPC to provide space for a farewell gathering for our outgoing Executive Presbyter, Jeff Jappinga, as he leaves his position after 6 ½ years of ministry to the Presbytery of the Twin Cities Area (PTCA). People from every PC(USA) church in the wider area have been invited to come Thursday afternoon to send Jeff off with well wishes. It is an honor to share our backwoods with the larger Presbytery, especially because we received a \$16,000 grant to establish our backwoods path and stations a few years ago from the PTCA. Another opportunity to share

our amazing, healing space with the larger community--EPCers are welcome to attend!!



## **Prayers**

- Prayers of blessing and celebration for the wedding and marriage of Marlo McGregor and Jason Michael this Saturday in the EPC backwoods!
- Prayers for the people in our congregation who are having medical situations and struggles right now. May God's spirit of peace and healing fill you up and surround you!
- Prayers for Angelie Ryah as she returns from her time in Central America. May God give her rest and clarity and willingness.
- Prayers for anyone who feels depressed or sad or disoriented. May God's light shine upon you with grace and wisdom.
- We all pray that the Holy Spirit will give us the willingness to allow God's love to lead us and fill us in every moment.