



Edgcombe Presbyterian Church

Midweek Update - July 21, 2021

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Together and Love

Allow me to ask again: How is it going loving yourself today? There are three things that we need for growth. The first is SELF-AWARENESS. Our egos are terrified that we will look inward and try to keep us focused outward with 1001 distractions. To be able to open our hearts to God and each other, we first need to be aware that we have a heart.

The second thing we need is SELF-REGULATION. If we are simply riding the roller coaster of our emotions, or stress, or addictions, or appetites, or anxiety, then we will be stuck in a cycle of immature faith. To move toward trust means saying No to some things and saying Yes to others. It means being able to focus on a goal long enough to move through the tough bits and find peace on the other side. In case this is feeling overwhelming or impossible, here's a bonus: the ninth gift of the Spirit in Galatians 5 is "self-control." Instead of forcing yourself to self-regulate, how about just ask God for an extra dose of willingness today?

Finally, none of this works without SELF-COMPASSION. If you don't love yourself, then noticing and caring for your own heart with gentleness is essentially impossible. If you don't love yourself, then holding yourself through the tough bits is out of the question. Self-compassion is absolutely essential for growth, for healing, for connection with other humans. I fully realize, by the way, that loving ourselves is terrifying. I'm antsy just sitting here writing to you all about it. My ego's fuel is anger, shame, and fear. Loving myself robs my ego of its life-force, so my ego fights back by convincing me that self-compassion is a plain-old bad idea. But that same ego is robbing me of my life-force everyday. So we get to decide again: "Am I my ego fears, or am I God's child, loved and loveable and lovely?"

Community Questionnaire - Please complete by this Sunday!!

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, with coordinator in parentheses:

- Jul 25 - In Sanctuary (PHIL)
- Aug 1 - Outdoor worship with Communion (LUNA)
- Aug 8 - Sanctuary with Rev. Jodi Houge from Humble Walk (CAROL)
- Aug 15 - Brunch potluck Sunday! (CONNIE)
- Aug 22 - Bring a friend or family Sunday (TODD)
- Aug 29 - Special theatrical guests: The Word as Worship (CONNIE)
- Sept 5 - Outdoor worship with Communion (RUTH)

- Sept 12 - Shelley & Lisa musical extravaganza with sideshow by Jay (TODD)

Pastors Luna & Phil will be taking 5-6 weeks off from August 2-Sept 12.

EPC Art Gathering Aug 7

All are welcome for an Art play day at church on Saturday, August 7, at 1pm. We're not sure what we are going to do yet, but as Carol says (paraphrase Phil's): "To do art, you need to be willing to get a little messy and be a little wasteful!" Or as Meredith always says (paraphrase Luna): "Celebrate imperfection!" This sounding funner by the moment.

Details will follow over the next weeks, but please mark your calendars, or even better, reach out to Carol directly to participate. Carol's email = cschweickhardt@gmail.com, or phone = 651.468.9888.

July Mission Focus: Project Home

Our July Mission is Project Home, a division of Interfaith Action of Greater St. Paul. In March 2021, 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 Edgumbe with "Project Home" in the memo line.

Edgumbe Road Closure through July

From July 12-30, the St Paul Public Works will be tearing up Edgumbe 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 Edgumbe 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.

Tickets for Play Starting Next Weekend

Tickets for Aquelarres, the play that will be performed in our backwoods later this month and into August, are now available. See <https://www.showtix4u.com/event-details/55057> for ticket reservations/purchases. For frequently asked questions also see: https://docs.google.com/document/d/1XFbYVZIOvcAnKoPu9zts7i_xFYqkRBoTi2FAARL2pco/edit

And the show's Facebook event link is <https://fb.me/e/1vLyR45Lx>

Tickets are pay-what-you-can with suggested prices between \$10 and \$50. EPC members can also attend the show for free, if desired. Just email birthplayproject@gmail.com with the date you'd like to come, the name to reserve tickets under, the number of tickets requested, and whether you'd prefer to sit in chairs or on the grass.

We (Rich and Liz) are also looking for volunteers from EPC to help during each performance to unlock the EPC building before the performance and during intermission to give guests access to the restrooms. We will be able to cover most dates but if you are interested in helping out, the following dates are available: July 31, Aug 1, Aug 5, 6, 7,8,11,12,13,14,15 - all at 7:30 . Just email rschiferl@gmail.com if you would like to help with dates you are available. You should be able to leave after intermission.

Gratitude to EPC from the Presbytery of the Twin Cities (PTCA)

The Leadership Team of the PTCA has extended **gratitude to EPC** for the amazing space in the backwoods for the farewell gathering for out-going Executive Presbyter, Jeff Jappinga, last Thursday afternoon. About 45 people gathered from across the Presbytery to say good-bye, and most people expressed amazement regarding the backwoods!! Many people told Pastor Luna that they had visited EPC over the past decades, and had always thought our property ended at the parking lot! It was a joy to gather with our sisters and brothers, and to share in

the magical and healing spaces of our backwoods!!



AQUELARRES: FREQUENTLY ASKED QUESTIONS

Where will performances be held, and how do I get to the venue?

- Performances are at Edgcumbe Presbyterian Church ([2149 Edgcumbe Rd, St Paul, MN 55116](https://www.edgcumbe.org/)) in the church's outdoor sanctuary.
- The church's parking lot is small, so your best option for parking is the large lot right next to the church at Highland Park Senior High School. Parking is free.
- Getting from the parking lot to the performance space does require traversing dirt paths and grass, which may be a consideration for wheelchair users or those with mobility concerns. Please email birthplayproject@gmail.com with any accessibility questions and/or requests.
- Edgcumbe Presbyterian Church is also accessible by public transportation. The Green Line can bring you to the 84 bus line. From there the 84 bus line will drop you off at Montreal Ave. and Davern St. It is a little less than a half mile walk over to the church.

What are the seating options?

- You can choose to reserve a chair (which we will provide), or a "groundling" seat, which means that you will sit on the grass. If you're a groundling, you can feel free to bring a

picnic blanket or a cushion to sit on, but please do not bring your own chair, as that will interfere with sightlines.

- All seating is general admission, which means that no specific spaces are reserved. So if you'd like a seat in the front, we recommend arriving early!

Why are there so many ticket price options?

- We are using a “pay-what-you-can” model for accessibility purposes. Because all seating is general admission, someone who pays \$50 for their ticket won't necessarily get a better seat than someone who pays \$15. Any support you provide to our artists via your ticket purchase is much appreciated!

Will there be walk-up tickets available?

- Yes, we will accept cash for a limited number of pay-what-you-can walk-up tickets for each performance. However, since seating is limited (75 people maximum), we recommend purchasing tickets in advance!

What is a preview?

- A preview performance is a bridge between a production's rehearsal process and opening night: during previews, the show is still being refined, so you will see members of the production team taking notes in the audience. Tickets to previews are cheaper, and our preview audiences will get to be part of the final stages of our artistic process!
- Our previews are Saturday and Sunday, July 31st and August 1st.

How long is the performance?

- The performance will run approximately two hours, including one intermission.
- The timing is approximate because this script is brand new and we are still figuring out exactly what the runtime will be! Check this document again for updates after the preview performances.

Are there bathrooms available?

- Yes. Audience members will be able to enter the church during intermission to use the bathrooms if needed.

What if it rains?

- We will address this on a case-by-case basis. If it starts sprinkling during a performance, we will continue unless conditions become unsafe and/or miserable. Our costumes, props, and actors are (mostly) waterproof! If steady storms are in the forecast for an upcoming performance, we will cancel the performance and give those who've purchased tickets the option to switch their tickets to another performance or receive a refund.
- Our “rain dates” of Monday, August 9th and Monday, August 16th will be added to our performance calendar if previously planned performances are cancelled due to rain (or any other unforeseen circumstance).

Is the show suitable for children?

- We trust parents & guardians to determine what their children can handle. The play includes quite a bit of profanity, mature themes overall, and representations of death (including infant death) and sexual violence. Please email us with any questions about the subject matter or how it is handled in the show.

What COVID-19 precautions will artists & audiences need to take?

- We are thankful that vaccines and warmer weather have made outdoor theatre a low-risk activity this summer. Here is some COVID-related information about our show:
 - All artists who will be performing in and working on the show are fully vaccinated against COVID-19. Actors will perform unmasked.
 - We will not require audience members to provide proof of vaccination, but we do encourage audience members to get vaccinated, if not already. If you are unvaccinated and would like to attend the show, we ask that you please wear a face covering.
 - Audience size is capped at 75 people.
 - Our chair seating is not designed to accommodate 6 feet of physical distancing between parties, though our free-standing chairs are farther apart than traditional indoor theatre seats. Our ground seating is designed to accommodate picnic blankets, which will provide more distance between parties.

Have a question that isn't addressed above? Feel free to email birthplayproject@gmail.com.