



Edgcumbe Presbyterian Church

Midweek Update – Sept 15, 2021

Abundance & Gratitude

Not surprisingly, time away from usual routines gives my brain and heart and body space to integrate and align in new and creative ways. Does it work that way for you too? Here are a few snapshots of things I have been holding inside myself recently.

- **EPC is a wonderful and loving community.** It feels really good to me to want to come back to be with you all. I appreciate the energy and intention that each person in this community puts toward connection and sharing and healing.
- **All we are is an expression of the generosity of God.** Anything that does not feel like expansive love is a forgetting of who we really are.
- Relatedly, I often find myself returning to the question that Luna shared with us earlier this year: **Do I want to judge, or do I want healing?** Holy cow, do I like to judge. And consistently, my own judgments and opinions and decisions keep me from open-heartedness, from connection with myself and others, from real healing.
- **Trees are awesome.** So are rivers, so are clouds, so are mountains and lakes and apple fritters; but the healing and grounding and just plain acceptance of a tree feels like a miracle of creation to me these days. One of my life goals is to be more like a tree.

Are you taking breaks for your own body, heart, and mind? Are you listening to the deep wisdom that arises from your God-created soul--or at the very least, are you pausing occasionally to listen to the trees?

Pastors Return

Pastor Phil is in the office this week, while Pastor Luna finishes her 10-day silent retreat at Snowmass, Colorado (see photo above of the mountains she sees everyday). Both of us will be in worship this Sunday.

We had a very nice time off over the past six weeks, and are deeply grateful to this community for your love and support. Thank you for being you, and for all the work and coordination you did while we were away!

September Mission: Snacks for 8218 Truce Center

Earlier this year we learned about 8218 Truce Center as part of our Pentecost Offering collection. The mission of the 8218 Youth Mentorship is to empower all youth in our community to make positive life choices that will foster personal 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. One of the ongoing needs that Miki mentioned during the introduction that he gave our congregation back in May was for snacks and drinks for the many youth that come through their always open doors. As I checked in with him recently about this need, Miki said "These kids can eat!" and said that they would be grateful for the donation, especially with school starting back up and kids coming in after school to hang out and for homework help. Below is a list of suggested snack and drink items to purchase, and donations can be brought to the church and placed in and around the marked bin in the Narthex. To learn more about Truce Center, visit their website at <https://8218trucecenter.org/>

Suggested Snack & Drink Donations:

- Bottled Water
- Drink Pouches
- Grab bags of chips, pretzels, crackers or popcorn
- Granola Bars
- Individual Packages of Trail Mix
- Or any individually wrapped snack

Backwoods Ash Trees

Over the past couple of weeks, EPC neighbor Dave Busch had several of our Ash trees removed by his Tree removal company, saving us both money and the stress of cutting those trees ourselves. Next week, several of us will walk through the property again with an Arborist who can give us ideas and a quote for removing our remaining dead or dangerous trees.

Masking Policy

Due to the recent update in the CDC guidelines regarding Covid-19, a new masking guideline has been approved by Session: "Per CDC guidelines, it is the EPC policy that all who gather in the church building for indoor worship or church business wear a mask. If they are feeling ill, we ask that they stay at home. This policy is in order to protect those of us who are immune compromised or have underlying health issues". This will affect all indoor worship services for the foreseeable future. -EPC Session

Prayers

- Prayers of celebration for Liz Schiferl, who is feeling good and receiving encouraging reports from medical tests--good enough that Liz and Rich are heading for a two-week vacation to the Pacific Northwest and Glacier Natl Park!
- For the family and community of John Omgs, a former member of this community, who died last night. Special care to John's wife Linda.