



Edgcumbe

Presbyterian Church

Midweek Update – Sept 22, 2021

Outdoor Worship, Sept 26

Our worship service this Sunday will be outdoors. Please dress for the weather, and bring your own chairs, if you are able.

Cortisol Levels & Resting in God

One of the things we talked about this past Sunday in worship was the physical and emotional toll of ongoing stress and anxiety in our lives and in our society, leading to the overproduction of “warning system” brain chemical, cortisol. As the Mayo Clinic website says, “Chronic stress can wreak havoc on your mind and body.” The excellent short article from Mayo is here:

[Chronic stress puts your health at risk](#) When I started working in prisons three years ago, I expected the anxiety rate among the incarcerated population would be high, and it was. What I’m seeing now in young people and the general population and myself (things like depression rates, weight problems, mood swings, addictions) are now equal to or beyond what I used to see inside the prison walls.

As told in the four Gospels, Jesus’ life would seem to be full of anxiety-producing triggers. He is harassed and badgered; he doesn’t have a home or steady income; he is hunted and heading toward Jerusalem where he will be tried and killed. Yet what Jesus talks about over and over again are love and forgiveness and healing and new life even in the face of death. It is worth noting that the disciples generally only have one of two reactions to Jesus’ non-anxious talk about death and new life: either confusion or distraction.

Here is a question to ponder today. *Do I feel more confused by my life or pulled ever more into distractions and numbing behaviors?* The biblical message is very clear: the good news of Jesus Christ brings only light and love and unity and truth and kindness and peace. Everything else is a lie, an illusion, that leads only to anxiety and death. What if I

chose to rest in God today? What happens to my inner stress meter when I give my whole life to the Spirit at this moment? Why am I so afraid, when there is nothing to fear?

September Mission: Snacks for 8218 Truce Center

Our special mission this month is to support 8218 Truce Center with snacks and drinks for the many youth that come through their always open doors. As 8218 founder Miki says, "These kids can eat!" 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 or Drink Pouches*
- *Grab bags of chips, pretzels, crackers or popcorn*
- *Granola Bars*
- *Individual Packages of Trail Mix or any individually wrapped snack*

Backwoods Photos

As we use and advertise our beautiful land more and more, it would be lovely to have a large number of photos - for the website, for brochures, for Wed Updates, etc. Every variety of picture would be great: close-ups of plants or bark, area shots during different seasons, candid or group shots during worship or weddings or memorials or simple walks. If you take any such photos, or have some already, please send them to Ron Eggert at ireggert@gmail.com.

Look for an announcement soon about a fall backwoods workday on a Saturday in October.

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

- For Ruth Andersen as she has some medical tests this week.
- For the family and community of John Omgs, a former member of this community, who died last week. Special care to John's wife Linda.

Wed Update Update

The way that the Wednesday Update has been put together for the past several years is that I (Phil) have been the primary editor and compiler. This was especially practical during the Covid shutdown era when the church office was essentially closed. Now it is time to return this responsibility to our Office Manager, Krysta.

If you have content for the EPC Wed Update, please try to get it to Krysta by Monday morning (or Tuesday morning at the latest), using the email: epchurch2149@gmail.com