



Edgcumbe Presbyterian Church

Midweek Update *March 9, 2022*

In this issue: Wandering in Wildernesses, Pastors off, March Worship Schedule, March Mission, Land Acknowledgment process

wandering in wildernesses filled with the holy spirit ~and wandering in iona....

in this past sunday's passage from luke 4 regarding wandering in the wilderness and temptations, we were reminded to re-orient (have a new perspective) regarding our lives. not only to see our everyday lives as *our wilderness*, but to remember that *we are filled with the spirit!* we are, in fact, navigating temptations all the time, whether in the form of seeking control, or distraction, or approval, or through something like food. but we are not ever left alone, so we can allow the holy spirit to move through us with her holy wisdom.

the heart of each temptation is to **forget god** and slip into that position ourselves. the second aspect of each temptation is to **forget ourselves and our true nature:** that we are



already at one with god!

when we align ourselves with god, truly anchor into our at-one-ness, we can re-cognize our various habitual temptations and stay anchored in god, as jesus lived out in our passage.

after moving through the luke 4 passage, i am starting to understand the calling i have to pilgrimage to iona. from something jay shared, i can see my deepest temptation is to rely on

myself to nourish and nurture myself, instead of trusting god. how this shows up in my life is that i am super skilled at taking the “yeses” from god that i have received in the past, and then living my life from those same yeses. i have a basket of yeses from god, and i am trying to feed myself with what has become crumbs. i am being invited to set down my basket of former yeses from god, so that i can receive god’s “yes! and yes! and yes! and YES!!!” which comes in each moment. ***i am being invited to trust that god will nurture me with abundant support and love in each and every moment.*** inspired by something connie mentioned, i want to practice living connected to trust, and to meet each aspect of this journey with curiosity and courage, grounded in the connection in god and in myself. Many of you saw my unicorn half-gloves during worship, and i was inspired to name one “courageous” and the other



“curiosity”...so that i can actually wear reminders of who i am becoming.

another dimension this pilgrimage will nurture in me will be practices for deeper listening to the holy spirit. the retreat hosted by spiritual directors international is cultivating experiences in listening, and moving into deeper connections with the sacred. to me, this is the vocation that jesus lived into, so that no matter what wilderness he walked in, he was anchored in mother-



father god...so, i too, desire to follow him in that path.



i am grateful for the prayers you hold for me in these next weeks, and know that i will hold each of you as i walk out my prayers. *holy spirit, in this holy moment, you be in charge, and we will follow you, trusting that your direction leads to peace!!* blessed be! ~luna g

Pastors Off March 14-28

Pastor Luna leaves for Scotland and Iona Abbey on Thursday afternoon. Pastor Phil will lead worship next Sunday and then both will be off until March 28. While they are away, any pastoral concerns or prayer requests can go to any Elder (Meredith, Ingrid, Jay, Rich, Connie), any building needs should go to Jay or Rich, and notes for the midweek update or bulletin should go to office manager Krysta at epchurch2149@gmail.com.

Worship Schedule for March/Lent

Here is the worship schedule for March:

- March 13 - In person or Zoom, Phil preaching. We may or may not have a monitor for Zoom participants at this service.
- March 20 (Phil & Luna gone) - find a congregation to visit virtually or in person (suggestions forthcoming!)
- March 27 (Phil & Luna gone) - In person or Zoom, with worship led by Todd Barnes

March Mission:MN Food Share

For our March Mission of the Month, we will be participating in the annual MN Food Share drive to help stock our local food shelf, Neighborhood House Food Market, including their location just down the hill from EPC in the Sibley Manor Apartments.

Hunger and food insecurity still plagues many people in our St. Paul communities. According to Hunger Solutions Minnesota, the state's 350 food shelves (which includes Neighborhood House's two food markets in St. Paul) were to end 2021 with 3.7 million visits, just below the 3.8 million record set in 2020. What does this mean? Food shelves are still seeing record numbers of need for food resources and support. Higher food costs are making life difficult for more and more families in our community.

Should I give food donations or cash? The answer is BOTH! Non-perishable food donations can be brought to the church and placed on and around our food shelf in the Narthex. We also strongly encourage cash donations because their food shelf is able to stretch our dollars further than we can by buying in bulk from food cooperatives, especially with meat and dairy. Donations can be given through our online giving or checks can be made out to EPC with "March Food Drive" in the memo line. *What should I buy to donate?* Attached to this email is a "Food Shelf Wish List" with lots of ideas on what to purchase to donate.

Thank you for helping with this drive to feed our neighbors. If you or someone you know could use help with food, please don't hesitate to reach out to the Food Market. Visit Neighborhood House's food program page for detailed instructions <https://neighb.org/program/foodsupportprogram/>

RJAM-Land Acknowledgment Discernment Process

One of the conversations emerging from EPC's RJAM gatherings is a continued look and discernment into Land Acknowledgment. Leslie Snow and Pastor Luna would like to gather with those people who are interested in being a part of the team who would be furthering these conversations. Please contact Leslie at leslie.snow@q.com to let her know of your interest.

Response to War in Ukraine

If you want to see how Presbyterian Disaster Assistance is responding to the invasion and humanitarian crisis in Ukraine, there is information at [THIS LINK](#).