



# Edgcumbe Presbyterian Church

## Midweek Update

May 25, 2022

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### You Might as Well

My friend Ari once said to me, “You might as well love yourself, because you’re the only you you’ve got.” Ari says things like this quite regularly, and usually with a little smirk on his face, as if knows he is saying something both profound and funny, which is exactly what he is doing. It is worth noting that Ari is a tenured professor of Anthropology, happily married with two lovely children, while also suffering the long term effects of an episode of spinal meningitis 20-some years ago that makes it hard for him to walk or drive or physically function on most days. Ari will share a story about some absolutely humiliating thing that has recently happened to him, and then he will smile and say, “You might as well love yourself, because you’re the only you you’ve got.”

I figure that most of the people reading this Update have at least 50 years or more of life under our belts. We’ve certainly learned, like Ari, how to love ourselves in that time, right? We profess that God loves us. We learn that we are to love others as we love ourselves. We’re probably not going to get any cuter or smarter or capable or successful than we are at this moment, so what not, like Ari, take our lives as they are right now and love ourselves.

If you could use a few pointers or a place to start, here are some suggestions.

- **Speak kindly to yourself.** When you get up early to do your 20 minute prayer or yoga or devotional reading and you only do three minutes, instead of taking the shame escalator to suffering, just say to yourself, “Doing three minutes of prayer/yoga/reading is awesome; great job, Self.”
- **Notice every time you judge yourself.** Studies have shown that most humans judge themselves 3.21 million times per day. I just made that up, but I’m sure it’s close to that much. Now, every time you notice this self-judgment, turn the judgment into a neutral observation. Like this: “Wow, I noticed that I only did three minutes of prayer instead of 20, how interesting.” Or: “Oops, I guess I overslept my devotional time today. I must be extra tired.” Or, while smiling at your bumbling loveability: “I really

messed up that conversation. I'll need to call that person back later to apologize and check in."

- Or how about this. Every time you feel yourself judging yourself, stop (harder than it sounds) and **take a deep breath**. Let yourself rest for a hot moment in the river of God's love and grace.

As my friend Ari says, "You might as well love yourself, because you're the only you you've got."

## Worship Coming Up

For May 29, the weather forecast is for a gorgeous day, so plan on outdoor worship in the



backwoods on that day! Bring a chair of your choice the service live on Zoom, but our internet connection in the backyard is iffy, so be prepared for technical trickiness.

We will still hope to broadcast the service live on Zoom, but our internet connection in the backyard is iffy, so be prepared for technical trickiness.

## Congregational Meeting:

On June 12, 2022, there will be a meeting of the congregation after church to elect new session members. The terms for Connie Howe-Vielmetti and Ingrid Eggert ended in May of this year. Both have agreed to continue for another term. At the present time there are 5 elders serving on session. If anyone in the congregation would like to serve on session, please contact one of the current members: Jay McGregor, Connie Howe-Vielmetti, Rich Schiferl, Ingrid Eggert or Meredith Holt.

Thank you, Meredith Holt

## Backwoods Joyful Stewards

As we hold the preciousness of the land in our hearts, we are aware that it needs attention. Please consider committing to a certain amount of time a week to:

- pull invasive species OR
- watering, mowing, and/or other maintenance OR
- plant groundcovers, new trees, etc

There will be a sign up sheet coming soon to help get that organized. Pastor Luna is happy to meet with people to work in the backwoods. Send her an email to schedule time! Also... PLEASE come to the Saturday Backwoods Work Event on 5/30 from 1-4:00pm. Come for all or part of that day. There will be an invasive species plant identification time at 1:00pm.

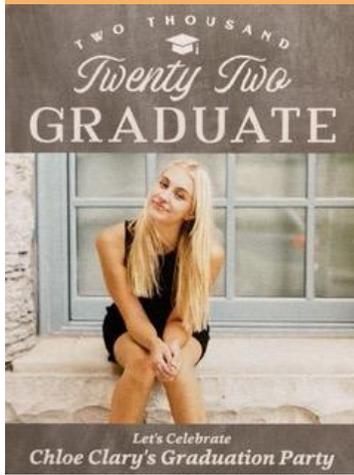
## Prayer List:

From **LaGretta**: "On Sunday, May 22nd, in Downingtown, Pennsylvania my daughter and her husband announced the birth of their son, **Tobyn Archer Terefenko**. I am now blessed with five

grandchildren!" Welcome, sweet Tobyn! We open our circle and our hearts to you!!



## Graduation Announcement



The EPC community is invited to celebrate the graduation of Chloe Clary!