



Edgumbe Presbyterian Church

Midweek Update

July 15, 2022

In this issue: Sabbath & Sabbatical, Sunday worship, Sabbatical worship, Rehoboth invite, July mission, Backwoods concert, Prayers

Sabbath & Sabbatical

At the very beginning of the Bible, after God creates everything in the universe, Genesis says:
On the sixth day God completed all the work of creation, and on the seventh day God rested from all the work that he had done. God blessed the seventh day and made it holy, because on it God rested from all the work of creation.

Let's say, just for the sake of argument, that you are not very good at resting, that most of your sense of worth comes from what you do and not who you are. The idea of sabbath in the Bible gives you a few places to start considering a rationale and discipline for more rest in your life.

- **Work is good.** The point of rest is not to avoid work. The point of rest is to provide enough space, enough breaks, enough down time so that our bodies and minds can calm down and find their natural rhythms and creativity. Just as our bodies need sleep every single day, so our minds and souls and hearts need rest every single week.
- **Every week, take a day off.** In Hebrew, *shabbat* means simply, "to rest." On Saturday in the Judean tradition and on Sunday for Christians, we have traditionally taken one day off from normal activities and rhythms. What would it look like for you to take one day a week completely off? What does it mean for you to be "off"? Some suggestions to explore: What about scheduling nothing on one day as well as turning off all computers, phones, and/or TVs? What about fasting one day per week? Or gathering with a group of friends or neighbors? What feels like rest to you and what is keeping you from doing it every week?

This coming Sunday during our Zoom worship, we will explore more fully the idea of sabbath living.

SABBATICAL comes from the exact same word, *shabbat*. It simply means an extended time of rest. The three-month sabbatical time for me and Luna is coming up in less than two weeks, which feels unbelievable. Also, we found out last week that the denomination declined our sabbatical grant request for \$4000. Bummer. That means that our sabbatical budget is not \$3700 short, it is \$7700 short. The EPC congregation has already been very generous by giving us \$7200 for sabbatical expenses and a \$4000 raise. At the same time, if you feel called to help make up any of that \$7700 shortfall, it would be received with gratitude. When we checked with Krysta earlier this week, there had not been any donations to this fund yet.

Sunday Worship for July

Plans for the next three Sundays:

- July 17: Worship on Zoom for everyone
- July 24: Worship in the sanctuary streamed on Zoom
- July 31: Pancakes with Rich, worship in the sanctuary (or maybe outdoors) and streamed on Zoom for Luna and Phil's last Sunday before sabbatical

Sabbatical Worship Plans

Pastors Luna and Phil will be taking a sabbatical from ministry here at EPC during August, September, and October of this year. Right now there is a team of folks joyfully planning worship experiences for the congregation while the pastors are away. Plans are almost complete for the entire three months, with more specifics available soon. Big gratitude to the whole team working on this project: Jay, Connie, Ruth, Todd, Leslie, Lisa, and Carol.

Food & Fellowship with Rehoboth Ethiopian congregation

The Rehoboth Ethiopian congregation that worships in the EPC building on Sunday afternoons has invited the EPC congregation to a time of food and fellowship on Sunday, August 14, in the church parking lot / backyard. All are welcome!

July Mission - Project Home

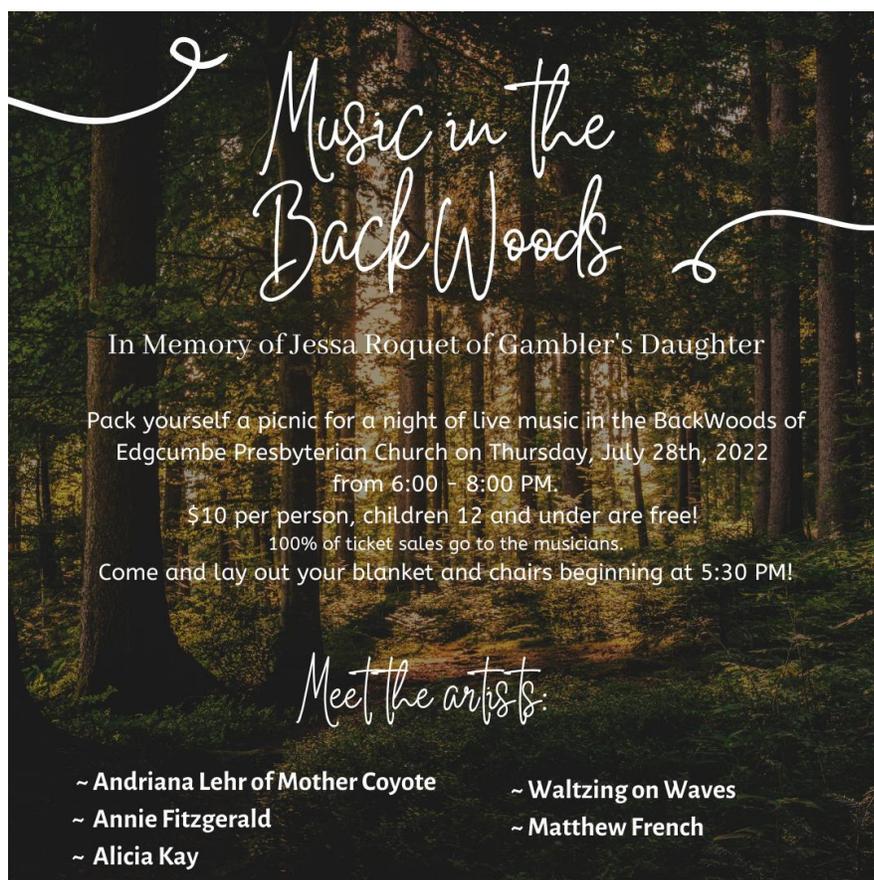
For more than 23 years, Project Home has provided overnight shelter for area families facing homelessness in partnership with dozens of area churches, synagogues, and schools. Additionally, in 2019, Project Home added day shelter services and rapid exit case management services. This 24/7 support helps families achieve both stability and economic mobility through assistance in finding permanent, affordable housing and employment.

When the pandemic hit in March 2020, area faith communities could understandably no longer host guests. Project Home families moved to two sites downtown Saint Paul until March 2021, when 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 families with minor children. As of June 2022, they are sheltering 48 children, ages 5 months to 16 years old, plus 27 adults (parents, grandparents, and adult children). In the past couple of weeks, they've had a family of 7 and a family of 5 move into housing! God is good!

When the time is right, Interfaith Action would like to re-open the rotating shelters at the 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 they add a tier of the mobile model, we could very possibly eradicate the need for an emergency shelter waitlist in our area. Thank you all for your continued support for the children and their parents/grandparents that they serve! To learn more, visit their website at <https://interfaithaction.org/what-we-do/projecthome/>. Cash donations can be made out to the church with "Project Home" in the memo line.

Backwoods Community Concert: July 28!

We are hosting a concert in our backwoods on Thursday, July 28. All are welcome. There is a flier attached to this Update—feel free to forward it to others or post on social media or print out copies and post in coffee shops, libraries, or other visible spots!



Prayers

We pray for God's grace in all things, and for these specific people this week.

- For Luna's Mom, Glorian, who tested positive for Covid this week and continues to be in hospice care in Eau Claire.
- For Michelle Trebtoske as she remains open to the Spirit's guidance in the area of job opportunities and choices.
- For Dave HV, who is recovering from a fall.

