



# Edgcumbe Presbyterian Church

*Midweek Update*

*November 16, 2022*

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## On Falling and Acceptance

Last month on a bike ride, I hit a dip in the road, lost my balance, and crashed onto the pavement (this is Pastor Phil, by the way—you can tell by the capital letters...). In those extended moments of falling, I realized that I had a choice: I could respond with my usual habit of getting angry at the hole, at my own inattentiveness, maybe even at gravity OR I could accept reality as it is in this moment, trusting that all will be well. Perhaps because I was on sabbatical and quite relaxed, I chose acceptance in that moment. I hit the pavement; it was painful; I ended up in urgent care the next morning and needed about a month to recover. But all was indeed well. Instead of trying to fight gravity with the strength of my will and emotions, I chose acceptance. Instead of being filled with anger, I was filled with peace and healing. It felt strange yet beautiful.

You can look at the historical life, death and resurrection of Jesus and notice how little changed. The Romans still occupied Judea, the sick were still sick, and the poor were still poor. As I “lost” to gravity, so it appears Jesus “lost” to the reality of the world. Or...we can remember down to the bottom of our hearts that love is stronger than death, that faith outlasts fear, that hope is more transformative than any challenge.

In the moments of my falling, I made a choice for acceptance. I can honestly say that choice has changed my life since that moment. Jesus, as he walked toward Jerusalem, made a choice for trust. That choice changed the world. Today, in your moments of decision, if you can, take a pause and check in with the Holy Spirit, asking, *What is your choice for me right now?* It may change your life.

## An Invitation to Pledge for 2023

This coming Sunday, pledge cards will be available in the back of the sanctuary. For those who do not attend regularly, they will be sent by mail. Your pledge is an important part of your Session's 2023 budgeting process which begins in December. A pledge is an expression of your generosity and support for the Spirit's work here at Edgumbe Church. It is not a contract and can change as circumstances change. When considering your pledge, please keep in mind: our contributions and other income in 2022 have almost exactly matched our expenses and I expect our expenses will increase significantly in 2023.

Thanks and blessings, Ron Eggert, Treasurer

## Cleaning Party This Saturday 1-4pm



You all are invited to help do a deep cleaning of the Sanctuary and other parts of the building this Saturday, November 19 from 1 to 4 PM. Cleaning tasks include vacuuming, dusting, and cleaning various edges and areas that do not always get attention on a regular basis in the sanctuary, office, parlor, library, narthex, kitchen and hallways. Plans include vacuuming under and over all cushions in the sanctuary pews, dusting high and low in the sanctuary, hallway, office, parlor, library as well as spot cleaning the walls in the stairwells. Please bring any portable vacuum cleaners that would help with vacuuming edges and corners and cushions as well as any feather dusters or other dusting tools you may have. Please email Rich ([richschiferl@gmail.com](mailto:richschiferl@gmail.com)) if you plan on attending so that we can make sure we have enough cleaning supplies for everyone. Last minute volunteers who do not email Rich are also very welcome :). Also, if someone would like to bring snacks, that would be great. *Rich Schiferl*

## November Mission: Union Gospel Mission

Our EPC November mission supports Union Gospel Mission's Thanksgiving and Christmas feeding programs. Please consider a gift through the website or by check. Enter 'Union Gospel' on the memo line.

Founded in 1902, Union Gospel Mission Twin Cities is a Christian ministry dedicated to serving people facing homelessness, poverty, or addiction in our community. The Mission helps people rebuild their lives first by providing for physical needs through nutritious meals and safe shelter. Then our prayer is that guests stay and join one of our life-changing programs so their life can

change for good. We encourage each person to find their worth in God and to see the gifts he or she has to offer the world. By coming alongside our students and guests, we help them find their purpose as fully contributing members of our community. There are three campuses. The largest is at 435 University Ave, serving homeless men currently.

## **Heather Getting Ordained Nov. 20!**



All are invited to Heather Grantham's ordination ceremony at Hamline Methodist Church on Sunday, November 20th at 4:00pm. Please consider coming to this joyful event! Heather has been so faithful to the call of Spirit to serve and now she is beginning this beautiful new chapter. Come and celebrate with her!

## **Call to Outreach**

If anyone is interested in being involved in an Outreach Committee, please contact Connie Howe-Vielmetti or Todd Barnes. We are interested in forming a team of people who can help us in some strategic planning to get the word out about what is happening at EPC.

## **Centering Prayer Retreat Reflections from Elder Connie H-V**

This weekend (Nov 11- 13), I went to the Franciscan Retreat Center in Prior Lake to learn more about Centering Prayer. I have had a Centering Prayer practice prior to the retreat, but I wanted to learn more and have an opportunity to lean into and focus more intently on it. Confession- I am actually a shy person and kinda socially awkward (I know that I don't seem like it, but I am). So the first thing I learned at Retreat was:

- that I am brave. It is way easier for me to stay home and not engage with a group of people! But... I am brave and I went!
- that I Belong. Everyone who showed up belonged. Including me. Amazing. I did not have to do anything to belong. I belonged because I was there.
- I learned that Centering Prayer is about Relationship with the God within. I Belong with and to God. I don't have to do anything but show up and consent to God's love and healing. You know how comfy it is to be quiet with someone you trust and love? That is Centering Prayer. Being quiet with God. Not directing it in any way. I THINK I knew that before in my head, but now I know it in my heart and my body.
- God is a Divine Therapist who doesn't charge anything for therapy! Centering Prayer is consenting to that therapy and its purpose is to become who I really am (not the fear driven false self that I think I need to keep me safe). Divine Therapy turns me from Scared to Sacred!
- What I need to do is Surrender to Love. No earning or efforting needed. Just surrender.

If anyone is interested in Centering Prayer or has questions, please ask me! I would be delighted to tell you more. Also, Edgcombe hosts a Centering Prayer Zoom on Tuesdays at



3pm. Click the link in the website and see what you think!

## Prayers

- For Pastor Luna and her mom, Glorian, as Glorian's condition has gotten considerably worse over the past few days. Luna has joined her mom in Eau Claire through Saturday. May God's Spirit surround them with love in every moment.
- For long time member, Naomi Houle, who is suffering intense pain from three herniated discs. Despite eight months of various treatments, she has had very little relief. May the healing power of Jesus bring both comfort and courage and new life to Naomi.
- For all of our children and grandchildren and great children—and all children everywhere—may God hold them and guide them and bless them.

## November Session Recap

*From Elder Todd:* EPC Session met Thursday, November 9, at 6:15pm on Zoom, for its monthly meeting. Elder Rich Schiferl opened up the meeting with a devotion regarding decision-making and upbuilding, as depicted in Romans 14:19.

- Ron Eggert, EPC treasurer, gave a report. The per capita payment to Presbytery for 2023 \$37.50 per member will be paid early next year.
- A paper survey regarding practices or experiences during sabbatical is being made available during worship hour for the congregation. Five have been turned in already.
- Session members were reminded EPC Christmas Worship will be held on Saturday, December 24, at 4:00pm, with no worship service held on Sunday, December 25, Christmas morning.
- Session members rejoiced at the relaunch of Highland AA Thanksgiving Day gratitude meeting in our sanctuary after a 2–3-year hiatus. This is an Open AA Meeting, with all people invited to attend.
- The AA trusted servants entered into a new rent commitment with EPC for the usage of meeting space in the EPC building.
- Elder Connie Howe-Vielmetti and Elder Todd Barnes discussed possible EPC outreach ideas and potential strategies, including hosting a one-day retreat to better learn who we are – to better tell others who we are; organizing a bowling event; and checking back in to see how we can continue to honor our RJAM experience.
- The Personnel committee will check-in with the pastors about the pastor's experience while on Sabbatical.
- Clerk of Session Meredith Holt announced as of July 2023, when her EPC Session term is up, she will step down from the position she has held for six years. Meredith highly recommends Session identify a replacement soon to make the transition to a new Clerk of Session as smooth as possible.

- An update was given on the candidacy for Presbyterian Ordination of Heather Grantham. EPC members will participate in different ways to celebrate the upcoming ordination.
- Pastor Phil and Luna are meeting with new visitors Staci and Galen Hedlund.
- Elder Todd Barnes will lead devotions at the December 2022 Session meeting.