

Edgcumbe Presbyterian Church *Midweek Update* January 10, 2023

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St Paul Conservatory Coffee Concert, tomorrow at 12n

The reason for the early arrival of the midweek email is that we want to remind you that our new building partner, the St Paul Conservatory of Music, is having one of their **free Coffee Concerts** in Edgcumbe's sanctuary, tomorrow, January 11, at **noon**, entitled ARTU DUO. What

a wonderful opportunity to rest midweek and be enfolded with music!



following the light....

this past sunday, we celebrated epiphany—the arrival of the magi to the christ child. in eastern christian traditions, epiphany is the feast day of the revelation of god incarnate as jesus christ. a manifestation of god **here**, *among us*. we, too, have our own journey following the light, both individually, and as a community. however, this journey of ours is not endless without arrival. for we are invited to **arrive with each step** and ground ourselves in the risen christ in each now moment. which means—even **now**, as you are reading this. i invite you to



pause, **breathe**, and awaken to the christ presence right here.

this practice is really alive for me today. as my family moves toward planning my mom's celebration of life service, i am noticing anxiety and tightness are often felt in my torso. and i am using the practices i am learning from my "40-day breathing pilgrimage" i am participating in. i was in a twenty minute breathing meditation this afternoon, and coming back to my breath—allowing myself to be breathed by god, and forgiving myself for all of the stories of separation that i have believed and lived...i found that this practice relieved my mind and my body from all distress. breathing, coming into this present moment, claiming/knowing that i am at-one-with-christ actually brought my mind and my body into peace and rest.

we are constantly companioned by the risen christ, and the light of his grace is our path and journey. we live a lifetime of asking to be aligned with the holy spirit and her

thoughts within our mind, so that with each and every decision we undertake, we ask the holy spirit to be in charge, and then *we follow*. what a joy to walk together following the



light!!

January Missions

8218 Truce Center and Kleenex for the High School teachers

The January Mission will serve two groups in our local community.



Monetary collections will go to providing snacks for the 8218 Truce Centers in Saint Paul. The money we collect will be used to purchase specifically requested snacks by the Truce Center based on their needs over the coming weeks and months. Donations can be provided as a check to Edgcumbe Presbyterian Church with "Truce Center" in the memo line or online by indicating "Truce Center" in the notes that can accompany your contribution.

This is the third year we have supported the 8218 Truce Center with mission contributions. The 8218 Truce Center (<https://8218trucecenter.org>) has two locations in St. Paul; at Lexington and Selby and at Payne and Case Avenues. In addition, they have an African American Truce Museum in Maplewood Mall (see <https://www.kare11.com/article/news/local/african-american-truce-museum-opens-in-maplewood-mall/89-7c5a9b63-9ac0-4b1d-9025-d5a533b60493>). Milki Frost, the Truce Center Founder and Program Director, has spoken at two of our Sunday Worship services in the past. The 8218 Truce Centers are places for after-school scholars to come for tutoring, mentoring or for a place to hang out. The mission of the 8218 Youth Mentorship is to empower all youth in our community to make positive life choices that will foster their development into productive and contributing members of society. The Truce Center's mission is to enable one's ability to peacefully resolve conflict by promoting the use of effective communication.



In addition to monetary donations for the Truce Center we are also collecting facial tissue boxes for the teachers at Highland Park Senior High School (our neighbors). Please bring boxes to Sunday service and place them in the church office. We did a similar collection last August and the teachers were very appreciative of our donations. The 50 boxes we donated to them were claimed by the teachers in less than 2 hours!