

Edgcumbe

Presbyterian Church

Midweek Update

March 8, 2023

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We Are One with the Spirit

While talking to Nicodemus in John 3, Jesus reminds him and us that being one with God's Spirit is to be born anew. Everything is different. Where we used to be attached to the cares of this world, now we are focused on love alone. Where we used to be filled with frustration and shame, now we experience all of life with joy and gratitude. When we used to know deep in our hearts that we are simply not good enough, now we rest in peace and grace and trust. Being born anew in God's grace fills us with so much goodness that the cup of our hearts overflows with endless generosity into every situation and decision and person that we encounter each day.

It is an astounding change, and this grace is available to us every single instant.

Opening ourselves to this "holy instant" is the exact purpose of our daily Lenten discipline. Have you tried it yet? If the answer is No. May I ask you to ask yourself, "What is stopping me?" Then weigh your answer (please actually articulate your answer to yourself, maybe writing it down) against the benefits of being born anew into gratitude and joy and peace.

I have one other suggestion, which comes from me and Leslie Snow, who talked about her experience with this exercise on Sunday. What Leslie mentioned works for her is exactly what I do too. We spend all five minutes of the quiet time saying over and over again to ourselves, "I am at one with God." The repetition is not dull; it is exactly what my mind and heart need to hear. Hope this helps!

lenten spiritual practice of coming into this present now moment:

1. come into presence with breath. notice your inbreath.
2. accept the at*one*ment with god (say: "*i am at one with god*")
3. allow yourself to rest in this oneness for five minutes.

Remembering Watson Fearing

Longtime EPC member Watson Fearing died on Sunday evening, March 5. We pray in gratitude for Watson's life and for comfort his wife Joan and their family. Plans are being made for a memorial service and will be announced to the congregation.

Bowling Fun - This Saturday March 11!



It is time to have some FUN! EPC Outreach Committee (Carol, Todd, and Connie) have reserved 2 lanes at the Concord Lanes in South St Paul for some bowling fellowship on Saturday, March 11! Already 14 people are signed up, and we have room for more. It is located at: 365 Concord Exchange N, South St Paul, MN 55075.

Please arrive at 2:00 for 2:15 bowling! Hope to beat you at bowling (Actually, I, Connie, suck at bowling. I AM competitive however!). Please RSVP **TODAY**

with # of people attending to Carol Schwickardt at 651-468-9888. This will help us in determining if we need another lane. This is an OUTREACH event, so is a wonderful chance to invite friends and family and new folx to experience EPC outside of worship!

Creation of children's bags for worship

we have recently learned that our children's bags for worship (bags with activities that little ones can engage in during worship) which we offer to families are no longer available. so, we get to create new ones—a few for the toddlers, and a few for an older set (4-8)!! might you have activities or books that could go into them?? does this sound like a fun little project you would be interested in helping to create?? if so, please connect with pastor luna!! thank you!! 📖📚✍️

March Missions

This month we will join many other organizations, businesses, faith communities and individuals in collecting funds to support food shelves all over Minnesota by collecting funds for the Neighborhood House Food Support Program during their March campaign. Neighborhood House runs Francis Basket, our neighborhood food shelf. During the March fund-raising drive each dollar donated to the Neighborhood House Food Support Program will have a portion matched by MN FoodShare. MN FoodShare is a grass roots group that helps keep 300 food shelves in our state stocked throughout the year. In March they coordinate a state-wide fund-raising effort. In addition to stocking food shelves, MN Foodshare does advocacy and education. Some interesting facts from their website:

"A record-breaking 5.5 million visits were made to food shelves during 2022 in Minnesota, up nearly 50% from 3.7 million visits in 2021. 47% of food shelf visitors in 2022 were seeking food assistance for the first time."

See how far your donation can go! Donations can be provided as a check to Edgumbe Presbyterian Church with "Food Shelf" in the memo line or online by indicating "Food Shelf" in the notes that can accompany your contribution.



MARCH Food DRIVE 2023

Become a Hunger Hero and fight food insecurity

February 27 – April 9

\$15 will allow us to purchase the groceries needed for one Emergency To-Go Bag. Each bag includes food staples like fresh produce, milk, eggs, meat, and more!

\$60 will cover cost of food for a family of four visiting one of our free food markets. During a monthly visit to our food market this family can find nutritious foods and pick and choose items that they like and want.

\$80 allows us to purchase 30 dozen eggs! Eggs are one of our most desired items at our food markets. On average Neighborhood House spends around \$3,230/month for eggs.

\$225 allows us to purchase 130 pounds of protein, which will serve approximately 25 four-person families. This includes meat staples like chicken, beef, Halal chicken and ground beef and fish.

\$525 covers the purchase of fresh produce items for our Winter Fresh Produce Events where we distribute on average 3,700 pounds of produce to 100 people per event/per month.

 **Neighborhood House**

neighborhoodhousemn.org

179 Robie Street East | St. Paul, MN 55107 | 651.789.2500

We also thought it would be a good time to look at our own food shelf located in the narthex. We have a diverse group of folks who come through the church on a weekly basis who could frequent the shelf – and we do see items turnover. We plan to do a refresh and clear out any outdated products, add some new signage, and we would welcome any donations you might have to share. Suggested items to contribute include: Peanut butter, Canned soup, Canned fruit, Canned vegetables, Canned stew, Canned fish, Canned beans, Pasta (most prefer whole grain), Rice (most prefer brown rice).