

# Edgcumbe Presbyterian Church

Midweek Update

November 1, 2023

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## Daylight Saving Time this Weekend

This Sunday morning at 2am (or Saturday before bedtime...), we will move our clocks BACK one hour, giving us all an extra hour of sleep—or making you one hour early for worship if you forget. =)

## Celebrating Our Saints

Today, November 1, is All Saints Day. That's why All Hallow's Eve, usually called "Halloween" is on October 31. If all the adults and children in scary costumes yesterday successfully intimidated away all the ghosts and ghouls, then today is a day we honor the loved ones and mentors and adopted family from our lives who have died. We remember that nothing can separate us from the love God in Christ Jesus—not life and not death. Therefore we remind each other today, as we bring those we care about who are gone to our minds and hearts, that the most important thing about them is not their death, but is love. The most important thing about them, and about us, is not our separation from each other but our mutual connection to the heart of God. Say a prayer or light a candle or spend a moment in silence today for your loved ones, trusting in the love and peace of God that surpasses all understanding.

## Truth Emerging

This past Sunday, we took a look at the messages and beliefs and mindsets that we received as a child. Some examples that were mentioned were things like:

- *Eat everything on your plate because there are starving children in China (or India).*
- *If you can't say anything nice, don't say anything at all.*
- *Don't do anything half-assed.*

- *How others perceive you is very important.*

Some messages we received but were never spoken aloud, messages about race or money or body image or marriage or hard work or suffering or self-worth. Some of these messages have helped us in our lives and some have caused significant hurt and confusion.

Jesus tells his disciples, “New wine needs new wineskins.” Jesus’ message of love and new life and miracles won’t fit into old mindsets. If we are to follow Jesus, then we need to let go of old thinking and hear something new. Here is a two-part exercise that we will be doing in worship next Sunday to help stretch our own minds. The first step is to finish the sentence, “Something I used to believe is...” In the second step, we say or write, “A truth emerging for me now is...” Here are some examples from me right now.

- I used to believe that I needed to be, or pretend to be, the smartest person in whatever group I was in. A truth emerging for now is that I believe that everyone is can be connected to the full wisdom of the universe whenever we open ourselves to it.
- I used to believe that I needed to earn my worth through intelligence, hard work, success and a certain amount of suffering. I now believe that every moment is a gift of love and possibility.

See how that works? It is impossible to spoil this exercise by doing it too many times, so please feel free to try it out this week, and then we’ll do it together in worship this Sunday. -Phil

## **Giving Statements**

All members who have pledged will be receiving your 2023 Pledge/year-to date contribution statements. Please contact the office at [epchurch2149@gmail.com](mailto:epchurch2149@gmail.com) if you have any questions about your statement. We thank everyone for ongoing support of our Edgumbe community.



## **November Mission: Small Sums**

Our mission recipient this month is an organization that is new to Edgumbe Church. Small Sums is a St Paul-based non-profit that helps unhoused people obtain the work gear, tools, training, and transportation they need to start employment. Since 2005 the group has helped thousands of newly employed workers obtain the proper uniform or shoes, equipment, licenses, etc. so they could start a new job. The website ([www.smallsums.org](http://www.smallsums.org)) offers more information about this organization and a few stories about some of the workers they have helped. We have also invited the executive director, Andréa Kish-Bailey to speak briefly at our Nov 12 service. You may donate to this group by indicating so in the memo line of your check or online by indicating "November Mission" in the notes of your online contribution to EPC.

## **November Birthdays and Anniversaries**

Happy Birthday to:

Pastor Luna GebbenGreen 11/5

Happy Anniversary to:

LaGretta & John Lunde 11/24