

# Edgcumbe Presbyterian Church

*Midweek Update*

*August 30, 2023*

In this issue: Worship & Staff Vacations,  
free of fear, Backwoods Appreciation,  
September Mission, Birthdays



## Worship & Vacation Schedules

### WORSHIP

- This Sunday Sept 3 - Outdoor worship, with a forest bathing experience with Mia Wintheiser and music from Shelley & Lisa Holden!
- Sept 10 - Jenya returns for indoor worship
- Sept 17 - possibility of outdoor worship (it's the time of year where we stay especially flexible and watch the weather forecasts...)

### STAFF VACATIONS

- **Music Director Jenya** is finishing up her time in Belarus and plans to join us again on Sunday, Sept 10.
- **Pastors Luna & Phil** plan to take off two weeks this fall, September 14-27. Phil is leading an Enneagram Prison Project course at a women's prison in Saint Albert, Saskatchewan, which gives Luna & Phil an excuse to visit central Canada! Phil will also be gone on Sunday, Sept 10, for an EPP event in California.

## you did not receive a spirit of slavery to lead you back again into fear...

as we continue to explore romans, we anchor ourselves into paul's knowing that **we are not bodies**, and re-mind ourselves (come into our right mind), and hear again that **we are spirit**. further reading into romans 8, paul says that when we live our lives from the orientation of bodied-ness, we will die—not just literally physically, but mentally and spiritually.

romans invites us **to come to the end of our selves**. come to the end of our identities deriving from anything other than god. it is a part of a larger project that jesus showed us, which is to untangle from the "false-self" and re-align in our "at-one-ness" with god.

one of the ways we remain entangled with our false self is by an on-going engagement with fear. this fear—which can mask as guilt, shame, judgment or even the “need to control”—if we are honest, enslaves us. we have been enculturated with the thought that we are weak and fragile beings, and we must be guarded and defended. well...if we were only bodies, that would be very true. but, paul says: **you did not receive a spirit of slavery to lead you back again into fear.** i am just starting to see that, for myself, i honestly have no idea just how much fear is at play in my life!! i have had an ability to function over the fear...which has allowed me to store those fears in the unconscious. however, jesus isn't about a path where our fear is managed. rather, he is pointing us where **our fear is healed!!** and paul is pointing us along this way....inviting us to come to the end of ourselves, so that who we truly are (hint: it is not the story that you tell about yourself) can live in the freedom of god's love!

so, how does this healing work?? it begins with **our willingness.** let's become willing to **see** the big and small fears in our lives. as we soften into our willingness, we will begin to see the ways fear has patterned into our lives—and seeing these patterns is **critical** for our healing. for until we can see them, these small and large fears will rule our lives unconsciously. upon seeing our patterns and beliefs of fear, we now know to **bring these very things to the holy spirit, and ask her to repurpose them.** for what the ego/false self meant for separation, fear and guilt, the holy spirit can use for healing, unity, and freedom. 🎉 and so my invitation to you is to be willing to observe your fears. And when one arises ...hear again paul's words: **you did not receive a spirit of slavery to lead you back again into fear.** your birthright is to fear-less. We will still have *the feeling of being afraid* from time to time, but paul's words leads us right back into god's arms when we bring our fears to god and surrender them all into god's loving care.

## Backwoods Angels

**Thank you** to the continued work of various folk who steward our backwoods! This time of the year is great buckthorn and first-year burdock pulling!! (Fun fact—this is a picture of a root system of a fairly developed buckthorn!!) If you have an interest in sharing some of your time, connect with Pastor Luna!

Also, remember, the backwoods is meant to be a support for your connection to the Creator.... you are always encouraged to linger, dally, pray and rest amongst the flora and fauna!! 🌱🦌🌳🐓🌲



## September Mission - First Nations Kitchen

Mission for September is First Nations Kitchen. We have supported this group before, and will do so again this year. From their website: First Nations Kitchen is primarily a justice-focused, Gospel-based ministry. Its primary intent is to provide food to indigenous people who would not

otherwise have access to high-quality, fresh organic food in an environment of radical hospitality and cultural empowerment. We understand that food is medicine and want to bring back the ancestral foods of the peoples indigenous to this land to eradicate heart disease, type 2 diabetes, and obesity from the native community.



In addition to monetary donations, this is a beautiful way to use our bodies to help with the mission. They rely on volunteers to sort and package donated produce, and package the meals that are given away to the community each Sunday. Each person who gets a meal also gets a bag of fresh produce. On Sunday, Sept. 24th, 5 or 6 of us (EPC folk) have already signed up to volunteer during the prep shift, 12:30 to 3:00. If you're interested in joining us, please visit their website and sign up! There is another shift a bit later, 3:30 to 5:00, which is the give-away shift. It's fun because you get to pass out bags of yummy food and veggies to those in need.

## September Birthdays

### **Happy Birthday to:**

Tom Holt	9/4
Shelly Holden	9/9
Lorenz Fett	9/10
Jennie Reedquist	9/19