

Edgcumbe

Presbyterian Church

Midweek Update

March 6, 2024

In this issue: **Daylight Savings Time Begins Sunday!**, our first point of orientation, Art at EPC, March Mission, Outreach Prompts, Pastoral Continuing Ed week away, Pastor Luna's Class



Notice – Daylight Saving Time begins this Sunday, March 10th

On Saturday night/early Sunday morning, clocks *are set forward 1 hour* (i.e., losing one hour) to “spring forward.”

our first point of orientation....

this past sunday, we immersed ourselves with the beginning point of the 10 commandments with this passage from exodus (20:1-5a):

Then God spoke all these words:

I am the Lord your God who brought you out of Egypt, out of the house of slavery.

You must have no other gods before me.

Do not make an idol for yourself—no form whatsoever—of anything in the sky above or on the earth below or in the waters under the earth. Do not bow down to them or worship them, because I, the Lord your God, am a passionate God.

often the commandments have been taught having a slight edge, like: these are the guidelines of our faith, and, if you follow them, you can avoid god's anger. so, then the commandments become just another way our ego/false self keeps us caught in the cycles of fear and guilt. however, in robin wall kimmer's book, *braiding sweetgrass*, she speaks of the teachings shared by the original peoples throughout the great lakes known as the *original instructions*. and these teachings, kimmers says, “..are not “instructions” like commandments, though, or rules; rather they are like a compass; they provide an orientation but not a map.” these instructions don't lead to a right/wrong duality, but provide a path for connection, autonomy as well as clarity.

imagine, then, our verses of exodus, the first “commandment” being a part of the original instruction for your life. “*god speaks: ‘you must not have other gods before me. do not make an idol for yourself—no form whatsoever—of anything..’*” we are given a compass for connecting with the god of our understanding, as well as with ourselves and with others. these verses seem to point out that these idols and gods in our lives blocks our ability and willingness to connect, and do not lead to life.. the question comes— do we even recognize what functions as a god for us, or what we have created as an idol?

in the class that i have been taking for the past 1 ½ years (entitled total transformation), this language was given: an idol is anything that we believe either sustains us or endangers us.... and we value it above god's love." the invitation from our compass in exodus is to examine what are gods and idols which are blocks to love's presence. this looking is to be done with holy spirit for the healing of our minds:

holy spirit, please show me what functions as a god and idol in my life. i want to see because i want to live into love's presence.

we consent to this transformation because we want to transfer our trust from these idols and gods and place our trust in the only thing truly trustworthy—the god of our understanding. we are willing to do this because we want to be healed of fear, and we want to awaken to the love that is ever present. sisters, brothers—let us be brave in our seeing, and let us be transformed by love!! blessed be!! ~pastor luna

Holy Spirit, in this holy moment, you be in charge, and we will follow you, trusting that your direction will lead us to peace!!

Art at EPC

The Minnesota Contemporary Quilters have again graced us with their beautiful quilt creations! The quilts have been hung on the walls of the sanctuary and will be up through the end of March. The theme for this year's show is "Lines" and each quilter was uniquely inspired by this theme. Enjoy the show!

March Mission: Minnesota FoodShare

This month Edgumbe is collecting funds for the Foodshare Campaign that supports approximately 300 Minnesota food pantries. We are also continuing our support of nearby pantry Francis Basket. Our own food shelf at Edgumbe gives extra items to this pantry located in the apartment complex across the street from Sibley Plaza on 7th Street.



Here are some more highlights about food insecurity in Minnesota, and St Paul at Neighborhood House: (We'll give updates on other pantries in the Twin Cities throughout the month)

- Minnesotans made a record-breaking 7.5 million visits to food shelves in 2023. This is up 36.4% from the previous record of 5.5 million visits in 2022, and up 102% from 3.7 million visits in 2014.
- **At Neighborhood House (across the river at 194 Robie St.) the food pantry is now serving over 1700 unique families per month. Neighborhood House also provides language classes, a gym for kids, and school supplies for students.**

Please donate to the March mission by including "Foodshare" in the memo line of your check donation, or online at Give Now by typing "Foodshare" or "March Mission" in the memo box. Blessings and many thanks for your support for our neighbors during this Lenten season!

What I Love about EPC is...

To prepare for the Pie Social and Clothing exchange in early May, the Outreach Team is asking the congregation to help with the content of our promotional material. To create flyers and cards and posters that reflect who this community is, we need to hear from you about your authentic experience of being a part of EPC. While we will create opportunities to do this work in worship over the coming weeks, we also want to provide ways for you to share your words and reflections with us in multiple ways. If you have a reflection on one of the following prompts, please email Phil at pastorphilgg@gmail.com. Feel free to send as many reflections as you want! Here are some possible prompts, but please make up any of your own.

- What I love about EPC is...
- My life has been changed by this community...
- EPC is the best church in the world because...
- I know God is at work here because...

While you are reflecting on these prompts, you can use this opportunity to think about using your answers as a way to invite new people to our lovely worship services on Sunday mornings!

Pastoral Time Away – Continuing Education, March 11-17th

Pastors Luna and Phil will be away from work for a week of Continuing Education from March 11-17th. The Elders and Eleta Pierce will lead worship on Sunday, March 17th. If you are wanting Pastoral support during that week, please reach out to any of the sitting Ruling Elders (Connie, Todd, Ingrid, Jay, and Michelle).

Luna's Outdoor Companionship Class begins March 10

my classes in "outdoor companionship" are beginning this sunday! i will have a full day on the 10th, with the first part being in a zoom classroom, and the second half of the day i will have a guided forest bathing experience. even though i will not be in worship sunday morning, i do plan to go into epc's backwoods for the forest bathing time. i have also received my required and recommended reading list, and i feel guided to share the list with the community. I would be thrilled if any of these books spark any curiosity amongst people, and would love to engage in the material as i am exploring these topics, as well. let me know if your curiosity is peaked and you read any of these:

Book List for Outdoor Companionship 2024

The following are required reading:

- Braiding Sweetgrass*, by Robin Wall Kimmerer
- Your Guide to Forest Bathing: Experience the Healing Power of Nature*, by M. Amos Clifford
- Healing Trees: A Pocket Guide to Forest Bathing*, by Ben Page
- Better Living Through Birding: Notes from a Black Man in the Natural World*, by Christian Cooper

The following are recommended reading:

- What the Robin Knows*, by Jon Young
- Belonging: Remembering Ourselves Home*, by Toko-pa Turner
- The Home Place: Memoirs of a Colored Man's Love Affair with Nature*, by J. Drew Lanham
- Eco-emancipation*, by Sharon R. Krause
- Church of the Wild: How Nature Invites Us into the Sacred*, by Victoria Looz
- Awake in the Wild: Mindfulness in Nature As a Path of Self-Discovery*, by Mark Coleman
- Rewilding: Meditations, Practices and Skills for Awakening in Nature*, by Micah Mortali
- Your Brain on Nature*, by Eva Selhub and Alan C. Logan
- The Nature Fix: Why Nature Makes Us Happier, Healthier, and More Creative*, by Florence Williams
- Forest Bathing*, by Qing Li

i will be grateful for your prayers for me over these next weeks and months, as well as prayers for our epc community about how we can intentionally extend the love and healing into our outdoor spaces for all of the community to experience!! in joy!! ~pastor luna