

Edgcumbe

Presbyterian

Church

Midweek Update

August 28, 2024



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Backwoods Campfire – Friday NOT Thursday

With rain possible on Thursday evening, we are switching our campfire plans from this Thursday evening to FRIDAY, AUG 30. We will plan to light the fire at 6:30pm to be ready for marshmallow roasting by 7pm, wrapping up around 8:15pm. Come anytime! Marshmallows, roasting sticks, s'more ingredients, drinks, and guitars are all welcome as well.

We hope to utilize the meditation path stations at our Sunday worship service, so Luna plans to be in the Backwoods a few times in the coming days to finish clearing all the stations. Here are the two scheduled times.

- Thursday morning, 10am-Noon
- Friday morning, 7am-9am

If anyone plans to join her or wants to gather earlier on Friday for Centering Prayer, let Luna know.

Three-Centered Trust

On Sunday, we remembered together that the whole Bible is about entering into a relationship of trust—with the Spirit, with each other, with ourselves. Such trust invites into the miracle of the timeless Now. The Bible uses countless metaphors to try to describe what it feels like to live in deep trust in the present moment. Here are some examples off the top of my head. It's like...

- Falling in love (*Song of Solomon*)
- A bird finding a safe nesting spot (*Psalms 84*)
- A drop of honey on the tongue (*Psalms 119, Rev 10*)
- Siblings getting along with perfect harmony (*Psalms 133*)
- Every perfect gift that comes from God (*James 1*)
- A treasure that you find unexpectedly in a field (*Matthew 13*)
- Water for the thirsty, food for the hungry (*Everywhere*)
- Being born again (*John 3*)

Does one of these metaphors inspire you or pique your interest? Let your imagination play with image and see what emerges for you.

The second point we talked about was that trust is always a “Three Centered” experience. In other words, it is never just a mental idea (Head Center), nor only an emotion (Heart Center), nor limited to what we do (Body Center). Trust is always grounded in the flow between all of these Centers, all of our ways of knowing. In this sense, trust is *experiential*. How do we know that we are moving into trust? Because it changes our thinking, because we feel like a new person, because we act differently in our relationships. Although it seems scary; it is actually delightful and life-giving—return to the above metaphors, if helpful.

How do we begin trusting? By beginning to trust!! Yes, it’s that easy and that hard. Almost always in my experience, when we begin to step toward trust, one of our three Centers will rebel. During worship, I felt my feet rebelling (“You are not going anywhere,” they said to me.) Sometimes our heart rebels, usually with either an overwhelm of feelings or maybe a disassociation from our feelings. Or our head rebels: “Do you have proof that God even exists? I thought not.” All of these are ego-strategies designed for us to give up trust and rely on our own ego to protect us. “You can only trust me,” is one of our core inner ego-messages.

My first invitation to you all was to sit with one of the above metaphors and see if maybe one of them sparked a renewed willingness to explore trust in your life. The second invitation is to ask yourself: Where do you experience resistance to trust? If you become aware of resistance, don’t try to banish it. Simply notice it, welcome it, see what it has to say. Take a breath or two around the resistance, allowing all three of your Centers to come online. See if the Spirit or your own heart is saying something beyond the resistance. Take a step.

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

Outdoor Worship This Sunday

We will plan to worship in the Backwoods this Sunday at 10am with communion. Bring a chair or blanket if you wish. If the weather looks questionable, check your email for announcements about moving indoors.

August Mission: Highland Park Sr High

This is our last chance to collect tissues or money for our neighboring high school before their school year begins next Tuesday. We pray for God’s blessing on all the children and everyone who supports them!



Facial tissue boxes will be distributed to the teachers at the school in early September. Please drop off the tissue boxes in the sanctuary or church office.

The money collected will be used to purchase gift cards that school counselors will give to parents/guardians when they become aware of specific needs.

September Birthdays



Happy Birthday to:

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