

Edgcumbe

Presbyterian

Church

Midweek Update

September 4, 2024



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being present in and being in awe!

have you ever been caught up in the majesty and awe of the natural world? i have, many times! one place that i return to regularly is lake superior—not only does beauty and gratitude enfold me, but i can sense the sacred in the experience!! there is something stilling, magical, and grounding simply being on her shores!!

Praying

It doesn't have to be
the blue iris, it could be
weeds in a vacant lot, or a few
small stones; just
pay attention, then patch

a few words together and don't try
to make them elaborate, this isn't
a contest but the doorway

into thanks, and a silence in which
another voice may speak.

Mary Oliver
Thirst, Beacon Press 2006

one of the gifts of my outdoor companionship program i participated in this past spring was to have “homework” to simply sit in nature and notice what evokes awe in me. 🌻 i found that there was nothing that i needed to force or conjure—but all that was needed from me was to be **wholly present** and **pay attention**. by returning to the present moment whenever i was distracted, i was allowed to truly see and receive the gifts of present moment.

in these gorgeous days of autumn, might you be willing to sit for a time and allow yourself *to be awed*? i invite you to set a timer, and simply follow the question, “what am i noticing.....??” as you are present to the moment, an entire world will open to you for your delight! let yourself be awed!!

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

blessed be!! ~pastor luna ☺

How Do You Experience Your Faith?

Here's a little teaser question for next week's worship service: How do you experience your faith? Is it primarily a) as something that you think? Or b) as something that you do? Or c) or something that you feel?

If you are like me (this is Phil), then you will be able to find aspects of answers a, b, and c within your experience. But I'm asking you to pay a little extra attention within yourself over the next four days. If a question arises within you about trust or faith or the Spirit or integrity or deciding what to do, then notice where your attention goes. Primarily to thinking or doing or feeling?

If that's too esoteric for you, try this. When your car or bike pulls up next to a person asking for money on a street corner, is your usual response to a) think about the need for more social services in St. Paul or the relative advantages and disadvantages of giving someone money, or b) either pull out some money for that person or work really hard to look anywhere but at that person, or c) does your heart fill with emotions, such as empathy, sorrow, guilt, shame, confusion, hope, etc.

Here's my own response, by the way. When I pull next to a person begging on a corner, I certainly have lots of both feelings and thoughts, but my primary response is in the body. I either want to get out of the car to help them or bring them somewhere better and safer or maybe even have a conversation about how they are wasting their potential on this corner, OR I want to look away and pretend they don't exist. This is what I'm asking you to do before worship on Sunday. I hope to see you there.

September Mission: First Nations Kitchen (FNK)



FIRST NATIONS KITCHEN

First Nations Kitchen is community-building, justice-focused, Gospel-based ministry. Our primary intent is to provide food to indigenous people, and to others, 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 center the ancestral foods of the peoples indigenous to this land to help decrease heart disease, type 2 diabetes, and obesity within our community.

First Nations Kitchen welcomes our neighbors to our weekly Giveaway every Sunday from 4:00 pm – 5:00 pm. We are a barrier free program that shares primarily organic bagged produce and fresh, organic, indigenous meals. All are welcome. If you would like to donate or volunteer, email us at director@firstnationskitchen.org.

Edgumbe can help by donating funds to further the mission of First Nations Kitchen, or by volunteering your time to help package meals, sort and package donated produce, and hand out both the meals and the produce to those who come on Sunday afternoons.