



Edgcumbe

Presbyterian Church

Midweek Update

September 18, 2024

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losing our lives...

jesus, in mark 8, says that in order to have life, we must lose our separate-self life then follow him. fascinatingly, the tuesday centering prayer group just began reading the path of centering prayer: deepening your experience of god, and the author david frenette says the same thing, but in this way:

If you asked me for just one bit of advice about contemplation, I would say to practice the meaning of one word: *amen*. If you asked me how you could meditate, how you should relate to God, how you might pray, I would whisper, "Amen." If I remember only one simple thing at the end of my own life, I hope it will be *amen*.



“Amen” is used in the Western religions to express profound faith, to assent to Mystery, to surrender to God. In the Christian tradition, “amen” is the one word that ends every prayer in words, including the words of the Lord's prayer. Amen means, literally, “so be it” or “let it be.” After any petition or prayer, “amen” is the *so be it*, the *let it be* that releases that prayer or petition into God, with a radical trust that nothing more needs to be said, nothing else needs to be done.

With amen, your words and actions yield to God's presence. Amen doesn't mean being passive; it doesn't mean that you do not act in the face of injustice. Amen means trusting that you can't confront injustice on your own, that you need to let your own, self-initiated efforts and agenda be, in God. With the deep surrender of amen you are more aligned with God, the source of freer and more sustained action. As you say “amen,” as you practice *so be it*, God takes over. As you practice amen, God is with you in all that you do, including your actions to confront injustice. In Christianity, *amen* – “so be it,” “let it be” – expresses the spirit of contemplative prayer, or contemplation.

our separate self cannot trust—it was created to be the focus of our attention, and our only chance for new life comes as we surrender in totality. and if you cannot surrender fully in this moment, just take the next right step—what are you ready to let go and let be?? as we lose our life, it allows us to assent to mystery, we become at one with god's will, and we *embody amen*.

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

and, all of god's people say, **amen!!**
in joy!! pastor luna ☺

Teaser for Next Sunday: Stories of Welcome

In our scripture text for worship on this coming Sunday, Jesus brings a child into the midst of the disciples (who are arguing about who is the greatest!), embraces that child, and says, “Whoever welcomes one of these children in my name welcomes me.” My invitation for self-reflection this week is to remember times in your life when you have been unexpectedly welcomed. What did that feel like for you? Hope to see you on Sunday morning.

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.

Edgcumbe 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. A representative of FNK will give a presentation during EPC worship on this Sunday, September 22.

Choir/Music Invitation

Do you love singing? Please consider joining the EPC choir! We meet on Thursdays 3-4:15 and on Sundays 9 a.m. Attendance is important, but we are very flexible) Fun company and great music is a guarantee! Do you play an instrument or sing on occasion? If you have a song or a piece you'd like to share with the community - please reach out to EPC music director Jenya Trubnikava (jenya.trubnikava@gmail.com). Your musical offering is a gift and we appreciate it so much.

luna off to iona for 2 weeks in 2025!

when i went to scotland back in 2022, one of the two weeks i was there, i stayed and worked in the iona community. The iona community (<https://iona.org.uk>) is an intentional christian community, where people live together on the isle of iona, or to live and practice the values in their local communities. they have various intentions, but the one that particularly interests me is in the

renewing of worship. i have signed up for 2 weeks of study in may/june, the first week for songwriting, and the second week focusing on st. columba and his ministry on the isle.

i am feeling nudged to simply let you know about this super interesting community, and perhaps opportunities like this will capture your imagination. i invite you to look at their offerings and experiences. perhaps you will be nudged to try an experience someday yourself, perhaps at iona, or some other place!! who knows where holy spirit will lead you!! 💙



Community Opportunities

For a very small congregation, we have a lot going on, and we try not to fill up this midweek Update with too many outside announcements. But this week, I'm aware of several events or opportunities that I (Phil) wanted to let you know about.

- *From Lisa Holden:* **Heartfelt** (the 6 member a cappella group that I sing with) will be performing on Sept. 22, next Sunday at 3:00 at Urban Growler in St. Paul! Next Sunday

should be a beautiful day to sit outdoors, drink a beer, or drink of your choice, and hear some lovely music!

- *From Eleta Pierce about our former Office Manager Lois:* The local South St. Paul news station, Town Square Television, was present at the **Lois Glewwe Suffrage Memorial** unveiling on August 24. They filmed both the unveiling and the tea luncheon, and they interviewed myself and Deb Griffith from the City of South St. Paul. Today they published the story that they put together. Here is the link to the news story: <https://www.facebook.com/townsquare.tv/videos/2516254572098094>. You may want to grab a tissue before you watch!
- *From local theater Bucket Brigade (connected to Humble Walk Lutheran Community):* We have a new play-with-music, **Survivors of the Fire: stories and songs remembering the Great Hinckley Fire of 1894**. It's a moving, meaningful show filled with hymns and other music of the era, and the sorts of stories that hold the full range of life— all we grieve and celebrate. The show runs September 20th-October 12th at Art House North, 793 Armstrong. For more info, go to: www.bucketbrigadetheater.com
- *From Phil:* As we noted the past two Sundays, Chelsea and James got married last Saturday and are heading off on a honeymoon in the San Juan Islands in Washington. Their only gift request for their wedding was help paying for this trip. With zero pastoral pressure from me and only the invitation to give if you want to, here is their registry website: <https://www.theknot.com/us/chelsea-forbrook-and-james-whitt-sep-2024/registry>