

# Edgcumbe

## Presbyterian Church

### Midweek Update

October 2, 2024

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### **This Sunday: World Communion, Marathon, and Potluck!**

This Sunday is World Communion Sunday, which means three things.

1. Feel free to wear or bring items that celebrate our worldwide connections.
2. It's the weekend of the TC Marathon, so remember that this will impact travel plans for some of us.
3. **POST-WORSHIP POTLUCK!** Our dear Angelie Ryah will be in town for a few days so Jay and Lisa will be hosting a potluck lunch in her honor. We will prepare a vegetarian stew or chili and are asking others to please bring salads, bread, dessert etc. Whether or not you know Angelie, please come!



When: After service on October 6th. (Noon-ish)

Where: the home of Lisa and Jay, 1888 Beechwood Ave. St. Paul, MN. 55116

RSVP: Please reply to Lisa before Saturday and let her know if you can come so she can have enough bowls at the ready, and enough soup to put in them.

Email - lholden58@gmail.com

### **living in the present moment....**

we continue to be blessed by the ways the backwoods supports our worship and life at edgcumbe presbyterian. being shaped by jesus' invitation to die to self, and this quote from eckhart tolle, we recognize that loosening from our thinking and the stories of who we think we are, allows us to enter this present moment—unguarded,

#### ***"The Essence of all Spirituality is Presence"***

*"The essence of all spirituality is presence, a state of consciousness that transcends thinking. There is a space behind and in between your thoughts and emotions. When you become aware of that space, you are present, and you realize that your personal history, which consists of thought, is not your true identity and is not the essence of who you are. What is that space, that inner spaciousness? It is stillness, the calm center. It is pure consciousness, the transcendent 'I AM' that becomes aware of itself. The Buddha called it sunyata, emptiness. It is the "kingdom of heaven" that Jesus pointed to, which is within you, here and now."*

*~ Eckhart Tolle*

undefended, and open. the poet paulo coelho says it this way:

“maybe the journey isn’t about  
becoming anything.

maybe it's about unbecoming  
everything that isn't really you, so  
that you can be who you were meant  
to be in the first place.”

experiencing nature often brings us into the present moment. during worship this past sunday, we sat in and walked amongst the backwoods, having a nature experience to practice being in the present moment.



it is not enough to know the importance of being in the present moment, we all can be supported by a regular spiritual practice where we **experience** this on a daily basis. whether it is by meditation, or sitting in nature, our capacity will deepen to live into presence—which is at the heart of kindom living—when we set aside and consent to being in the present moment. this week, i invite you to come back into the backwoods (or to find a place near your home) and set aside some time to practice this spiritual discipline. find the spot you are guided to, and set a timer for 20-30 minutes, come into presence with your breath, and let holy spirit know you are willing to be in this moment with her. saying our prayer, together:

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

in joy!! pastor luna

### **Free Flu & Covid Vaccine Clinic at EPC**

This Saturday, October 5, from 3-7pm in the EPC parlor, Equity News Network and MN Dept of Health are sponsoring a free clinic for Flu and Covid-19 vaccinations. Everyone is welcome!

### **October Mission: Peace & Global Witness Offering**

This Sunday, October 6, is World Communion Sunday! The Peace & Global Witness Offering draws Presbyterians together and provides education and exposure to those who show us how to do peacemaking well. It allows us to create resources for dealing with conflict and provide nurturing reconciliation and stand in support of our global siblings. The peace of Christ belongs



to people everywhere.

25% of the offering is retained by Edgcumbe to engage in local peacemaking activities. Another 25% goes to our regional Presbytery, Twin Cities Presbytery; and 50% of this offering supports work being done by Presbyterians around the world through the General Assembly of the church.

Please watch our Edgcumbe newsletters through October for stories of how peacemaking efforts are occurring. To give to this offering, please write "October Mission" on the memo line of your check or indicate it in the memo box online at Give Now. Blessings on our peacemaking efforts!