

Edgcumbe

Presbyterian Church

Midweek Update

October 9, 2024

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Rules & An Open Heart

“Moses gave you this law because of the hardness of your hearts,” Jesus says in Mark, speaking about divorce. This is an underlying theme of the whole New Testament—the law was given by God to help us, but the law does not lead to salvation, to healing.

This is not hard to understand. If we have a two-year-old in the house, we might make a rule such as: Thou shalt not put your finger in the electrical socket. That’s a good law. It protects everyone from unneeded harm. It’s a rule or law that could serve you well your whole life long. However, this rule is not an effective way to find purpose or meaning in your life. It does not give you a basis for forming deep and meaningful relationships or finding peace and joy in your work nor even acting as a barometer for important decisions.

Jesus gives us another option. It’s the open-hearted option. When we open our hearts, two amazing things happen. One, we can actually feel our feelings! This allows us to feel connected to ourselves, to our loved ones, to God, to everything. Since we are built for connection, this feeling of connection feels really good. =) Two, when we open our own hearts, then we remember who we really are. Our heart wisdom reminds us of our true purpose and identity. Our ego stories and anxieties and shame and controlling impulses fade away, and we are left with an abiding sense of calm and clarity. Rules may be good, but heart-connection is transformative.

As usual, the next step is to try this out. The next time you go for a drive in your car, see if you do two things at once: a) obey the traffic laws—smart and safe; b) keep your heart open—to yourself and to everyone else that you pass. Or, the next time you go to the grocery store both pay for groceries (follow the rules of the store) AND allow your heart to radiate love to every person and vegetable you see (keep your heart open). THIS IS NOT AS EASY AS IT SOUNDS, which is why we invite Jesus into our hearts. May Jesus and Spirit bless our hearts and souls and minds today. -Pastor Phil

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

Free Flu & Covid Vaccine Clinic at EPC

We had a wonderful and well-attended vaccine clinic this past Saturday, sponsored by Equity News Network and MN Dept of Health. The next free clinic at EPC will be on Saturday, Nov 2, again from 3-7pm.

October Mission: Peace & Global Witness Offering

The Peace & Global Witness Offering draws Presbyterians together and provides education and exposure to those who show us how to do peacemaking well. The peace of Christ belongs to people everywhere. 25% of the offering is retained by Edgumbe 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.



You may have seen the North Minneapolis NonViolent Peaceforce on TV news stories. This is one of the mission projects supported by Twin Cities Presbytery. The group is part of the Community Peace Builders providing de-escalation and unarmed security in the community. Check out their website at nonviolentpeaceforce.org for stories from last summer: some inspiring tales of stopping gun

violence and retaliation in north Minneapolis.

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!