

Edgcumbe

Presbyterian Church

Midweek Update

November 6, 2024

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I Don't Know What Anything Is For

Over the past several months, Pastor Luna has been giving us the invitation to say to ourselves regularly, “I don’t know what this is for.” We could call this self-message a moment of spiritual humility. Most of us like to know what is going on and why we are making choices.

Every one of us develops certain stories in childhood about how the world works and where we fit in that world. Whether that inner story is more about belonging or not belonging tends to depend on how safe and nurtured we felt as a child. Either way, these stories run like a constant background in our minds. Check in with yourself right now. I suspect that you have a whole set of stories happening in your mind right now—about yesterday’s election, about your body, about relationships, about your finances, about the future, about a recent mistake you made, about everything. I’m not suggesting your stories are right or wrong. I simply want you to see your own inner story factory for a moment.

If there is any part of us that wants to be led by the Holy Spirit, then we need to loosen our grip, loosen our belief, in our own stories. One of the best ways to do this is to say at any moment, “I don’t know what this is for.” Try it. You can look at your hand, or at an election headline, or at your spouse, or your bank account or home or neighborhood, and then say to yourself, “I don’t know what this is for.” Say it a couple of times, if that helps. The goal is to feel your insides relax just a little. That relaxation is the humility that comes when we loosen our attachment to our inner stories, our inner judgments, our iron grip on our view of reality. Now take a breath. The Holy Spirit is ready and willing to enter our hearts and minds and bodies at any moment and show us what’s really true. Spirit, is this something you want me to worry about? Spirit, do you have a job or purpose for me right now? Spirit, am I safe? Spirit, do you love me? All we need to do is ask.

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

Remember to Pledge

On November 14 the EPC Session will begin discussion of next year's budget. It will be most helpful if we have a good estimate of pledge income. A pledge is not a legally binding

document. It is an estimate of what you might donate. Green pledge cards are on the table in the back of the sanctuary. Please place yours in the collection plate or email our office manager at epchurch2149@gmail.com. Thank you! -Ron Eggert, Treasurer

November Mission: Twin Cities Food Justice

Our November Mission is collecting funds to support Twin Cities Food Justice. TC Food Justice links organizations (like bakeries, food coops, food warehouses, farmers markets) that have excess perishable food inventory with food pantries or kitchens using volunteers who pick up the food from the food givers and deliver it to the food needers. This is their Food Rescue Program as described on their web site (<https://www.tcfoodjustice.org/what-we-do>) as:



The largest and longest-running program at TC Food Justice is our Food Rescue Program. This program is the core of our work. We find donors with excess produce that they wish to donate instead of discard; partner with nearby hunger relief organizations to plan weekly produce drop-offs; and coordinate our volunteers to collect, sort, and deliver the food by bike or by car. We are proud to serve smaller grocers and hunger relief organizations that have been excluded from traditional, larger-scale food rescue programs. We deliver food the same or next day, maximizing its quality and likelihood of being consumed. All our deliveries operate free of cost to donor and recipient organizations.

Typical food deliveries range from a few tens of pounds to a few hundred pounds. Jay, Liz and Rich have been volunteering to do food delivery for TC Food Justice in the past few months. They can provide more information about volunteering, if you are interested. Please consider making a donation to this mission in November by writing "November Mission" in the memo line of your donation check or by indicating "November Mission" in the note for an online donation.

Christmas Decorating: Saturday, Nov 23

Please join us as we reshape (fluff) the tree branches, garlands, and wreaths on Saturday, November 23rd. These decorations will be put up November 30, the Saturday after Thanksgiving, for the Sunday, December 1 service. This involves assembling and decorating the tree, putting up garlands and wreaths, switching the foliage in the planter boxes to evergreens, and hanging the white banners with the gold drapes. The times for both of these events is still being decided so please continue to watch the Midweek for this information. We appreciate all the help we can get and the process will go faster the more people we have participating. Please let me know if you can help out. Thank you, Meredith