

Edgcumbe

Presbyterian Church

Midweek Update

January 8, 2025



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Worship at EPC this Sunday = Zoom!

- This **Sunday, January 12th** will be an **All Church Zoom Worship**...morning worship will be **online only** so that we can have a conversation with January's Mission Focus partner, Angelie Ryah. Find the Zoom link on the front page of EPC's website (www.epchurch.org)
- Looking Ahead: On Sunday, February 2nd, we will have the Annual Congregational Meeting and brunch after a shorter worship service.

It's All about the Bass

On Sunday, we took a moment to re-listen to Jenya's Moment of Centering music, noticing the driving bass note underneath the melody. Then we got a stunning demonstration of the importance of this note when Jenya replayed the same lines with a discordant tone. How good it felt when Jenya returned to the original!

Using this example, we can listen to the harmony of our own lives. Am I only focused on the melody—my tasks and accomplishments, my surface thoughts and reactions? What is the driving bass note of my life, my decisions, my feelings? We've learned in our time together that the theme of our bass note tends to fall into one of these three categories:

- A note of *anger* based on our perceived lack of autonomy
- A note of *shame* based on our perceived lack of connection
- A note of *anxiety* based on our perceived lack of safety

Take a moment to listen inside yourself right now. Awareness and acceptance of what's actually going on inside of ourselves are the first essential keys for healing and freedom. See if you can name which of the three possibilities above is your dominant undertone. It doesn't actually help much to think something like, "Yeah, I can connect with all three of those." What helps more is to identify and consciously admit to myself my own primary motivation.

For me, Phil, the answer is clear. While I am familiar with both shame and fear on a daily basis, my driving bass note is a sense of anger and frustration around perceived threats to my autonomy. As I sit in front of my computer writing these words, my primary questions are not,

“How can be a vessel of love right now?” or “What is God’s will for my life at this moment?” Aren’t those wonderful questions/motivations? Indeed. My inner dialog, however, sounds more like this: “Can I finish this reflection before lunchtime?” and “Why is someone interrupting me again; can’t they see that I’m thinking?” and “If my phone buzzes one more time, I’m throwing it into the river.” Self-chatter similar to that is my driving bass note all day long. What is yours? Writing out your own self-chatter can be an instructive and illuminating exercise.



In contrast, Jesus offers us a very different option. Jesus prays, “Thy will be done, on earth as it is in heaven.” Over and over, Jesus invites us into the way of trust. Trust, not of our unconscious patterns and chatter, but trust of God’s heart, of God’s love, of God’s wisdom. Trust means that I’m willing to have my own bass note replaced by and with the Holy Spirit. It means allowing my mind to be re-strung, re-tuned, re-newed. It means setting down my conductor’s baton and asking the Spirit to be the author of my thinking, and of my feelings, and of my whole self.

Holy Spirit, you be in charge, and I will follow you, trusting that your way leads to peace.

2026 Sabbatical: What Makes Your Heart Sing?

The Personnel Sabbatical team will meet again in early January to begin the process of writing the Lilly sabbatical grant proposal, which is due in March. Please continue to watch these emails for more information and how you can participate.

January Mission: Angelie Ryah’s work at the Border

Our mission focus for January, 2025 is Angelie Ryah and her work at the border. Angelie Ryah has lived in the San Diego - Tijuana area for the last six years, and has been involved in several types of ministry. As a spiritual director she was able to offer pastoral care for faith leaders and activists on both sides of the border, while learning about the realities of immigration. During Covid, she was part of a new intentional community who desired to serve migrants especially in their local neighborhood. She founded a community garden, Jardin Manos Sanadoras / Healing Hands Garden, where families learned to grow their own food, form friendships, and celebrate life together. That significant experience lead her to learn about small-scale regenerative farming and start Belong Farm, with the vision of creating a healing space where people can connect deeply with nature, the Sacred, and each other. This experiment has been both joyous and challenging! She is currently discerning next steps for ministry and life, with a desire to bring her passion, skills, and experience back into the community.



Poinsettia Pickup

The time has come for the poinsettias to find a new home. Those of you who helped us with a donation, please take yours home, if you want to. Otherwise, if any of you know of a person who might enjoy one, please take one. That person can, also, be you. Thanks, Meredith

From Artplayce: Artist Rubin Latz

Our current exhibit in Artplayce is the photography of Rubin Latz. Rubin will join us for worship on Sunday, January 19th to talk more about his artist process and the photography. Here is a brief introduction her wrote for us:

I have always been an eyes-wide-open-to-my-environment guy. I'm long-retired from public service, having been a career counselor, and a program specialist in MN Dep't of Employment and Economic Development's Vocational Rehabilitation Services, with prior professional lifetimes in sign language interpreting and interpreter training, and earlier years in retail sales and service. Lisa Holden and I have been colleagues and friends for 40+ years.

My photography as hobby – and as lifesaver - began in my early 60s, following retirement, and it's only in recent years I've begun to self-identify as an artist. Peeking around the room, you're seeing evidence of my “kid in a candy store” approach: if it's moving, I'll snap it, if it's stationary, I'll snap it. I confess I'm still drawn to color, and don't do nearly enough in black and white. I am not a technician. I shoot refurbished gear, I rarely make time to use my tripod (altho' I do sometimes use my car roof, a back stoop railing, a park bench, a fence, or even a gravestone as a mono-pod). My happy places are local gardens, parks, lakes, rivers...places I trust make you happy, too.

Welcome, Rubin!! Thank you for sharing your photography with us and we look forward to our time together on the 19th!!

Talk by Elder Jay

from pastor luna: i attended a workshop hosted by 12 step spirituality this past weekend, and our brother, jay mcg, was the speaker. he shared stories of his life's learning, as well as reflections on step 1 (we admitted we were powerless over alcohol and that our lives were unmanageable). it was incredibly powerful and heart opening, and i encourage you to listen when you have time at this link: <https://www.12stepspirituality.org/talks.html>

KOMBUCHA!

**Kombucha making class with Chelsea & James Witbrook
Friday Jan 17th, 7-8:30pm
Where: The Witbrook's Home in south Minneapolis**

Do you like kombucha? Did you know it costs about \$3 to create 16 bottles of kombucha at home, compared to \$56 if you buy 16 bottles from the store?

Chelsea & James want to set you up for getting your own simple home brewing system up and running. The tutorial will include:

- A very brief lesson on fermentation, gut health, and why kombucha is great for your health (antioxidants, fights off bad bacteria, etc)



- demonstrations of how to care for the living scoby and create the tea
- demonstration on doing a "second fermentation," which is where flavors are added and creativity comes in!
- tips, tricks, Q&A
- Recipe/instructions to take home
- a live scoby sample to get started in your own kitchen!

What you need to acquire at home before the class:

- a [2 gallon, wide mouth glass jar](#). (it doesn't need a spout at the bottom)
- eight 16oz glass bottles with plastic lids (we collect them by buying kombucha in the store), or [four 32oz bottles like this](#). (Don't use mason jars or other jars with metal lids because your kombucha will taste metallic)

What you should bring to the class

- a quart-sized tupperware to transport your scoby home from the class.

RSVP [HERE](#). (We can accommodate up to 10 people)