

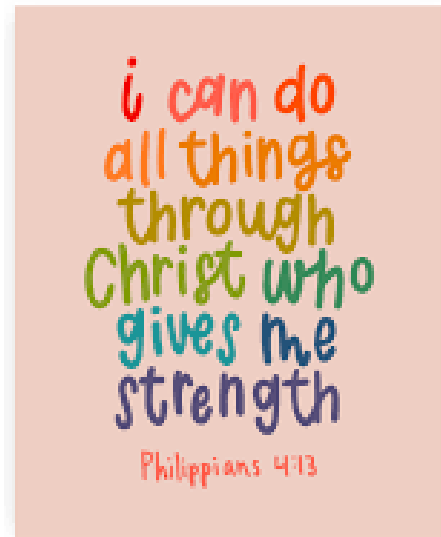
# Edgcumbe

## Presbyterian Church

### Midweek Update

January 15, 2025

*In this issue:* Upcoming Worship, don't fear..., New Member Exploration, Jan Mission, Poinsettia Pickup, Session Notes, Kombucha!



### Upcoming Worship at EPC

- This **Sunday, January 19** will be an artist conversation with **Artplayce guest artist Rubin Latz**.
- Sunday, January 26 will be a focus on **New Member Exploration**—see *article below*
- On Sunday, February 2nd, we will have the **Annual Congregational Meeting and brunch** after a shorter worship service.

### “don't fear...”

as i've mentioned over the past years, i have been in 53 week class entitled “total transformation course” (ttc)--which i have taken twice. the material opened up deeper levels of healing and release from my own mental/theological/emotional blocks, so i wasn't surprised when i felt an internal nudge to be in service for a new group forming to work with this material. this past november, i began being a facilitator for this class, and it has been such a joy and blessing to behold the holy spirit moving amongst the people gathered!!

one of the learning i have gotten from this material is that there is **a difference between being afraid and fear**. being afraid is an emotional feeling, and fear is actually a mental perspective. i heard recently that a feeling is an emotional/physical response which lasts 90 seconds. if this sensation lasts longer than 90 seconds, it is not feeling anymore, it is **the story** around that feeling. it has become **a way of thinking and seeing the world**....a perspective, and a belief.

as you also know, i have also been shaped by the practice of centering prayer meditation. what meditation has given me is the experience that there is something to “me” that is different from my thoughts and my thinking. centering prayer has given me the practice of saying, “*for these 20 minutes, i want to consent to god's loving presence and healing action*”. and so, as my thinking enters the time of

*Ideas from Open Mind, Open Heart  
By Thomas Keating*

*Contemplative prayer is not so much the absence of thoughts  
as detachment from them.  
It is the opening of mind, body and emotions -  
our whole being -  
to God, the Ultimate Mystery,  
beyond words, thoughts and emotions.*

*The chief thing that separates us from God is  
the thought that we are separated from God.  
If we get rid of that thought,  
our troubles will be greatly reduced.*

*Prayer is not designed to change God but to change us....*

meditation, i simply—without judgment—return back to the ***desire to consent to the god of my understanding.***

a deeper healing has awakened in me through the practice of centering prayer by giving me the practice of detaching from my (constant and unconscious) attachment to my thinking. as i am writing this, i am reminded of the buddha's teaching that "root of suffering is attachment". according to buddhist teachings, attachment is the main source of dissatisfaction and distress in life. attachment is not just loving something, but about clinging to it with a sense of need or dependence, fearing its loss.

through his life, death and resurrection, jesus continues to show us **our habit of being attached to our ways of thinking and belief.** and our ways are not god's ways. one of the most unseen attachments is to the perspective of fear. this is even shown to us in the writing of isaiah 43:

Don't fear, for I have redeemed you;

I have called you by name; you are mine.

2 When you pass through the waters, I will be with you;  
when through the rivers, they won't sweep over you.

When you walk through the fire, you won't be scorched  
and flame won't burn you.

3 I am the Lord your God,  
the holy one of Israel, your savior...

4 Because you are precious in my eyes,  
you are honored, and I love you...

5 Don't fear, I am with you.

it is our perspective of fear that tells us that we are separated from god and that we are in charge of our power and control, affection and approval, and safety and security. however, jesus taught a **different way** through this human life....**a way of surrender, and trusting that he was wholly at one with god in every moment.** when we are **in alignment with that felt state of trust**, we are then grounded in the christ mind—which is our essential self. that is the perspective and the state of be-ing that isaiah points to—when we are released from being fearful and being afraid, then we can pass through the roiling waters of life and not be drowned and swept away, and we can walk through the fires and not be burned. this christ mind is who and what we are.

a song by neda boin was played during worship on sunday, which reminds us of the peace of the christ mind. i invite you to take a few minutes to watch it again ([video](#)) and come back to your essential Self, wholly whole, and at peace. ❤️

*holy spirit, you be in charge, and we will follow you, trusting that your way leads to peace.*

**New Member Exploration Sunday**

On Sunday, January 26, we will shape our worship and a post-worship forum around questions and conversations about what it means to be a member of Edgcumbe Church. If you would like to explore becoming a member of this congregation, please plan to come on January 26 until about 12:30pm.

For both new member explorers and current members, here are some questions we will explore together:

- What does it mean to become a member of EPC?
- What are the beliefs and faith practices of this congregation and the Presbyterian Church USA (our parent denomination)?
- Where am I in my own faith journey, and does becoming a member of EPC support the work of the Holy Spirit in the world and my own faith?
- Am I willing to bring treats on January 26 to support this work?

At the end of this worship service and post-worship forum, we will ask if you want to become a member of EPC. But there is no pressure to make any decision at this time. This is a forum for *explorers* and not *deciders*. =)

If you have any questions about this process, please free to contact me, Pastor Phil, or Pastor Luna or anyone on Session (Ingrid, Connie, LaGretta or Michelle).

### 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 **this Sunday, January 19th** to talk more about his artist process and photography. Here is a brief introduction he wrote for us:

*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!!

## **Session Meeting Notes from January 9**

Michelle Trebtoske opened our Session meeting with devotions by asking the questions: "What are some ways in which you currently connect with God? And, are there additional ways you would like to connect in the future?"

Our 2025 operating budget was unanimously approved. Three possible larger projects have been identified for future consideration: Replacing windows in the education wing, transforming our front lawn into a bee lawn, and bringing electricity to the backwoods stage.

On Sunday, February 2 our worship service will be shortened to make time for the annual meeting and potluck brunch. Session is seeking the creativity and collaboration of additional Edgcumbe folk to form a team to begin planning Sunday services during our pastors' sabbatical in 2026. Please contact Jane Tafel, Meredith Holt, or LaGretta Lunde.

Our pastors noted that 95 people attended our Christmas Eve service.  
Submitted by Elder LaGretta Lunde

## **KOMBUCHA!**

This is the last chance to sign up for the **Kombucha making class with Chelsea & James Witbrook**

**When:** This Friday Jan 17th, 7-8:30pm

**Where:** The Witbrook's Home in south Minneapolis

**What you should bring to the class**

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

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

