

# Edgcumbe

## Presbyterian

### Church

#### Midweek Update

#### February 12, 2025

*In this issue:* Burning but not Consumed, Support for Michelle, Feb Mission, Presbytery Happenings



### Burn But Do No Be Consumed

I heard a phrase this past weekend from Jonathan Steele, the presenter at the retreat Luna and I were at, that has stayed with me: “We will burn but not be consumed.” This is a reference to the burning bush story in Exodus. Moses, who is hiding from his destiny in Egypt, comes upon a bush that is aflame. “Moses saw that the bush was in flames, but it didn’t burn up. Then Moses said to himself, Let me check out this amazing sight and find out why the bush isn’t burning up.” (Exodus 3:2-3) Moses is even more surprised when the voice of God comes out of the bush, calling Moses to return to Egypt and lead God’s people to freedom from slavery.

Think with me for a moment about what it means to burn, but not be consumed. Let me give a few possibilities.

- One way we talk about burning is to “burn with anger.” Is it possible for me to feel intense anger but not be consumed by it? The same can be asked about grief. Luna recently pointed out that when we allow ourselves to actually feel our emotions, that feeling lasts about 90 seconds. If you are sensing anger or grief within yourself right now, do you give yourself the space and safety to allow that rage or sadness to flow through you? Many times, I am afraid to let myself feel those emotions, because I’m afraid that they will tear me apart, or last forever, or cause damage. It is this resistance to our own emotions that tends to tear us apart or spin on and on in our minds and bodies. Our resistance consumes us. And when we are being consumed, we don’t tend to make good decisions or feel the peace of God or stop to listen. We simply spin in our own stories and feelings and sense of paralysis. What if there is another way?
- The entire life of Jesus feels like a demonstration of this principle. Jesus lived so connected to the love and presence of God, that he “burned” with power and wisdom and light. Jesus’ complete fervor and devotion to God’s Spirit and calling made him an epicenter of healing, miracles, wisdom teachings, and changed lives. His acts of power

did not consume him, but instead fed the hungry masses, bringing food to the hungry, hope to the poor, and sight to the blind. Even in death, Jesus was not consumed but transformed into glory.

I invite you to take a moment to ask yourself if you are called today to burn but not be consumed, and what that might mean for you right now. It might help to take a look at the artwork at the top of this Update. Notice that the heart is exploding, but not destroyed. What would happen if you let your own heart explode into the world? -Pastor Phil

### Support for Michelle Trebtoske

Michelle Trebtoske is looking for final help with her move to Frederic, WI on 2/16, 2/17 or 2/18 for final packing... And loading the moving truck the morning of 2/19 which is moving day—next Wednesday. Please reach out to Michelle directly if you can help at 612-990 1448 or [michelletrebtoske@gmail.com](mailto:michelletrebtoske@gmail.com). Love offerings for Michelle can still be given to the church and will be passed on. Thank you so much for your support.

### Feb Missions: Enneagram Prison Project & Tissues for HPSHS



We have a two-fold mission focus for February!! The first is the Enneagram Prison Project (EPP). Pastor Phil & his fellow local EPP Guide Susanne Gawreluk returned to Shakopee Women's Prison last fall for our first class since the beginning of the Covid pandemic in 2020. The class was a wonderful success, thanks in large part to the mission funding from EPC in 2024. Our next class will begin next Monday, Feb. 10. For a class of 15 participants, 172 women applied, which is one-third of the population of the prison. That high number demonstrates both the positive reviews from last fall's participants and the hunger for this kind of healing work.

EPP is on a mission to understand why we do what we do, using the Enneagram to inspire transformation —on both sides of the bars— through self-awareness, self-regulation, and self-compassion; We do the work together. If you would like support this life-changing work, please donate to this month's mission either online at [www.epchurch.org](http://www.epchurch.org) or with a check or cash designated for "Feb Mission" or "EPP." On the last Sunday of February, Susanne Gawreluk will join us to hear more about the local work of EPP.



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Our 2nd focus is to collect **facial tissues** for the educators and administration of Highland Park Senior High School. We hope to collect 180 boxes, to give every class and office support during the Winter months during the cold season. 🤧 Please bring the facial tissue boxes to the EPC office, and they will be delivered to our amazing neighbors!!

## **Presbytery of the Twin Cities Happenings**

Edgumbe Presbyterian is one of the many churches within the [Presbyterian Church, USA](#) (known as PC(USA)). The PC(USA) is divided into regional areas called Synods, and EPC belongs to the [Synod of Lakes and Prairies](#). Each Synod has within its geographical areas called Presbyteries, and EPC belongs to the [Presbytery of the Twin Cities Area](#) (PTCA). The PTCA has 54 worshipping communities, most of which are in the Twin Cities Metro area, but the boundaries reach North to Pine City, West to Howard Lake, South to Austin, and East to Baldwin, WI.

Being a part of the Edgumbe community allows you to have access and participate in the variety of gatherings and educational offerings happening in the PTCA, and you are encouraged to sign up for the [PTCA newsletter](#) if you'd like to explore these happenings. Here is a sampling of upcoming gatherings:

### **March Events - Register Now!**

**March 7th:** Basics of Transforming Our Communications (Zoom)  
<https://forms.gle/PnwWFG3yxpjWAnm28>

Want to shift how you show up in tough conversations or with those you love most? Join us for a shortened intro session that our PTCA attendees have described as "transformative" and "freeing." This session will allow participation in our series of "Part 2/Going Deeper" sessions later this spring.

## **Renewing Your Heart for Justice**

Sign up for this monthly series (6 in total) and receive each month one 15-minute Embodied Reflection & Practice video, to help you stay engaged in the work of social justice.

In times of great stress and great hope, these short videos (with accompanying optional questions and Scripture reflections) are suitable for individual devotion as well as:

- Antiracism teams
- Session meetings
- Bible study/small groups

or even worship, depending on your congregation's current educational or worship styles and practices. Co-presented by Anna Kendig Flores and guest collaborator, Rachel Svano Moynihan, a local Somatic Justice practitioner. This series will empower congregants to connect to their *being-ness* and embodiment, as an essential and sacred part of their actions in church and in the world.

Sign up **below** to receive the first video and email on Tuesday Feb 18th, 2025.  
[CLICK HERE](#) to sign up