

Edgcumbe

Presbyterian Church

Midweek Update

February 19, 2025

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Burn But Do No Be Consumed

Mark Wehde, soon-to-be-Roseville-resident, wrote this lovely reflection in response to my article last week. I asked him if we could share with you all, and he said Yes! Here it is.

Pastor Phil's reflection on "burning but not being consumed" has stayed with me, particularly as it relates to how we navigate our work and personal lives. It's a theme that appears over and over again when I talk with organizational leaders or with the students in classes I teach.

In the demands of our daily responsibilities, it's easy to feel like we are constantly burning—pouring our energy, passion, and focus into our tasks, commitments, and the people who rely on us. But there's an important distinction between burning with purpose and being consumed by the fire of endless obligations.

When we dedicate ourselves to making a difference—whether in our professions, families, or communities—we ignite a fire of purpose. However, if we are not mindful, that fire can shift from a source of warmth and light into something that depletes us, leaving us exhausted and disconnected from the very things that matter most.

So, how do we ensure that we burn without being consumed?

Not everything demands our energy equally. Are we spending our time on what is impactful, or are we being drained by distractions and obligations that do not align with our purpose? And are we sometimes doing or taking on too much? Sometimes the best way to do more is to do less.

And just as the burning bush in Exodus was sustained by a source beyond itself, we too must draw from something deeper—faith, purpose, relationships, or personal renewal—so that our fire remains a beacon rather than a burden.

Mark

New Member Exploration: Class Two

We held a wonderful gathering for people exploring membership at Edgcumbe Church on January 26. Several interested people couldn't make that date, so we are gathering again on **Sunday, February 9**, immediately after worship in the parlor. Everyone is welcome. If you want to attend, please talk to Pastor Phil or Pastor Luna.

Bible Study Invite

Every Sunday evening from 6:30-8:00pm, a group meets on Zoom with me, Pastor Phil, to read and reflect on the four lectionary texts for the coming Sunday. I have been studying the Bible my entire life, and this is by far the best group I've ever worked with. We read each text looking for the powerful good news it contains for us. We laugh, we allow ourselves to be challenged, and we listen for the Holy Spirit together. New people are completely welcome. If you want to check this out, find the Zoom link on our website (www.epchurch.org), and let me know if you want to be added to the Bible Study email I send out each Sunday afternoon.

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 to support this life-changing work, please donate to this month's mission either online at www.epchurch.org or with a check or cash designated for "Feb Mission" or "EPP." Next Sunday, February 23, Susanne Gawreluk will join us to hear more about the local work of EPP.



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!!

Session Meeting Report, 2/13/25

Submitted by Elder LaGretta Lunde

- Our meeting was opened by Elder Connie Howe-Vielmetti with prayer and devotions. She led us in a passage from Ross Gay, *The Book of Delights*. Each of us shared what brings “delight” to our lives.
- A review of our annual meeting was shared. Some possible changes for next year may include adding the option for written questions and comments during the session for our pastors’ call. Also, some congregations separate the pastors’ call and budget from the annual meeting.
- The feedback was overwhelmingly positive for Rev. Stephanie Friant’s leadership and preaching on February 9. Reverend Friant also expressed that she enjoyed being at Edgumbe Church and would love to return.
- The Building and Grounds Team has purchased new flooring for the parlor, which will replace the carpeting.
- The Sabbatical Team has compiled the results of the rank-choice surveys taken during our annual meeting. The top 3 choices of congregational sabbatical activities in 2026 are #1: Attend an All-Church Retreat at Clearwater Forest Camp. #2: Engage in Forest Bathing on a Day Trip to a Minnesota Forest. #3: Participate in a Book Study
- Our pastors reported that a second new members exploration class will be scheduled soon. Pastor Luna was awarded a \$2,000 grant for tuition for her class this spring in Iona, Scotland. New leadership roles for our pastors include Phil being chosen to be on the team to choose a new executive presbyter and Pastor Luna being chosen to be on the nominations team for the Presbytery of the Twin Cities Area.

Prayers

Prayers for Michelle Trebtoske, who is moving to her temporary place in Wisconsin today (!), and to Mark W and Shelley H, who are finalizing plans to move to Roseville. These big transitions remind us that God goes with us wherever we are. May God’s Spirit give you all a big dollop of peace today.