

Edgcumbe

Presbyterian Church

Midweek Update - March 5, 2025

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Lent and Forgiveness

We are going to spend this Lent re-exploring the idea of forgiveness. Practicing forgiveness is the key, not just to following Jesus, but to everyday happiness. Lent is the church season that begins today (Ash Wednesday) and lasts until Easter (this year on April 20).

Let's review what we've been covering the past few weeks.

God is love and only love, and we are extensions of God—which makes us love and only love. When we forget our true identity in God, then we come to believe we are separate: from God, from each other, and from love itself. Thomas Keating wrote, "The chief thing that separates us from God is the thought that we are separated from God." Pastor Luna was saying this same thing two Sundays ago when she posited that we are "addicted to the illusion of separation." We are not actually separated from love or God or each other, ever. But it feels like it.

Thus, forgiveness. What forgiveness does is to open the door to our own deep remembering. Forgiveness releases us from the illusion of separation, from the illusion that fear creates. It invites us back into connection, into grace, into awareness of the shimmering love of God in all things and all people.

This Lent, we are inviting you to explore forgiveness within yourself. Or rather, we invite you to remember that God's love is the basis for all forgiveness. We don't need to manufacture forgiveness where there is none. We simply need to be willing to let go of any illusions that keep us from resting in God's grace and peace and joy.

The exercise we are recommending to practice this idea is to take two minutes twice per day. Begin by repeating this simple phrase to yourself.

God is the love in which I forgive.

Close your eyes and spend a moment searching your mind for those whom you have not forgiven. I assume you will not have difficulty finding people—anyone you do not like or who irritate you will suffice =). Bring each person to mind, if you are willing, and say:

God is the love in which I forgive you, _____.



Do this as many times as you find helpful throughout the day. Do not spend long periods of time on any given practice period. Two to three minutes is plenty of time. Fear condemns and love forgives. Let us allow God to realign us with love this Lent.

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

New Member Exploration Class-March 9

On this **Sunday, March 9**, immediately after worship in the parlor, we will have a second session to explore membership here at Edgumbe Church. Everyone is welcome. If you want to attend, please talk to Pastor Phil or Pastor Luna.

ArtPlayce Happenings

The photography of Rubin Latz has come down and if anyone is interested in purchasing any of his pieces, he is offering a 20% discount. You can reach him through me (Lisa Holden) if interested. Kelly Povo, a local photographer, hung her photos this week! They are of locations in Portugal, Spain, and Minnesota. This exhibit will be up until the end of April or so.

If you know of any artists who might want to have their art shown at EPC, please get in touch with me! Thanks, Lisa Holden

March Mission: Shobi's Table

Shobi's Table is a pay-as-you-can food truck that creates and serves from-scratch, delicious, nutritious meals. We use rescued food from Twin Cities Food Justice to make meals four days per week. Volunteers come to help prep the meals and serve at the truck. We believe in community building centered around a table where EVERYONE has access to real, nutritious food – no matter what you can pay – 10 cents, \$10, \$100, or nothing at all – this table belongs to you. We depend on everyone bringing what they can to the table to make meals available to everyone.



Odds & Ends

- The sabbatical grant writing team is hard at work finishing the grant proposal for the pastors' sabbatical in 2026. The due date is March 12.
- On this Saturday, March 8, at 12 noon, several of us will gather in the parlor to remove the old carpeting in preparation for laying new laminate flooring. All help is welcome!
- Looking ahead: during Holy Week we gather to memorialize the last supper and the crucifixion of Jesus on Maundy Thursday. This year we will gather for a potluck dinner and service on Thursday, April 17, at 5:30pm.