

Edgcumbe

Presbyterian Church

Midweek Update - March 12, 2025

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Lenten Forgiveness Practice

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 anything that keeps us from resting in God's grace and peace and joy.

The exercise we are recommending is to take two minutes twice per day and repeat this simple phrase to yourself.

God is the love in which I forgive.

Once this idea begins to settle inside of you, then 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.

what are the temptations we face on a daily basis?

on sunday, we were shaped by luke 4, the gospel story of jesus in the wilderness, being tempted for 40 days by the devil. the first invitation is to recognize that the word translated as devil is the word for "the divider", which i hope you recognize is the same way as we have been talking about the ego thought system. we have been entranced by beliefs and perspectives that see division and ultimately leave us isolated and separated (from god, from our essential self, from each other). Instead of the devil being an entity (which has

...forgiveness allows love to return to my awareness...

~acim w.55.3.4

been a common way to understand this), this divider comes to tempt Jesus to forget himself—tempting Jesus to fall asleep to his connection to God.

each day, each hour, each minute we are being lulled asleep by a thought system that comes to us with a legion of temptations. during worship we explored who we are in truth, as extensions of God. the fruits of the Spirit describe God's essence, and these fruits are our birthrights, as well, being from the Creator. we are tempted to forget that our safety and security, our power and will, and our connection and identity are from God. and then we are lulled into even more forgetfulness with each temptation we encounter.

Fruit of the Spirit (Gal 5:22-23)	Our Essential/True Self is	When we forget or fall asleep to our Essential Self, we will experience these temptations “I will be tempted...”
Love	Loving	...to fear; ...to dislike; ...to have animosity; ...to be indifferent
Joy	Joyful	...to despair; ...to be melancholy; ...to be serious
Peace	Peaceful	...toward drama; ...toward disagreement; ...to worry; ...to take offense
Patience	Patient	...to be snappish; ...to force an action; ...to give up
Kindness	Kind	...to hatred; ...to hold a grievance; ...to be intolerant; ...to be not care
Gentleness	Gentle	...towards harshness; ...to being hard hearted/headed; ...toward rigidity
Generosity	Generous	...toward scarcity; ...to hoard; ...to be afraid; ...to be greedy
Faithfulness	Faithful	...to act as God; ...to be controlling; ...to be disloyal; ...to abandonment of Self
Self-control, or Self-possession	Connected and At-One with God/Self/Others	...toward self will run riot; ...to be self-centered; ...toward instability

what Jesus offers to us is a pathway through our own wildernesses, seeing each temptation as it is in truth—nothing to be afraid of, simply not followed. we can practice forgiveness with each time we are faced with a temptation to despair, or worry, or act from scarcity. we lift the moment, and whatever has been triggered, up to Holy Spirit for her repurposing into God's will of love, and healing, and grace. we forgive ourselves for using these situations and people to

forget that our safety, and power, and identity are untouchable. and it is in forgiveness that allows love to return to our mind.

people of god, be grounded in god's love and light, and may you hold onto holy spirit's hand as we walk together!! in joy!! pastor luna 🌀

Thank you to the Sabbatical Grant Writing Team!!

a historical marker for edgcumbe (and for me personally) has been completed today!! after many months of prayers, dreaming, meetings, writing and writing and writing and re-writing—the sabbatical grant writing team has submitted today a 2026 clergy renewal grant proposal. so many thanks are deserved here...i wrote this to the team, but i wanted to share it with all of you!



first gratitude is to the personnel team of **meredith h** and **lagretta I**, who shepherded the 2026 sabbatical into being. then, to you all—the edgcumbe community— who have prayed about this, dreamed about your own sabbatical, and brought your presence into the process.

and then, the grant writing team rock stars—**jane t**, **james w**, **lagretta I**, **meredith h**, with **phil** coming alongside the process, as well.

jane brought her exquisitely capable and skilled writing, she shared kinship with my mother's heart, and she brought such a spirit of openness and endurance...

james brought his questions, and made space for me allowing me to tell my ministerial vocational story (such holy listening!), gave phil and i deep invitations...and then he made a gorgeous video 😊 (watch it [here](#))

lagretta was so present and impeccable in shepherding the congregational desires, facilitating conversations and bringing out the voice of the people in the written proposal, while also tending to proofing the entire proposal....

meredith kept track of it all, with her note taking, and leading the praises to god (most likely praising god mightily that the rest of the team could share their time and gifts!! thank you, meredith for holding down the praising to god portion of this all!!), and also was one of the final proof readers

phil worked on tracking down the institutional letters and tax information, as well as being so supportive to me and allowing me the space i needed to be present with this process for the past 4 months.

lastly, **ron e** made himself available a couple of times to offer his official clerk's signature as a representative of edgcumbe church

i encourage you all to intentionally connect with each of these folks and offer gratitude for their labor on behalf of our entire community!!

and, then, i just want to say that the final grant proposal is SOOOOO GOOD!!!!!! 🥰

i am so super humbled to have been given an unbelievable gift which holy spirit clearly has woven together for this moment in the body of christ which is edgcumbe....

honestly, i am beyond words...

you all have invited me to grow beyond where i was even 5 months ago....

for your grace, your generosity, for your good heartedness, and kindness along the way...

thank you thank you thank you! holding you all in christ's love and light!!

luna g 

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

- Michelle Trebtoske's birthday had not been added to the list of March birthdays. Her birthday is March 16th.
- On this Saturday, March 15, 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.