

# Edgcumbe

## Presbyterian Church

August 27, 2025

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### Choosing Trust II

Last week in this space, I (Pastor Phil) asked you to approach some/many/all situations in your life with an attitude of trust, and then pay attention to what happened. So, what happened?

Trust is the fundamental issue of biblical faith. I have said before, somewhat sassily, that God does not care what you believe. I mean this in the same way that the sun does not care whether or not you believe in the sun. The sun shines because that is the essence of what the sun is. God loves because that is the essence of who God is. And THAT is why we trust God, because God is love and only love. 1 John 4: "God is love."

Trusting that God's love is the most real thing in the universe changes everything. Trusting Love allows me to begin returning God's love, loving myself, loving the people around me. It is that simple.

There is a primary barrier I have seen and experienced to accepting (trusting) God's love. Each one of us, in childhood, came to believe that we could not trust the people or the world around us; that we would be hurt or damaged or shamed or neglected unless we took our care into our own hands. I know this because of my own inner exploration, because of my years in ministry and work in prison, and because several of you have shared this exact insight with me over the past two weeks. If the idea of fully trusting another person or the goodness of life itself brings up deep terror for you, here is my simple suggestion. Baby steps. Just as you learned to walk by taking small baby steps, so I am suggesting that you allow yourself to take small steps toward trust. Beginner Level: Ask yourself if you are willing to fully accept God's love for [fill in your time here...10 seconds, 1 minutes, 3 minutes?]. Then set a timer and see if you can do it. Next Level: Go into a situation (like attending worship, for example), and say to God in your heart, "God/Jesus/Spirit, I trust you to keep me safe and give me exactly what I need." Then pay attention. Are you kept safe? Are you given what you need? Take a moment to thank God for protecting and guiding you. Doing this over and over again will change your inner "trust meter" just as faithfully as the sun causes flowers to bloom and the grass to grow.

Is there some other baby step of trust that you could take this week? It's a "baby step," so make it small and doable. But do it, whether it is one of my suggestions or your own invitation to yourself. See if you can do it every day, with gentleness and cheering inner support. Then let's talk about it together in worship this Sunday. Hope to see you there.

*P.S. When I hear about news like the shooting in Minneapolis this morning, trust is exactly the response that I find most helpful. In the face of tragedy, when I am not trusting, then my mind and heart tend to spin and overreact in so many demanding and unhelpful ways. I have a multitude of thoughts and feelings, none of which lead me to insights that lead to love but only to fear and consternation. On the other hand, when I bring my thoughts and emotions to God in trust, then my heart and mind begin to slow down and recenter, and I hear the still voice of the Spirit speaking with calm assurance. Sometimes I hear words and sometimes I get more of a...sense or vibration or sound or vision or intuition. Today, I'm hearing things like, Do not be afraid; I have everyone in the palm of my hand. And: Trust me, nothing can separate you or anyone from me. Death does not have dominion over me. Re-centered in this trust of the Love of the universe, I begin to find a peace that brings calm to my self and opens me to a call to act of love in the world around me.*

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

### **August Mission: HPSHS Kleenex & Gift Cards**

The Mission focus for August is our neighbor, Highland Park Senior High school. During August we will be collecting Kleenex boxes so that each staff person at the school will get one. (That's about 180 boxes!!). We know that the school budget doesn't include purchasing tissues for the staff so they end up buying their own. This is a nice gesture on our part. Fall is coming and with that comes runny noses!



**HIGHLAND PARK  
SENIOR HIGH SCHOOL**

We will also collect funds to be used for gift cards that the social work and mental health staff can distribute to students in need. They can be used for anything that the students need such as clothing, food, bus passes, school supplies, etc. Please consider our neighbors this month for your mission giving, and thank you!

### **Invitation to Highland AA and Al-Anon Picnic**

Dean G has extended an invitation to the EPC community on behalf of Highland AA, inviting us to join the Open Gathering (Open to all, in recovery and not) Picnic of Highland Alcoholic Anonymous. There will be an AA and Al-Anon speaker, as well as food and fellowship in the Backwoods!! All are welcome!! 🍷🍷

**Sunday, Sept. 14, 2025, 4 to 7pm**

Overflow parking at Highland Senior High School lot

## Enneagram Invitation

*This is a new and different course from the one Chelsea offered at EPC earlier this summer. It is a deeper dive into the dynamics of each Type. It is Chelsea's class and not sponsored by EPC, although we highly recommend it to anyone who is interested!*

### **Invitation to join "Journeying With the Enneagram" Course with Chelsea Witbrook**

Meets Tuesday nights: Sept 8, 2025 - Jan 26, 2026

6:30-8:00pm CST on Zoom

Sliding scale fee of \$250-\$325 per month

This small cohort model is an intimate community facilitated by Chelsea Witbrook, and includes weekly teachings and discussions, readings, integration exercises, peer support, and monthly 1:1 coaching. Click [HERE](#) for more information. All are welcome, regardless of level of Enneagram knowledge.

## Church Directories are Available

We will have copies (on purple paper) of the updated church directories for 2025 at worship over the coming weeks. If you want a copy mailed to you, please contact Office Admin Krysta at [epchurch2149@gmail.com](mailto:epchurch2149@gmail.com), and she can send you one.

## Photos from Heartfelt's Benefit concert for Tubman



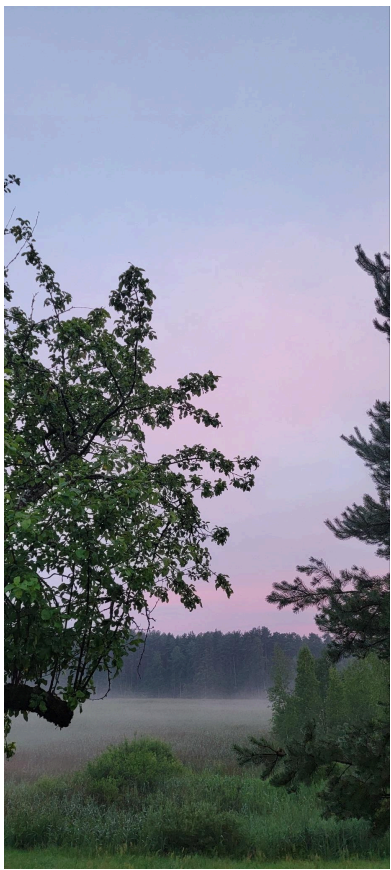
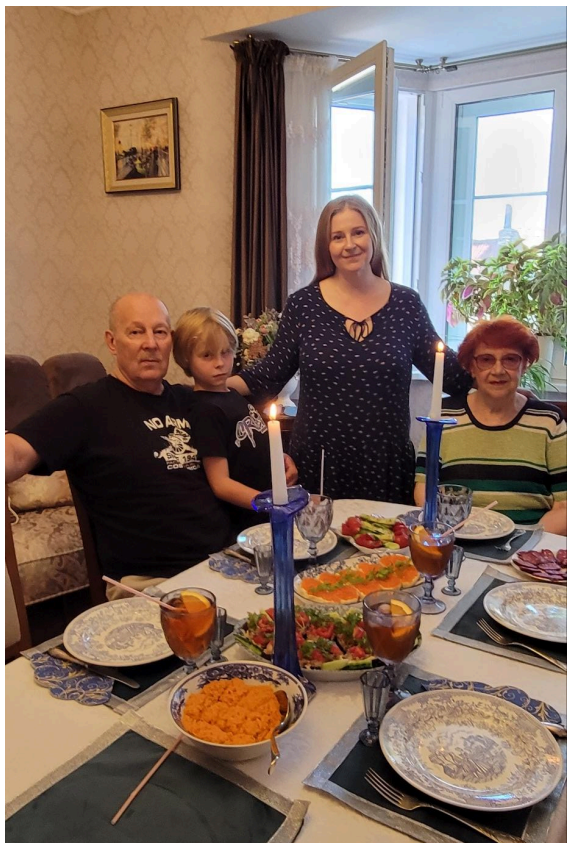


## Welcome Back, Jenya!!

From Jenya:

It's great to be back. I am so humbled by everyone's warm welcome. My trip to Belarus was filled with family time: lots of walks in the city, cooking and eating together, spending time in the cabin in the woods, watching my parents enjoying every second they had with Victor. I got to relax and reload - much needed break before another busy season. Looking forward to making music at Edgcumbe!





## September Birthdays and Anniversaries

### Happy Birthday to:

Tom Holt	9/4
Shelley Holden	9/9
Jeannie Reedquist	9/19

### Happy Anniversary to:

Chelsea & James Wiitbrook	9/14
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