

# Edgcumbe

## Presbyterian Church

September 3, 2025

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Photos from the Eggerts in Germany*

### Outdoor Worship this Sunday

We are planning to worship in the Backwoods this Sunday at our usual 10am time, with communion. Dress for the weather; it's supposed to be cool-ish. Bring a chair or blanket, if you want. Hope to see you there!



### Choosing Trust III

It's one thing to say, "Love is the only real thing." Who isn't in favor of more love in their lives and in the world? It's another thing to truly understand it, to believe it, to begin to trust it. If we truly trust that Love-Is-The-Only-Real-Thing, then everything else begins to recede and fade in our awareness. All the suffering, all my judgments, all the chaos, all my insights, all my opinions, all my fears, even the physical world itself—all pale beside the eternal love that is our true reality and inheritance. Why would my eye or ear or heart be drawn to anything else? Who would look for healing anywhere but the source of all life and reality itself?

The number one discipline that I use to help me live into trust is to tell myself this simple phrase in every situation or interaction in my life:

***Everything is either an expression of love or a call for love.***

It consistently amazes me how effectively this one insight disarms my usual habits of fear, defensiveness, self-justification, avoidance, shame, hurt, storytelling, anger. Saying this phrase to myself gives a simple choice—Is it my job right now to accept the love being offered, or is it my job to add some love / forgiveness / kindness / joy / empathy / etc / etc into this situation? Let me give some examples.

- I see a gorgeous sky-scape at sunset = *It's my job to accept the love and beauty of this moment. That's my only job.*
- I drive by one of the closed businesses in my neighborhood = *I say a quick prayer asking God if there is any way that God wants me to add more love and safety and peace in the Hamline-Midway neighborhood. I keep my heart and listening open, rather than spin in anxiety or useless imagination about how things should be.*

- Someone says something kind and meaningful to me = *I deflect what they say and turn it into a compliment for them. Oops, that was an expression of love, and I missed it. I send them a follow-up message saying how much I appreciated their kind words and that I'm working on accepting kindness and support. I take a moment to let their words go all the way in.*
- Someone says something that hurts my feelings = *I get angry and bite their head off. Oops, I catch myself before I say anything I will regret later, and instead I give that person the resentful silent treatment. Double oops! What if, I ask myself, their hurtful words were a call for love? I breathe into that question for three deep breaths. By the third breath, my heart has slowed down just a little, and I can feel a spaciousness emerge inside myself. In that space I can feel options. Options like patience, kindness, forgiveness, vulnerability, and the possibility that I am one with the other person. Now I begin to decide whether I want to respond and what that response might be.*

Trusting God's love as the most-real thing in our lives gives us freedom to live into that love—every moment, every day. It gives us the option to be the people we have always hoped to be. It heals our hearts, and through us, heals the world—a world that is desperately calling out for love.

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

### **Sept Mission: NAMI Minnesota**

The mission for the month of September is the National Alliance on Mental Illness Minnesota (NAMI MN), which provides community educational programs and services to people experiencing mental illness, including sponsoring the national Suicide Prevention hotline (988). NAMI has only a small staff supported by a host of volunteers who perform a variety of activities to help raise awareness and fundraising for NAMI's mission. More information is available at [their website HERE](#).



### **New Worship Team - Sept 18**

Our new Worship Team will have our first meeting on Thursday, Sept. 18, at 1pm in the church sanctuary. We will be discussing future worship plans, the possibility of a special healing service, sanctuary set up, sabbatical coverage next year, etc. If you would like to be a part of this team, please talk to Pastor Phil.

We are also looking to start a "Fellowship & Belonging" Team (working title!) soon. If that sounds more like your cup of tea—or your bowling pin, or campfire, or game night, or overnight retreat—then look for an announcement in the near future about how you can get involved.

### **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

### Photos from Eggert's Research in Germany

Ingrid and Ron are working with Andy Root in Berlin translating the personal letters of Dietrich Bonhoeffer and his sister at the State Library. They are enjoying their time and finding it super interesting!! Thank you, Eggerts, for giving us a glimpse into your experience!!

