

Edgcumbe

Presbyterian Church

May 6, 2026

In this issue: Interest Requested for Fall Retreat, Nourishment of the Word, May Mission, Enneagram Workshop, New Member Exploration, Thank you!!, Podcast mentioned, Shiloh Graduation

This Fall: EPC Storytelling Retreat for the Entire Community!!

We are planning a retreat for the EPC community to reunite with the pastors after they return from their Sabbatical. The purpose of this retreat is to deepen relationships, strengthen community, and have a ritual of reconnecting with our pastors after all their time away. This [interest/registration form](#) is to get feedback on your interest in participating, and ability to commit—use the link in this sentence or the QR code to the right.

RETREAT INFO:

Dates: Oct 17-18, 2026

Location: Mt. Olivet Retreat Center (30 minutes drive south from the airport)

Proposed Schedule

Arrive for lunch on Saturday @Noon

Storytelling, Hang out & activities on Saturday afternoon

Shared dinner together @6pm

Evening options: outdoor s'mores, movie night, board games, tea & snack time

Sunday morning shared breakfast @8am

Worship service together 9:30am

Leave around 11am



Scan with phone camera
to fill out Retreat Interest Form

The Pure Nourishment of the Word

Our scriptures from Sunday (1 Peter 2:2-10) encouraged us to liken ourselves to being a newborn baby and to desire the pure milk of the Word. Which allows us to pause and ask: what do we reach for when we look for nourishment in those times when we aren't reaching for the Word?? And are we willing to be truthful that many of the things we reach for don't actually feed, nourish or ground us? One of the most powerful spiritual practices available to us is **the willingness to see**—to observe, without story, and see what we are thinking and telling ourselves. Another vital component to spiritual growth is honesty—are we **willing to be honest** about what to see and

observe??

One of the ways that I reach for the pure word is through the practice of Centering Prayer Meditation. To come into a time a prayer, and for 20 minutes, be willing to be open to the Loving Presence and healing action of God, and then return each time my thoughts pull me away from that intention. Not only is this a daily practice (I invite you to come to either of EPC's 2 times we practice each week—Tuesday afternoon online at 3pm or Thursday at EPC at 6:30am), but every so often I feel nudged to deepen my practice and attend a Centering Prayer intensive retreat. On this upcoming Monday, I will be driving to New Mexico to attend a 10 day Silent Centering Prayer Retreat. I will meet up with 25 others and we will have 3 ½ hours of Centering Prayer placed throughout each day, and solitary time to be with God in the rest of the time. Not only will I bring EPC with me into the prayer time, but I would be grateful for your prayers, as well.

Our first and most vital relationship we have is with the One who creates us and sustains us, and as the Word re-minds us of *who* and *what* we are, we are grounded in grace, allowing us to be then an instrument of God's love and light to all.

Holy Spirit, in this Holy moment, You be in charge, and we will follow You, trusting that Your direction will lead us to peace! ❤️

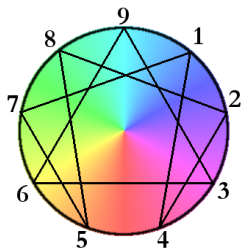
Holding you in Joy!! Pastor Luna ☯️

May Mission: Kafka House & May 7 Luncheon

In May we will be supporting Kafka House in Tanzania, a mission familiar to many of us at EPC. (As many of you know, Ron and Ingrid Eggert have a long history with this organization). Sarah Rejman, Founder of Kafka House, will be in the Twin Cities in May, and we are all invited to meet her at the Eggerts' home at noon TOMORROW, May 7th. Their address is 1868 Simpson Street, Falcon Heights, MN 55113. Please email Ron and Ingrid at ireggert@gmail.com and let them know you'll be there! Here is a new video talking showing more about Kafka House:



<https://www.youtube.com/watch?v=WMTI8O5mkKg>



Enneagram Intro Workshop: May 9

Differentiating Ego and Essence, facilitated by Chelsea Witbrook

Saturday May 9, 2026 – 1:00 - 4:30pm

Location: Edgcumbe Presbyterian Church, in the "Parlor" room

Suggested Donation: anywhere between \$20-\$100

(No one will be turned away due to lack of funds.)

Brush up on the Enneagram! Learn about all 9 personality types, how to find your own type, and how to differentiate between your Ego and your Essence.

Bring your family and friends! This is a wonderful way to connect and strengthen bonds.

This workshop will be interactive, informative, and FUN! Anyone age 16+ is welcome.

Register [HERE](#). **The time to register is right now!!**

New Member Exploration

We have several people interested in exploring membership at Edgcumbe Church, so we will plan to have an exploration gathering in the next several weeks, either in person or maybe on Zoom! If you are interested in this conversation, please email Pastor Phil at pastorphilgg@gmail.com.

A Thank You from the Pastors



We want to thank the Session for April's Mission focus for fundraising toward the Pastoral Sabbatical plans, and we want to especially thank the community for their financial support. The congregation has raised over \$14,000 so far towards the sabbatical costs—which is both generous and amazing! We are so looking forward to each experience of our Sabbatical that these financial gifts will allow us. Truly, our deepest gratitude to the community for your support!! ~Pastors Luna and Phil

Podcast mentioned last Sunday developed by our own James Witbrook...

On Sunday Pastor Luna mentioned that James W has a podcast, and one of those episodes he interviewed Pastor Phil, and interviewed Pastor Luna in another. James' substack is a place to find these episodes:

<https://wakingupforwork.substack.com/>

James says:

I publish my podcast through the Substack, and the substack posts are all self-reflection/self-honesty about "waking up" to do The Work (the work of untangling from the false/separated identity and waking up to our Essential-At*One- Selves).

The direct link to Pastor Luna's episode:

<https://wakingupforwork.substack.com/p/a-slumber-party-under-the-honeysuckles>

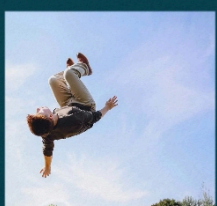
The direct link to Pastor Phil's episode:

<https://wakingupforwork.substack.com/p/really-good-news-with-phil-gebbengreen>

Celebrating Shiloh's Graduation!!

We celebrate Shiloh's High School graduation this year. You are invited to join him and his family as they gather to mark this accomplishment! Mark your calendars and join the celebration! Congratulations Shiloh!

CELEBRATE!



Grad Party 26

Join us in our celebration of Shiloh's Graduation on
Sat, June 13, 2026, 2p - 8p
6102 Kalen Drive, Woodbury MN 55129
Regrets only call/text at 612-964-2655.