

Edgcumbe

Presbyterian Church

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Joint Worship with Cherokee Park UC

We didn't get to worship outdoors, but we sure had fun inside with Cherokee Park United Church and their pastor, Rev. Matthias Peterson-Brandt. Thank you to everyone who participated and brought treats to share.

Receiving

Jesus says that when we receive anyone, we are really receiving him. And not just him, we are actually receiving the creator of the universe. Every time we speak a kind word, or share a smile, or listen longer than we want to, or welcome a stranger, or open our hearts to another person, we are connected to the vibration of love that makes up reality. This is a super big deal and it's as easy as taking a breath. As we talked about on Sunday, the trees and the clouds are mentors in this kind of open-hearted receiving. If you forget what receiving means, simply look at a tree or a cloud, or a flower or lake or the veins on the back of your hand, and then let yourself be received.



Luna and I have two more Sundays with you all, and then we are going on sabbatical for three months. As we prepare for our absence from each other, it's worth thinking about this spiritual skill of receiving. Both Luna and I intentionally RECEIVE the individuals and the community of EPC throughout the week, and especially on Sunday mornings. When we are gone, this could feel like a loss in the community...unless you all pick up the receiving slack. If you want to grow in your own receiving, here are a few ideas.

- Take a moment on Sunday mornings before church (or anytime, honestly) to **allow yourself to be received**—by God, by the Spirit, by the trees/clouds/veins etc. Fill up your own receiving cup.
- **Have a conversation with yourself about receiving.** Is there something inside of you that is afraid of receiving other people? What is that fear saying to you? What memories does it bring up? Is it time for a new story about yourself and receiving?
- **Try it.** You could even visualize it first, if that helps. Visualize yourself receiving another person completely. Visualize yourself being completely received. Stay with your imagination for a bit—what sensations arise in your body when you imagine receiving and being received?
- **Pray.** Do you want to grow in your ability to receive and be received? What a fine thing to bring to God in prayer. The Spirit will gladly use your moment of willingness to change your life and change the world. =)

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

–Pastor Phil

July Mission: Threshold to New Life

Our mission focus for July is Threshold to New Life. Their website is: Threshold2newlife.org. Richard Bahr, director, will be visiting EPC on July 19th.



The number of people experiencing homelessness is up 10% since 2015. Losing housing creates new barriers to regaining housing. We find it both humane and smart to help people keep the housing they already have.

A homeless person can cost taxpayers almost \$3,000 a month. We give grants to individuals and families who need help making ends meet with their housing...helping them pay a portion of their rent. 97% of donations go directly to help families with their living situations. More than 1,000 Twin Cities families received assistance in the last 3 years.

To donate, you can put cash or check in the offering plate during worship or give online, designating any gifts to "July Mission."

Moose Lake EPP Graduation Photo

The Enneagram Prison Project's first class at Moose Lake Prison, led by Pastor Phil, graduated twenty people last Thursday. Thank you for all your prayers! Chelsea & James W, and Kim Olstad were able to be guest celebrators at the event. Here's a picture of the class (all the men gave their permission for this photo to be shared).



Karen Miller Visit

SAVE THE DATE. Faithful EPC Zoomer Karen Miller (of Oklahoma City) is now in St. Paul for a few weeks this summer. So that she can get better acquainted with our EPC family, Jane and Mark Tafel will host an after-church lunch at their home on **July 5th**. Come to 1941 Ford Parkway #309. No need to bring anything, but it would be nice if you let us know you plan to come—email Jane at tafeljane@gmail.com.

Watch for Fake Emails

A couple of times each year, scammers pretend to be Pastor Luna or Pastor Phil with requests for money, targeting people in the congregation. If you get a suspicious email, please check the actual email address that sent the message. If it is not Luna or Phil's actual address, then do not respond and delete the message. The scammers have not hacked our email accounts; they simply use fake accounts that mimic our addresses. These fake messages often begin something like this:

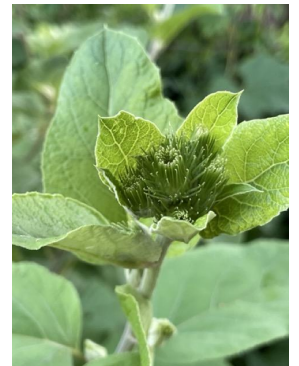
"I'm going into a meeting, so don't call, but please respond by email..."

They then suggest that we need money for some helpful purpose, trying to get you to respond. Again, do not respond and instead delete. Sorry for the bother.

Backwoods Updates: Stewardship



As you can imagine with all the wetness and heat, the Backwoods is in full lush verdancy! We are still recovering and working on the two dozen trees felled by the storm a few weeks back. And Pastor Luna has been working hard at removing the second year burdock plants which have begun producing their bur seed pods this week!



Another development this week is that the smaller bur plants are sending out their seed pods. The [stickseed plant](#) is a particularly pesky plant because in a couple of weeks if you are simply in the vicinity of one of these plants, it seems to send a tendril of tiny burs that ends up all over your clothes!!

While Pastor Luna has been addressing the larger invasive plants, the Creeping Bellflower (photo with purple flowers) is becoming a presence in the Backwoods this year, as it is spreading across the Twin Cities landscapes. However, again, with a concerted intention, we can go a long way to continuing to re-establish the native ecosystem.

If you have been wondering how you can participate in the caring for this community, we invite you to consider helping out in the Backwoods. We would love to identify 3-4 new people who would be interested in this restoration work in the Backwoods. Please connect with Pastor Luna to learn more and get any training you might need!!

