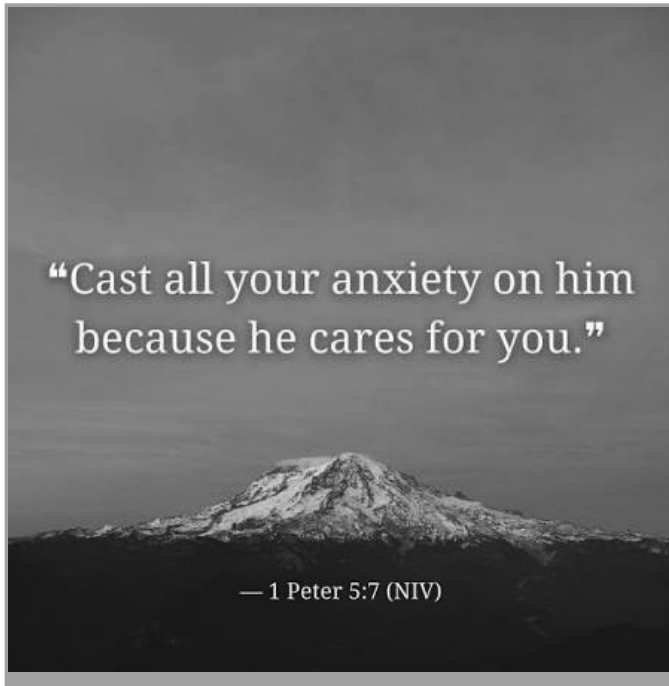




Edgcumbe

Presbyterian Church

Sept 16th, 2026

In this issue: Reflection from Dean Grussendorf, Worship this Sunday, Service Opportunities, Backwoods Plea, NAMI walk, September mission, Sabbatical Photos and submissions, Bible study, Prayers

Turning it Over to God-How does this play out in everyday life?-Reflection by Dean G.

Proverbs 16:9 *The heart of man plans his way, but the Lord establishes his steps.*

Peter 5:7 *Casting all your anxieties on him, because he cares for you.*

I always tended to reach out to God when something major came up or when I was in big trouble, however reaching out daily has been my challenge. Below are a couple condensed readings from recovery I found to

be helpful to me in this journey.

On awakening let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives. Our thought-life will be placed on a much higher plane when our thinking is cleared of wrong motives.

As we go through the day we pause, when agitated or doubtful, and ask God for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day "Thy will be done." We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions. We become much more efficient. We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves.

When we retire at night, we constructively review our day. Were we resentful, selfish, dishonest or afraid? Do we owe an apology? Were we kind and loving toward all? What could we have done better? Were we thinking of ourselves most of the time? Or were we thinking of what we could do for others, of what we could pack into the stream of life? But we must be careful not to drift into worry, remorse or morbid reflection, for that would diminish our usefulness to others. We then ask God's forgiveness and direction for improvement.

Worship this Sunday -Sept 20th

Please join us for worship this Sunday. Rev. Stephanie Friant will be leading worship for us through October 4th.

Volunteers Needed at First Nations Kitchen

First Nations Kitchen holds a Give Away for our South Minneapolis community every Sunday. They need help preparing and serving.

Here is the link to sign up for **Cooking Shifts** for all remaining Sundays

<https://www.signupgenius.com/go/20F0848AFAA28A3F49-first>

Here are the signups for prepping and serving.

Oct. 4: <https://www.signupgenius.com/go/20F0848AFAA28A3F49-61676611-october>

Nov. 22: <https://www.signupgenius.com/go/20F0848AFAA28A3F49-61676891-november>

Dec. 6: <https://www.signupgenius.com/go/20F0848AFAA28A3F49-61677007-december>

Dec. 27: <https://www.signupgenius.com/go/20F0848AFAA28A3F49-61677093-december>

If Sunday does not work, or you are wanting more FNK time, we also have **Friday Afternoons, 2:00-4:00 pm** and 4th Saturdays (below). Read the SignUpGenius for more detail on these respective shifts and sign up here: <https://www.signupgenius.com/go/20F0848AFAA28A3F49-60305741-friday>

Please Help!! On **4th Saturdays** we need 4 volunteers to pick up a significant staples donation not far from All Saints/FNK (Minnehaha United Methodist Church Food Shelf). Upcoming dates are Sept. 27, Oct. 24, Nov. 28 and Dec. 26. For all the details please read and sign up here:

<https://www.signupgenius.com/go/20F0848AFAA28A3F49-64866907-last>

We are continuing our **Laundry Detergent Drive** on behalf of our neighbors the **Central Free Store**! If you can bring in some detergent anytime please drop off in the bins in the FNK Volunteer Room. We have shared 36 jugs/boxes so far! Thank you if you have already given! So many good things have been happening recently at All Saints/FNK and I hope to share more soon!

Grateful for you all, Ritchie Two Bulls, M.A., A.T.R. Program Director, First Nations Kitchen

Backwoods Help Needed



Just another gentle nudge to get to the woods before these lovely white flowers turn into burrs that would burst with more seeds to cover our forest floor more. Try to pull them out of the ground, round them up and throw them in the garbage bin. Thank you Meredith and Kate for your contribution last week, and any of you who have or will treat yourselves to this task.

Mark

NAMI WALK - SAVE THE DATE: Saturday, SEPTEMBER 26, 2026

Free park and ride from St. Catherine University. Shuttle bus leaves approximately every 15 minutes

EVENT SCHEDULE 8 a.m. - Noon

- 8am Registration Opens
- 9am: Opening Remarks
- 9:30am: Walk Begins
- 10am: Mental health resource fair, activities, DJ, and more!
- Noon: event ends

EDGCUMBE SEPTEMBER MISSION IS NAMI

(National Alliance on Mental Illness) Minnesota Chapter



Through education, support, and advocacy, NAMI Minnesota champions justice, dignity, and respect for all individuals and families affected by mental illnesses.

A major focus is crisis and non-crisis response to mental illness. In Minnesota, 4 tribes and every county in Minnesota has a Mobile Crisis Response Team. They can be called directly, but urgent danger should mean a 911 call which will connect to a mobile response team. 988 will also connect to a crisis center.

- NAMI's Non-Crisis Resources include:
- Vets4Warriors
- Trans Lifeline
- Strong Hearts Native Helpline
- Minnesota Farm and Rural Helpline and Counselors
- Minnesota Warmlines and Wellness in the Woods (for someone to talk to for depression and anxiety)
- National Domestic Violence Hotline
- National Sexual Assault Hotline
- National Maternal Mental Health Hotline
- United Way 211 (call 211)

NAMI also provides vital information about mental illnesses, treatment, and resources through publications, presentations, and newsletters. **Check out their website at namimn.org for a huge number of resources and community connections.**

Please consider a mission donation during September. You can indicate "NAMI" or "September Mission" on the memo line with a check, or on the Give Now application at www.epchurch.org. Thanks for your support!

Collecting Photos of EPC Community during Sabbatical

Please take photos of yourself and the EPC community during this unique time of Sabbatical. James Witbrook will be collecting photos to compile a slideshow to share with our community and our pastors

at the October retreat during a storytelling event. Photos can be of work in the backwoods, worship services, potlucks, or 1-on-1 hangouts with EPC friends outside of Sunday mornings. Please send your photos to jameswitbrook@gmail.com with "EPC slideshow" in the subject line.

Submissions to this Update during Sabbatical

If you have an announcement or article for the midweek Update during the pastors' sabbatical, please submit it to Office Manager Krysta Niznick by Tuesday morning at epchurch2149@gmail.com.

Bible Study Continues

We'll continue bible study during Phil and Luna's absence. I will send out the texts early on Sundays or they are available here: <https://epchurch.org/lectionary-.pdf> . Access to the bible study Zoom is here: <https://epchurch.org/> . Hope to see you there at 6:30 PM every Sunday night.
-Ron Eggert

Prayers For...

Prayers of gratitude for each of our volunteer worship leaders and participants this summer. We thank God for the countless ways this sabbatical time has brought us closer together and deepened our faith.