



Edgcumbe

Presbyterian Church

Sept 23rd, 2026

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

Acceptance-Reflection by Dean G.

James 1:2-4 “Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance.”

I enjoyed listening to Stephanie's Sermon last Sunday. One Scripture spoke of a situation where workers hired by Jesus were all paid the same amount even though some had only worked a partial day. Of course this caused some workers who worked the full day to become angry, resistant, resentful etc..

For myself I have found that accepting such (life is not fair) situations like this keeps me content and at peace with the world. The Accepting piece was tough but I got a lot of help from the recovery reading below. It also helped by realizing that Accepting doesn't mean I agree with, support, like the situation. It simply means I am not resisting, fighting, or judging the situation. Just letting it roll, letting go and letting God.

Acceptance

And acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing, or situation-some fact of my life-unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing happens in God's world by mistake. Unless I accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitudes.

Worship this Sunday -Sept 27th

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

Backwoods Help Needed

Just another gentle nudge to get to the woods before those 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



SAVE THE DATE: SEPTEMBER 26, 2026

Free park and ride from St. Catherine University. The shuttle bus leaves approximately every 15 minutes.
ENTER THROUGH GATE #4 OFF FAIRVIEW AVE. WE WILL WATCH FOR EACH OTHER AT THE REGISTRATION AREA. EDGCUMBE CHURCH IS REGISTERED (Ruth Andersen is contact)

EVENT SCHEDULE

8 a.m. - Noon

- 8am Registration Opens
- 9am: Opening Remarks
- 9:30: 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.**

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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.