Edgcumbe
Presbyterian Church
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Bringing It Home

For the past three weeks in worship, we have read together Jesus' words in Matthew 22 on the greatest commandments: ***Love the Lord your God, with all your heart, soul, and mind. Love your neighbor as yourself. Upon these two commands rest all the law and prophets.***

That last line about the law and prophets is important. In the first sense, Jesus is suggesting that all of scripture should be read through the lens of love. That is such an important insight that I have dedicated most of my life to this principle. In the second sense, Jesus is saying, "Love is the foundation for all of reality (the law) and everything that will ever be (the prophets)." This gives us a way to bring these commandments home to our own daily lives.

Bring to mind (and heart and body) any situation or issue in your life that is causing you any stress or anxiety or uncertainty. Take that situation and ask yourself, *Do I want to approach this situation with fear or love?* Please don't just brush over that question. Ask it to yourself honestly and see what emerges. Perhaps you are more attached to your habitual fear-response than you might be comfortable admitting to yourself.

If you are ready for a new approach, if you are willing to let go of your fear, then here is a simple/not simple way to embody Christ's greatest commandments in any moment, especially the stressful, anxiety-producing moments.

- Take a deep breath. No pretending; actually take the 8-10 seconds it requires to take a deep slow breath. If necessary, interrupt the meeting or conversation you are in and ask for a moment to be able to take such a breath. Completely worth it.
- Allow your heart, your body, and your mind to relax and come "online." By online, I mean that there is a sense of calm and openness that allows the wisdom of the universe to flow through you. You should be able to feel your toes, to feel your heart beating, to feel your mind settling.
- Ask yourself: fear or love? If you choose fear, then continue as usual. You have a lifetime of experience and habits for scraping by. If you choose love, then prepare for the peace that surpasses understanding, prepare for the Holy Spirit to give you wisdom and options beyond your imagination, prepare for miracles.

Friends, let's bring the greatest commandments home. -Phil

It's Stewardship Season...A Word from Treasurer Ron Eggert

Please pledge. And if possible, increase your pledge.
As we discussed Sunday during worship, pledging is important because the Session needs to know how much money will be available when planning next year's budget, especially re pastor and staff salaries. Our 2026 expenses so far this year almost exactly equal our income. Simply put, that means we will need more money next year to meet increasing costs (everything from snow plowing to insurance premiums). Pledge cards are on the table in the back of the sanctuary or send an email to Krysta indicating your pledge: *epchurch2149@gmail.com* Thanks, Ron

Your Invited-Thanksgiving Day Gratitude Meeting 10AM-Sanctuary

Highland AA will be hosting its annual Thanksgiving Day Gratitude Meeting in the EPC Sanctuary again this year at 10 AM. Everyone gets a minute or so to share what they are grateful for-Lasts about an hour. Treats, coffee and fellowship to follow the meeting in the parlor. It is a very powerful spiritual experience and a great way to center yourself before the big feast! All are welcome to attend and share-you do not need to be in a recovery program.

Poinsettia Order

Order a poinsettia to decorate the sanctuary. Look for an order form at church or email Krysta at *epchurch2149@gmail.com* if you would like to order one. The prices this year will be: red and white, $11.00 each and can be paid by check or online. Flowers can be picked up after service on Christmas Eve. Donations to the flower fund are also welcome! Thank you!

Diaper Fund Drive for Ty, Jaime and baby Eqlipcia!

As you know, babies go through loads of diapers! One way we can help Ty is through contributing $$$ towards this purchase. Please consider contributing. You can either VENMO me, Shelley, @Shelley-Holden-44 or feel free to write a check or hand me cash!

I will collect through the month of November then gift to Ty. 🙂
Questions? Email: sjholden44@gmail.com -or- phone: 507-581-4432.
Thanks in advance for your contribution!

Artplayce Update

Thanks for all who have brought in artwork to hang on our walls! It's going to be a great show. This art installment will be up through the end of the year. This coming Sunday, Nov 15, in worship, we will provide space for artists to share a short reflection on your artwork.

November Mission - Union Gospel Mission

Union Gospel Mission Twin Cities (UGMTC) provides a broad range of services in our community, including:

- Emergency Shelter: Offers 24-hour emergency shelter at the Bethel Hotel, with nightly capacity for up to 350 men.

- Naomi Family Program: Provides long-term residential shelter, trauma-informed care, and wraparound support for women and children escaping domestic violence, addiction, or homelessness.
- Meals: Serves breakfast, lunch, and dinner daily.
- Addiction Recovery: Operates the Christ Recovery Center, a long-term Christ-centered 12-step recovery program for men.
- Mental Health & Support: Delivers free on-site therapy, group counseling, psychiatric evaluations, case management, and basic medical care (via Minnesota Community Care).
- Education & Employment support.

Attached to this email is a meal ticket to print and distribute to individuals in need. Each ticket can be redeemed for a meal at Union Gospel Mission. Please print the tickets and hand them out to those who could use a warm meal.