

Edgcumbe

Presbyterian Church

Midweek Update

February 28, 2024

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Losing My Life to Save My Life

In Mark 8, Jesus says, "*All who want to save their lives will lose them.*" Or, in Phil's translation: "*All who want to save their sense of self must lose their sense of self.*" What? This is hard to fathom. How does one lose something in order to gain it?

In order to understand this spiritual paradox, last Sunday we used the Social Roles for the Enneagram Types. Here they are again.

- T8 The Rock** - "I'm tough. I'm the one everyone else has to depend on."
- T9 Nobody Special** - "Don't buy me a birthday present, I know you love me."
- T1 The Educator** - "I know how things should be done."
- T2 The Special Friend** - "Isn't it wonderful how close we are?"
- T3 The Best** - "I can do this better than anyone else."
- T4 The Special One** - "No one understands me."
- T5 The Expert** - "I know what I am talking about."
- T6 The Stalwart** - "You can depend on me."
- T7 The Energizer** - "Come on everybody! Let's get some juice going."

In worship we asked each other the question: What is a way that you are _____ (the Rock, the Expert, the Energizer), using whatever role feels most alive for you in the moment. You could do this exercise again with someone in your household or with a friend or journaling on your own. The follow-up question is this, "Who am I if I am not _____ (the Educator, the Special Friend, the Best)?" using whichever role you chose for the first question. I want you to stop reading this article and ask yourself this question right now, if you are willing.

Because I chose "The Rock," then I ask myself, "Who am I if I am not the Rock?" The first thing that happens for me is I get a sinking feeling in my guts. I don't want to give up this sense of myself. I am most comfortable as The Rock. Then I re-hear Jesus' words that I cannot save my life unless I give up my sense of myself. Oof. So I try again. Who am I if I am not The Rock? Here is what comes to me in this moment. If I am not The Rock...

- I am lost and uncertain about who I am supposed to be
- I can set down a lifetime of expectations and responsibilities and burdens
- I can use my gifts and life energy in a variety of ways; I can live in freedom



- I am simply Phil, full of light and love and endless possibility
- I am a Divine Spark, a child of God, a free agent of goodness
- I am free, I am loved, I am innocent

Do you see how easy—and how hard—this is? That took me two minutes, and I'm a little shaky inside from the power of it. Grab a pen and piece of paper and give this exercise a try. All we are doing is making some space for the love of Jesus and power of the Holy Spirit to do their healing work in our hearts. Phil

*Holy Spirit, in this holy moment, **you** be in charge, and we will follow **you**, trusting that your direction will lead us to peace!!*

What I Love about EPC is...

To prepare for the Pie Social and Clothing exchange in early May, the Outreach Team is asking the congregation to help with the content of our promotional material. To create flyers and cards and posters that reflect who this community is, we need to hear from you about your authentic experience of being a part of EPC. While we will create opportunities to do this work in worship over the coming weeks, we also want to provide ways for you to share your words and reflections with us in multiple ways. If you have a reflection on one of the following prompts, please email Phil at pastorphilgg@gmail.com. Feel free to send as many reflections as you want! Here are some possible prompts, but please make up any of your own.

- What I love about EPC is...
- My life has been changed by this community...
- EPC is the best church in the world because...
- I know God is at work here because...

While you are reflecting on these prompts, you can use this opportunity to think about using your answers as a way to invite new people to our lovely worship services on Sunday mornings!

Annie Schiferl's New Play

Lisa and I (Jay) were deeply affected by a powerfully performed musical that included one of our favorite twin cities performers, Annie Schiferl, in an Elision Theater offering, "In the Green." Hildegard Von Bingen's remarkable life shines forward with contemporary relevance and speaks to our longing to integrate ourselves in such a way as to include our shadow self and our mortality. The voices are full and powerful and they are accompanied by piano, bass, and percussion that provide tight and seamless momentum. The imagery created by the minimalist set invites the audience into the inner life of this remarkable woman. I should add that the Elision Theater is an intimate theater with top tier sound and lighting. Do yourself a favor and go! For tickets or more information, go to [THIS LINK](#).



March Mission: Minnesota FoodShare

This month Edgumbe is collecting funds for the Foodshare Campaign that supports multiple Minnesota food pantries. We are also continuing our support of nearby pantry Francis Basket. Our own food shelf at Edgumbe gives extra items to this pantry located in the apartment complex across the street from Sibley Plaza on 7th Street.

The Greater Minnesota Council of Churches FoodShare began its work in 1982 as a campaign advanced by congregations to restock food shelves in the 7-county Twin Cities Metropolitan Area. Minnesota FoodShare March Campaign, is the largest grassroots food and fund drive in the state, bringing together organizations, businesses, faith communities, and individuals to help stock and support the capacity of nearly 300 food shelves. Here are some facts about food insecurity in Minnesota:



- *Minnesotans made a record-breaking 7.5 million visits to food shelves in 2023. This is up 36.4% from the previous record of 5.5 million visits in 2023, and up 102% from 3.7 million visits in 2014.*
- *Annual visits to food shelves are now more than double the rates of pre-pandemic visits.*

Please donate to the March mission by including “Foodshare” in the memo line of your check donation, or online at Give Now by typing “Foodshare” or “March Mission” in the memo box.

Blessings and many thanks for your support for our neighbors during this Lenten season!

Luna’s Outdoor Companionship Class begins March 10

my classes in “outdoor companionship” are quickly approaching, and i can sense that the holy spirit is already stirring within me—opening me for whatever is to come! one component of the training will meet for classes on sunday mornings, and then i will have assignments to work on on an individual basis between our gatherings. on the practical level, this means that i will be away for eight sundays over the next 4 months while i am meeting online in class. for two of those sundays, phil and i will be away taking two weeks of continuing education, march 11-17, and then in may, the 16th-22nd. when we are not away on continuing education, i will be working throughout the week, and hope to give updates in the midweek email about the ideas and topics we are exploring in class. i will be grateful for your prayers for me over these next weeks and months, as well as prayers for our epc community about how we can intentionally extend the love and healing into our outdoor spaces for all of the community to experience!! in joy!! ~pastor luna ✨