

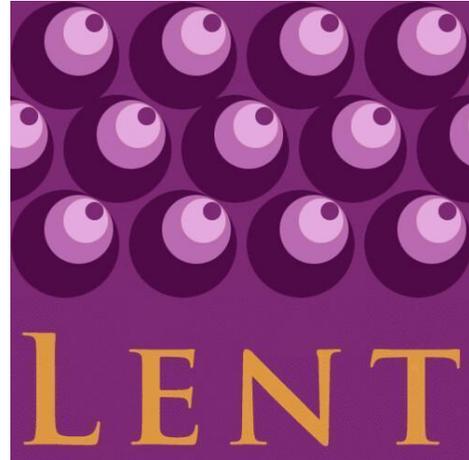
Edgcumbe

Presbyterian Church

Midweek Update

March 20, 2024

In this issue: outdoor companionship class learnings, Holy Week Schedule, HPHS Thank You, March Mission, Easter Flowers, In Memoriam of former EPC Elder Brian Manwarren



outdoor companionship class learnings...

i have had two sessions of my outdoor companionship classes—and i have much to share already!! my heart is so full of new insights and experiences....but for this moment, let's you and i ****breathe**** (), and i speak to just one of those really powerful moments of seeing.



on the first sunday we met, my class (of 9 students) went outside in the second half of our day. we were led into a forest bathing experience by one of our instructors, phyllis look, the first forest bathing guide in hawai'i. through zoom, phyllis guided us to be wholly present in the moment in our outdoor settings. for me, i was sitting against the base of the norway maple at station 1 in the backwoods. she asked each of us to really experience the moment through our 5 senses, while also including our heart sense and imaginal sense (what we are experiencing beyond our experiences—call it our intuition, perhaps). it was lovely to take the time and really behold and receive the gloriousness of the backwoods!!

then, the next morning, we gathered again on zoom at 6:45a for our first “sit spot”, which i described in last week's midweek email. this was the 2nd day of daylight savings time, and so, at 6:45a, it was still very dark. but, i nestled under my blanket with my cup of coffee on the front porch of my house, and opened my senses with a sense of expectancy. i was surprised by the constant, low-grade rumbling of interstate 94 which i heard, and eventually it was punctuated by an increasing call of song birds. the chilly air did not have much of a smell, but i felt the cold. a handful of dog walkers passed by, and was somewhat surprised that the only wild thing i saw was 1 bird which flew across my line of vision. but, the amidst the stillness of the morning, what i did get to behold within those 35 minutes was the movement of increasing light entering the day. this s...l...o...w rising of the sun, infinitesimal lightening of the

sky, was profound to behold. as i watched the dawning of the light, i had a visceral quieting of my internal body and mind, and i experienced such profound peace and centering.

barely an hour later, i attended a lectio divina prayer group, and this particular morning, psalm 23 was the scripture we prayed. in the practice of lectio divina, you hear a short-ish phrase of scripture, and notice the word or phrase that shimmers and resonates within you. and i heard:

God makes me lie down in green pastures,
And leads me beside still waters;
God restores my soul....
... I fear no evil...

and, it was in this moment, that i saw that, truly, god has been the First Forest Guide. god has been inviting us throughout the ages to lie down in the green pastures and along the water edges, so that we can become present to the peace and love **which is** in this present moment. and, by coming into this present moment, we experience our souls restored, and the absence of fear. god, the healer of our minds and hearts, is here, in this moment, and our sisters and brothers of the forest are ready to share this good news.

what is god inviting you to sit beside today and to be still? perhaps it is to sit by your window and watch the wind blow the crispy brown leaves around. maybe it is to go outside and breathe out your fears and anxieties, and to let go. maybe it is to bring a house plant next to you, and to really see it in all of its gloriousness. the natural world sings of the invitation of god's healing and love. come, friends, let us receive this grace!!

holy spirit, in this holy moment, you be in charge,
and we will follow you, trusting that your direction leads to peace!!

in joy!! pastor luna

Holy Week Schedule

I'm not sure what you associate with Holy Week (lots of long worship services, death and dying, chocolate bunnies, candy and hot cross buns...) but here is a suggestion for this year. Think of it as "Wholly" Week, a week to be made whole, a week to integrate all of your life and death into God's grace-filled hopes for you. We will have three worship experiences at EPC to experience this wholeness together.

- Palm Sunday, March 24, at 10am **NOTE:** *The weather report keeps getting worse for the next four days, so it is quite imaginable that we would switch this service to Zoom only. Please watch for an email announcement sometime on Saturday.*
- Maundy Thursday, March 28, at 5pm - **Potluck** and Holden Evening Prayers
- Easter Sunday, March 31, 10am - Life wins again!

BIG Thank You from Highland Park Sr High

We received a nice, handwritten, THANK YOU note from the high school this week. Here is what they said:

"To the EPC Community - Thank you so very much for the generous supply of Kleenex you donated to Highland High School - The little things (like a box of Kleenex) can make such a big difference! We are grateful to have such a supportive community [handwritten heart emoji]. Thanks again, Highland Park Senior Staff"

You all made it possible to deliver 138 boxes of Kleenex to the High School at the end of February for our monthly Mission.

March Mission: Minnesota FoodShare

This month Edgumbe is collecting funds for the Foodshare Campaign that supports approximately 300 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.

Here are some more highlights about food insecurity in Minnesota, and **another busy pantry in the Minneapolis Uptown neighborhood: Joyce Uptown Food Shelf**. Joyce Foodshelf has been a fixture in Uptown since 1969.

- **Between 2019 and 2022 the number of individuals served at Joyce went from 12,934 to 32,503. Pounds of food received went from 219,679 lbs to 660,907.**
- Joyce pantry receives Foodshare funds, but to serve this many families they also rely on a large network of volunteers (120) and church and corporate sponsors. Purchased food comes from wholesale food bank partners, and grocery store "recovery" partners.

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!



Easter Flowers

We have ordered 10 yellow and 10 purple mums for Easter decorations. If you would like to contribute to beautifying the sanctuary and take an Easter flower home with you after Easter Sunday service, the cost of each mum will be \$11. **Send your check with the order form, located at church, to the office or place in the offering plate. Thank you!**

In Memoriam

We received word that a former member and Elder of Edgcumbe Church, Brian Manwarren, died this past week. His mother, Marge Litman, was a member of EPC when Pastors Phil and Luna arrived. Brian started slowly attending worship, and brought his partner, Cindy Hanson, as well. Brian and Cindy were married in EPC worship on a Sunday morning, and eventually both were called to be Elders of the Community. Brian and Cindy were Sunday School teachers when EPC had a one-room class, and they and the children designed and built the backwoods labyrinth together. Cindy died in 2014, and Brian's obituary can be found [here](#). We give thanks to the Holy Spirit for the ways Brian and Cindy shared their gifts and wisdom with this faith community!