

Edgcumbe

Presbyterian Church

Midweek Update

November 13, 2024

In this issue: The Key to Life, Pledge Time, Nov Mission, Christmas Decor, Progressive Dinner!



I Still Don't Know What Anything Is For

We have spent a few weeks exploring this simple self-reminder: I don't know what anything is for. I've gotten a few responses and questions from the congregation over the past week. Let me share some of these paraphrased responses here for inspiration and reflection.

- "Since applying this simple phrase in my everyday life, I'm noticing that I have much less anxiety. The tension in my solar plexus simply goes away!"
- "This is such a helpful way to let go of my own will for control and pleasing others and allowing God's will to surface in my life."
- Question: Does this mean that I have to accept that everything is meaningless?

That last question is really important and deserves some attention. My own—this is Phil—answer is Yes and No. Allow me to explain. On the Yes side (that everything is meaningless) is the biblical book of Ecclesiastes which reminds us that life is unpredictable and full of meaninglessness, but there is purpose and hope if we trust in God. Another way to say this is that the key to life is not in life itself. Only when our attention is focused on God, on love, and on peace do we find true happiness and meaning. Our egos consistently bend our attention toward control and anger, toward shame and doubt, toward fear and anxiety. In any moment when we feel triggered or reactive or lost, we can remind ourselves that we don't know what this moment is for, and this becomes an invitation to redirect our attention to who we really are.

The other answer is No!—when we are grounded in love and grace then life sparkles with more meaning, more connection, and more joy! I have been surprised in the best way over the past week when moments or conversations that I was dreading turned into moments of freedom and connection simply because I chose trust over fear. If using the phrase, "I don't know what this is for" does not help you, then please feel free to avoid or discard it. But I encourage you to keep trying it out in moments when judgment or anxiety arise for you. It gives just a little foothold for the Spirit to explode into your consciousness with miracles galore.

2025 Pledges

We have had a wonderful response to our request—Thank you to everyone who has put in your financial pledge for 2025. Seeing the pledge numbers helps the Session who is meeting this Thursday to work on next year's budget. If you still want to pledge, please place yours in the collection plate or email our office manager at epchurch2149@gmail.com. Thank you!

November Mission: Twin Cities Food Justice

Our November Mission is collecting funds to support Twin Cities Food Justice. TC Food Justice links organizations (like bakeries, food coops, food warehouses, farmers markets) that have excess perishable food inventory with food pantries or kitchens using volunteers who pick up the food from the food givers and deliver it to the food needers. This is their Food Rescue Program as described on their web site (<https://www.tcfoodjustice.org/what-we-do>) as:



The largest and longest-running program at TC Food Justice is our Food Rescue Program. This program is the core of our work. We find donors with excess produce that they wish to donate instead of discard; partner with nearby hunger relief organizations to plan weekly produce drop-offs; and coordinate our volunteers to collect, sort, and deliver the food by bike or by car. We are proud to serve smaller grocers and hunger relief organizations that have been excluded from traditional, larger-scale food rescue programs. We deliver food the same or next day, maximizing its quality and likelihood of being consumed. All our deliveries operate free of cost to donor and recipient organizations.

Typical food deliveries range from a few tens of pounds to a few hundred pounds. Jay, Liz and Rich have been volunteering to do food delivery for TC Food Justice in the past few months. They can provide more information about volunteering, if you are interested. Please consider making a donation to this mission in November by writing "November Mission" in the memo line of your donation check or by indicating "November Mission" in the note for an online donation.

Christmas Decorating: Saturday, Nov 23

We will be meeting at 11:00 a.m. Saturday, November 23 to fluff and hang the garlands and wreaths. On Saturday, November 30 at 11:00 am we will meet to fluff, assemble and decorate the Christmas tree. We appreciate any time you can give to make this tradition possible.

Progressive Dinner- Saturday, December 7

Let's have some fun...Edgumbe style! On Saturday, December 7 from 5:00 - 8:00 PM, our Progressive Dinner will begin at the home of Jane and Mark Tafel for appetizers, then take us to LaGretta and John Lunde's home for the main course, and conclude at the home of Ingrid and Ron Eggert for dessert. Please bring your own beverage. Send your RSVP by Saturday, November 30 to LaGretta Lunde at laglunde@gmail.com.