

# Edgcumbe

## Presbyterian Church

### Midweek Update

March 19, 2025

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### Forgiveness Q&A

This Lent, we are exploring the theme of forgiveness and recommending this daily exercise: to take two minutes twice per day and repeat this simple phrase to yourself.

***God is the love in which I forgive.***

Once this idea begins to settle inside of you, then spend a moment searching your mind for those whom you have not forgiven. Bring each person to mind, if you are willing, and say:

***God is the love in which I forgive you, \_\_\_\_\_.***

...forgiveness allows love to  
return to my awareness...

~acim w.55.3.4

At Bible Study last Sunday, we discussed several questions around forgiveness, so I'm offering these Frequently Asked Questions as our reflection this week.

#### **Q: In order to forgive, do I also need to forget?**

**A:** The short answer here is No. The longer answer is that it is up to you. The real purpose of forgiveness, as we've been talking about, is not forgetting but remembering. Forgiving allows us to remember who we are and our connection with God, ourselves, and each other. By remembering our one-ness with everyone—even the people who hurt us—we gain the freedom to let go of our grievances and regrets, giving us the space to forget with peace.

#### **Q: Does forgiveness justify the wrong that was done to me?**

**A:** Again No. I think this is a huge barrier for most of us. By forgiving someone or something, it feels like I'm saying, "It's OK that you did what you did." But that's not what forgiveness is. Forgiveness is simply letting God's love fully enter our own hearts and minds. Forgiveness is saying, "I want to see the truth: the truth that nothing can separate me from God or from my brother or sister—not my grievances, not my stories of being hurt, not reality as it appears to be. I trust God's love more than I trust my stories or my hurt." When we open this door to God's love, what happens next is not justification of wrongness. What happens is miracles.

#### **Q: Can I forgive even if I don't mean it, or don't want to?**

**A:** This is a big Yes. Forgiveness is a PRACTICE, and the more we do it, the more it expands our hearts and our awareness. Do you remember when Peter asks Jesus if he should forgive someone seven times? Jesus answers, "Don't stop at seven; forgive seventy times seven

times.” Forgiveness with sincerity will change your life, full stop. But if the best you can do is offer a half-hearted attempt, then God will use your willingness, no matter how feeble, to bring all of the Spirit’s light and wakefulness to you. Please, please do the Lenten forgiveness exercise. Do it right now. God is so ready to shower you with grace and love and peace and joy, using that sliver of willingness inside of you to forgive yourself, to forgive your fellow sister/brother, to forgive the world.

### A Note from Rich & Liz Schiferl

Hello Edgcumbe Church family.

You may have noticed that we have not been around EPC much these last few months. Liz's cancer is progressing and it is likely that her current experimental treatment will not stop it from continuing to progress. There does not appear to be other treatments to try after this one. The current treatment is making Liz very exhausted and uncomfortable. As we look to the future, the most important thing for us right now is privacy and spending as much time as possible with our family and with each other. So our absence from EPC will continue.

We wanted to let all of you know that our time at EPC has been filled with friendship, pleasure, enjoyable projects, unbelievable mission achievements and a better understanding of the Good News. We thank you for taking us in and holding us for these last five years. We appreciate all of the kind words and thoughts you have sent our way.

With gratitude, Liz and Rich

### March Mission: Shobi's Table

Shobi's Table is a pay-as-you-can food truck that creates and serves from-scratch, delicious, nutritious meals. We use rescued food from Twin Cities Food Justice to make meals four days per week. Volunteers come to help prep the meals and serve at the truck. We believe in community building centered around a table where EVERYONE has access to real, nutritious food – no matter what you can pay – 10 cents, \$10, \$100, or nothing at all – this table belongs to you. We depend on everyone bringing what they can to the table to make meals available to everyone. Donations can be made by check or our website, [www.epchurch.org](http://www.epchurch.org). Please designate any gifts for Shobi's Table.



### Looking Ahead

- Highland Park Sr High could use exam proctors in April and May. If you can help out, visit this link to sign up: <https://signup.com/go/kaRfOTG>
- Anyone who wants to join Edgcumbe Church is being asked to attend a meeting with the Session after worship on Sunday, April 13. Look for an email soon with more details.
- On Maundy Thursday of Holy Week, April 17, we will have a potluck meal and worship in the church sanctuary, starting at 5:30 or 6pm.

- EPC is sponsoring an introduction to the Enneagram with facilitator Chelsea Witbrook. The class will meet on Tuesday evenings for eleven weeks, beginning on April 22. Look for registration info soon!

## March Session Report

Hello EPC Friends,

Session met on Thursday March 13th on Zoom. Here is the report from Elder Connie:

- We started with Devotions done by Ingrid. We reflected on the Fruits of the Spirit and which ones we each resonated with.
- Ron reported on the Finance front that nothing needs to be flagged and we are in good shape.
- The possibility and excitement of New Members was discussed with much joy! We are blown away by the depth of the conversations we are having with potential new members and visitors. This also brings us to certain questions like..."What does it mean to be a Christian Church in 2025?" We are going to have a Session Meeting after church in the near future to approve new members.
- There was some discussion regarding providing child care either during service or during the time after service when we do check-ins. We have some teens who may want to help with that.
- During this Session meeting we were able to give love and gratitude to Michelle Trebtoske for all the ways she has given of herself to our community. She has been a huge gift to us. At this point, she has decided to step down as an Elder because of her new living situation in WI.
- We are currently in discernment about new Elders.
- There was some discussion about new Teams to support the community (like a Worship & Arts Team, and maybe a Team to organize congregational connections and activities). Does this interest you????? Maybe you want to help organize a team! One possibility is to think about having Deacons again? Maybe!!!! They are a powerful ministry to connect people within a community.
- We are asking Chelsea Whitbrook to offer an Enneagram Class on Tuesdays and we had a discussion about that. It is an exciting opportunity and more information will be coming.
- Luna reported that the Sabbatical Grant proposal was submitted and expressed so much gratitude for Jane Tafel, James Whitbrook, Lagretta Lunde and Merideth Holt for all their work on it.
- Phil reported that the new flooring in the parlor was installed. He also expressed excitement about new members!
- We closed with Prayers for Peace to All and Everyone. We asked for God's Peace.

## Parlor Photos

Here are a couple of photos from the recent reflooring in the Parlor. The first photo shows the carpet being removed (Go Dean!) and the second shows the new LVP flooring fully installed.

