

Edgcumbe

Presbyterian Church

Midweek Update

March 26, 2025

In this issue: Lenten Practice, forgiveness: it's the way!, Backwoods, Michelle Notes, March Mission, Looking Ahead, Enneagram class, April Birthdays & Anniversaries

Lenten Forgiveness Practice

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:

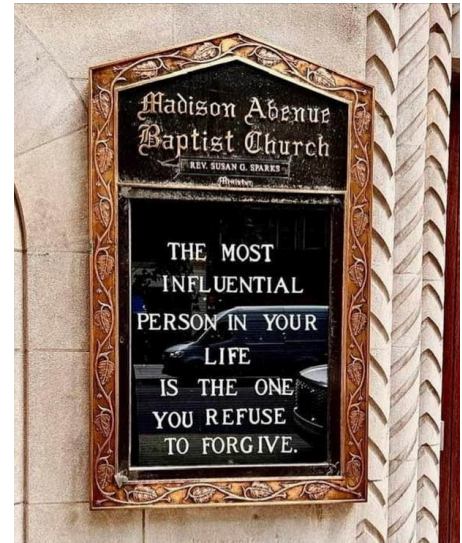
God is the love in which I forgive you, _____.

forgiveness....it's the way!

this past sunday, we looked at luke 13, with the story of the vineyard owner who planted a fig tree and grew angry and frustrated waiting for three years for the tree to fruit. maybe because i have been working in the backwoods and i recognize that there is an inherent wisdom within plants, i grew curious about what a horticulturist would know about fig trees. what i found out is that it is usual for a fig tree to start fruiting starting in the 3rd year!! so the owner did not even have realistic expectations of the tree, and then grew angry and resentful when the tree did not meet his plan.

this parable is soooo great because it demonstrates what often happens. we hold expectations about other people, situations and even ourselves, and then get all angry and judgy when things do not match our expectations. the 12 step world says it the clearest: **expectations are just**

premeditated resentments. how lovely for us that we are in a lenten practice of forgiveness, so we can immediately bring our expectations, disappointments and frustrations to the holy spirit. when caught in a moment of mental dis-ease, we practice forgiveness so that love may return to our awareness.



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

~acim w.55.3.4

let's take a moment right now to allow the wisdom of the gospel to bring our minds and hearts back into peace. what has upset or unsettled you these past days? now notice—did you have an expectation that this person/situation/yourself would be different than it was? feel your distress...name it... i feel _____....now, breathe into that space....and when it has become softer, imagine bringing it to holy spirit's light and love, and say something like, "i am giving you this upset. repurpose this for god's will, and re-mind me that i am at-one, in love, in this moment".

as was mentioned on sunday, forgiveness is not just a nice little add on to our christian path but is instead **the way** we practice following jesus. come, let us follow him, together! 🙌
In joy! pastor luna 🌀

Backwoods All Church Workdays in May

This year will give us an opportunity to add more wood chips to the meditation path in the backwoods. We will order 25 yards of wood chip material to be delivered, and plan to host 2 all church backwoods days to help spread the material. Please put **Saturday, May 10th** on your calendar for the first of these days. And then, a question to you—would you be interested in attending, but are not available on saturdays?? We could schedule one of the gatherings on a weekday, if there was interest. Please contact Pastor Luna with specific weekday availabilities....thank you!

Two Notes from Michelle Trebtoske

CALL FOR HELP WITH RIDES FOR SHILOH

Shiloh is in need of rides to church and back home in April and May when his Dad is on call for work. He lives in Woodbury near the borders of Newport and Cottage Grove. I'm wondering if there might be someone to help coordinate this "Shiloh ride share deal" as well, as it's tricky to coordinate. Maybe someone can be the lead person for that. Let me know if that resonates for you to help with! In the meantime, I can be the lead person. Maybe one person can pick him up and a different person drive him home. Please text me as to when you would be available for that (to or from) in the Sundays of April and May (except for Easter, as I will be home in town for that). Thank you so much for considering this! My phone is 612-990-1448 to text or call.

RESIGNATION FROM SESSION

I wanted to share my discernment about leaving my role as active Elder on Session. I felt that with my physical move to Wisconsin and starting this new chapter of my life I would be less available physically and emotionally to be the best I could be in this role. I felt it was an opportunity to let someone else rise up and lead in this sacred position. I have to say it was a privilege and honor to serve on Session. It is such a sacred joining with one another and for the good of the community, making decisions to benefit this beloved community and help it grow according to God's will and vision. Thank you for the opportunity and I HIGHLY recommend it for anyone who feels called. I will still be involved online and in the heart of this community, and will be blessed when I can be there in person. AMEN!!

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. Please designate any gifts for Shobi's Table.



Looking Ahead

- Anyone who wants to **join Edgumbe Church** is being asked to attend a meeting with the Session after worship on Sunday, April 13. Check your email inbox for a survey sent to everyone who is exploring membership..
- On **Maundy Thursday of Holy Week, April 17**, we will have a potluck meal and worship in the church sanctuary, starting at 6:00pm.
- 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>
- **Pastor Luna** is headed up to the North Shore for a few nights and will be offline...If you have pastoral care needs this Wed-Fri, please reach out to Pastor Phil.

Enneagram Class with Chelsea Witbrook

**Moving from Ego to Essence:
An Introduction to the Enneagram**

Taught by: Chelsea Witbrook

Location: Edgumbe Presbyterian Church, St. Paul, MN

Dates: Every Tuesday
April 22- July 1

Time: 6:30 - 8:00pm

Price: Free-will donation,
suggested donation
\$120- \$420

Register at
chelseawitbrook.com/courses

EPC is offering an Introduction to the Enneagram facilitated by Chelsea Witbrook. The course will meet every Tuesday evening from April 22-July 1, from 6:30-8:00pm in the EPC sanctuary.

The cost is free and open to anyone. Please register yourself and reach out to anyone who might be interested. All you need to register is to go to:

chelseawitbrook.com/courses

and fill out the simple registration form. We will ask for free-will donations to help cover the cost of this course, but please do not let money keep you from coming or from inviting anyone to attend.

April Birthdays and Anniversaries

Happy Birthday to

Cali Clary 4/17

Ruth Anderson 4/19

Happy Anniversary to:

Meredith and Tom Holt 4/22