

Edgcumbe

Presbyterian Church

April 30, 2025

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Celebrations!

We celebrate two big things from our week so far.

- In worship last Sunday, we welcomed nine(!) new members into our community of faith: Chelsey Burden, Janet Fitzgerald, Dean Grussendorf, Shiloh Kenney, John Owens, Jane Tafel, Mark Tafel, Chelsea Witbrook, James Witbrook. Praise God for the expanding Body of Christ at Edgcumbe Church!
- Not only did Phil & Susanne and Ambassador Sue and Ron & Ingrid Eggert get into Shakopee Prison on Monday evening, but we had a lovely graduation class filled with joy and tears and miracles. Sue, Ingrid, and Ron were only supposed to get in if they were chaperoned by the chaplain, but the chaplain had gone home because of the tornado watch. The prison still let them in. The women in the class had their hearts moved by Sue's sharing and felt supported by Ron and Ingrid. Talk to the Eggerts sometime about their experience to hear more.



Test Yourself in the Faith

The invitation from that title comes from 2 Corinthians 13. Paul is suggesting to the congregation in Corinth that they stop using their habitual ego strategies to try to solve their problems, especially their relationship issues.

How could we step toward this invitation ourselves? On Sunday, I gave this example. If I wanted to run a 5K race or marathon, I could test myself by running for one block. That simple "one block test" would tell me a lot about my readiness to register for a longer race and what might be required to prepare. To test my faith, I would need a different kind of exam.

Since the opposite of faith is fear, a good way to approach a faith test design is to consider what I'm afraid of. Some common fears are a fear of vulnerability, a fear of not having enough, a fear of conflict, a fear of making a mistake. Here are some quick suggestions for "one block faith tests" on these fears.

- When a situation arises in which I feel vulnerable, can I stay present to that feeling inside me for just a moment longer than usual. What happens then?
- In a moment of scarcity thinking inside of myself, what happens both within me and in the world when I choose to be generous?

- When I'm caught in the midst of a conflict, what do I usually do? Do I tend to shrink inside myself and hope the conflict goes away? In that case, my "one block" test could be to speak one simple thing out loud that feels true to me. Do I instead tend to raise my energy and express myself quickly? The test for me would be to stay quiet and listen before speaking. In either case, I could try out this new approach and then learn from the results. Did my new choice lead to a different experience or result?
- If I'm scared of making a mistake, a great test is to notice when I do make a mistake—as unlikely as that may be =)--and then admit it out loud immediately to whoever is affected. "Oops, I meant to do that correctly, but I did it wrong. I'm sorry. Can you help me fix this?"

Do you get the idea? Try out one of these tests today. Maybe tomorrow you will be ready to run for two blocks!

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

May Mission: EPC Backwoods

We are incredibly blessed to have a 3-acre wooded area next to the church. It is a natural oasis in the middle of the city, and another way for us to connect to the divine. There are walking trails and meditation stations, and when the weather is nice we sometimes hold services under the trees.



We want to care for and maintain the beauty of one of EPC's most unique features. Not only is this area an extension of our sacred space, but by making it accessible to the public we have made it into an offering to the larger community. Donations towards this month's mission will go toward material improvements to the back woods such as replenishing the wood chips covering the trails. It gives the trails a nice fresh look, is a pleasant soft surface to walk on, and keeps the weeds at bay. *[Breaking News: the wood chips will show up at church next Tuesday, May 6!]*

As you can imagine, it will take quite a lot of wood chips to cover all our trails. Please consider a mission donation during May. You can indicate "Backwoods" or "May Mission" on the memo line with a check, or on the Give Now application on www.epchurch.org. Thanks for your support!

Relatedly: Backwoods Workday

We are having an all-church **backwoods workday** on Saturday, May 10, at 10am to spread woodchips on the meditation pathway and other spring projects. Many hands make light work, as they say, so your hands would be greatly appreciated.

May Birthdays & Anniversaries



Happy Birthday to:

Jane Hansen-Tafel	5/1
Chelsea Witbrook	5/2
Vincent Hogen	5/5
Phil GebbenGreen	5/7
Belinda Clary	5/9

Happy Anniversary to:

Naomi & Mel Houle	5/21
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