

# Edgcumbe

## Presbyterian Church

July 2, 2025

In this issue: Request for in-person gatherings, *epc sayings part 2*, *Looking Ahead, Bowling!*, *July Mission*, *Updating EPC Directory*, *Community News*, *Additional July Birthday*

### A Request from the Community:

It has come to our attention that we have folks who have reactions to scents. We kindly ask all people to refrain from using scented products (perfume, hand lotions, etc) when attending in person EPC gatherings. Thank you for your care!! 🧡

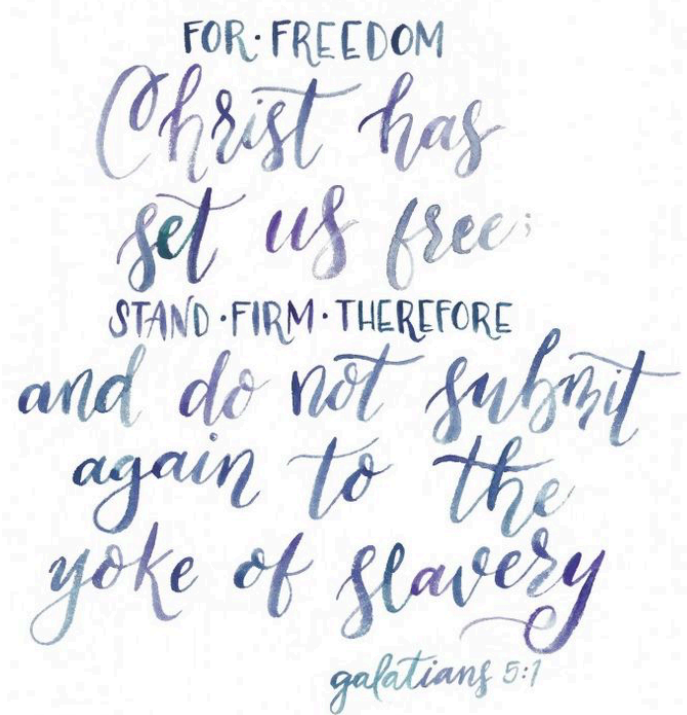
### epc sayings, part 2

as phil mentioned last week, it is interesting to note the phrases which weave together this tapestry named edgcumbe presbyterian. with your help, i have a some more common phrases which are shared around epc to add this week:

- take a breath (thanks, rachel!)
- expect miracles
- surrender
- when we come to the end of ourselves, that is when life begins
- forgiveness is accepting our at\*one\*ment, which re-minds us that we have always been at\*one with god (and our true/holy selves)
- everything is for forgiveness
- god is absolute love—so absolute, there is no opposite
- i want the peace of god
- we belong to each other
- come into the present moment

i want to remind us of the phrases that phil brought last week:

- God is the love in which I forgive.
- Now-change-trust: God's kingdom is right now; I am willing to change my heart and mind; I chose trust. (*from Mark 1*)



- My command is this: Love each other as I have loved you. *(from John 15)*
- The fruit of the Spirit is love, joy, peace, patience, kindness, generosity, trust, gentleness, and self-control. Against such things there is no law. *(from Galatians 5)*
- Everything is either an expression of love or a call for love. Everything.
- I don't need love; I am love.
- The opposite of love is fear.
- It is for freedom that Christ set us free. *(again Galatians 5)*
- Deep calls to deep. *(from Psalm 42)*
- Holy Spirit, in this holy moment, you be in charge, and we will follow you, trusting that your direction leads to peace.

these phrases that we return to are guiding us in remembering that these lives of ours **matter**. and our minds become the filter from which we see the world, others, ourselves, and even god. jesus came not to "save our souls," but **to heal our minds**. this is referred to from our scripture text from this past sunday:

***christ has set us free for freedom. therefore, stand firm and don't submit to the bondage of slavery again.***

it is a part of the human condition that we get caught up and lost to fear, guilt, shame, resentments. we unconsciously fall into habits which seek power and control, safety and security, and affection and connection. but when we come from these habitual mindsets, when we look to external circumstances to "save" us, **we are actually in bondage**. and we are addicted to the thoughts and habits.

what twelve step wisdom tells us is that before anything, we have to be willing to see the ways we are caught in cycles of death and are in bondage. fear and shame (or any of the things previously mentioned) are killing us....while our bodies are still standing upright. we get to be brave by coming to the end of our selves.... and knowing we can fix ourselves. we can surrender. and when we come to the end of ourselves, life begins. we surrender our wills and our lives into the care of the holy spirit.

it is for freedom that christ sets us free. i invite you, in this moment, to \*breathe\*, and to pause and ask holy spirit to show you where you are caught in bondage in these days. are you willing to see and know those addictions where you are in bondage??

look again at the listing of epc phrases. are any of these particularly intersecting with where you are in this moment? write it down and keep it close. i literally wrote prayer phrases on my palm for a couple of years straight—because i knew of my propensity to forget. but i invite you to return to these ideas, and then return again when you forget.

we are walking each other into freedom!! yay, holy spirit!! 🎉

## Looking Ahead

This coming Sunday we will celebrate communion along with guest pianist Yunyue Liu and a new song written and performed by Tyana Loiselle.

On the next Sunday, July 13, we plan to worship in the backwoods joined by two local Presbyterian congregations—First Presbyterian Church/South St Paul and Cherokee Heights United Church. Bring a chair or blanket, any outdoor accoutrements (hats, water, bug spray), and please consider bringing a post-worship treat to share with our guests! 😊

FPC-SSP is also inviting us to join them for an event on July 19:

***Do you like beer? Do you like to sing?*** All are invited to join First Presbyterian Church at the MetroNOME brewery in St. Paul (385 Broadway Street, St. Paul – across from CHS Field) on Saturday, July 19, 6-8pm for Beer Choir—the choir that sings while drinking beer! This isn't like your traditional choir, if you show up at a Beer Choir event, you ARE the choir—no singing experienced required, just come and sing, drink, and laugh together! (Non-alcoholic beverages are available.) More information and a peek at the “beer hymnal” can be found on their website <https://beerchoir.com/tc-events>

## EPC Bowling and Fellowship – July 9

Where: **Concord Lanes**  
**365 Concord Exchange N,**  
**South St Paul, MN 55075**

When: **Wednesday, July 9th at 6pm**

Cost: About \$10.00 (we aren't pre-reserving lanes this time, but have been assured that they will have space for us) We do not want cost to be a barrier, so if you have interest and not the funds, please reach out to Connie H-V or Jane T.



RSVP: Just to get a rough idea of how many people are coming, **please text Connie** at 651-307-7964 (if you haven't already contacted Jane). If you haven't RSVP'd but just want to show up- that is fine too! Let Jane or Connie know if you need a ride.

Reminder: If you don't want to bowl, but would rather be part of the cheer team- **please come!** The more the merrier! Mark your calendars and don't forget socks!! Jane and Connie

## July Mission: The Retreat Scholarship Program

In the serene setting of the Wayzata Big Woods, our mission of the month (The Retreat) provides a residential program of immersion in the 12 Steps of AA. For over 35 years, The Retreat has provided a continuum of innovative, affordable services to alcohol and drug-dependent individuals and their families. Within the healing setting of the Big Woods (a setting reminiscent of EPC's own Backwoods), guests learn the benefit of prayer, meditation, and quiet reflection, as they begin new lives of recovery.



On Sunday, July 20, The Retreat Women's Program Coordinator, Chris Nehotte will join us at church. To learn more about the mission before her visit: <https://www.theretreat.org/>

Through a non-clinical, mutual-help approach, The Retreat provides services at a significantly lower cost than other programs. However, scholarships are crucial for many people in need of services. The Retreat's scholarship program is supported by charitable giving, and this is where EPC can make a difference.

You can support The Retreat this month by giving via check or online payment (either way, indicate 'July mission' in the note/memo line.) Residential services cost \$203 per day. Let's see how many days of recovery services we can provide this month!

## Backwoods All-Church Work mornings in July



It is that time of the year when the lushness of the backwoods has started to take over the meditation path and station pathways. We will be hosting 2 all church work mornings to begin addressing these areas. There are various work tasks that can meet all levels of abilities, so please join us as we steward this area of ministry. Please mark **Saturdays July 12th and 19th beginning at 10a**, and come with gloves, hat, long sleeves, something to kneel on, and water. Also please consider bringing some hand pails or buckets to collect the greenery. Can't make it to those Saturday times but would like to contribute to the care? Talk to Pastor Luna about discussing tasks that can be met on your own timeframe over the next few weeks!! Thank you!!

## EPC directory

We are working to update the EPC community directory with contact information. On the next few Sundays, please review your information on the master sheet, or add your name(s) or correct any misinformation if you would like to be included!! 🥰 We do not publish this information online; we only make hard copies for anyone who wants a copy.

## Community News!

Congratulations to Anna Holm and Everett Hines who have been recently engaged to be married!! A note from Anna:

“...we got engaged on June 21st. We don't have a time frame yet. We are still in the very beginning of planning!”

and she also adds,

“All I know is we are so excited to see what the future holds for us!”





We hold Anna and Everett in our hearts and prayers as they journey into this next chapter of their lives! ❤️

### Additional July Birthday

CELEBRATE!

Additional July Birthday to note:

Mark Wehde 7/2  
(Happy Birthday, Mark 🎉!!)

*Do we have your birthday and marriage anniversary date?? If not, please contact Krysta, EPC's administrator at [epchurch2149@gmail.com](mailto:epchurch2149@gmail.com).*



# Fresh Produce Distributions

**Join us at one of our Fresh Produce Distribution events this summer!** From July to October, you are welcome to pick-up free fruits and vegetables, all summer long, for you and your household. The distributions are farmer's market style and are held outdoors. If you join us, please consider bringing your own large, reusable bags or a cart.



## Wellstone Center

179 Robie St. E., St Paul, MN, 55107

**Every 2nd and 4th Thursday from July to October | Hours: 12 – 2 p.m.  
7/10, 7/24, 8/14, 8/28, 9/11, 9/25, 10/9, 10/23**

## Neighborhood House on Montreal

910 Montreal Cir, St Paul, MN 55102 (Summit Brewing parking lot)

**Every 1st and 3rd Thursday from July to October | Hours: 12 – 2 p.m.  
7/3, 7/17, 8/7, 8/21, 9/4, 9/18, 10/2, 10/16**

### Weather Permitting

In the event of extreme weather, we may cancel the distribution.

For cancellation updates and more information, please visit:

**[neighborhoodhousemn.org/programs/food-support/fresh-produce-events](https://neighborhoodhousemn.org/programs/food-support/fresh-produce-events).**

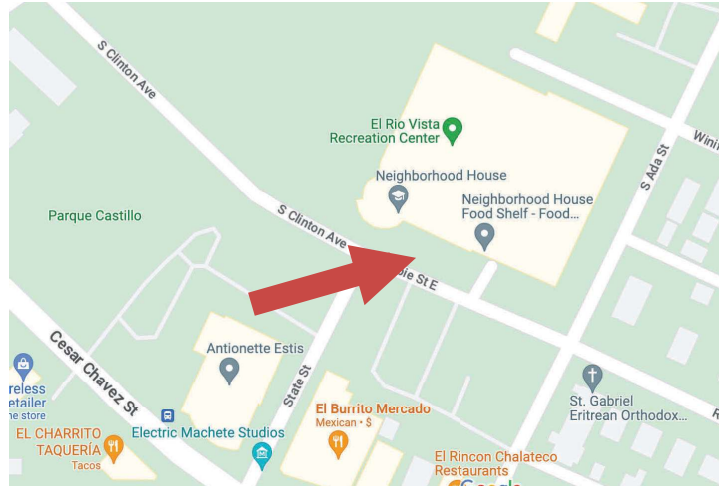
**For more information call: 651.789.3602.**

**Maps of locations >>>>>>>>**

# Fresh Produce Distributions | Maps & locations

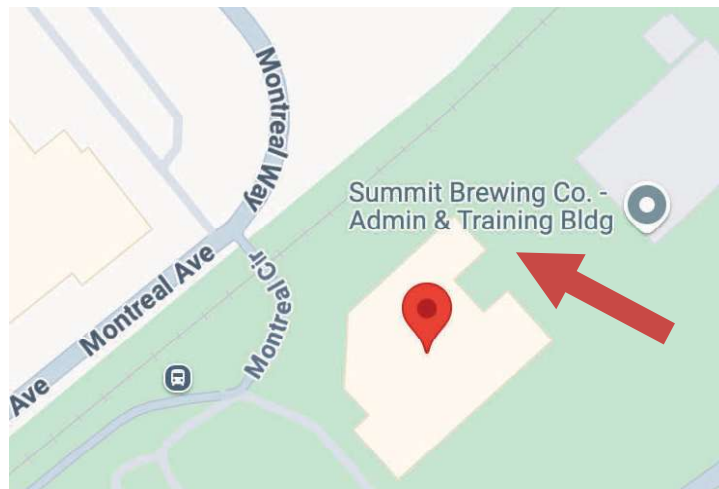
## Wellstone Center

179 Robie St. E., St Paul, MN, 55107



## Neighborhood House on Montreal Food Market (Summit Brewing parking lot)

910 Montreal Circle, St Paul, MN 55116



Scan here to  
learn more

