

Edgcumbe

Presbyterian Church

July 16, 2025

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fruits of the spirit...

at outdoor worship this past sunday, lisa and shelley sang india. arie's song, "i am light", and that is exactly what paul knew as he wrote galatians. i invite you to take a moment to [watch the video](#) of the songwriter singing this (click on the link provided) before continuing with this reflection....

paul re-minds us that we are not these bodies we see, we are not these stories of ours, we are not even our worries, shame and fears. we are spirit, beloved and holy, incorruptible. and because of that, we already have the fruit of the spirit manifested within us. truer than what you see in the mirror, you have love, joy, peace, patience, kindness, generosity, trust, gentleness and self-control within you!! you do not need to earn these, or study theology, or even go to therapy to have these resonances of spirit. they are who you are in truth....many traditions would call this your holy (or true) self.

meister eckhart, the late 13th and early 14th century christian mystic, wrote, "god is not found in the soul by adding anything, but by a process of subtraction." the soul doesn't grow into god by adding more, but by taking away that which stands in the way. the way of freedom is by surrendering and consent. we allow our minds to be healed so that we can come into our right mind, which is the holy spirit. and then she allows an entirely new operating system to run—of freedom and joy—which allows us to meet the world now as a healer, extending what was first received by us.

you are light. you are love. what fruit of the spirit feels especially juicy to you right now?? as your pastor, i invite you to bring that into your daily prayers and ask the holy spirit to live in you.

i see you, be-ing of light and love!! and i join in the dance with you!!💙
with joy!! pastor luna🌀

Backwoods Joint Worship Video

It was a wonderful time on Sunday with all three congregations (FPC-SSP, Edgcumbe Presbyterian and Cherokee Park United) worshipping together in Edgcumbe's backwoods Sanctuary and Meditation Path.

For those who weren't able to attend, or if you just want to watch the service again, here is the [link to the worship video](#)

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 this 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 morning this Saturday



Thank you to those who came this past Saturday for the Backwoods Worktime!! One crew, on the western side (see attached photo), started weeding the stations and path, and another crew worked on the fallen limbs from the tree at Station 1, and the stacking of a sight barrier on Station 2.

Our next gathering will be this Saturday, July 19th, to continue these projects. There are various work tasks that can meet all levels of abilities, so please join us as we steward this area of ministry. Please come with gloves, hat, long sleeves, a hand

trowel, something to kneel on, and water. Also please consider bringing some hand pails or buckets to collect the greenery.

Can't make it this Saturday 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!!

Backwoods Thursdays—An Invitation to you from Mark Tafel

This is an invitation to join other Edgcumbers for fellowship in the woods every Thursday morning, weather permitting. There are two phases to this gathering. The first is Centering Prayer at 6:30 by sitting in a circle on the colorful chairs in the back. The second is working in the woods, which mostly entails uprooting invasive species such as buckhorn. Those are the Dragnet Joe Friday facts of the matter. You are free to participate in one phase or both and leave whenever you wish. So far, the work crew has not worked past 9 o'clock.

Now for the ethereal (extremely delicate and light in a way that seems too perfect for this world) take on the experience. Greeting dawn in surrendered silence among people you love throws open the doors to the heart at their widest. Collectively in the wake of work and conversation, undesirable brush is cleared and the spirits are lifted by the bon homme *esprit de corps* of Christian fellowship. If you have the time and inclination, this service is too rich not to give this invitation your full consideration.

Tuesday Centering Prayer Pop-Up Meeting in the Backwoods July 22



The weekly Tuesday afternoon Centering Prayer is still meeting at 3pm on Zoom, and you are invited to join us some week! Some of the regular attenders are from the Twin Cities, but many folk are from out of state. In fact, we had a gentleman from Sweden join us this week!! 🇸🇪

Two of our non-local attenders will be in town next week, so the group will have an additional meeting next Tuesday Evening, and you are invited to join us!!

Tuesday, July 22nd @ 6pm in the Backwoods

Additional parking available next door at HPSHS or on the street
bring lawn chair if possible

EPC directory

We are working to update the EPC community directory with contact information. On the next few Sundays, we will set out our current draft or pass it around the sanctuary. Please review your information on the master draft, 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 Updates:

From Sheilah Healow:

After 3 1/2 weeks of tuning into our faith at the possibility of cancer, my surgery went well and revealed that it was not cancer after all, but benign and fixable with surgery. The oncology surgeon was surprised and said she "can't explain it." Jeremy and I extend our thanks to everyone for holding us in love and prayer. We are so grateful! -Warmly, Sheilah



And from Michelle Trebtske:

"I have decided, with God, to return back home to St Paul. I am so appreciative of all the support I got from this community in getting to Wisconsin and I would very much appreciate prayers for my transition back. I have been shown so much in this journey and was given a ton of perspective. I love living in the country in nature, but I miss family and community so much. I miss the day to day with Shiloh! As well I ran into unexpected barriers and obstacles with building the year-round home at our cabin in Cumberland which was the dream I was pursuing. The timing just wasn't right in many ways, or this course, and I need to come back to family, part of which is my Edgumbe. Please keep me in your prayers for doing everything in reverse now and strength for the journey. I will be among you by late August. Thank you Lord!"



EPC Bowling and Fellowship: Reflections from Connie

Hello Beloved Edgumbe Community,

Our 2nd EPC Bowling event was a blast! I do not have a precise count of the people in attendance, but a rough estimate is about 25 people showed up at Concord Lanes in South St Paul! We had bowlers and cheerers, gutter ball champions and people bowling strikes and spares. No matter if you bowled a gutter or a strike, you were cheered and encouraged joyfully.

I believe the top scorer of the evening was Jay- Whoo Hoo! I (Connie) MAY have been the gutter ball queen with one of the lowest scores. It was especially wonderful to be able to be with Ron on his birthday (YOU ask him how young he is!).

Bowling Haiku:

Metaphor for Life
take the needed steps and then
let go of it all

Ruthie takes a step
and then takes a little hop
her ball knocks down pins

gutter balls abound
and Spirit filled people laugh
we abide in love

Jay's pre bowling face
focused, meditative, calm
then he bowls a friggin' strike!





[A Request from Pianist Yunyue Liu for this Sunday](#)

A request have come in from our guest pianist, Yunyue Liu. She needs to go to the airport following worship this Sunday, July 20th. Might you have the availability and willingness to drive her? If so, please reach out to Yunyue directly at yunyue.liu.pianist@gmail.com. Thank you!