

Edgcumbe

Presbyterian Church

October 8, 2025

In this issue: Backwoods Workday THIS Saturday;
Trust, Again; Oct Mission; New Member Exploration,
October Birthdays and Anniversary

Another Backwoods Workday-9am

We will meet in the Backwoods again this Saturday, Oct 11, for a workday especially to take down a few dying trees and clear the wood. Any help would be appreciated. We will begin at 9am and work for about 2 hours. The church parking lot is quite full on Saturday mornings, so please park in the high school lot if possible.



deepening our connection to the sacred...

hello beloveds! as a person who has also been trained as a spiritual director, i come into my pastoral call with a desire to support your connection to the sacred. i know that how real and vital god is for you will impact your entire life—which is why nurturing this connection is at the heart of my calling. and let me be clear—a person doesn't have to have god "figured out" for that relationship to happen....a person just needs the **desire** and **willingness** to have a connection to god. today i am feeling nudged to share about 3 practices/experiences around edgcumbe, in addition to participating in worship, which can support your relationship with the god of your current understanding. even if you think you know, i invite you to read this with "beginner's ears"...perhaps something new will arise.

the first practice is unplugging from schedules and devices, and to have intentional time to be present with god. whether it is intentionally sitting with god during your morning cup of coffee/tea, taking a walk and talking to the beloved, journaling, etc....doing something where you hold an intention to **be with god**. as you know from your human relationship, spending time with another matters. it is what allows our connection to deepen from casual acquaintance to friend and then into trust. one extraordinary gift which edgcumbe has is our backwoods spaces. walking the meditation path or labyrinth, sitting in one of the reflection stations, allows not only a way to immerse ourselves in the natural world, but also space apart to be attentive with god.

another spiritual discipline we practice is meditation. many have found the centering prayer meditation to be a helpful way to be with god and to nurture that connection. there are many kinds of meditation, but centering prayer is known as the **prayer of consent**, and the **prayer of**

returning. the practice is simply to lean into your intention to be present with god, and saying yes to god. For those in recovery, it is a way we practice turning our will and our lives over to god. During the 20 minutes of practice, whenever we notice our thinking has come back online, we return to **our desire to consent**, and are willing to let go of the particular thoughts. that's the entire extent of the practice!! it is the consent and the intentional returning to god that allows the fruit of the practice, over time, to be experienced in the other 23 hours and 40 minutes of our day. if you are interested in learning more, the [minnesota contemplative outreach](#) has a variety of resources, including a video for the introductory workshop for centering prayer. the beauty of this prayer is that it can be done anytime and anywhere, but it is especially lovely to practice with others. edgcumbe has 2 times of centering together, tuesdays 3pm, online, and thursdays at 6:30a in person in the backwoods—and you'd be most welcome to join us!

another resource is *your pastors*. both phil and i would welcome being invited to sit down with you and to talk about how god is moving in your life. sharing with another, having someone truly listen and hold that intentional time with you, can bring new life and vitality to your spiritual life.

as i list some of the options offered within edgcumbe to nurture your relationship with god, please know that there are also a variety of quality options around the metro area, as well. and now through virtual platforms, we can truly access the world's spiritual wisdom. by tending to your spiritual life everyday, it will even impact your experience of worship, allowing it to be more meaningful and relevant.

knowing that there are unlimited ways to nurture your connection to god—here is your invitation: bring your desire and curiosity to the holy spirit, and allow her to guide you in what to move towards. turning our attention to god will bring healing and purpose into our lives, and into our community!! and as we first receive, it allows us to extend and share with joy!! being instruments of god's loving presence and healing grace is our common shared function.

i join with you, listening for holy spirit!! in joy!! pastor luna

*holy spirit, you be in charge, and we will follow you,
trusting that your way leads to peace.*

October Mission: Food Justice

The mission focus for October is the Twin Cities Food Justice. We will have a visitor from TCFJ come to our service on October 12th, this Sunday.



TC Food Justice is a nonprofit organization based in Minneapolis. Since March 2016 we have been working with co-ops, grocery stores, and farmers markets to re-distribute their unsalable foods to local hunger relief organizations. We focus on vegetables, fruits, and nutrient rich breads because hunger relief organizations often find it challenging to consistently provide fresh food options for their clients. We seek to improve food insecure individuals' access to fresh, nutritious food.

New Member Exploration - Oct 12 & 19

On the next two Sundays, October 12 & 19, we will be offering a New Member Exploration gathering after worship. If you are interested in becoming a member of this dynamic community, you can come to either meeting or both as we get to know each other and talk about what it means to join God's beloved community in this place. Bring yourself and your questions! If you are interested and plan to come, please talk to either Pastor Luna or Phil to let us know.

Backwoods Workday images

Here are some photos from last Saturday's workday.

