

# Edgcumbe

## Presbyterian Church

December 10, 2025

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### Advent Happenings: New Members, Cookie Share & Christmas Eve

- **Sunday, Dec 21, in worship** - Receiving of New Members to the EPC family! Come and celebrate with us the "Yes! I'm in this community!" from Anna H, Emily T, Jeremy D, Sheilah D, Rachel S, Ratchet M 🥰
- **Sunday, Dec 21, after worship** - Come one, come all to the first annual cookie share! Do you make Christmas cookies? Bring a dozen or three! Not that into baking? That's cool too—just come. Grab some cookies to share with neighbors, family, your postal person, even with people you don't like! This event is sponsored by EPC's new Belonging Team.
- **Wednesday, Dec 24, 4pm** - Christmas Eve Candlelight Worship, with readings and music and candles and communion.

### metanoia

the 2nd sunday of advent typically includes a biblical passage with john the baptizer—the prophet calling others to prepare the way for the one coming...**jesus**. john's invitation was for **metanoia** (*meta*– change/beyond and *noia*– thinking/perception). we hear the deep calling to go beyond what we think and believe, to be **re-minded**, and allow holy spirit to change our heart and minds. and, it should be noted, when holy spirit is involved, it is not just a slight adjustment of thoughts, but it is a **healing** of our minds, and hearts!!

just this week, i am seeing how i have been re-shaped by spirit's changing of my heart and mind. if you were around epc 3 years ago, you walked with me through my mother's death, and the unexpected and painful aftermath i had with interactions with one of my brothers. as a person who has spent 30+ years actively opening to healing in my life, i was shocked by the magnitude of my reaction and the distress i experienced. one outcome from those days was that it gave me an even deeper appreciation of the role of the human unconsciousness, and how what we cannot see or even know (fear, guilt, judgment, resentment, values, etc) **does** absolutely impact us...and that all of these hidden things will eventually come out. what i have been learning over the past 5 years or so is how to see and allow/accept whatever burbles up, and recognize that **this is happening for my healing**. old habits would want me to move into a victim and powerless mindset, but i have come to see that that

pathway actually leads to self-abandonment, fear, and isolation. so, i have been willing to try new behaviors of *feeling feelings*, which has allowed me to see that i have some unconscious habits of dis-ease (un-peace). finally, i am learning how to release all these thoughts/beliefs/resentments– essentially a new layer of my will and my life– and literally surrender everything into holy spirit's hands for her to repurpose it for god's healing will of love and freedom.

i'd love to say that i was instantly healed with these new practices, but i wasn't. i knew that **i wanted only the peace the god** above all my stories and hurt and resentments. so i just kept surrendering, kept not knowing what anything is for, trusting this is the only path that leads to peace. my most recent learning is around **receiving**, and how god's healing action is happening all the time, but actually i have been the one not willing to receive god's loving presence and healing action. the piece i have been newly adding to my own practice is **receiving** grace, and **resting** in god's presence.

The holiest of all the  
spots on earth is where  
an ancient hatred has  
become a present love.

*A Course in Miracles, T-26.IX.6:1*

so, then imagine my surprise, when in the past couple of days i was invited to interact with this brother, and to realize that healing and freedom has unfolded in my life, unbeknownst to me!! as i shared time with this brother i was able to stay in presence with gentleness, openness and even undefendedness! wowowowowow! and the gospel from sunday came alive for me in new way: **allow your heart and minds to be changed, and here is the kingdom!!**

beloveds, this is the kind of healing that god allowed to be born amongst us, not just 2000+ years ago, but in each moment of **now**. i invite you to take a moment, and ask holy spirit where does your heart and mind need metanoia?? now rest in the trust of the edgumbe community, and surrender your heart and mind to the holy spirit, and ask her to repurpose whatever it is for god's healing will. the light will come. that is the promise of advent.💙



### December Mission: STAR House

STAR House is a nonprofit crisis nursery in Saint Paul, Minnesota which offers free, safe, holistic and trauma-informed care to children in an overnight care facility. In times of crises, many parents turn to their network of family and friends for help. Unfortunately some families lack a trusted support system to care for their children during these challenging times.

This is where STAR House comes in as a reliable ally, offering free, safe overnight care for children and supportive services for caregivers. Turning to STAR House during tough times is a testament to both the caregivers' trust in us and their dedication to their family's well-being. It reflects their exceptional parenting skills and we are honored to welcome them with open arms and without

judgment. At STAR House, our ongoing mission is to support caregivers in a respectful and nonintrusive way. Gifts can be made by check or online, designating "Dec mission."

### Year-end Giving

Thank you for your generous giving to the work and ministry of Edgcumbe Church over the past year. Remember that for donations to be counted for the 2025 tax year, they need to be received in the church office on or before December 31, 2025. Donations can also be made through the church website by clicking on the GIVE NOW button in the upper left. Thank you!

### Highland Park Student Art for Sale

HS student photography prints in the church sanctuary offered for purchase: If there is any interest from EPC members, people can purchase any prints of the same size (as on display) for 20\$. 15\$ for the cost and \$5 for the student artist. Just send a photo of the print you want to [keri.schultz@spps.org](mailto:keri.schultz@spps.org) to organize payment, printing, and delivery/pick up options. If you haven't looked at the artwork closely, you should notice that several of the photos were taken on EPC property. This art show will come down on December 17.



### Further Reflections from the Prayer of Honesty...

On Sunday, Phil had a conversation with Ty L who, among other things, has been a regular to our Thursday morning *Ora et Labora*, prayer and stewardship in the Backwoods. She has been working extensively with Pastor Luna over the Summer/Fall months, and even being super generous with her time and working additional hours and days. Thank you, Ty!!



In addition to the thoughts she shared on Sunday, she wanted to offer some additional ideas to our community.... In Ty's words:

As we honor the buckthorn before unearthing them, let us realize together. Let us realize we are of the same body and spirit of the buckthorn. In the Adult Children of Alcoholics program, we learn we have character defects but we ourselves are not defective. I say that honoring these character defects before we remove them is just as important as honoring our beloved buckthorn. I believe these defects of character will have reciprocity back to us as we thank them and truly see them as god's creation before letting them go. Instead of shaming and battering these defects of character, what if we honor ourselves, honor our spirit, and honor

these mistakes. We honor that they too are naturally occurring. They too have worth even if they are harmful. If we honor ourselves and what we have done we open a word of forgiveness. Talking, feeling and trusting. I believe if we do this, if we honor our bodies, minds, and spirits, who we were when we did these not-so-good things, our body will reciprocate the love and grace we extended. It is a radical idea to honor something that is harmful, but I believe in doing this we create a world and environment of love and peace.