

# Edgcumbe

## Presbyterian Church

January 28, 2026

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### Re-Membering...

If everything around  
seems dark, look again,  
you may be the light.

-Rumi

After living through this past weekend with the continuing brutal practices of the ICE/DHS agents and the execution of Alex Pretti and the palpable trauma throughout the Twin Cities, I remember thinking to myself early on Sunday morning: There is nowhere else that I would rather be than gathering with the people of Edgcumbe. Thank you for showing up, for being a part of God's healing work, and being a part of God's re-minding to us all.

We each have our own particular ways we get to be in service to our sisters, brothers and siblings in this time. But for us to show up and to be able to be instruments of Love, Light and healing, we need to be intentional about **receiving God's healing first**. Otherwise our unconscious wounds and our own trauma come along, which can continue to keep pain and wounds open and unresolved.

At worship, we grounded ourselves in 4 practices which allow us to be re-membered through these days of pain and trauma. These are a powerful re-set in those times when we are caught in the intensity of any situation, but any of these practices will offer a tune-up in our connection at any point.

**Practice Honesty** Our first invitation is to stop, and assess: what is really happening within me right now? Ask yourself this question, and then **listen**. I find writing one of the best tools for this. We have to allow ourselves full expression of our feelings, thoughts, stories. The reason for this is that **until we see something, it is operational and impacting us at an unconscious level**. We are invited to be fully honest, and that honesty will open the doors for the next practices.

**Practice Re-Membering God** God is only Love. And our safety, our sanity, and our life only comes from God. We have a habit of looking outside of ourselves to take cues about our well-being, but ONLY God will lead us to peace and right-mindedness and clear heartedness. I invite you to spend time this week with the sheet of scriptures handed out this week, and to allow them to shape your prayers. (Scriptures and Honesty Worksheet is attached to midweek.)

**Practice Re-Membering Essential Self** The 30 day Meditation Practices that Chelsea W. has been leading us on allows us to ground into the Truth—Who we Are is already whole and At One with God. Yes, we have feelings and thoughts that are persuasive (to the separated self), but our **Identity in Truth** can never be threatened. **We Are the Beloved Christ**, wholly whole, and our Essential Self has never been separated from God.

**Practice Re-Membering Community** And to live into being that Christ, we have to do that in community. We can believe in God by self, but **we cannot live as Christ as an isolated, separated self**. As we live into the world, from a place of presence, we get to follow Jesus and live into the vocation of being an instrument of God's Love and Light, inviting all to the table of grace, and taking their part in the circle of God's Kindom.

Let us live into God's Love and Light and justice....first receiving God's healing, and together extending it to all!! Sharing a [video reel](#) of our Benediction song by Karly Loveling.

We are stronger together  
When we choose love over fear  
Looking out for each other  
Everyone is welcome here

Blessed Be!! Pastor Luna ☸

### **January Mission - EPP**

EPP is on a mission to understand why we do what we do, using the Enneagram to inspire transformation —on both sides of the bars—through self-awareness, self-regulation, and self compassion. Last Sunday, we heard from Ashley Walls, a graduate of several EPP courses at Shakopee Prison, along with fellow EPP Guide Susanne Gawreluk. If you would like to support this life-changing work, please donate to this month's mission either online at [www.epchurch.org](http://www.epchurch.org) or with a check or cash designed for "January Mission" or "EPP."



### **Looking Ahead: Annual Mtg & Brunch, Sunday Feb 8**

Mark your calendars! On Sunday, Feb. 8, we will gather at 10am in the sanctuary as usual for a shorter worship service followed by a potluck brunch and our Annual Congregational Meeting. At this meeting, we look back at how God has been working through us in 2025, vote on our pastors' terms of call, hear reports from the Teams of the congregation, and see our budget for 2026. Hope to see you there. We plan to have copies of the Annual Report available next Sunday, February 1.

## **2025 Giving Statements**

2025 Giving Statements have been emailed. If you have not received your statement, or if you would prefer to receive a printed copy by mail, please reach out to Krysta at [epchurch2149@gmail.com](mailto:epchurch2149@gmail.com) Thank you for your generosity and continued support.

## **A Note About Sunday mornings with Inclement weather**

### **Hello EPC Friends! A PSA from the Worship Team:**

If coming out into inclement weather on any Sunday morning ever feels too difficult or hazardous for you, remember that you can always attend the 10am service online on Zoom. (The Zoom link can be found by going to [epchurch.org](http://epchurch.org) and clicking on the hyperlink on the right side of the homepage that says "Sunday Service 10am")

If the pastors and Session members decide to cancel an in-person Sunday Worship due to weather, there will be an email sent out by 8:30am on Sunday morning if we've decided to move onto Zoom. So please check your email before leaving the house any Sunday the weather is intense!

## **February Birthdays**



Happy Birthday to:

|              |      |
|--------------|------|
| Sherla Mayer | 2/7  |
| Leslie Snow  | 2/12 |
| Vanya Hogan  | 2/14 |
| Anna Holm    | 2/21 |