

Edgcumbe

Presbyterian Church

March 18, 2026

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From Genesis 3 to the Still Waters of Psalm 23

For the past several weeks, Pastor Luna has been inviting us to reread the story in Genesis 3 that is often called, "The Fall." She has been asking us: What if this story is not about a "fall" into sin and is instead a choice? The choice is between judgment and trust. Am I more attached to my habits of judgement or am I willing to trust?

One biblical text that is justifiably famous—Psalm 23—is a beautiful vision of what a life of trust looks like. On the left in the version we read in church last Sunday, and on the right is the traditional King James version. I've kept the male pronouns, but feel free to change those, as you prefer.

Psalm 23 (Common English Bible)

1 The Lord is my shepherd. I lack nothing.
2 He lets me rest in grassy meadows;
 he leads me to restful waters;
3 he keeps me alive.
He guides me in proper paths
 for the sake of his good name.
4 Even when I walk through the darkest valley,
 I fear no danger because you are with me.
Your rod and your staff—they protect me.
5 You set a table for me
 right in front of my enemies.
You bathe my head in oil;
 my cup is so full it spills over!
6 Yes, goodness and faithful love
 will pursue me all the days of my life,
 and I will live in the Lord's house
 as long as I live.

Psalm 23 (King James Version)

1 The Lord is my shepherd; I shall not want.
2 He maketh me to lie down in green pastures:
 he leadeth me beside the still waters.
3 He restoreth my soul:
 he leadeth me in the paths of righteousness
 for his name's sake.
4 Yea, though I walk through the valley
 of the shadow of death,
 I will fear no evil: for thou art with me;
thy rod and thy staff they comfort me.
5 Thou preparest a table before me
 in the presence of mine enemies:
thou anointest my head with oil;
 my cup runneth over.
6 Surely goodness and mercy shall follow me
 all the days of my life:
and I will dwell in the house of the Lord forever.

Or, there is this sung version of Psalm 23 by Bobby McFerrin, which is one of my favorites: [YouTube link HERE](#). Whichever version you like, I recommend using this Psalm for your own devotions or meditation this week. Allow each line to invite your own heart into a place of trust and comfort.

Lenten Worship



- The church season of Lent continues for the next two Sundays, where we ask the Holy Spirit to show us what we need to let go of, to surrender to open our hearts to Love. During these Sundays we will continue to offer our **Healing Corner** with prayers for healing (with or without direct touch).
- March 29-April 5 is Holy Week, when we follow Jesus from the triumphal entry into Jerusalem to the last supper in the upper room and the crucifixion on Good Friday to the joy of resurrection on Easter morning. Besides Sunday worship, we will celebrate **Maundy Thursday on April 2 with a 5:30pm** potluck dinner in the sanctuary followed by foot washing (optional) and then worship with Holden Evening Prayer. This is a meaningful community gathering that brings us to the foot of the cross with reverence and mystery and hope. Please join us whether or not you can bring food to share.

March Mission: Twin Cities Food Justice

On March 15, we heard from Ann Hill at TC Food Justice. They have been working extra hard to access co-ops, grocery stores, and farmers markets to re-distribute unsold and extra foods to local hunger relief organizations, and especially schools over the last few months, as a result of the ICE surge. They 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.

Ann shared how teachers at Twin Cities schools report that kids have been traumatized by the surge, and school deliveries are greatly appreciated by school staff and families as a way of extending community love and care. Last month, Edgcumbe participated by scheduling two food and hygiene supply pickups.



For March, Edgcumbe is collecting money donations for the continued response to Metro Surge and recovery from it. Then in the late spring TC Food Justice plans to revert to its Direct Purchase and Heavy Haul Rescues bringing fresh food from farms in 9 counties, and distribution sites to deliver preferred foods and prevent food waste.

Please consider a mission donation during March. You can indicate "TC Food Justice" or "March Mission" on the memo line with a check, or on the Give Now application from the epchurch.org website. Thanks for your support!

A Call to Ministry by Chelsea Witbrook

Hello EPC family,

It is with curiosity, joy, and wonder (and not a small bit of fear) that I'm sharing with you my deep

and clear sense of Call to ordained pastoral ministry. In many ways, my whole life has been leading up to this inevitable vocation. In other ways, it seems to have come out of the blue, as a gentle yet firm invitation from Spirit that is saying, "Yes, now. You can do this!" In an attempt to not end up in the belly of a whale, I have applied to United Theological Seminary, and it seems I'll likely be starting classes in September. Being a part of the Edgcumbe community has certainly ushered me to the point where a trembling voice inside me can say, "Speak Lord, your servant is listening." I'll be leaning on the strength of the EPC community to get me through the next 3-4 years of studies, and your prayers are certainly welcomed and requested!

With awe and gratitude, Chelsea

** See the Session Report below for some of the ways that EPC is supporting Chelsea.*

Holding in Prayer...

- Prayers for Chelsea W as she begins this journey of attending seminary and exploring God's call in her life!
- Prayers for the family of Sherla Mayer, a long-time former member of EPC, who died this week.

Iona Hymnwriter in Town!!

There is a fabulous opportunity to attend a free conversation with Rev. John Bell, member and musician of the Iona Community who will be in town for [The Didier Seminar 2026](#) at House of Hope (St Paul) on April 18. John Bell is a Scottish hymn writer, composer, broadcaster, and lecturer, who spends much of the year traveling, mostly in the Americas and Europe.

Singing is neither a harmless nor a neutral activity. For many people what they sing shapes what they believe about God as much, if not more, than preaching.

Register at: <https://bit.ly/Didier2026>

Saturday, April 18

8:30 a.m. Coffee and Treats

9 a.m. Session 1: The Subversive Potentials of Sung Text

10:30 a.m. Session 2: Correcting the Balance

The song of the church is not a closed canon enshrined in a denominational hymnbook. It has to be constantly renewed as our awareness and understanding of God's will and God's world increases.

11:30 a.m. Discussion and Closing Remarks

Let Pastors Luna and Phil know if you are planning to attend, and we will see you there!!

Giving or Tax Questions

If anyone has a question about your financial giving or tax statements (it's that time of year), please reach out to office manager and financial secretary, Krysta Niznick. Krysta does not have regular

office hours, so the best way to reach her is by email. Her email address is epchurch2149@gmail.com. Krysta is both helpful and friendly, so don't be afraid to contact her!

Session Report from March 12

Submitted by Elder LaGretta Lunde

- Session welcomed three members from the **Macalester Plymouth United Church** who provided us with an overview of their church history, facilities, and core mission. They are interested in possibly collaborating with us on projects such as community outreach programs, mission trips, retreats, and building sharing. Their social justice oriented congregation is currently involved in The Grove Initiative, Settled.org, material support for immigrant families, food preparation and service at the St. Paul Opportunity Center, as well as partnerships with Hallie Q. Brown and Interfaith Action. Our session agreed to pray about and consider their suggestions.
- The current financial report was presented by Ron Eggert and approved.
- Session prayerfully considered Elder candidates for a spring congregational vote.
- Our pastors shared tentative ideas for their upcoming **sabbatical** from July 15 - October 15, 2026. We will be holding a fundraiser for sabbatical expenses in April.
- Our own **Chelsea Witbrook** has answered the call to enter the ministry. The process to begin classes at United Theological Seminary in St. Paul has already begun. As suggested by the North Central Ministry Development Center in New Brighton, Session voted unanimously to pay for half (\$600) of Chelsea's psychological assessment. LaGretta Lunde agreed to be Chelsea's Elder Liaison throughout the process.
- The Presbytery of the Twin Cities Area requires an endorsement from their candidates' home churches. Again, unanimously, Session endorsed Chelsea Witbrook.
- Luncheon Invitation from the Eggert's! On Thursday, May 7 from Noon - 3:00 PM Ron and Ingrid will be hosting Sarah Rejman from **Kafika House** in Tanzania. All are welcome.
- Introduction to the **Enneagram workshop** will be taught at the church by Chelsea Witbrook on Saturday, May 9 from 1:00 - 4:30 PM. Freewill donation.
- Pastor Luna reports that she has been attending a three-part workshop called, "Somatic Anti-racism for White Clergy," and will be attending a 2 day "Song Carrier" workshop this weekend, hosted by the folks connected to the Singing Resistance movement.
- Pastor Phil reminds us that Maundy Thursday worship will take place on April 2 starting at 5:30 PM with a potluck dinner and continuing with the singing of "The Holden Evening Prayer" and optional footwashing.