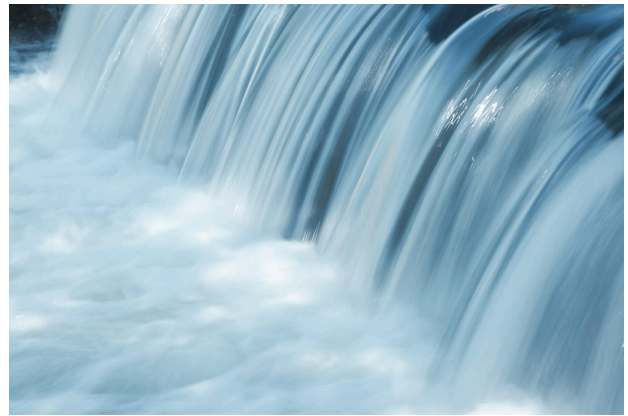


Edgcumbe

Presbyterian Church

May 20, 2026

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Pastors on Vacation

May 18-31: PASTORS ON VACATION. Luna and Phil will be taking two weeks off. We have guest preachers on Sundays, May 24 and 31, with no Bible Study on those same Sundays. If you have any spiritual or church needs, please contact Krysta Niznick in the church office at epchurch2149@gmail.com, or any of your Elders. If you need anything in the Midweek Update, please email that information to Krysta as well.

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Overflowing

In a famous image from Psalm 23, David writes, "My cup overflows." Like the picture above, the river of God's love and grace is so abundant that all we need to do is hold out the cup of our heart, and God's goodness will overflow in my life. "Come to me all who are thirsty!" Jesus shouts in the Temple courtyard.

This past Sunday, we explored a few of the reasons we may not be experiencing this overflowing goodness. If I am plagued with shame, then maybe I have turned my cup upside down, not believing I am worth love. It is hard to fill a cup that is upside down. If I spend most of my time fearful, then maybe I've filled up my cup with worries and planning and fretting. It's hard to fill a cup that is already full. Maybe I'm so frustrated with the way things are that I clutch my cup to my chest, demanding answers before I trust anyone. It's hard to fill a cup withheld in anger.

What if, just for a moment, I loosen my grip on my shame, on my fear, on my anger, and I allow God to love me. What if I humbly hold out my cup—my heart—and I admit that I'm thirsty. What happens then? Jesus, I offer you my heart, promptly and sincerely.

Holy Spirit, in this Holy moment, You be in charge, and we will follow You,
trusting that Your direction will lead us to peace! ♥

May Mission: Kafka House

In May we will be supporting Kafka House in Tanzania, a mission familiar to many of us at EPC. (As many of you know, Ron and Ingrid Eggert have a long history with this organization). We heard from Sarah Rejman, Founder of Kafka



House, about the all-around healing work of this lovely mission and their hopes to expand around Tanzania. See the video below for more.

<https://www.youtube.com/watch?v=WMTI8O5mkKg>

Celebrating Shiloh's Graduation!!

We celebrate Shiloh's High School graduation this year. You are invited to join him and his family as they gather to mark this accomplishment! Mark your calendars and join the celebration! Congratulations Shiloh!



May Session Report

Our monthly Session meeting was held on Thursday, May 14 at 6:00 PM at EPC. All regular attendees were present except for Pastor Luna, who was on silent retreat in New Mexico.

- Treasurer, Ron Eggert reported that our financial situation is in line with expectations for this time of year, with the note that our building insurance has increased significantly.
- Ron also shared that the April fundraiser for our pastors' sabbatical was wildly successful with nearly \$15,000 raised to date. Pastor Phil expressed his deep felt gratitude on behalf of himself and Pastor Luna.
- During sabbatical, Session will not meet in August, but will resume monthly meetings on September 3. In their absence, our pastors will appoint a clergy member to moderate the September Session meeting and be available to our congregation for pastoral needs beyond the scope of our elders.
- Pastor Carol Reed will lead worship on Sunday, May 24 and Pastor Zach Wilson will lead worship on Sunday May 31 while Pastors Phil and Luna are on vacation.
- Outdoor worship in our backwoods this year will be Sundays June 7, June 28 (with Cherokee Park United), July 19 (with 1st Pres. South St. Paul), August 9, and September 6.
- Jay provided a brief report about the Presbytery meeting in Buffalo, MN on May 5th.
- Session would like to see a connection develop between the Worship and Belonging Teams. It was reported that this has begun informally.

Submitted by Elder LaGretta