



Edgcumbe

Presbyterian Church

August 5, 2026

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The Way Up is the Way Down

Contemporary Christian teacher Richard Rohr in *Falling Upward* uses the phrase “the way up is the way down” to describe a paradox of spiritual growth: people often “grow spiritually not by accumulating success or control, but by surrender, loss, humility, and transformation through failure or limitation.” In his framework, the ego-driven “first half of life” gives way to a deeper “second half of life” in which meaning emerges through letting go.

Rohr teaches us that growth often requires a “descent”—a willingness to release identities, expectations, or attachments that once provided security but now limit deeper spiritual maturity. Examples might include letting go of control or certainty; releasing ego, status, or the need to be right; surrendering old images of God; accepting failure, grief or vulnerability; or releasing roles that once defined us.

For Rohr, this “falling” is not failure but “necessary spiritual pruning.” The descent creates space for transformation. As this space is created there is room for growth and “the way up.”

A complete spiritual transformation takes place as a deeper life or awareness emerges with ascent. We may experience a deeper sense of compassion; humility and wisdom; trust in grace rather than achievement; or a more nondual way of seeing.

Elder LaGretta Lunde

Join us next Sunday, August 9

Chelsea Witbrook will lead us in “Authentic Relating” exercises. We will worship in the backwoods (weather permitting) so bring your favorite chair or blanket.

Artplayce News

We have a new art installation at Edgcumbe! The Minnesota Contemporary Quilters have hung their

newest quilts with the theme of "fusion". They're amazing! Next time you're in the sanctuary, walk around and check out the amazing detail. The display will be up through the end of August.

August Mission:

Our mission focus for August is Highland Park High School. HPHS are our closest neighbors, and we have an ongoing tradition of supporting them through grocery gift cards and Kleenex boxes. We had an especially high demand for groceries last year because of the surge, but there is always a need as some students face continual financial hardships. In addition to grocery assistance, we provide Kleenex boxes so the teachers don't have to purchase them themselves. Our goal is to have one box for each classroom. Disinfectant wipes are also requested as they are also always handy.

Collecting Photos of EPC Community during Sabbatical

Please take photos of yourself and the EPC community during this unique time of Sabbatical. James Witbrook will be collecting photos to compile a slideshow to share with our community and our pastors at the October retreat during a storytelling event. Photos can be of work in the backwoods, worship services, potlucks, or 1-on-1 hangouts with EPC friends outside of Sunday mornings. Please send your photos to jameswitbrook@gmail.com with "EPC slideshow" in the subject line.

Bible Study Continues

We'll continue bible study during Phil and Luna's absence. I will send out the texts early on Sundays or they are available here: <https://epchurch.org/lectionary-.pdf> . Access to the bible study Zoom is here: <https://epchurch.org/> . Hope to see you there at 6:30 PM every Sunday night.
-Ron Eggert

Submissions to this Update during Sabbatical

If you have an announcement or article for the midweek Update during the pastors' sabbatical, please submit it to Office Manager Krysta Niznick by Tuesday morning at epchurch2149@gmail.com.

Prayers For.....

Pastors Luna & Phil for rest and inspiration during their sabbatical.
Each member of our Edgumbe family who is leading worship while our pastors are away.

Clothing Exchange - Free Shopping Event

First Presbyterian Church in South St Paul is hosting a free clothing exchange. Shop for free: **August 7 (9am -4pm) and August 8 (9am to 2pm).** Donations received: **July 15 to August 7.** '

Anyone can donate their gently used or new clothing-type items. (All items should be in good condition and clean). You can bring them to First Presbyterian Church through August 7---a bin for collection is outside the entrance door.

Volunteers are needed for this fun community event. Please consider signing up if you are able.
The link to sign up is here:

<https://www.signupgenius.com/go/10C0444AFA92CA3FDC16-64718555-clothing>

Then on August 7 & 8, the community is invited back to FPC-SSP to shop for FREE. You do not have to donate in order to shop. FPC is at 535 20th Ave North in So St Paul. For more information call 651-451-6223.