

Edgcumbe

Presbyterian Church

October 28th, 2026

In this issue: Breath & All Saints, Luna Bday party, Reflection from Connie, Artplayce Update, November mission, New Submission Deadlines for Midweek Update, November Birthdays & Anniversaries



Take a Breath–It's Who You Are

I mentioned this past Sunday that the Greek word *psyche*, usually translated as soul, or ego, or whole person, comes from a root word meaning breath or blow (like wind). It's hard for me to oversell what a big deal this is. This word etymology reminds us that Who We Are is breath, is spirit. Rather than talking about theology or biblical examples, the best way into an experience of this insight is to simply take a breath. <breath> Notice how your awareness changes when you take a breath. Notice how every breath invites you into the present moment. Notice how you have more space and capacity inside of yourself than you did a moment ago.

Cynthia Bourgeault says, "Every breath is a mini resurrection." Every breath is a chance at new life, new grace, a new beginning. Take a breath. -Pastor Phil

All Saints Sunday: Next Sunday is November 1, All Saints Day, when we remember those who have died. We will have a table set up for any photos or mementos that you would like to display of your loved ones. Also, it's a communion Sunday—and Daylight Savings!

Birthday Gathering for Luna–this Sunday

Luna celebrates a milestone birthday (60!) on Thursday, November 5th. As she enters her birthday week, we will celebrate the gift of Luna on Sunday, November 1st. With love and joy we invite all to attend - immediately after worship. In honor of Luna, we invite you to contribute home-baked and store-bought treats, if you wish. Party time! -The Belonging Team

Reflection from Connie

Hello, This is Connie sharing. Last Sunday, during the Scripture reading, I became overcome with emotion and had to take a pause before I continued reading. I appreciate that this is a safe place where I feel comfortable doing that. When Phil asked me to unpack that a bit, I found myself saying something like "I was overwhelmed by how much I fail at loving God, myself and my neighbor." I actually couldn't articulate what was really going on in the moment.

Reflecting on it now, I realize that I was overcome by the BIGNESS of God's Love. This is how They love us. How They Love me! With complete and unabashed and uncensored LOVE. God is the

model for how Jesus is asking us to love. It hit me that what Phil and Luna say is true- God is ONLY Love. I also realize that I am in good company (Hello Paul) when I fall short. It does not affect God's love for me at all. I am SO BLESSED to be in community with all of you-You are teaching me how to love.

Artplayce Update

The artwork display in November will highlight the creative works of our very own EPC members! I'm asking each of us to bring in something that you created. It could be a painting, a photograph, a poem, a weaving, a mitten you knitted, a necklace you beaded, etc. Have you created something that won't fit easily on our walls? Take a picture of it and bring the photo in. Have you sewn an article of clothing you're proud of? Put it on a hanger and bring it in. (Or take a photo... your choice). Have you prepared a delicious meal? Snap a pic, bring in the recipe, and voila! Maybe you remodeled a room in your house! Snap a pic. Maybe you have a photo of the best Christmas light display EVER! Maybe you press flowers? Make earrings? Build furniture? Is your dog the cutest and most photogenic of all? Be creative, and show us what you love and are proud of.

Please bring your items in during the first week in November. They will be hung on hooks on the peg board, so please make sure your art piece has a wire or a way to be hung on a hook. And please bring a small note that will be taped next to your artwork that explains what it is, and who did it. Looking forward to this! -Lisa

November Mission - Union Gospel Mission

We will collect funds and also there is an opportunity to volunteer to serve a meal. We have chosen the lunch meal on November 30th (a Monday). The time slot is 11:30 to 1:30. We will do a meal set up (30 minutes), serve lunch (one hour) and clean up (30 minutes). There are 8 volunteer slots available as of right now (Monday Oct 26). I (Lisa) have signed up as the volunteer coordinator for our group. If you're interested in joining me, please e-mail me directly and I will sign you up. I have no idea if other groups or individuals will want this particular day and time, so we should sign up early please. lholden58@gmail.com.



A speaker from UGM will be visiting EPC on Nov. 8 during service. The address for serving the meal is **435 University Ave. East, St. Paul, MN**. Union Gospel Mission Twin Cities (UGMTC) Services include:

- Emergency Shelter: Offers 24-hour emergency shelter for men at the Bethel Hotel (435 University Ave E), with nightly capacity for up to 350 men (including 150 rescue shelter beds).
- Naomi Family Program: Provides long-term residential shelter, trauma-informed care, and wraparound support for women and children escaping domestic violence, addiction, or homelessness.
- Meals: Serves breakfast, lunch, and dinner served daily.
- Addiction Recovery: Operates the Christ Recovery Center at 435 University Ave E, a long-term Christ-centered 12-step recovery program for men.

- Mental Health & Support: Delivers free on-site therapy, group counseling, psychiatric evaluations, case management, and basic medical care (via Minnesota Community Care). Support services include assistance with ID/birth certificate replacement, SNAP, housing, and social security benefits (Monday–Friday, 9:00 AM – 12:00 PM).
- Education & Employment: Runs adult education, GED preparation, career services, an ACTS training program, and a Child Development Center (109 9th St E) for infants through kindergarteners.

New Submission Deadlines for the Midweek Update

Please note that moving forward, we will have new timing guidelines to contribute articles to the Midweek Update. We will be putting the Midweek together on Tuesdays because Pastor Phil is now teaching with the Enneagram Prison Project up at the Moose Lake facility every Wednesday and Pastor Luna is on Sabbath on Weds as well. **Please submit articles to Krysta/Phil/Luna by Monday of each week.** Thank you!! 🎉

November Birthdays and Anniversaries



Happy Birthday to:

Ty Loiselle	11/04
Luna GebbenGreen	11/05

Happy Anniversary to:

Ratchet Mattison & Rachel Swan	11/11
Lagretta & John Lunde	11/24