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I never knew so many organizations cared about me until this week. I received e-mails from my bank, insurance company, movie theatre, dentist, a magazine I unsubscribed from three years ago, and the list keeps going. My hope is this newsletter doesn't seem like another one of those *COVID-19 Updates* you get in your inbox. As the church, our care goes deeper than a subscription or you as a customer; we have a spiritual unity in Christ that bonds us together and edifies us as one body.

We, the Elders, Deacons, and Staff, want to provide a weekly support and resource to you in these uncertain times. I know we are bombarded with information coming to us from all angles, but our ultimate hope is this newsletter would direct you to the Lord instead of being another information download. In this newsletter we want to provide a few things—places to go for counsel, fellowship in the quarantine, devotionals for children, places to receive physical or financial help, and weekly updates from a physician in our church.

As the body, we also have different gifts that can edify us as a church in this time and we want to hear from you. If you have a piece of art, poetry, song, short story, devotional, or something else, send it to [David Ehmke](#) and it might make it into the newsletter. This week I have been comforted by our own [Matt Wheeler's album](#) he recorded while going through a tough time in his life. I hope you might be comforted by it as much as I have been.

We long to see you face to face, but for the time being we praise God for your faith in Him!

Hope you will keep reading.

**-Emmaus Road Church via Dan Breed**

*“But since we were torn away from you, brothers, for a short time, in person not in heart, we endeavored the more eagerly and with great desire to see you face to face . . . For what is our hope or joy or crown of boasting before our Lord Jesus at his coming? Is it not you? For you are our glory and joy.”*  
*1 Thessalonians 2:17-20*

## Announcements - David Ehmke

### Corporate Worship

While I missed seeing you all in person on Sunday morning, it was encouraging to see so many tuned in live on Facebook! This Sunday, we will stream services on our new [ERC YouTube Channel](#), as well as our [ERC Facebook page](#), at 10:00AM. We encourage all of our church family to join us live as we gather virtually to worship together through the streamed service. I plan to send an email on Saturday with a link to the YouTube stream and to this week's worship guide. We are hoping that this will provide easier access and solve some of the quality issues we experienced last Sunday, and we thank you for your continued patience as we figure these things out.

### Prayer

Every Wednesday, beginning at noon, we will be having a prayer meeting [via Zoom](#). If you have not used Zoom before, try it out at least 30 minutes beforehand to make sure you can connect. In addition to our Wednesday prayer meetings, we have an email prayer chain. If you have prayer requests, please send them [here](#); if you would like to join our prayer chain, email that same address asking to be added.

### Other Ministries

Other ministries, including Men's Ministry, Women's Ministry, Community Groups, Youth Group, and everything else, are suspended until further notice. Some of these may be going virtual soon, so stay tuned!

Please check [our website](#) for updates, links, and downloads.

## Doctor's Corner - Dr. Martha Grace Courtright

### How do I make sense of all the information out there?

Try to spend your time reading from science-based resources and avoid sources like social media or television. Here are some helpful links

- [Centers for Disease Control](#)
- [Wisconsin Department of Health](#)

### Why is social distancing so important?

Social distancing and "safer at home" edicts are NOT a reason to panic. These are being done to protect you. The goal is to try to "spread out" the number of people who get infected and very sick. This is the "flatten the curve" approach you may have heard about. In this scenario, the same number of people get sick but it is spread out so the medical system can take care of them.

If you want to read a helpful article to visualize how this works, take a look [here](#).

### What if I have symptoms?

Common symptoms of COVID-19 are fever, cough, and fatigue. Symptoms generally start out mild. If you have these symptoms you **should assume** you have the virus. The best thing you can do for yourself during this time is to stay home and avoid contact with anyone else for **at least two weeks**. Wash your hands frequently and take care of yourself like you would if you had a common cold—take Tylenol, get rest, and stay hydrated.

After about 5-8 days some people develop worsening symptoms—usually shortness of breath. If you develop this, then you need to go for evaluation either at your primary care doctor's office or the closest Emergency Department. Call your primary care doctor's office if you are unsure where to go.

Right now, due to a shortage of tests, only people with the most severe symptoms are being tested.

### Who is at greatest risk?

While much is still being learned about the virus, please see the list below of factors considered higher risk for serious illness. If you have a loved one with one of these conditions, you should **avoid physical contact** with them for their own protection. If you are someone with one of these conditions you should **stay at home** as much as possible.

- Older than 65
- Immunodeficiency or taking immune suppressing drugs
- High blood pressure
- Lung conditions like asthma or COPD
- Diabetes
- Heart disease
- Pregnancy

## Kid's Corner - Danielle Elmhurst

I am sure the kids have several questions and may be worried about the current situation. We wanted to be proactive in filling their minds with Truth as we face the days and weeks ahead! Here are four things we can talk about with them that may explain the situation better and help the kids know what to do.

### God is in Control

God rules over the world, and everything in it. He is in charge of people and governments. He is in charge of creation. Remember how He split the Red Sea, and sent plagues of locusts on Egypt? God is even in control of tiny germs that cause the illness we are facing now. When we remember that God is in control, we can have peace in our hearts and minds. We won't be controlled by fear. (see Philipians 4:4-7)

### God Always Does What is Right

Things that happen in our lives can sometimes make us feel confused and afraid. But we must remember that God is not only in control, He also always does what is right. No matter what we're feeling, we can trust that God is at work, and that He is doing what is right. God sometimes uses hard things to teach our hearts to trust in Him. (see Romans 8:28)

### God Loves Us

God knows what it is like to deal with sickness and germs, because He loved us so much that He came to live in our broken world in the person of Jesus Christ! Knowing that God loves us that much gives us hope. Our greatest hope is in the fact that Jesus will come again and make all things new. Nothing "will be able to separate us from the love of God in Christ Jesus our Lord." Romans 8:39b

### God Wants Us to Care for Our Neighbors

The Christian life should look like the life that Jesus led on earth. This includes loving and serving others in need. When there is sickness going around, we love our neighbors well by washing our hands, staying away from busy places where germs can easily spread to those who are most vulnerable (the elderly and the sick), and by praying and providing for them. We also love our neighbors by doing what the people God has placed in charge of us (the government) ask us to do, for the good of everyone. We can ask God for the grace to do these things without complaining.

## Counseling Corner - Tony Beach

One of the most common challenges in times like this is boredom. What do we do with so much time at home? It's easy to retreat into Netflix, life online, video games, junk food, or a lazy state of hibernation. That can harm our souls and relationships just as much as ruminating on things out of our control. So, under the banner of "redeeming the time" in Christ (Eph 5:16 NKJV), here are a few ideas to consider:

- Ask people about their favorite sermons, talks, books, and articles, and then check a couple of them out. Study a book of the Bible. Read some church history—biographies are my favorite way to do it and the biographies out there on leaders like Luther, Calvin, and Edwards are really interesting and insightful.
- Take your own spiritual retreat at home to seek God for a few hours—or a whole day or weekend.
- Learn or develop a skill. You could work on your cooking, get some YouTube wisdom on a house project, learn how to do your own taxes, try some online guitar lessons, or just take on a project you already know how to do.
- Even better, offer to share a skill with people you know via Zoom/Facetime or ask a friend to help you learn something new—just watching a friend from Minneapolis teach stir-frying yesterday got our kids inspired.
- Take in a cultural event with a friend. It looks like some Broadway shows and orchestras (and other places) are making videos and livestreams available for free per [this article from NPR](#).
- In addition to getting out for walks, you can figure out a home workout routine. We just learned how you can get a full body workout at home with no home gym and only one weight (or a bag of books) doing just five exercises—it's legit! It's on this link at [Outside Magazine](#).
- Text friends and neighbors to check in, and, if you chat a little, ask how you can pray for them. If they share something, I like to reply back and let them know how God's leading me to pray for them by saying something short like "praying God will \_\_\_\_\_."

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