

Announcements

If you are feeling isolated and would like to talk and pray with someone, check out the [ERC TalkLine](#).

One of the most important things we can do is pray. Every Wednesday, beginning at noon, you are welcome to join an [ERC prayer meeting via Zoom](#). The Presbyterian Church in America has entered into a Month of Prayer for the church, nation, and world. [Click here to download the prayer guide](#).

Since we do not get to see each other in person right now, let everyone know what you have been up to while you are staying Safer at Home by [emailing us pictures](#) for the newsletter.

While we are not able to meet together in person, you can give to ERC by mailing offerings to the church office (536 N Richmond St, Appleton, WI 54911) or [giving online](#).

In this issue:

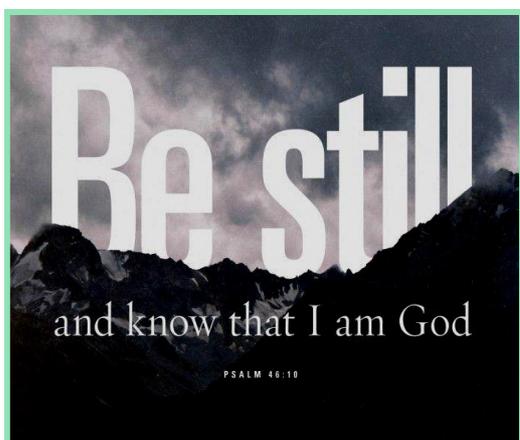
- [Elder Entryway](#)
- [Family Foyer](#)
- [Doctor's Den](#)
- [Lyric & Liturgical Library](#)
- [Prayer Parlor](#)
- [Contact Cupboard](#)

Elder Entryway - Perry Vanderloop

When Life Throws You a Curveball and You Lose Your Job

As we find ourselves in the midst of this coronavirus lockdown, a lot has changed for all of us. For me, the hardest part has been closing my business and finding myself feeling very unsettled. There's so much uncertainty and I'm not in control of what's in the future. I have a huge inventory and no way to pay for it, employees out of work, and customers who need our product. It's a lot to handle emotionally. I feel like isolating myself, but know that's not the answer. How should I respond to this?

I remember a friend telling me "Don't worry about what you don't know, but fall back on what you do know." So, I wonder what God is doing through all this. I know the attributes of God: He is good, He is sovereign, He has a plan, and He can be trusted. When you find yourself in a trial, rehearse God's faithfulness. Look back on your life and see how faithful God has been to you. One thing I can tell you: HE IS ALWAYS FAITHFUL! (Phil 1: 6)



Some Bible verses that have helped me:

Psalm 46:10 – "Be still, and know that I am God." God has given us this time of stillness, so seek God all the more. Remember in this time of uncertainty, dear saint, what the Psalmist says in Psalm 16:11: "in your presence there is fullness of joy; at your right hand are pleasures forevermore." Draw close to Him and feel His presence and peace.

Ephesians 5:16-17 – "Look carefully then how you walk, not as unwise but as wise, making the best use of the time." A few days ago, I thought about the possibility of dying from this virus, and my thought was: I want to finish well. How is my walk with Christ? Am I using my time wisely? C.T. Studd wrote, "Only one life, twill soon be past, only what's done for Christ will last." This has truly been a time for me to think about it.

Matthew 6:34 – "Do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble." I worry about the uncertainty ahead, but my wife reminds me that there are only 24 hours in a day, and that's all God wants us to deal with right now; just this day, not tomorrow.

Remember, this doesn't take God by surprise, and he's working through this. Hang in there, precious saints. Be safe! I sure miss you all!

Family Foyer - Danielle Elmhurst

How children of different ages learn the Bible.

2-3 years-old: Just like a young child is growing physically each day and this is impacted by the way you feed them, so they also grow spiritually, which is impacted by how you feed them the Word. Story books and picture bibles are a good tool, but ultimately, they are a supplement to Scripture. Read a small section from the Bible and then just ask simple questions; ask them what they took out of what was read, and you'll be surprised by how observant they are! I'm sure lots of you parents hear this word a lot, but don't be afraid to use the word "why" – why do we need Jesus? Why did Jesus die? Etc.

4-6 years-old: At this age, your kids are soaking up everything, so giving them something biblical every day to absorb is wonderful! Every Bible story that you walk through with them is going to ultimately lead them back to Jesus and the gospel story. This age group loves heroes, and what better way to feed into that than by showing them the greatest Hero? Putting up words for them to pick out of the story as you read makes them really listen and focus (words such as star, wiseman, or cross). Kids learn the best by doing or having their lesson illustrated via some familiar form or object; I remember when I was younger hearing a sermon by my pastor, and he structured it entirely around a Lego, and I remember that and the point he was trying to make to this day! Have your kids act out things like the wall of Jerusalem or being sheep with a shepherd; this helps them get up and moving as well as learning!

7-11 years-old: This age group is becoming more spiritually mature and independent, and they are better able to apply and connect what the Word says to their life. They can start to do their own devotions with help from their parents at this age; let them study the Word for themselves and then review it later with them so that you can guide and mentor them, as well as oversee what they are learning and correct any misunderstandings they may have.

Doctor's Den - Dr. Martha Grace Courtright

This is a stressful time for everyone no matter your situation. There has been such a focus on physical health and safety, I don't want to neglect the importance of mental well-being. Quarantine and the subsequent social isolation can have major mental health effects. I wrote a couple weeks ago about how stress can make us more susceptible to respiratory infections. So, now, the question is how to do this especially when we are cooped up at home, away from loved ones, and dealing with loss of job/safety/security. Here are some ideas:

- 1. Get good sleep!** It can be hard to keep a regular schedule if you are working from home or not working at all. When you wake up get at least 15 minutes of bright light to signal your brain that it is time to start the day. Keep a regular sleep and wake schedule. Avoid stimulating activities (caffeine, alcohol, screens, exercise) in the hour or so before bed. Keep your sleep environment dark, cool, quiet, and comfortable.
- 2. Don't underestimate the power of laughter**—it's *almost* like God knew what He was talking about in Proverbs 17:22. Laughter decreases stress hormones and releases endorphins—our natural "feel good" chemicals. Be intentional about watching a funny video, playing silly games, or spending time (virtually works, too) with someone who brings a smile to your face.
- 3. Eat right and exercise.** Studies show that a healthy diet and regular exercise can lessen the effects of depression, anxiety, insomnia, and many other symptoms that affect our mental health.
- 4. Be present.** Turn OFF the news (or whatever you use to stay informed) and take time every day to let go of distractions. If you are an app person, the apps Calm and Headspace are great resources for helping with mindfulness and meditation. This can be used to improve your prayer life and meditation on God's word.

Lyric & Liturgical Library - Benjamin Novak

Songs fitting for the Easter season:

"[King of Kings](#)" by Hillsong Worship. Following Easter and Holy Week, this song is especially apt as it goes through the entire narrative of Christ's life, death, resurrection, and the establishment of His church.

"[This My Soul](#)" by The Gray Havens. This song is a haunting retelling of the epic narrative of the entirety of scripture, beginning in the garden and man's fall and culminating with Christ's conquest of the grave.

"[Still Rolling Stones](#)" by Lauren Daigle. The idea of the Resurrection is extended to us through these lyrics, positing that as we are changed and renewed through Christ, He is still "rolling stones," a nod to the fact that the stone was rolled away from His grave, and now He is spiritually rolling the stone away from our graves.

"[Death in His Grave](#)" by John Mark McMillan. A beautiful, lyric exposition on Christ's death and resurrection and the results that has for us and creation.

A Liturgy for Those Flooded by Too Much Information

From *Every Moment Holy* by Douglas McKelvey

In a world so wired and interconnected,
our anxious hearts are pummeled by
an endless barrage of troubling news.
We are daily aware of more grief, O Lord,
than we can rightly consider,
of more suffering and scandal
than we can respond to, of more
hostility, hatred, horror, and injustice
than we can engage with compassion.

But you, O Jesus, are not disquieted
by such news of cruelty and terror and war.
You are neither anxious nor overwhelmed.
You carried the full weight of the suffering
of a broken world when You hung upon
the cross, and You carry it still.

When the cacophony of universal distress
unsettles us, remind us that we are but small
and finite creatures, never designed to carry
the vast abstractions of great burdens,
for our arms are too short and our strength
is too small. Justice and mercy, healing and
redemption, are Your great labors.

And yes, it is Your good pleasure to accomplish
such works through Your people,
but You have never asked any one of us
to undertake more than Your grace
will enable us to fulfill.

Guard us then from shutting down our empathy
or walling off our hearts because of the glut of
unactionable misery that floods our awareness.

You have many children in many places
around this globe. Move each of our hearts
to compassionately respond to those needs
that intersect our actual lives, that in all places
your body might be actively addressing
the pain and brokenness of this world,
each of us liberated and empowered by
Your Spirit to fulfill the small part
of Your redemptive work assigned to us.

Give us discernment in the face of troubling news reports.
Give us discernment to know when to pray,
when to speak out, when to act,
and when to simply shut off our screens
and our devices,
and to sit quietly
in Your presence,

casting the burdens of this world
upon the strong shoulders
of the One Who
alone
is able to bear them up. Amen.



"Prayer in Progress"
by Kim Van Riper, 2011
[http://kimvanriper.com/gallery/
cartimages/product/](http://kimvanriper.com/gallery/cartimages/product/)

Prayer Parlor

Divine Promises

from *The Valley of Vision*, a book of Puritan Prayers

Glorious Jehovah, my covenant God,
All thy promises in Christ Jesus are
yea and amen, and all shall be fulfilled.
Thou hast spoken them, and they shall be done,
commanded, and they shall come to pass.
Yet I have often doubted thee,
have lived at times as if there were no God.
Lord, forgive me that death in life,
when I have found something apart from thee,
when I have been content with ephemeral things.
But through thy grace I have repented;
Thou hast given me to read my pardon
in the wounds of Jesus,
and my soul doth trust in him, my God incarnate,
the ground of my life, the spring of my hope.
Teach me to be resigned to thy will,
to delight in thy law,
to have no will but thine,
to believe that everything thou doest is
for my good.
Help me to leave my concerns in thy hands,
for thou hast power over evil,
and bringest from it an infinite progression
of good,
until thy purposes are fulfilled.
Bless me with Abraham's faith
that staggers not at promises through unbelief.
May I not instruct thee in my troubles,
but glorify thee in my trials;
Grant me a distinct advance in the divine life;
May I reach a higher platform,
leave the mists of doubt and fear in the valley,
and climb to hill-tops of eternal security in Christ
by simply believing he cannot lie,
or turn from his purpose.
Give me the confidence I ought to have in him
who is worthy to be praised,
and who is blessed for evermore.

Contact Cupboard

Elders:

Dan Breed – dan@emmausroadpca.org | (920) 903-4320
David Ehmke – david@emmausroadpca.org | (251) 300-9101
Luke Friemark – luke_friemark@hotmail.com | (920) 460-9564
Mark Frost – mfrost6471@gmail.com | (715) 218-6471
Perry VanderLoop – soulman77@new.rr.com | (920) 850-3363

Deacons and Deacon Assistants:

Email: deacons@emmausroadpca.org

Dan Cramer – (920) 428-0208
Lori Cramer – (920) 419-0334
Tana Frost – (715) 218-6543
Phil Stoffel – (920) 850-2207
Scott Tobias – (920) 540-3861
Sandy Tobias – (920) 540-3861

Counselors who can lend an ear:

Tony Beach – tonybeach@jacobsowellgb.org | (920) 205-5130
Carol Marker – carolmarker@gmail.com | (920) 221-2051
Tamara Plath – tamara.plath@gmail.com | (920) 216-9165

Physician to contact:

Dr. John Kirkpatrick – drjkirkpatrick@gmail.com | (920) 202-1637