

Announcements

-If you have not done so already, please take a couple minutes and fill out the [ERC Ministry Survey](#).

-We are supposed to wear face masks when we go out, but what if you do not have any? Do not let that stop you, we are [here to help!](#) If you are in need of facemasks, [contact the deacon team](#).

-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](#).

-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.

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Elder Entryway - Luke Friemark

During my first week of quarantine I think I yelled at my kids more than I had any other week of being a parent. I wasn't used to being a stay-at-home dad, and I was realizing I had less patience than I thought. The kids were wearing me down.

One morning after browsing Facebook and seeing all the alarming statistics about infection and unemployment, I was feeling especially stressed about the future. I had been reading Galatians, so I opened to chapter 3 in hopes that I would stumble onto some forgotten verse about overcoming pandemics. Instead, I found a chapter about grace through faith; not through keeping of the law.

With news tickers announcing impending doom scrolling through my mind, this chapter didn't feel all that relevant to my situation. Next thing I knew, Grace and Dexter were fighting in the other room, so I closed my Bible and went to do some more yelling. "When are these kids going to learn to behave?" I thought to myself.

And that's when God hit me with the message of Galatians 3. He loves us not because we behave well or live up to His standard. He loves us because we are *His* (Gal 3:26). He doesn't lash out in anger or lose His temper with us when we screw up. His love for us is based on what *He* is like; not what we are like (Gal 3:11).

Just like we can't live up to God's perfect standards, our kids can't live up to the unrealistic standards we sometimes set for them. If we want peace with our kids, our love for them needs to be rooted not in law-keeping, but in grace.



Doctor's Den

We are thankful for Dr. Martha Grace Courtright's weekly contributions to the newsletter. Since she just had a baby, she is taking the week off. I hope you enjoy this picture of Isabelle Grace Courtright instead!

Family Foyer - Danielle Elmhorst

Learning to Pray in Different Developmental Stages

2-3 years-old:

Children generally exhibit an innate faith in their parents very early on and will believe wholeheartedly everything that is told to them. Teaching your toddler to pray at an early age can be very easy, and this age group loves to mimic and learn through imitation. Demonstrating how easy it is to talk with God is a great way that you can help your child learn to pray and start a habit of prayer. When they see and hear you praying, they will want to as well. Besides teaching and showing them how to pray, encourage them to pray along with you and give them opportunities to pray "solo": have them pray at bedtime or mealtime; give them a chance to thank God for their food, health, a good day, etc. You will be able to see when your child begins to have a grasp on prayer when they start actively praying and thanking God for everything!

4-6 years-old:

This age group will be similar to toddlers, in that they learn primarily through imitating what they experience. However, they are becoming more independent and will be able to pray more without your help. Demonstrating throughout the day how to pray and the importance of prayer is still essential, as your children are still learning how to talk with God. This is also a great age to start encouraging your child to come up with their own prayer requests, as well as to pray for others rather than just themselves and your family.

7-11 years-old:

This age group will be praying on their own and should have more depth to their prayers and requests; they will be able to pray for others' needs as well as well as their own. Many children also begin to understand their need for salvation around this age (although there are definitely many that start even earlier!); they will be able to better understand that they are a sinner and what that means for them, and they may begin to pray about it. Help guide them and answer questions they have. If your child professes faith in Christ (at this age or any other!), this is something to celebrate and rejoice over, and you should continue encouraging them to pray regularly. Although the Sinner's Prayer is a good prayer, it is important for them to understand that there is not a certain prayer that can save them; salvation is done entirely by Christ and

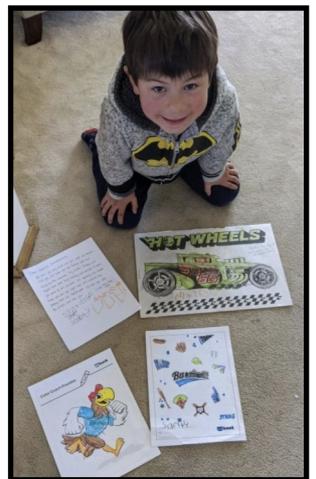
Serving Spare Room - Adrienne Saucedo

Small Serving, Big Blessing

My kiddos and I recently were able to do something small for a local nursing home, and it was a really rewarding experience. Santiago's kindergarten teacher has a parent in at the Carolina Assisted Living home in Appleton, and so their kindergarten class visited a couple times before the virus stopped everything. Santiago and Mateo recently colored some artwork and mailed it over to the nursing home, and the response we got was overwhelmingly positive and thankful over just a few coloring sheets. Especially with isolation time being extended for the elderly in our community, my heart has been hurting for this generation.

This gave me the idea to organize the delivery of several letters and an assortment of artwork to this nursing home. If you or your children could draw/color/write anything, even a simple coloring sheet with their first name and age, it would bring great joy! You could mail me, scan it/email for me to print, drop it off, or I would be happy to pick up your artwork. And be reassured that the director at this particular home has a system set in place which makes our correspondence safe for the elderly.

If you have any questions or would like my home address, email me at admin@emmausroadpca.org. Thank you for blessing the elderly in our community in this way!



Prayer Parlor - by Anonymous

A Lament

How long, O God, how long?
We watch. We wait. We cry.
There is sickness. There is death. There is loss that cannot be grieved
Because we are separated one from another.

This is not what you intend for us to be-
A cluster of separated islands.

God, our hearts ache and long for fellowship.
Our hearts ache and long for healing in our country.
Our hearts ache and grieve for so much death in the world.

We lift our eyes to you- our Help,
Creator of Heaven and Earth,
Our Healer, our Helper.

Have Mercy, we pray, have Mercy!
Help those who are working as ministers to the body,
Help those who are seeking answers,
Help those who are simply trying to help.

O God, help us to be content where we are,
But don't let us become comfortable in our isolation.
Show us how to love, even from a distance.

Rise up, O God, in Your Mercy,
Rise up and bring healing and health.
Rise up to comfort those who are grieving,
Strengthen those who are recovering.

You are still God, and we look to You.
We stand in awe of Your Holiness and
We bow down in our need of You.
Be glorified God, in what we don't understand
And grow our trust as we wait on You.

For the Glory of the Father, the Son and the Holy Spirit.

Lyric Library - Benjamin Novak

Songs fitting for this season:

["Is He Worthy?"](#) by Andrew Peterson. An excellent reminder of Christ's future Advent and His remaking of this groaning and imperfect creation, this song is sure to uplift you with its lyrics and beautiful harmonies.

["Belly of the Deepest Love"](#) by Tow'rs. This is a song that is best enjoyed with the lyrics in front of you, so please feel free to read the lyrics [here](#). Written about the crucifixion and resurrection, this song is true poetry, and manages to portray the Passion in a unique way. A favorite line of mine is "How your mother stayed by your side; watch the curtain tear in your eye." The curtain of the temple, which symbolized our separation from God, was torn asunder when Christ died, and this lyric draws us to the intensely personal scene of Mary watching as the salvation of souls is accomplished in the dying look of her Son's eyes.

["I Have a Shelter"](#) by the Steve Pettit Evangelistic Team. Set primarily to a harp and a flute, this mellow contemplation on Christ's care for us during life's storms seems especially apt right now.

["Psalm 23"](#) by Shane and Shane. Hearing one of the Psalms put to music is always encouraging and moving, but perhaps none more so than Psalm 23, that famous passage about God's care for us through both the green pastures and the dark valleys. Shane and Shane offer a powerful rendition of this text.

Liturgical Library - Benjamin Novak

The liturgy for this week was chosen because many, if not most, of us are staying (or stuck) at home, seeing only our immediate family, and rarely leaving the four walls of our house. These days at home may seem tedious, boring, and unimportant, but even the most domestic and ordinary of days present us with many opportunities to serve others and Christ and to put aside selfishness.

"A Liturgy for Domestic Days" from *Every Moment Holy* by Douglas McKelvey

Many are the things
that must be daily done.
Meet me therefore, O Lord,
in the doing of the small, repetitive tasks,

In the cleaning and ordering and
maintenance and stewardship of things--
of dishes, of floors, of carpets
and toilets and tubs,
of scrubbing and sweeping
and dusting and laundering--
That by such stewardship I might bring
a greater order to my own life,
and to the lives of any I am given to serve,
so that in those ordered spaces
bright things might flourish:
fellowship and companionship,
creativity and conversation,
learning and laughter
and enjoyment and health.

As I steward the small, daily tasks,
may I remember these good ends,
and so discover in my labors
the promise of the eternal hopes
that underlie them.

High King of Heaven,
You showed Yourself among us
as the servant of all,
speaking stories of a kingdom to come,
a kingdom in which those who
spend themselves for love,
even in the humblest of services,

will not be forgotten,
but whose every service lovingly rendered
will be seen from that far vantage
as the planting of a precious seed
blooming into eternity.

And so I offer this small service to you, O Lord,
for You make no distinction between
those acts that bring a person
the wide praise of their peers
and those unmarked acts
that are accomplished in a quiet obedience
without accolade.
You see instead the heart, the love,
and the faithful stewardship
of all labors, great and small.

And so, in Your loving presence,
I undertake this task.

O God, grant that my heart
might be ordered aright,
knowing that all good service
faithfully rendered
is first a service rendered unto You.

Receive then this my service,
that even in the midst of labors that
hold no happiness in themselves,
I might have increasing joy.

Amen.



The Poor Woman's Home by Tivadar Templenyi (1864-1917). Taken from: [https://commons.wikimedia.org/wiki/File:Zempl%C3%A9nyi,_Tivadar_-_The_Poor_Woman%C2%B4s_Home_\(1895\).jpg](https://commons.wikimedia.org/wiki/File:Zempl%C3%A9nyi,_Tivadar_-_The_Poor_Woman%C2%B4s_Home_(1895).jpg)



Missing his gym time, Evan Quinones filled milk jugs and pails as a compromise for weights.

The Quinones family adopted a puppy! The puppy, named Primrose Louise, ended up being a welcomed quarantine addition. She is pictured to the right with Annika and below with CJ and Paula .



Contact Cupboard

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