



EMAUS ELCA VISITOR

Caminando Juntos + We Walk Together

February/March 2021

<u>EmausELCA Staff & Worship Times</u>	
Pastor: Anglo - Rev. Marcy Wieties	262-880-1122 wieties@sbcglobal.net
Worship Leader: Latino - Ramiro Flores	262-822-8620 rf732747@gmail.com
Outreach Director: Carol Yust	414-208-9083 cyust@aol.com
Secretary: Maribel Vega Madrid	262-883-5284 mbellieva22@gmail.com
Church Office: 262-634-5515	E-mail: emauselca@gmail.com
Website: emauselca1.org	
English-spoken worship services are held at Emaus every Saturday evening at 4:30 and Sunday mornings at 9:00.	
Spanish-spoken worship services are held at Emaus every Sunday morning at 11:00.	
Emaus office hours are 9:00 a.m. to 3:00 p.m. Monday through Thursday.	

Reminder: Church Closed Worship Services

Due to the worsening pandemic and at the recommendation of Bishop Paul Erickson, the pastors and council have decided to close the church completely until it is considered safe to reopen. Therefore, all 9:00 English language worship services will be held via Zoom and can also be accessed through the Emaus website emauselca1.org.

Pastor Jaime Dubon will continue to conduct the 11:00 Spanish language services via Facebook.

Zoom/Facebook Calendar

Sunday Worship (English) - Zoom, 9:00 am			
Sunday Worship (Spanish) - Facebook, 11:00 am			
Palm Sunday,	March 28	Zoom	
Easter Sunday	April 4	Pre-recorded	
Annual Meeting,	Jan. 31	10:00 am	(Immediately following (9:00 service)
Council Meeting,	Feb. 16	6:30pm	Zoom
Ash Wednesday	Feb. 17	6:30pm	Zoom
Worship			
Day Light Savings	March 14	(Spring Ahead)	
Council Meeting,	March 16	6:30 pm	Zoom
Maundy Thursday	April 1,	TBA	
Good Friday	April 2	6:30pm	Zoom

Ash Wednesday

Ash Wednesday, February 17, will be observed via a Zoom worship service at 6:30 p.m. with the imposition of ashes. If you would like to receive a small baggie of ashes for your family, please contact Pastor Marcy and arrangements will be made. There will also be an opportunity to pick your ashes up at the church on Tuesday, February 9th or 16th, from 9:00 a.m. - 1:00 p.m. which is when the Outreach program will be distributing food.

From Pastor Marcy...

Maybe you've heard this story before. Maybe not. But it seems to me that this is a good time to bring it back out again...

One day, a professor entered his classroom and asked his students to prepare for a surprise test. The professor handed out the exams face down, as usual. Once everyone had one, he asked the students to turn over their papers.

To everyone's surprise, there were no questions printed on them-just a black dot in the center of the paper. The professor, seeing the expression on everyone's faces, told them the following:

"I want you to write about what you see there."

The students, confused, got started on the inexplicable task.

At the end of the class, the professor took all the exams and started reading each one of them out loud in front of all the students. All of them, with no exception, defined the black dot, trying to explain its position in the center of the sheet.

After all had been read, the classroom silent, the professor started to explain:

"I'm not going to grade you on this, I just wanted to give you something to think about. No one wrote about the white part of the paper. Everyone focused on the black dot - and the same thing happens in our lives. So often, we insist on focusing only on the black dot - the health issues that bother us, the lack of money, the complicated relationship with a family member, the disappointment with a friend. The dark spots are very small when compared to everything we have in our lives, but they are the ones that pollute our minds. They are the ones that take our focus away from everything else.

Take your eyes away from the black dots in your lives. Enjoy each one of your blessings, each moment that life gives you. Be happy and live a life filled with love!"
(*Author Unknown*)

What is your black dot? What is it that you are focusing on right now? What is it that makes you overlook all of your blessings? There are certainly LOTS of black dots available to choose from right now in the world if you need somewhere to start!

When we share the black dots with God—and with each other--we are able to see the clean slate once again. We are able to focus on the vastness of God's goodness, the love that God has for each one of us.

To recall the words of the prophet Jeremiah (17:7-8):

Blessed are those who trust in the LORD, whose trust is the LORD.

They shall be like a tree planted by water, sending out its roots by the stream.

It shall not fear when heat comes, and its leaves shall stay green;

in the year of drought it is not anxious, and it does not cease to bear fruit.

Take some time today to consider the story of that exam and what it would mean for you to overlook the black dot and see the white paper instead. Do you need to refocus? Could you be someone else's "eraser"?

Pastor Marcy

Easy Highlights

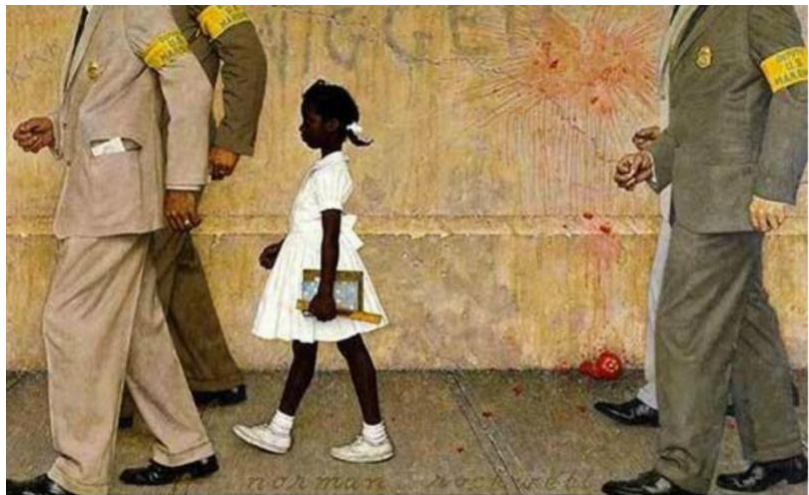
January has come and gone! Highlights of EASY, which continues to be virtual:

We read about Ruby Bridges and Martin Luther King, Jr. What was it like for 6 year old Ruby to be the first African American to attend an all-white school in Louisiana during the segregation crisis of 1960? We talked about the different emotions she must have been feeling as she was escorted to and from school by federal marshals with crowds of whites shouting at her and how it must have felt to be the only child in her class.



The kids made emotion stick puppets to help them explain different feelings.

Do you recognize this famous drawing of Ruby going to school which was done by Norman Rockwell?



Let it snow! Did you know snow begins from a speck of dust in a cloud? The kids learned about a man (Snowflake Bentley) whose hobby was taking pictures of snowflakes.





They had a chance to create snowflakes using toothpicks and marshmallows



They arranged
Q-tips in patterns.



Did you know that all snowflakes contain 6 sides or points?

Their challenge was to fold paper in a certain way,

then use scissors to cut out a pattern.

Outreach for Hope

Following is a message received from OUTREACH FOR HOPE during December. It high-lights their ministry of which Emaus is an active participant.

As we prepare our hearts for the hope this season brings - we at Outreach for Hope wanted to take the chance to share with you some incredible success stories of how our Ministry Partners are responding to the COVID-19 pandemic and bringing much-needed hope to our neighbors throughout Southeast Wisconsin through support like yours:

- **All Peoples Church, Milwaukee** has tripled the number of families receiving weekly pantry bags; distributed over 2,000 pounds of produce from partner farmers and their orchards and garden; and delivered Advent Dream bags to

75 families.

- **Cross Lutheran, Milwaukee** has administered free flu shots at the Bread of Healing Clinic, and is transitioning health education programming run by their parish nurse from in-person to virtual.
- The '**EASY**' after-school program at **Emaus Lutheran, Racine** has gone virtual, providing 18 youth with Chromebooks, art supplies, workbooks, and more to offer extracurricular enrichment. Additionally, the church has started a new food ministry amid the pandemic that is now serving 30 families weekly.
- **Grace Welcome Center, Kenosha** continues to serve hot breakfasts, provide warm clothing, and share bags of food to our neighbors in need as winter approaches.
- **Redeemer, Milwaukee** has opened a new food pantry, and debuted a new podcast to connect with members amid the pandemic.
- Over the summer, **St. Paul's, Milwaukee** moved their Kim's Closet clothing ministry outdoors as "Kim's Table" to safely continue to help supply people with clothes.

These are just a few of the creative changes our OFH Partner ministries are making to meet the needs of people struggling even more during this pandemic. **It is only through the generosity of individuals, congregations, and corporate donors that we are able to provide grants to support such critical first-responder ministries!**

Thank you for supporting Outreach for Hope in our mutual work of ministry, as we walk together, celebrating God's love, grace, and goodness at Christmastime and always!

Merry Christmas,
The Outreach for Hope Team

Update on our Community Advocacy Efforts:

Update on our Community Advocacy Efforts. As the pandemic continues to ravage the health of both our bodies and our economy, please consider sharing your recent

stimulus check with immigrants in our community who are not eligible to receive one, but who nevertheless are more likely to be working in "essential" jobs. You can contribute online at <https://racineimmigrantsupport.com/>. The \$25,000 we already raised is almost gone. There is only \$3,000 left, which will go fast. If you know someone who needs help, please have them call Jessica: (262) 238-3330 or Maria: (262) 234-0632.

Stephanie Mitchell

Stitchers Continue Their Ministry During Covid

Although the Emaus Stitchers have not met in person since March of 2020, members of the group have continued sewing, knitting and crocheting at home. Prayer quilts and prayer shawls have been given to Emaus members and friends in need. Also hats and scarves have been distributed through the Emaus Garden of Feeding, the Living Faith Food Pantry and the Hospitality House downtown Racine.

Emaus Prayer Chain

The Emaus prayer chain is open to everyone who wishes prayers for themselves or loved ones.

Anyone wishing to request prayers for someone is welcome to bring their request to Carol Eschmann, our Parish Nurse, and she will include it in her weekly email communication. It is not necessary to include names if that is your preference. Carol also needs to have updates to requests so that she can provide accurate information.

You are also welcome to join the list of Prayer Chain recipients by contacting Carol at cdeschmann@wi.net. Carol's phone number is 262-989-0926.

National Heart Disease Month

February is National Heart Disease month so I am sharing some information from the American Heart Association.

What is Heart Disease?

Heart disease is also known as cardiovascular disease or "CVD." CVD is a very serious health condition that stops the heart or blood vessels from working properly. When your heart and blood vessels are working at their best, blood flows easily and is circulated around the body freely. If there is a clog in our blood vessels or if our heart is not pumping blood properly, this prevents blood from being delivered to many important parts of our body. Not having blood constantly delivered to the many important parts of our body can cause serious illness or even death. Although some people are born with certain types of CVD, most people develop CVD as a result of poor lifestyle habits, such as eating unhealthy foods, not getting enough exercise or using tobacco.

What is a Heart Attack?

The arteries that supply the heart muscle with blood are called coronary arteries. Unhealthy habits, like not being physically active or eating a poor diet, can cause fatty deposits called plaque to build up inside your blood vessels and block blood from getting through. Arteries are normally flexible and elastic but if enough plaque builds up inside them they can become hard. This is called hardening of the arteries or arteriosclerosis. When the arteries in the heart get hard and clogged, it causes two problems: 1. There is less space for blood to flow through the vessel. In the most severe situations, the blood vessel is completely blocked and no blood can get through to the heart itself. 2. The clog leaves a rough spot inside the artery of the heart that attracts other gunk, making the clog bigger. This can form a clot. The clot can break free from the artery wall and travel until it gets stuck in a more narrow space where it can also prevent blood from getting to the heart. If either of these things happens, the artery can't deliver the oxygen and nutrients to the heart and the muscle of the heart starts to die. This is a heart attack.

Know and remember these warning signs for a heart attack:

- An uncomfortable feeling in your chest, especially in the middle of your chest. The pain may last for a few minutes or go away and come back. It may feel like someone is squeezing your chest, like someone is sitting on your chest, or you may just feel pain.
- Feeling uncomfortable or feeling pain in one or both arms, your back, neck, chin or stomach.

- Feeling like you can't catch your breath or feeling uncomfortable in your chest. Having cold sweats, feeling dizzy or feeling like you might throw up.

It's also important to know that the warning signs of a heart attack can be **different for women**. While chest pain or discomfort is still typical, women are more likely than men to experience other common symptoms — particularly shortness of breath, nausea/vomiting and pain in the back or jaw. Call 9-1-1 right away if you or someone you know has any of these warning signs.

Synod Assembly

Synod Assembly was postponed from the usual date in June until Saturday, January 23, 2021. Cathy Meyer and Pastor Marcy attended virtually.

Shirley Velzka's 90th Birthday

A walk-by celebration of Shirley Velzka's 90th birthday was enjoyed by a group of her Emaus Pew Sisters on December 19th. Shirley was joyfully surprised and thanks everyone who participated to make her day special.

