

IMMANUEL LUTHERAN CHURCH
5955 South Elm Avenue
Fresno, California 93706

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Permit #718

Grant that I may not pray alone with the
mouth; help me that I may pray from the
depths of my heart.

Martin Luther

Ministry Staff

Interim Pastors: Rev. John Saethre, Rev. Dawn Spies
Youth Director: Jacob Wood
Office Secretary/Chimes Editor: Victoria Salwasser
Organist: Laurel Jacobsen
Sound Technician: Christian Jensen
Power Point: Scott Hollenbeck

Immanuel's Church Council

President: Fred Cogan
Vice President: Marcia Hollenbeck
Council Secretary: Allyson Kahn
Financial Secretary: Pat Griffin
Treasurer: Laura Nielsen
Trustees: Noah Cisneros, Jim Hansen, Karl Nielsen
Deacons: Carol Bennetts, Gina Cogan John Jensen,
Barbara Petersen, Cindy Tews
Women's Ministry President: Victoria Salwasser

Return Service Requested



The Immanuel Chimes
April 2020

IMMANUEL LUTHERAN CHURCH
A Mission of the
North American Lutheran Church
5955 South Elm Avenue
Fresno, (Easton) California 93706
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Interim Pastor: johnsaethre47@gmail.com
Interim Pastor: dawnlynspies@gmail.com
Youth Director: jaywood66@yahoo.com

SPRING SCHEDULE

Sunday School 9:15AM
Worship: 10:30AM
Combined Youth Group
Wednesdays at 6:00pm

See for inside for Holy Week Schedule!
TENTATIVE EASTER SUNDAY

April 12th Sunrise Service 6:28 AM
at Immanuel Park,
Pancakes & Sausage: ~7:00~8:30AM
in the social hall

Easter Worship for Everyone at 10:30AM
If possible all will go as planned.
If not, go to our website for online worship.

From the Pastor

FAITH NOT FEAR

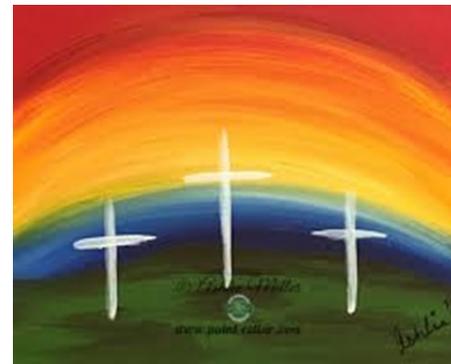
Our world and nation have had an “apocalyptic feel” to it. A definition of apocalyptic would be: *foreboding imminent disaster or final doom*. The Coronavirus has caught everyone's attention and has altered life in ways never-before-seen. People have been panicking, racing to the grocery stores, causing shortages of essential needs. The Stock Market has plunged into a recession as a result of economic fears by Wall Street.

We are experiencing an unprecedented health crisis as a result of the spread of COVID-19, originating from Wuhan Province, China. It's a global pandemic. No one is exempt. President Trump declared a National Emergency on March 13. We are in the midst of a very fluid situation where group sizes are recommended to be kept to 10 or less. This directly affects worship sizes and gatherings throughout the week.

We are in uncharted territory with many unknowns facing us – this drives the fear factor. We are relying on the health professionals to help us navigate through this new day. We pray a prayer of thanksgiving for those unheralded doctors, nurses and lab technicians who are working overtime to help alleviate the impact of this crisis.

There are a lot of unknowns and a lot of fear stirred up during these days, **BUT ONE THING WE DO KNOW** – we have a God who is **SOVEREIGN**. We have a God who is in charge and who has the final victory. Our calling as Christians is to be a people of **FAITH**, not fear! Ted Peters in his book: Fear, Faith and the Future, says “*Faith finds its power in facing our fears, not in denying them. In the face of our fears, keep faith in the God who has promised to bring all things under his control in his everlasting kingdom.*” He also says, “*Faith in God is not some sort of naiveté that says, ‘There is nothing to fear ‘cause everything will be fine.’ The Christian faith in God was born out of crisis and adversity. Faith as trust in God's future is not a faith that automatically rids our minds of worry over impending calamities. Rather, it is trust in the God who has shown himself capable of redeeming great things from the debris of human destruction. After the oppression imposed by the Egyptian slave masters God wrought a land ‘flowing with milk and honey’ for his chosen people. After the crucifixion and burial of Jesus, God has raised up a new, vibrant, joyful, and powerful personality.*”

The crisis we are under is a call to unite as a Christian community – to be responsible in our own health care prevention – to care for the elderly (our



**April 12th Easter Sunday
Easton Sunrise Service at
6:28 AM**

Sunrise Service at Immanuel
Park on the North East corner
of Elm and Lincoln Avenue
(Across the street from Immanuel)



Easter Breakfast

In the social hall immediately following Sunrise Service until everyone is served, approximately 8:00AM (serving time may vary depending on the crowd)

Junior High & High School helpers gather at 6:15AM in the social hall.

Free will offering is taken to support Youth Programs.

Easter Morning Worship with Communion

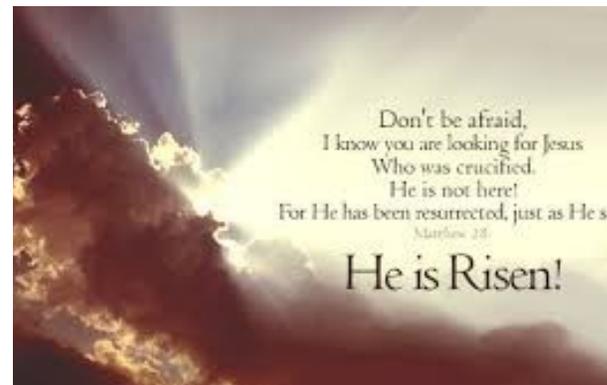
10:30AM in the Sanctuary at Immanuel.

Please bring fresh flowers and place them in our wood cross in front of the church.

Join us for worship and Fellowship time following the service.

Immanuel will serve together during fellowship hour!

Everyone please bring a small plate of snacks to share.



Volunteers are needed for Easter Sunday!

There are many ways you can help and be a part of the celebration of our risen Savior, **please call the church office for more information if you would like more information.**

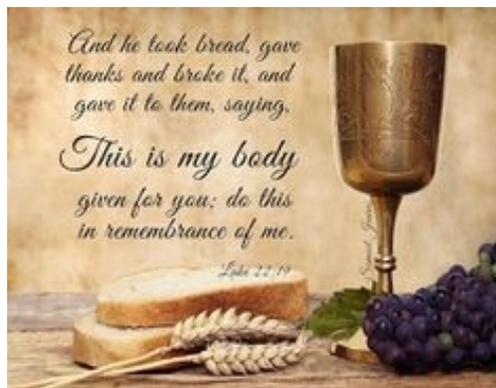
Holy Week



Palm Sunday, April 5th
Christian Education for
everyone at 9:15AM and
Worship for all at 10:30AM

**Maundy Thursday,
April 9th at 7:00PM**

Service
with communion
(Men's Bible Study take altar duty)



**Good Friday, April
10th at 7:00PM**

Worship
&
Prayer



most vulnerable age group) – and to find creative ways to stay connected and supportive as a believing community.

We are going to get through this difficult time as an Immanuel family, and we will be stronger for it, by the grace of God. Continue to make prayer a priority: pray for the health of our church family, for our nation, and for the world. And pray for our first responders, health providers, and leaders who make critical decisions for the well-being of everyone.

Know that I, along with the leadership at Immanuel will be keeping you posted as new developments come our way regarding the Coronavirus pandemic. In the meantime, **BE RESPONSIBLE. BE FAITHFUL. AND BE NOT FEARFUL – FOR THE LORD YOUR GOD IS WITH YOU, IMMANUEL!**

Pastor John

Excerpts from Bishop Dan's Letter

The concerns regarding the coronavirus are real. Real lives are being touched, and real lives are being lost, and real people for whom our Lord died are being affected by this pandemic. As bishop, I would encourage you to use your own wisdom in determining what would be best and most well-received in your own setting and by your own people do not be afraid to make changes. Err on the side of good health practices. Care for those who are isolated. Make phone calls to those unable to come to church. Continue preaching and teaching in the name of Jesus.

I would also encourage you to stay well informed of what the health professionals are telling us and to stay in touch with what is happening and being recommended in your own communities.

At the same time, we do not want to live in fear. I am not afraid of the coronavirus. I am not afraid of the possibility that it might infect someone in my own life, including myself. I am concerned and I want to be wise, but I am not afraid.

I have a long list of concerns related to the coronavirus. I am concerned for the elderly who are the most at risk. I am concerned for the disenfranchised and for those on the streets who have no one and nowhere to turn. I am concerned for the loss of reason that seems to have overtaken so many in their own personal response to what is truly a communal concern. I am concerned that people are stockpiling supplies they do not

need, so much so that those who do need them are not able to find them. I am concerned for our hospitals and our clinics and for the doctors and nurses and overcrowded emergency rooms that are all being stretched. I am concerned for our economy and for those whose lives will be impacted by the loss of jobs. I am concerned for a long list of things, for these and many more, but I am not afraid neither should we, as a Church, be afraid.

Rather than live in fear, let us together approach this challenge in faith. We have an opportunity to model for our children and families and for each other what a faith-filled and faithful response can be. Instead of living in panic and in fear, being reactionary and taking a self-centered response, we have a chance to remain rational and reasoned and to approach this pandemic in a spirit of trust.

COVID-19 does not appear to be ending soon. Chances are, before it goes away, it will hit even closer to home. Be careful. Be cautious. Be wise and practical in what you do. But do not live in fear.

What I fear, more than COVID-19, is that we will forget who we are and to whom we belong. As a church, we need to take preventive measures and commit ourselves to prayer. We need to rely on the health professionals for advice and entrust our lives to Christ. We need to take full advantage of the resources we have been given and follow the best-practices of those who can give helpful and health-giving advice. And then we need to step back and stay centered and remember and remind each other that we belong to Christ.

Know that I am praying for you and for our church body. I am praying for our leaders and for those who will make decisions throughout the world. I am praying for our pastors and for our congregations and for God's Holy Spirit to protect us as a church. I am praying and I will continue to pray until the coronavirus is over, and beyond, but I am not afraid.

The apostle Paul says it well. "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus. (Philippians 4:6-7 ESV)

The Rev. Dr. Dan Selbo
Bishop of the North American Lutheran Church

not, we knew God was taking care of us.

God has said. "I will never fail you. I will never abandon you." *Hebrews 13:5*

Laurel Jacobsen

Cambodian Mission Trip Postponed

Due to government regulations regarding the Coronavirus, we need to postpone our trip to Cambodia. The virus has now affected Cambodia and schools have been ordered to shut down there as well. One of our purposes in going was to share our faith in the schools. God will have a better time for use to go to Cambodia.

Thank you to all who have supported this mission project through prayer and financial giving. The prayer request below is from Andre, the director of the Christian School in Cambodia

Laurel

Dear Immanuel Lutheran Church,

Please pray for us here. As our ministries run by the school that we open and our incomes are from the students that we teach. We would like to ask for your prayers because since we found corona virus affected to Cambodia and spread to many people in Cambodia our school is closed by the government for 2 months. So, we ran out of provisions and we have to spend lot for expenses like for the rent, electricity, food and many things etc. And, we couldn't have Bible study worship service, or any programs even youth fellowship, prayer meeting or camp because we are not allowed gather many people in one time. So please keep us in your prayers. We really need your prayers and appreciate your prayers.



Photo above of children at the Cambodian Christian School.

Thank you so much.
Andre.

Trapped in Iceland?

For months we had been planning and anticipating our trip to Iceland to see Heidi, my exchange student daughter from over 20 years ago. We left early Wednesday, March 11 from home and arrived at the airport in Iceland at 6 a.m. on Thursday morning. All flights from America arrive in Iceland about the same time. After going through passport control, getting our luggage, checking in with our tour company, we waited for our bus along with many other Americans. We all seemed to turn on our phones at about the same time and we all had similar messages from our children, "Get on the next plane and come home or you will spend 30 days in Iceland." Apparently, while we were in the air, President Trump announced that no one would be permitted to come into the US from Europe for 30 days effective Friday night (Friday the 13th) at midnight. Believe me, no one can afford 30 days in Iceland. Meanwhile, our children had made contact with each other and my daughter, Joy, let Heidi know "she may be stuck with mom for 30 days." My first thought was to make sure we were on the church prayer chain because certainly God did not want us trapped in Iceland for 30 days. It was with relief that we found out that the President's order did not apply to American citizens abroad. But how to get home and through newly designated airports was another problem.

After boarding our bus to Reykjavik that morning with other unsure, and frustrated, tourists, we went to a museum where we heard some rumbling, which turned out to be a 5.1 earthquake (common, but strong for Iceland). Our tour guide jokingly said all we needed now to make our day was for one of the 130 volcanoes in Iceland to erupt.

We had a wonderful few days in Iceland touring, visiting with Heidi and Peter, and being entertained by their 2 year old daughter, Vigdis. We were able to return to the states as scheduled on Sunday evening. The night before, Saturday evening, tourists returning to the states from Europe had to wait in line at US airports about 7 hours upon arrival for medical clearance, passport control, and customs. We were so surprised upon arrival in Newark, New Jersey, that it took us only 15 minutes to walk from the plane to catch our hotel shuttle. I felt as though the Red Sea had parted and we just walked through, like Moses and the Israelites. We decided to return home from Newark two days earlier than planned and were able to change flights at the last minute for no extra charge.

If we had to stay in Iceland, Heidi's mother, who lives in the north was going to keep us in her home. So, whether we were trapped in Iceland or

Prayer Focus for Each Week

Week of 4-6-2020:

Let's focus on being members of God's church on earth.

John 12:13 NIV. "They took palm branches and went out to meet him, shouting, "Hosanna", "Blessed is he who comes in the name of the LORD", "Blessed is the king of Israel."

Week of 4-12-2020:

Let's focus on the fact that we worship the risen LORD, and because he lives we too will live.

Luke 24:46-47 NIV. "He told them, this is what is written: the Messiah will suffer and rise from the dead on the third day, and repentance for the forgiveness of sins will be preached in his name to all the nations, beginning in Jerusalem."

Week of 4-19-2020:

Let's ask God to strengthen us to do our jobs as his disciples.

Mark 16:20 NIV. "Then the disciples went out and preached everywhere, and the LORD worked with them and confirmed his word by the signs that accompanied it."

Week of 4-26-2020:

Let's focus on the spirit that intercedes for us in prayer.

Romans 8:26 NIV. "In the same way, the spirit helps us in our weakness. We do not know what we ought to pray for, but the spirit himself intercedes for us through wordless groans."

Spiritual Gifts

Pastor Dawn and I launched a Spiritual Gifts sermon series this past January to help you as a congregation discover how God has blessed you with certain spiritual gifts designed to build up the Body of Christ at Immanuel.

Thirty-six of you took a Spiritual Gifts Inventory. There was a broad spectrum of gifts identified, such as “Giving,” or “Mercy,” or “Knowledge.” You might be interested to know the top-two gifts as “Faith” and “Administration.” There were 13 people who had the gift of Faith as their top gift and 8 with the gift of Administration.

What do we make of these strengths as we look at what it might mean for Immanuel?

Here’s a definition of the Gift of Faith: *the God-given ability to act on God’s promises with confidence and unwavering belief in God’s ability to fulfill his purposes.*

People with this gift like to . . .

- Act in complete confidence in God’s ability to overcome obstacles
- Advance the mission of Christ because they’ll step out in action when others are doubtful
- Ask God for what is needed and have complete trust that these needs will be met

Use of this Gift . . .

- Prayer ministry
- Teaching the Christian faith
- Children or Youth leader
- Mission work

Here’s a definition of the Gift of Administration: *the God-given ability to understand what makes an organization function and the special ability to plan and execute procedures that accomplish the goals of the group or organization.*

People with this gift like to . . .

- Develop strategies or plans to reach identifiable goals
- Organize people, tasks, or events
- Assist ministries, to become more effective and efficient

Bethel Lutheran Home

Where tradition, faith, and value unite in caring hands...

Established in 1928, Bethel Lutheran Home is a warm, friendly, and comfortable senior living community where tradition, faith and value unite. Our philosophy is rooted in Christian values and has been attracting exceptional seniors for decades—interesting, independent thinkers, accomplished in many diverse ways. Here our lifestyle and the services we offer empower residents to have their needs met, without sacrificing the feeling of independence or the comforts of home.

Independent Living at the village: Our independent lifestyle affords our residents time to focus on their interests, talents, shared pursuits with family and friends, and the freedom to live each day as they choose. As a monthly rental community with no buy in fee, our residents are able to stay in control of their finances.

Assisted Living: Full of life, warmth, family and friends, our assisted living community brings together support and assistance in surroundings that are comfortable, inviting, and homelike. Recommended by area physicians and a popular family choice, assisted living at Bethel Lutheran Home offers individualized care in a beautiful location.

Skilled Nursing: If health needs ever change, Bethel Lutheran Home offers a full spectrum of Skilled Nursing services and long-term care with an emphasis on meeting physical, social and spiritual needs. A dedicated, interdisciplinary team provides compassionate care in a nurturing and supportive environment.

We encourage and welcome you to become part of our mission by volunteering to serve on the Board of Directors of Bethel Lutheran Home.

Please contact Board President, Phil Benner at 559-259-7780 for more information and to answer your questions.

Become a part of our Caring Hands.

In Celebration of Our Members'

Birthdays

2-Betty Jensen
3-Linda Demant
5-Wayne Orum
7-Audra Salwasser
Marilyn Bell
9-Andrew Coelho
12-Carly Johnson
15-Elizabeth Petersen
Judy Hooper
Ronald Salwasser
19-Bonnie Terkelsen
Bruce McElhoe
23-Marilyn Nielsen
27-Kendall Anderson
Florence Johnston
29-Christian Johnson
30-Gaye Cissel

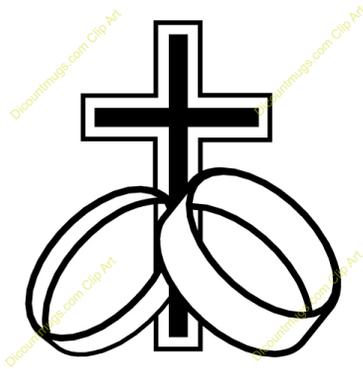
**April
2020**

Celebrations



Wedding Anniversaries

9- Don & Christie Pettitt (15)
13-Mike & Elaine Mehrten (24)
15-John & Sharon Reynolds (31)
17-Andrew & Liana Severin (27)
23-Carl & Betty Jensen (72)
Gary & Mary Kay Terkelsen (26)
Isaac & Sonya Orozco (15)
24-Steve & Rhonda Watkins (49)
25-Karl & Allyson Nielsen (5)



Baptismal Birthdays

1-Karl Nielsen
2 -Don Cathey
Christi Cathey
5-Jennifer Hartwig
8-Madison Gifford
11-Sandy Britter
14-Isaac Orozco, Sr.
16-Kaylee Hollenbeck
19-John Jensen
27-Johni Phillips



Use of this Gift . . .

- Be a member of planning team, committee or board
- Administrative assistant
- Event organizer
- Chairperson of a group
- Data management

Let's celebrate these wonderful gifts we have at Immanuel and USE THEM!

"Having different gifts. . . let use them in proportion to our faith."
Romans 12:6

Pastor John

News Notes

Birthday greetings to BETTY JENSEN on her 93rd birthday, April 2nd; to JUDY HOOPER on her 88th birthday April 15th; to BONNIE TERKELSEN on her 93rd birthday April 19th; and to BRUCE McELHOE on his 84th birthday.

Happy Anniversary to CARL & BETTY JENSEN on their 72nd anniversary April 23rd.

PASTOR DAWN SPIES we want to shout out a great big thank you for getting our Lenten worship online for all the web users to enjoy. If you missed this find the link our website at ImmanuelEaston.com

Thank you from Jan Kersgaard

Dear Friends at Immanuel,

Thank you so much for your generous gift. It covered my trip and living expenses in Pakistan for 2 months. I taught 3 hours each day Monday—Saturday and spent time working in labor and delivery. I was also able to type up lesson plans for future use in labor & delivery training. It was a wonderful time to reconnect with the staff who have worked there since the 1980's while I worked through World Mission Prayer League. I had money left over and was able to leave the equivalent of \$1,000.00 to the Christian Hospital in Tank. The money will be used for needed supplies and equipment for the labor and delivery. Thank you for your continued support for the mission in Tank.

Jan Kersgaard,
Retired Missionary for World Mission Prayer League

Journey

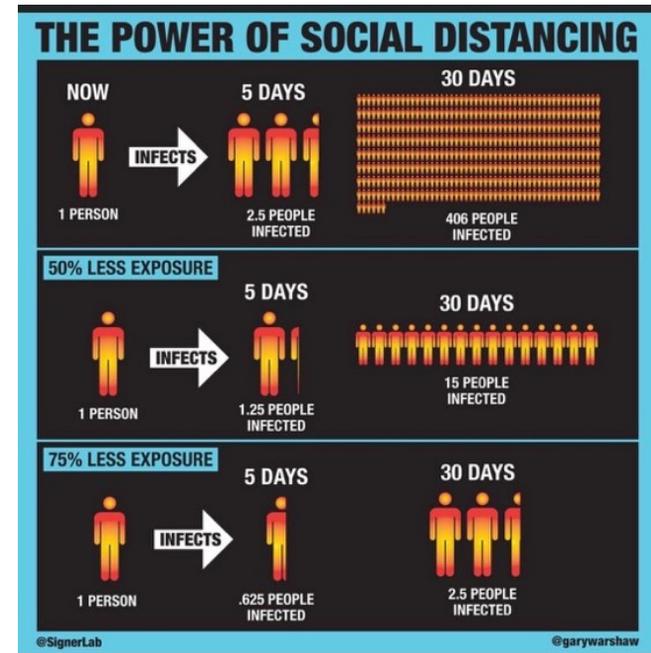
Coronavirus!

I guess there isn't really going to be much else to talk about for quite some time. No matter how old you are right now, you'll always remember the virus of 2020. It'll be the event in our lives that define us. How we react or failed to react will be a part of the adjustment that we make during this time. Did we sit back and curse the darkness or did we light a candle. I can't imagine there is anybody on the face of the planet that won't be impacted by the coronavirus. Lives have been and will be lost. Some will get sick and recover. Some will lose their fortunes as the stock market declines. Some have already lost their jobs, and more will lose theirs. Homes will be sold. Some will be scarred emotionally, PTSD. Some won't be able to see a way out. It is a scary and anxious time for any rationally thinking person.

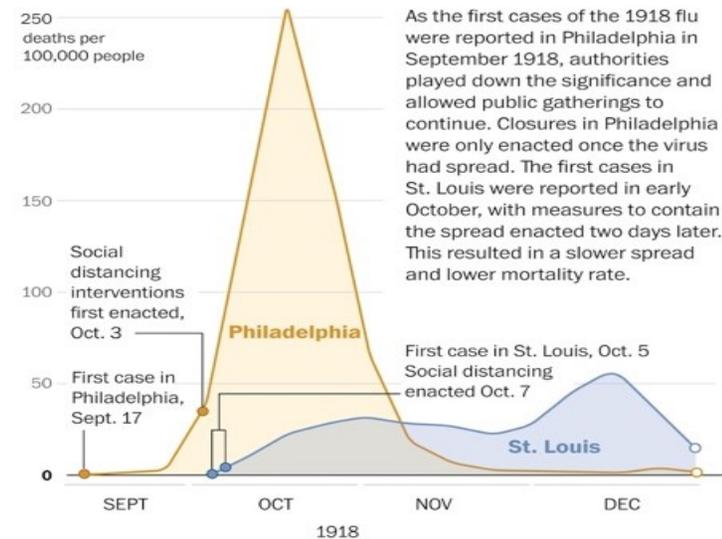
So a couple of things come to mind. For those of us for whom this journey is directed. As we are compelled to socially distance ourselves, there is a group of us thinking how much more of that can we do. There is a degree to which some of us feel the disconnect from being the survivor. For myself, the disconnect is a real, daily rock to carry. It's nothing any of you can fix. It's just reality. Now we are told isolation is a necessity to getting through our current situation. Some of us survivors won't handle that as well as others. We are, at least, familiar with that concept. God didn't intend for us to be isolated. I have plenty of good friends, like all of you. But at the end of the day. I'm alone. Sometimes during the day and always at night, I'm alone. I'm not blaming God, it's just where I am. I guess I'm saying with the forced distancing; it just makes it that much bigger a rock. My fellow club members will understand this all too well. So I encourage you to hang in there. If the last 3 1/2 years are any indication, we'll make it. We'll make it because there isn't any alternative. For me, and I presume, for most of you being away from church is going to be tuff. A big part of my world centers on that block in Easton. I depend on church interactions for my social life. I'll miss being around you and laughing and kidding with you. You are all my family. My arms miss hugging you.

Again these are unprecedented times, scary and anxious times. It may well take a long time to sort this all out. But in the end, God will have the victory. It may just come in ways we can't see right now.

Some last thoughts. God could well be giving us opportunities we wouldn't have in "normal" times. Pick up your Bible and read it. The Old



Effects of social distancing on 1918 flu deaths



Sources: "Public health interventions and epidemic intensity during the 1918 influenza pandemic" by Richard J. Hatchett, Carter E. Mecher, Marc Lipsitch, Proceedings of the National Academy of Sciences May, 2007. Data derived from "Public health interventions and epidemic intensity during the 1918 influenza pandemic" by Richard J. Hatchett, Carter E. Mecher, Marc Lipsitch, Proceedings of the National Academy of Sciences May, 2007.

TIM MEKO/THE WASHINGTON POST

I protect myself so you do not infect me. And I protect you from me when necessary.

I DO NOT HAVE FEAR IN ME. I run to the patient, the issue, the problem, the illness, the bleeding, the accident, the wounded, the epidemic, the pandemic.

But I AM CAREFUL, as my daughter told me. I RESPECT THE SITUATION as my son in law told me.

And we are being called to be very careful as they are pretty sure that this virus is spread by droplet and is airborne. We are being called to respect the situation.

There is no immunization for this virus at this time. There is no treatment except supportive treatment for it.

Yes, most will just have cold like symptoms.

But those who are at risk – the elderly, the infirm, those with multiple medical issues of all ages, and there are many such people - will be very ill and perhaps die.

I believe in Jesus Christ. I believe he is the Son of God. I believe that He came to save us. I believe that when I die I will be in heaven with Him just after my last breath.

But, please, I hope and pray that I don't inadvertently infect someone causing them illness, pain and possibly death. Who do you want to protect?

Please practice *shelter in place*. Limit, limit, limit your contacts. Please.

While washing my hands, I hold you in my heart,

Your Deacon and Parish Nurse, Barbara

On the next page are a couple graphs of what social distancing can accomplish. It won't get rid of the virus but it will blunt the effect on people getting sick and overrunning the hospital systems.

Testament as well as the New. They are both parts of the same story of how much God loves you. Read some Devotionals every day. There are many on line. Read commentaries of what you are reading in the Bible. I like Barclays. Read a book. Pray. Play and otherwise engage with your family. Paint a picture. Write a poem. Do some wood working. Plant a tree. Hoe some weeds. Go through some of all that junk you have in your house and donate or throw it away. Phone a shut in. Write a letter. Learn to play an instrument. You have time on your hands. Be productive. Most of all, wash your hands.

A couple of don'ts. Don't blame everybody else for the situation we're in. Don't hoard toilet paper. Don't hoard hand sanitizer or face masks. Be as positive as you can. Know that God loves you. Know that I love you too.

John.

PS. The church still has expenses. Mail your tithe to the church office or you can now donate on line. Call Victoria, she'll get you going.

Immanuel's Library Fully Stocked

If you're one of those people "sheltering at home" but can get to church for a few minutes, don't forget that we have a library stocked with great books and DVD's for you and your kids or grandkids to enjoy while you're home! Victoria will let you in if you do not have a key, and please avail yourselves of any materials we have. Stay well (mentally, spiritually, and physically), and I hope to see you soon!

Carol Bennetts



Women's Ministry

Please save the date, April 25th, if possible for women's "Aebleskiver Brunch"! We planned to fix a nice brunch including aebleskivers and other delicious foods as we gather to disperse the funds raised at the Epiphany Tea Party that was held in January. If all is well and we can gather, we will. If not, this too will be postponed. Immanuel women: we pray for you. Please contact Victoria if there is anything you need help with during the pandemic. The women's board will do the best we can to help.

The Lord is Near

Submitted by our Central Pacific District Dean,
Pastor Douglas Schoelles.

Our world has been turned upside down by this whole corona virus pandemic. Our world will not be the same after this event. We are afraid of our own biology. Whereas before only children were considered petri dishes, now we look at each other as sources of infection. We are cautious to touch. Social distancing is now a common phrase. The effects of this episode will have impacts for years to come long after life gets back to “normal”. Truthfully we know there will be a new normal.

In this time of pandemic, fear and panic have gripped our nation. People are fearful if they will have enough flour, enough milk, enough toilet paper. People have gotten into fights over grocery lists.

Why do we have this fear? We are not afraid of catching a cold. We are not afraid of running out of sugar. We are afraid of something much deeper and darker. The fear which shakes our comfortable world is nothing less than the fear of death. We are afraid that death will stalk our loved ones; maybe even ourselves.

In this time of fear and darkness, we must remember who is the Lord who gives life. This time is also a great opportunity to wake from our spiritual slumber to see the power of God. I encourage you to fight against the depression and fear by leaning into the Living Lord. Rejoice because you know even in this present darkness the light of God is shining. In His Word, in His Church. Look to see that the LORD is near.

“Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus” (Philippians 4:4–7).

Even in distressing times as these the LORD is working. I encourage you to look for the goodness and faithfulness of God shining in love and care of others. Each day, even during these days, the mercies of God are new every morning.

“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admira-

WE DON'T KNOW WHEN OR WHERE SHE WAS EXPOSURED. We figure she walked through somewhere where someone who was ill or prior to becoming ill had walked and breathed, as measles stays in the air for at least 2 HOURS. You can get infected with it via airborne transmission. You can also get it by droplet transmission and touch surfaces with the measles virus as it lives on surfaces for at least 2 hrs. You then touch your face etc. and are infected.

One also is contagious for up to 4 days prior to becoming ill and for 4 days after becoming ill with measles.

All this is about something we know about and can be vaccinated for. Some of us have immunity because our titers are high because we had the measles when we were children.

I firmly believe that my 1 daughter would not have survived the measles if we were in the olden days when medical care was not readily available. She was THAT sick.

As it is, about 8 people at my hospital came down with the measles. One of them being my director who was also extremely ill and was hospitalized. And these 8 people DID NOT COME IN CONTACT WITH HER. They got it by walking through her airspace after she had come in via wheelchair from the doctor's office without a mask.

ER Director – As ER Director I was in charge of the emergency preparedness plan at the hospital I worked at. I watched all the videos and listened to all the lectures about epidemics, pandemics etc. back then. And I believed then in how it spread. And I continue to believe in it.

When an airborne case was in one of our ER rooms, we had to shut it down for 2-3 hours after they had left to let it settle so we could wash it down.

So no one breathed the air...just like how I got the measles.

Wound nurse - I go into up to 15 rooms a day to treat patients. I can go to up to 4 hospitals in one day to see those patients. They don't always just have wounds. They have other illnesses going on also.

I observe universal precautions on every patient which is to basically wash our hands and glove/gown to protect us from blood, urine, and feces.

I observe the special precautions placed on the door signs – Contact, Droplet, Airborne, Reverse – so that I protect myself from the patient or the patient from me.

I wash, hand sanitize, mask, glove, gown, goggle, bootie per patient, as frequently throughout the day as appropriate.

Parish Nurse

Epidemic to Pandemic – COVID-19 – A Trip through Time

I am writing to you from the viewpoint of:

- A mother
- An ER Director
- A Wound nurse

Mother – I have three children who were vaccinated at the correct time during their childhood for measles, mumps and rubella and everything else that the doctor recommended.

Those three children all contracted measles during the 1989-1990 measles epidemic while they were in their teens.

How did this happen? (Note: my husband and I sometimes refer to them as 1, 2, 3, like a shorthand!)

1 was sick with fever, had a red throat and diagnosed with strep throat. Given an antibiotic, she developed a rash the next day and so we thought she was allergic to the antibiotic. Several days of very high fever and rash left her dehydrated. The doctor didn't know what was wrong with her so she was admitted to the hospital where I work and given 3 liters of fluid before she 'thought' she might be able to give a urine sample. (3 liters! Think how you have to go after one cup of coffee!) Lab tests sent off to Public Health yielded that she was the index (first) case in Fresno County diagnosed with measles. (The red throat was Koplik's sign which indicates measles. But no one had seen measles in a very long time due to immunizations so they didn't know what they were seeing, even though there was an epidemic of measles in the LA area at the time. We are in Fresno Co.)

2 came down with fever and rash, was not quite so sick. Labs were sent off to Public Health as 1's lab tests were not back yet. Then she became the 2nd case for Fresno County with the measles when 1's titers (blood concentration level) came back positive for measles and hers did too.

3 then came down with fever, rash and extreme headache/neck ache and was not tested as they figured out it was the measles. But she also was very ill but fortunately did not need hospitalization.

It was from this epidemic that authorities/researchers discovered children needed to get two immunizations for the measles in babyhood, not just one.

How, when and where did 1 get the measles?

ble—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.” (Philippians 4:8-9).

While the LORD did not cause this virus, consider:

- How might God be using this moment to advance the Kingdom?
- What do you hear the LORD saying to you about your life during this time of distress?
- How might this time be an opportunity for our church to grow disciples?
- How do we shepherd and look after one another?

"LORD, be gracious to us; we long for you. Be our strength every morning, our salvation in time of distress." ~ Isaiah 33:2

Pastor Douglas Schoelles

Dean of the Central Pacific Region of NALC

Prayers for our Church Family & Friends

Members and their families serving in the military: *Kobe Bell, Joey Brewer, Henry Clark, Michael Hansen, Caleb Hathaway, Scott Linger, Matt Ward, & Matthew Tigchelaar.*

Those unable to travel about:

Tom Britter, Olga Hansen, Elsie Hoff, Marilyn Iversen Art & Marian Olesen, Phyllis Petersen, and Howard Nielsen.

Those in need of healing: *Bobby Bell, Tom & Sandy Britter, Luanne Byrd, Shirley Keller-Firestone, Pat Griffin, Pastor Gary Gould, Jenny Lee Hodges, Marguerite Johnson, Florence Johnston, Kathy Ann Little, Darel Mehrten, Glenn & Marilyn Nielsen, Isaac Orozco Sr., Fil Navaro, Eva Orum, Chuck Phillips, Sr., Virginia Pilegard, Timm Trickett, & Joe Wozniczka.*

For those mourning the loss of loved ones:

The families of Damon Newsom & Ryan Tofteland & Sandra Bell.

Continue to Pray for our Call Process: *For our Interim Pastor and the Call Committee as well as the new Pastor the Lord will send to Immanuel.*

Emotional Wellness During Times of Stress

Dear friends of Immanuel,

These are strange and difficult times we find ourselves in. The entire world is reacting to Covid-19 in a way I have never seen before, and information continues to change rapidly. Not only do updates from schools, cities, states, churches, and news sources arrive regularly, they can conflict with each other and leave us feeling even more confused than before. This does not even take into account the incredible changes to our daily routine. Young people of all ages are home from school, adults are working from home, we are concerned about our high risk family and friends, and our normal lives have essentially been put on pause... indefinitely.

One thing I have learned over the past several years as I study psychology and practice therapy, is that most of us don't consider the toll on our emotional energy. We all understand that increasing our daily workouts will cause us to be more physically tired and sore. We also understand that learning a new skill or studying for an exam can also leave us mentally drained at the end of the day. But we don't usually think about our emotional energy and that an increase in stress and worry can also leave us depleted and make normal daily living and personal interactions harder than normal. And nothing about life is normal right now.

I don't know about you, but when I find myself getting snappy with my husband or kids or not meeting a goal I set for myself, I can be very self-critical, almost beating myself up internally. We often speak to ourselves in a way we would never speak to a friend or loved one! Friends, that only makes things worse. You may be asking yourself, so what does this have to do with sheltering in place to avoid a virus? Everything happening right now, even if it is not at the forefront of your thoughts, is percolating in the back of your mind, depleting your emotional energy. We have compassion for our children, spouses, friends, family, but rarely ourselves. I would like to encourage you to take what Dr. Kristen Neff calls "compassion breaks" during this difficult time. It is essentially a three step process that I have adapted here.

Refuge at Immanuel

Hello Immanuel!

I normally use this article to announce things, but I want to say a few words about what is going on with COVID-19. I have personally struggled with the changes that this has already made to my daily life, as I know it has affected all of us by now. I miss our students more than I ever thought I possibly could, I've only not seen them for one week. I will be doing a lot to make sure that relationships stay intact.

I encourage all of you to develop routines as you stay home with your families. I think everyone could benefit by taking time to develop healthier devotional habits as all of sudden, a lot of us have a lot more time. I will be practicing weekly "lectio divina" (a prayerful meditation centered on scripture). Resources for this are found online, and I believe that it is a good family practice.

There have been a few changes to our regularly scheduled programming. Refuge will be moving to an online model via Zoom. Hopefully by the time this article reaches you, it is up and running. We are attempting to use jackbox games to have an activity, during this time where all we can do is stay connected through technology.

I am available via call or text (559-259-0746), email (jaywood66@yahoo.com or jayrwood1228@gmail.com). I am also on Facebook (as "Jay Wood") and Instagram ([jay.wood.1228](https://www.instagram.com/jay.wood.1228)). Add me on any or all these! I will be using all of these to stay connected.

My prayers are with all of Immanuel during this time, as well as our local, state, national and global leaders and doctors.

Jacob Wood,
Youth Director at Immanuel

Immanuel and FCA Lunch

Immanuel will be serving FCA Lunch Wednesday, April 15th and the 22nd depending on if school returns to onsite instruction after the Easter break. The online bulletin and calling the church office will offer the best information as to when we start.

Russ Dunbar Memorial Blood Drive

Thank you to the March 1st Blood Donors! The crew in the blood mobile drew 18 pints of blood that Sunday morning! The same amount as last year in March. Great turnout! The center needs blood especially during this pandemic. Hallelujah, 54 people were helped by simple acts of kindness from folks from Easton. Each pint of blood donated helps 3 people. Thank you to the Bleed & Feed crew: Cogan and Cisneros families.

The next drive will be April 26th from 8:00-Noon. Each time you donate blood you help 3 people. Please **sign up if you plan to donate** so once we get the committed donors we will call the Blood Center and request a larger truck! Fred and Rich plan to fix a **free lunch** for all the donors. Non-donors are asked to pay \$7.00 for their lunch **Sign Up-in the church entryway blue bulletin board or email or call the church office!** **This date is tentative due to the current pandemic at time of print.**

Family Camp 2020

Sign up now for Family Camp **June 24-30**. The plan, today, is we continue to go! Immanuel has Logger's Flat Group Campground near Hume Lake for the annual Family Camp Outing. If you are planning to go, please sign up on the gold bulletin board in the church entryway. Everyone is welcome to enjoy some rest and relaxation in the great outdoors. Plan on fishing, hiking, crafting, cooking, reading, playing games, visiting, reading, sight seeing and what ever else you like to do in the mountains. Our campground is reserved for a whole week again this year so your date options are a little wider. Come when you can!

Each group of campers provides their own food and shelter and enjoys the great outdoors together. Dinners are enjoyed together with a side dish potluck and each person brings their own table setting, drinks and main dish. Sign up by emailing immanueleaston@sbcglobal.net.

- ◆ Acknowledge that this is a moment of suffering. Or overwhelm. Or stress. Say to yourself "This is hard, you are really struggling in this moment." It can be helpful to use a nickname for yourself (it might feel strange at first, but you can do it). I often call my nieces and other favorite young ladies, baby girl. So I might say to myself, "Baby girl, you are tired."
- ◆ Recall our common humanity, that *everyone* struggles at times. This sense of interconnectedness is important. If God created us in His image, and we have these emotions, it is important to remember that they are not bad or wrong. They are human. I can say to myself "Of course you are tired, (or afraid) things are a bit crazy right now, lots of us are tired (or afraid)."
- ◆ Self-Kindness. This is the hard part because we are not used to being kind to ourselves. We mistakenly believe we need to "pull ourselves up by our bootstraps" or "suck it up." The trick to this is imagining what you would say to your best friend if the situation were reversed. I would never tell her when she is going through a hard time, "You suck, get it together!" I would say "I am so sorry you are going through this right now, how can I help?" I would offer her *warmth, acceptance, and compassion*, so I need to do the same for myself.

This can seem awkward, especially at first, but it is extremely helpful, adaptable to all situations, and can be done anywhere and anytime. It can also be impactful to write it down. You will be surprised at the internal shift that takes place if you try this practice and incorporate it into your life. We are going to need compassion for others *and ourselves* during this time of sheltering in place and finding a new normal. There are many excellent resources I am happy to pass on. One is Dr. Neff's website which contains videos you may find helpful, <https://self-compassion.org/>

I am praying you can find small moments of self-compassion during this tumultuous time, knowing the world has faced dark times in the past and survived, and that you can find peace in knowing our ultimate comfort is in the Father.

Together in Christ,
Jennifer Cisneros

April 2020 Tentative Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
As of print date, March 20, 2020 all plans for April will remain in tact with continued prayers that the Earth has beat the pandemic and life will return to normal. The news will tell us when the “shelter in place” is lifted, and the pandemic is over. We will continue to update you through email and United States Postal Service. Keep praying for eradication of the virus and a cure.			1	2	3	4
5 Palm Sunday 8:00AM Women’s Board Meeting in church office 9:15AM Sunday School 10:30AM Worship 11:30AM Fellowship	6 12:00PM Food Distribution 7:00PM NA Meeting in Social Hall	7 7:00PM Faith Bible Study in Grace Hall.	8	9 6:00AM Men’s Bible Study 7:00PM Maundy Thursday	10 7:00PM Good Friday Service	11
12 Easter Sunday 6:28AM Sunrise Service 7:00AM Pancake Breakfast 10:30AM Worship 11:30AM Fellowship	13 7:00PM NA Meeting in Social Hall	14 10:00AM Dorcas Bible Study in Church Library	15 8:00-10:00AM Breaking Grounds Cafe FCA Lunch in social hall	16 6:00AM Men’s Bible Study 10:00AM Women’s Bible Study	17	18
19 9:15AM Grace In Action 10:30AM Worship 11:30AM Fellowship	20 7:00PM NA Meeting in Social Hall	21 7:00PM Church Council has been Canceled and info. & reports will be sent online.	22 8:00-10:00AM Breaking Grounds Cafe FCA Lunch in social hall	23 6:00AM Men’s Bible Study 10:00AM Women’s Bible Study	24	25 Women’s Aebelskiver Brunch in Social Hall at 9:00AM
26 Blood Drive 9:15AM Sunday School 10:30AM Worship 11:30AM Fellowship	27 7:00PM NA Meeting in Social Hall	28	29 8:00-10:00AM Breaking Grounds Cafe FCA Lunch in social hall	30 6:00AM Men’s Bible Study 10:00AM Women’s Bible Study		