Garden of Readin'

Emanuel Lutheran Church Newsletter

May 2020

Happenings!

Due to COVID 19 all events and services at Emanuel are cancelled until further notice. While we hope to be able to gather soon, please connect with us virtually via Facebook, Twitter and our YouTube channel in the meantime.

Emanuel's Work Day, originally scheduled for May 2, has been postponed. We will pass along information when it is rescheduled.

Sunday, May 10—Confirmation (via Zoom)

Friday, May 15—Volunteers meet at OSL Food Pantry

Friday, May 22—Theology on Tap (via Zoom)

Mission Statement:

Forgiven by Grace, Serving by Faith

Vision Statement:

To Grow in Faith, Love, and Spirit



In This Issue...

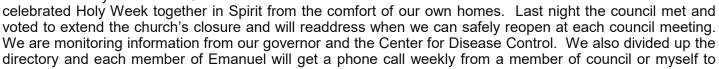
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Changes and Connecting

By Pastor Cara Knutson

Dear church:

Life continues at Emanuel Lutheran. Theology On Tap has met and will continue to meet monthly on Zoom. Our confirmation class met online for a check in. We



check in and touch base.



Many have lamented the loss of togetherness, feeling lonely, missing one another and meeting together for church. I'd like to try a Zoom Coffee Hour on Sundays. Grab a cup of coffee or your favorite beverage and come together for fellowship and connection. Coming soon!

As our time of fasting from sharing communion continues I want to remind all of us that as Lutheran's we uphold two sacraments: Baptism and Holy Communion. We will be focusing and remembering our baptisms during our time apart. When you encounter water—whether in the shower or washing your hands, doing dishes, cleaning...pause a moment and remember that you are a beloved child of God, named, blessed, and belong to our Father who promises steadfast love enduring forever.

For those of you who aren't connected online I want to make sure you can continue to worship in your homes. If you would like a copy mailed to you or emailed to you, please let me know so that we as a community can continue to worship together in spirit and in truth. You can call the church office or my personal number 712-314-0085

As the pandemic continues we continue to be church, called and equipped by God. Today at the synod's weekly zoom check in some great articles were shared that I also want to share with you. I've also attached links for more information. Happy Reading!

Luther "Whether one man may flee from a deadly plague" https://blogs.lcms.org/wp-content/uploads/2020/03/ https://blogs.lcms.org/wp-content/uploads/2020/03/ Plague-blogLW.pdf More articles/links on page 8

Clare Plummer Graduation Open House

Clare's graduation open house, originally planned for May, is being postponed until later in the summer.



May 3 Larry Hansen May 10 Tyler Hansen May 17 Mike Winter

May 24 Chris Sorensen May 31 Alan Ellis Thanks for volunteering to mow the church lawn. We ask that you mow the lawn **sometime** during your scheduled week, preferably by Thursday. If you have a conflict, just trade dates with someone on the list. Mowing consists of the church lawn and the parsonage lawn.

Ashley Hipnar Graduation Party

Please join us in celebrating the graduation and many accomplishments of our daughter Ashley From Abraham Lincoln High School and Iowa Western Community College. You have all given Ashley tremendous Love and support over the years and it would mean so much to have our church family present to celebrate her achievements. The party will be on Sunday, June 7th from 12:00-3:00 in the church community room with food and drink provided. Hope to see you there.

Any date change due to gathering restrictions will be noted in the June newsletter or contact Mike with any questions. (402) 830-7000 mjhipnar@gmail.com

Virtual Coffee Hour

By Cara Knutson

Join us for an online coddee hour from the comfort of home. Login to zoom.com

Every week on Sun, until Jun 14, 2020, 7 occurrence(s)

May 3, 2020 10:30 AM

May 10, 2020 10:30 AM

May 17, 2020 10:30 AM

May 24, 2020 10:30 AM

May 31, 2020 10:30 AM

Jun 7, 2020 10:30 AM

Jun 14, 2020 10:30 AM

Please download and import the following iCalendar (.ics) files to your calendar system.

Weekly: https://us04web.zoom.us/.../ upcof-mtgiltG9QXHNsdoKq5tdLY.../
ics...

Join Zoom Meeting

https://

<u>us04web.zoom.us/</u> <u>j/73580549710...</u>

Meeting ID:

735 8054 9710

Password:

4dfESt



OSL Food Pantry

Our Savior's Lutheran Food Pantry is still open. They ask that you stay in your car and someone will greet you at the curb. Once the food in ready it will be brought out and loaded into your car. You still need to call for an appointment Thursday mornings between 930am and 11am for an appointment that day. They are open 3rd & 4th Friday evenings, please call on the 3rd or 4th Friday between 4pm and 5pm for an appointment that evening.

Sunday School Series for Families

"WE HOPE THIS SERIES HELPS...DURING THESE CHALLENGING TIMES." -

- 1517 Media/Faith Formation & Sparkhouse Sunday School Team

The Augsburg Fortress Sparkhouse Sunday School and 1517 Media Faith Formation Teams are offering Family Sunday School, a free 8-episode at-home series of video lessons.

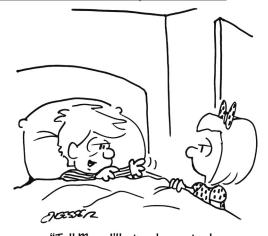
In the comfort of home, families can enjoy the video Sunday School lessons together without parents having to be the learning facilitator.

Each episode runs about 13 minutes and includes a Bible story from the lectionary, songs and activity ideas.

New episodes are available every Tuesday through Trinity Sunday on June 7, 2020. Churches may need to send families printouts of activity pages.

Families are encouraged o post photos of their Family Sunday School adventures on Facebook pages and send to espirit.

https://www.youtube.com/watch?v=N9GjcsO1tRQ&fbclid=lwAR0uRRnoz8RfFYqsHGy6ggjz0p-yszMWPlLoc925Nw10AexeHyaQ0VK5dT4



"Tell Mom I'll stay home today and do Sunday school online."

<u>College Graduate</u>

Baylee Snyder

Midland University,

Business Administration and Marketing degree
Baylee will be moving to Fort Lauderdale, FL to start her new
job at Stryker on June 1st. She will be on the Sales Education
Team for Robotic Joint Replacement!



Glen Fahrenkrug Paul Heath Bob Vergamini Daralene Smith Deloris Christensen

Robert Hesseltine Phyllis Fowler Esther Bender Jim Fowler



May 1 Carly Sorensen May 12 Chris Sorensen May 23 Desirée Snell May 2 Abaigeal Plummer May 13 Jim Fowler May 25 Jennifer Clark Richard Reed Tiffany Pace May 5 **Bob Parker** May 14 Christi Hauschild May 26 Ryan Wilson May 6 Anna Luther May 27 Jennifer Plummer May 19 Mike Loos Rick Stone May 9 **Kyle Nordstrom** Matt Solon May 20 Kenna Hite May 30 Brad Dahlke May 10 Alexander Bradshaw May 22 Garrett Smith Debbie Ferguson Riley Maxwell



May 3	Mark & Cheryl Ellis Gary & Judy Pleas	May 22	Stephen & Michaela Lewis
May 8	Gary & Cheryl Rowe	May 28	Edward & Clarissa Haats
May 11	John & Glenda Smith II	May 29	David & Linda Fietz Bob & Kris Parker Ed & Nina Reedy
May 19	Richard & Darlene Reed Sam & Wendi Hancock	May 30	Ron & Norma Stairs
May 20	Jeremy & Tonia Thielen		

If we've missed a birthday or anniversary, we apologize. Please let the church office know! Contact Michaela at (712) 323-9665 or office@emanuelcb.org



1:00PM
MEET IN THE PARKING LOT
OF EMANUEL LUTHERAN
CHURCH
2444 N BROADWAY

DECORATE YOUR CARS WITH MESSAGES OF THANKS AND LOVE!



Alaire Carrier

Abraham Lincoln High School Alaire is the President of ALHS's GSA (Gay Straight Alliance).

She is hoping to become an elementary or high school teacher after college!

She plans to attend either Iowa Western Community College or University of Nebraska at Omaha.





Kobie Ryan Ferguson

Abraham Lincoln High School
He hopes to finish his 5th Year of Baseball
this summer with the Lynx.

In his spare time this summer he will be helping family & friends with their home projects, while working at Mid America Center and STIR Cove.

He is planning to attend lowa Western Community College in the fall and study Construction Management and Fire Science Technology, hoping to one day own his own construction company and be a Firefighter.



Ashley Hipnar

Abraham Lincoln High School
Ashley is the color guard captain of the marching band, member of jazz, pep and concert band, key club, NHS, National History Day, tennis, gold, bowling and cross country.

She will not only graduate with her diploma this spring, but also with an associates degree. She will be attending lowa State University and plans to study environmental studies and work towards getting a master's degree.













"For surely I know the plans I have for you," says the Lord, "plans for your welfare and not for harm, to give you a future with hope."

(Jeremiah 29:11, Kind Kind Lutheran Study Bible) tion.

Clare Plummer

Abraham Lincoln High School Clare has participated in Cross Country (4 year varsity letter winner, Academic All-Conference Award-3 years), Soccer (3 years, 2 year varsity letter winner, Academic All-Conference Award-2 years), Band (2 years), Journalism-LPTV (4 years, 1 year as editor) and Sports & Media Broadcasting-(2 years).

Clare is continuing to work at Fareway. This fall she will attend Buena Vista University in Storm Lake, IA where she will play soccer and pursue a degree in Digital Media.



Carly Ruth Sorensen

Abraham Lincoln High School
Carly has participated in speech and
state speech 4 years, Broadcasting 4
years, LPTV staff 3 years, Earned a
black belt in taekwondo, Spina Bifida
Federal Advocacy event 3 years,
ELCA Youth Leadership Conference
delegate 2018 and been on honor
Roll 2 years.

Plans are to attend lowa Western Community College and become a paraeducator.

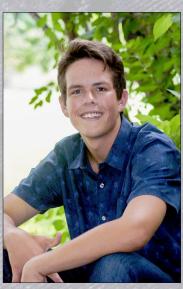


Tristan Steensland

Abraham Lincoln High School

Tristan has participated in Golf (lettered), Tennis, Bowling (lettered) and Baseball.

This summer he will continue working at Hy-Vee and spend time with family. He will be attending University of NE at Omaha this fall majoring in Primary Education. Tristan plans to become a Kindergarten Teacher upon completion.



Why am I So Tired?

By Jennifer Geryol, MA LMFT

PARASOL WELLNESS COLLABORATIVE

For the last two weeks I have heard one question more than any other. Whether clients, friends, or family members, over and over again I have heard asked some version of the same question: "why am I so tired?" This question is usually prefaced by the perceived lack of energy each person feels they are expending. Examples include "how can I just sit at home all day and still be so tired?" or "I have so much free time, why am I constantly exhausted?" To understand the answer to these questions, we first need to recognize that the current pandemic, and the resulting quarantine we find ourselves under, is a unique situation that most of us have never faced before in our lifetime and that this situation is a form of community trauma.



Our Brains on Trauma

Deep in the temporal lobe of our brains, just above the brain stem, is a small structure called the amygdala. The amygdala is known as the fear center of our brain. This is the part of our brain that is continually scanning our surroundings and environment for signs of danger and then kicks off the sympathetic nervous system in response to any perceived threats. The sympathetic nervous system directs our body's response to threat by preparing our body systems to protect us. Our heart rate increases, breathing becomes more rapid, and glucose is dumped into the bloodstream in order to prepare us to stand and fight the threat, or to turn and run to escape from it. This is the response that is commonly known as "fight or flight." The important thing to know about the amygdala is that it cannot tell the difference between a real or perceived threat. This sympathetic response is automatic, and outside of our voluntary control. This is all well and good when we need quick, temporary protection from a threat, are able to respond, and then are able to engage the parasympathetic nervous system in order to regulate our body systems and regain a sense of calm and safety. When we are living in a state of on-going perceived threat, especially that which is traumatic in nature, our brains have difficulty engaging the parasympathetic response and returning to calm. Think about it this way: the amygdala is like the smoke alarm of your brain. It senses danger, and alerts your body to protect itself from danger. Now, imagine someone has pulled your smoke detector, and it's gotten stuck in the on position. The alarm tone is blaring, the lights are flashing, and no matter what you try to do to put out the fire, there's no shutting the thing off. This is your brain under traumatic stress. No wonder you are exhausted; your body has been functioning all day long in fire-fighting, fight or flight mode, and nothing you can do can change this for any significant length of time. What's worse is, each time your brain is again assaulted by news of the contagiousness of the virus or the rising number of people sick or dying, each time we enter a grocery store and see bare shelves triggering thoughts of scarcity, or hear that there may not be enough masks or ventilators to save lives, our brains are again kicked into high alert. This is the definition of a chronic state of community trauma.

With other community traumas, such as a hurricane or tornado, while the devastation can take time to heal from, the traumatic event itself is generally time-bound. A hurricane hits, causes destruction to a community, and then moves out of the area. While there's no question the destruction can be significant, and the rebuilding process long, once the hurricane is over residents can turn their focus and efforts to rebuilding. Hope can be restored. In the case of the coronavirus pandemic, however, there is no timeline. We've never seen this virus before and have no clear idea about the time it will take for herd immunity to it to be built up, and for our lives to begin to return to some semblance of normal. In this case, the trauma is chronic and on-going. Studies have shown that it is uncertainty that is the most stressful condition under which our body can be. To illustrate this, Harvard researchers measured stress hormones in women waiting on their results, following biopsies of breast lumps, and found that their levels were significantly higher than stress hormone levels of women who were currently living with breast cancer. In other words, the possibility (uncertainty) of a cancer diagnosis is more stressful on our bodies than actually finding out that we have cancer. Again, this is likely due to the fact that once we know, one way or the other, we can shift into action, and into hope. In the case of coronavirus, there is a chance that any of us could contract it. There is a chance that even those of us who are

young and healthy could need to be hospitalized, be put on a ventilator, or possibly even die from this virus. Constantly contemplating these outcomes is an incredibly uncertain and, thus, stressful state for our bodies to function in. Again, not necessarily conditions conducive to feeling well-rested, even when we are spending lots of extra time on the couch.

As If the Trauma Weren't Enough

There has also been another theme among my therapy sessions the last two weeks, and it involves the sudden and collective loss of our "normal." In a matter of days, our lives went from ordinary to turned upside down. We are now social distancing, we're unable to visit with or see friends and family, our gyms and salons and favorite restaurants are closed, we're working from home or losing our jobs, and we're now guiding our children's distance learning. The feelings that we feel as we navigate this new world – anger, frustration, exhaustion, confusion, depression, anxiety, to name a few – all fall under the umbrella of grief. We are collectively grieving the loss of what used to be and what should have been. Seniors are missing their graduations, couples are postponing their weddings, babies are being born to parents who must take them home and quarantine from the family and friends who would otherwise have come to shower the new family with visits and meals and support. We're all missing and longing for a different time, just as we would mourn for a loved one who had passed. We know that grief can take a huge emotional toll, and wear us down physically and mentally, and it is no different when we are grieving the loss of our own freedoms and way of life.

A Note About Feelings

Given the novelty of the current pandemic, it is easy to understand that we may be feeling nervous or frustrated. We don't know who will eventually contract the virus, and we don't know how long it will last. During this time, we may also begin noticing other changes as well. It is not unusual during periods of traumatic stress, for example, to be more irritable than usual, to feel more anxious or depressed, or to feel an aversion to physical touch or closeness that is a change from ordinary. And what about joy? Excitement? Relief? Gratitude? These feelings appear so much at odds with current events and, yet, it is not uncommon for those enduring traumatic stress to experience a range of seemingly conflicting feelings. Joy at additional time spent with family - albeit in quarantine - excitement about watching a child learn something new under our new role as teacher, relief about not having to commute an hour to work each day, and the gratitude that comes from reflecting on our priorities and recognizing that we actually need much less to live a fulfilled life than we ever imagined? All of these emotions are normal and common, even during times of crisis. Feeling more emotional and crying about everything, or crying about nothing at all? Normal. Feeling overwhelmed at balancing all of your roles, all at once, from home? Normal. Feeling like you can't wait to get out of quarantine and meet your friends for happy hour and also feeling like you cannot talk to one more person today? Normal. Feeling like you want to cook, should be eating, and also don't have a bit of an appetite? All completely normal.

And while we're talking about these shifting, conflicting, totally normal emotions, it is worth mentioning that it's not just us, but our partners, our children, other family members we may be quarantined with, and our community at large are also feeling these same emotions. Managing all of these emotions, and managing our relationships in the context of these emotions, sheds a lot of light on why we are all just so damn tired.

So What Now?

A significant trend at the end of 2019 was to pick your word. The word that would define you and guide you, and set the course for your new year in 2020. While I didn't pick a word then, if you were to ask me to pick a word now it would, without question, be grace. When we are living in a state of chronic trauma and grief, the only way through is grace. We are not – and cannot, by definition – functioning at our peak when we are facing traumatic stress. When our fight or flight is engaged, energy is diverted away from all non-critical body systems. Patience, critical and abstract thinking, concentration, all become non-essential when we are fighting for our survival. So no, we cannot expect ourselves to function optimally during this time. Recognizing that, and giving ourselves grace in our self-talk about our perceived under-performance or our lack of energy and motivation, is the key to surviving.

During times of survival, our expectations for ourselves and our families must be lowered. While Pinterest and Twitter may suggest this is the time to finally write your manuscript or learn to cook gourmet meals, I am here to tell you that this is not just "free time," and that there is absolutely nothing wrong with you if you can't muster up the energy to microwave a bag of popcorn for dinner, much less cook a three course meal. Grace becomes our ticket to freeing ourselves from the societally-imposed guilt trap of productivity expectations.

There are many great articles circulating the internet right now about coping with the pandemic, so I won't go into that here. But I will say that at the essential core of coping and self-care during this time is simply remembering to focus on grace and self-compassion as you navigate this unprecedented time. Take a walk, take a bath, take a nap, take deep breaths, ask for help, help where you can, and know that whatever you are feeling is completely normal, and whatever you need to do to love on and care for you during this time is okay. No guilt, only grace, as we walk this uncharted territory together.

https://parasolwellness.com/why-am-i-so-tired/? fbclid=lwAR2BtSifl7mUcyqZkinIO8xurLfW2FDCdvsa3Cyip8CmNEZBA9p-J7YuYdA

Emanuel - Different Today but Active

BY RICK STONE

Our Emanuel family needs to stay safe during these unusual times. We have members able and willing to help those that may have special needs. Simply call Pastor Cara, and she will direct those volunteers.

Emanuel continues to offer our ministries during these times that the virus has closed our doors until further notice. Your continued financial support will help keep Emanuel moving forward at this time.

Today, even though we aren't gathering together on Sunday morning, Emanuel continues supporting its ministries through other means of communications. We thank you for your continued support, personal as well as financial. Your ideas for support as well as financial contributions can be mailed directly to Emanuel Lutheran Church, 2444 N. Broadway, Council Bluffs, Iowa 51503.

Working together we will all come out stronger.

Worship & Videos

Although we can't get together in person, we are trying our best to keep everyone connected and informed online. If you go to our website (www.emanuelcb.org) we have links to our Facebook, Twitter and YouTube sites at the bottom of the main page, just to the right of the "donate online" button.

YouTube videos are uploaded throughout the week and shared on both Facebook and Twitter. If you go to the "News" page on our website we also have video instructions from Carly Sorensen on how to set-up a Facebook page to stay connected. Feel free to share any posts with friends!

Church Directory

By Michaela Lewis

Just before we were all quarantined, I was working with some new software to create an updated directory. I do have some copies in the office if anyone would like a paper copy. If you email me or leave a message at church I can get one mailed out to you.

One benefit of the software is that we also have access to the directory through an online app. If you have a phone or tablet, you can download "instant"



church directory." It will ask you some questions to identify you and then it will connect you to our directory. If you have trouble accessing it, please let me know so I can check what information I have on file, as that is how it syncs up. No one will have access to the directory outside of members, as their information would need to be included to access it.

You can also update your own information on the app and upload your own family photo!

My hope was that this would make it easier for people to access the directory and be able to check on each other, especially since everyone is somewhat isolated right now.

Ramblings from the Back Corner

By CINDY RICHARDS

Music is my life. It's my business. It's how I make a living. It's what I want to pass onto others. It starts my day. It ends my day. And I am so thankful for it!! But at times like this, in our society right now which is full of fear and anxiety, it becomes very evident just how healing and soothing music can be. We might not be

controlling our emotions, thoughts, and bodies as we would like. The constant barrage of negative news wears us down, wears us out. But there are many things we can to help ourselves by just using this wonderful music given to us.

Music gives us many physical, mental, and emotional benefits. It in-

creases immunoglobulin A which is an antibody that has a big role in immunity in the mucous system. It also increases natural killer cells which attack bacteria and other germs that enter the body. Music lowers cortisol levels (the stress hormone). It causes the release of the brains natural opiods to reduce pain and anxiety. By listening to calming music our hearts will start to match the rhythm of what we are listening to (entrainment).

Many of you have cable TV and have the option of turning the channel from CNN and MSN to listening

to continual music (easy listening or classical). Or turn your radio on to

music, not talk radio. There are many places online to listen to calming music. NPR has a wonderful playlist made just recently for this time that you can find on Spotify or Applemusic called Isle of Calm. Youtube

has many 3-4 hour long playlists with calming music and videos. Disney has even made one for the kids at https://www.youtube.com/watch?v=g8NVwN0_mks You could also dig those old CDs out of your closet and bring back the wonderful memories they evoke. What's your go-to sacred songs of comfort? Let me know at music@emanuelcb.org. We

will use them in upcoming services.

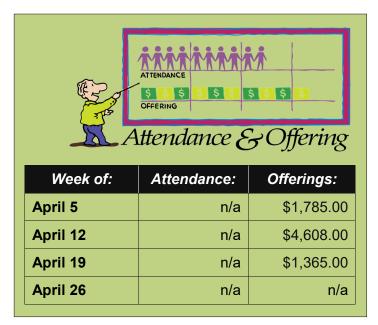
And while you're in the closet, bring out those instruments you haven't touched in years. See what you remember. You'll be surprised! Or sit down on the piano bench. Don't worry about reading any music. Just start dabbling on the keys. Play a melody. Sound out that song you love so much. Just start. Start humming, singing with the radio, drumming the beat with your pencils. Just start and let it happen. Let the cortisol drop and the natural opioids run wild!



Finance Team Update

Income & Expenses Monthly and YTD

March Income:	\$10,531.00
March Expense:	\$14,205.22
March Balance	-\$3,674.22



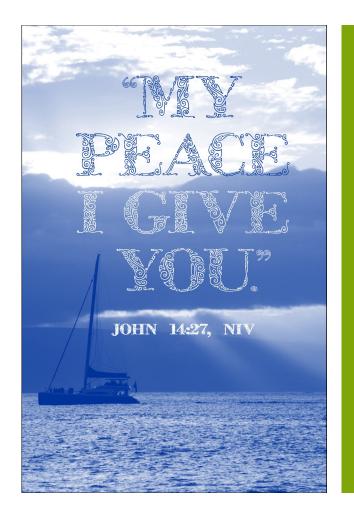
YTD Income:	\$54,216.05
YTD Expense:	\$42,322.74
YTD Balance	\$11,893.31
Plus Carryover	\$16,983.29
General Budget Fund	\$28,876.60



Emanuel Lutheran Church

2444 North Broadway Council Bluffs, IA 51503-0499

RETURN SERVICE REQUESTED



Mission Statement: Forgiven by Grace, Serving by Faith Vision Statement: To Grow in Faith, Love, and Spirit

Contact (Js

Emanuel Lutheran Church 2444 N. Broadway Council Bluffs, IA 51503-0499

(712) 323-9665 Emergencies: (712) 314-0085

office@emanuelcb.org

Like us on facebook: facebook.com/emanuellutherancbia

Visit us on the web at: www.emanuelcb.org

Worship Services:

Sunday at 9:30 a.m., followed by fellowship and coffee in the community room
Kidz Kamp Sundays at 10:45 a.m.

Staff:

Pastor Cara Knutson (pastor@emanuelcb.org)
Director of Music Ministries, Cindy Richards (music@emanuelcb.org)
Parish Assistant, Michaela Lewis (office@emanuelcb.org)
Kidz Kamp/Activities, Stephen Lewis (youth@emanuelcb.org)
Financial Secretary, Darlene Reed