



# Emmanuel News



Eight weeks ago I accepted a new leadership position as an Endoscopy Clinical Coordinator. I have a strong background in leadership, finance, policies and procedures, and an excellent safety track record. I naively assumed it would be like other leadership positions I had held in the past. Then COVID-19 made its presence known.

I have worked as a Clinical Laboratory Scientist for over twenty years and as a nurse for almost three years. I thought I had “seen it all.” I was not prepared to educate myself, my staff and patients about COVID-19 vs the flu. I am now.

Seasonal flu may be caused by several types of influenza viruses. The seasonal flu has a cycle every year. The benefit of this is that most people have some form of established immunity from past flu cycles.

In other words, your body has seen the flu virus before and has the ability to recognize it as the enemy. The word I am going to use to describe this is immunity. Immunity is accomplished in two ways: through prior exposure to viruses that cause the flu, or by getting a flu shot. When your body is invaded by the seasonal flu virus, your body wages war and kills the virus.

COVID-19 is a novel virus. A “novel” virus is a new strain that has not been seen (identified) in humans before.

The coronavirus disease, otherwise known as COVID-19 derives its name from the following: the ‘CO’ stands for ‘corona’, ‘VI’ stands for ‘virus’, and ‘D’ for disease, the ‘19’ is the year in which it was identified, ‘2019’. Coronaviruses are a family of viruses that attack and affect mammals’ respiratory systems. There are four types of coronavirus: alpha, beta, delta and gamma. Of these, only two are transmissible to humans: alpha and beta.

One day in December of 2019, a coronavirus (virus that looks like a crown) developed the ability to jump from an animal to a human. Current evidence suggests that this occurred at large seafood and live animal market in Wuhan, China. How did this happen and why has it wreaked such havoc around the world? Let me explain.

For a time, this particular coronavirus existed only

in animals, one day it mutated (changed) and gained the ability to spread from an animal host to a human. Then this virus began to spread from person to person.

Once one of these novel viruses develops the ability to mutate (change), and starts to transfer itself from animals to humans there is a serious problem. Why? Your body does not have any natural or acquired immunity to fight this type of virus. In other words, your body and your human immune system do not recognize the virus as a threat or “enemy” and the virus is allowed to remain hidden.

This allows the virus to develop a stronghold in individuals who may be at more of a risk. Those with chronic illness, the elderly, pregnant women and the very young.

This gives COVID-19 some great advantages. Because it is so new, very little is known about how this particular coronavirus acts. There is no vaccine, no antiviral drugs have been developed specifically for this virus, and we humans have no developed or pre-existing defenses because our bodies don’t immediately recognize it as the enemy. In addition, this virus has the ability to create incredible damage to human lungs.

Flash back to my new position as Clinical Coordinator. If you had told me that I would secretly become addicted to watching the news, anything related to COVID-19 I would have said you’re crazy. CNN, FOX, MSNBC, BBC, ABC, NBC and PBS became my haunting grounds.

I became anxious, watching and waiting for any new developments. Tens of thousands of people were dying in Italy, Spain and across the world. Personal Protective Equipment, better known as PPE became a personal obsession. Would I have enough for my staff, what if I didn’t? Could I get it? How could I get it? Then there was, and still is... the fear of contracting COVID-19 as a health care worker. I was terrified I would get it. Terrified I could bring it home to my family. What if my children, husband or parents got sick? How could I protect my staff? How could I possibly ask my staff to do things I was scared of doing. The list goes on and on.

How could I possibly lead my team, my family and

my congregation through COVID-19. Who was I to think that I had the skills to be in a position of leadership?

I self-isolated in a bedroom downstairs to protect my family. I took off my scrubs in the garage and showered immediately upon coming home. I considered staying in a hotel as another layer of protection for my family. I began to carry multiple masks with me. One to wear and a clean one to give away. I washed my hands until they began to bleed. Hand sanitizer became a personal weapon.

I worried constantly. I became irritable, withdrawn, and lost plenty of sleep. I began to eat Milky Way bars and drink Pepsi Throwback like never before.

Then I had an "aha moment." It was about 3 am and I was sitting in my Grandma Snyder's old rocking chair. I rocked back and forth, back and forth; sometimes fast, sometimes slow. I was doing something, and yet I went nowhere. I was literally in the same place I began.

The trio of worry, anxiety and fear were getting me nowhere. Nowhere.

Worry is a thief. It is insidious. It deftly slips into my mind at the most unexpected and inopportune moments. It steals my time, it takes my energy, robs me of my sleep, and plunders my peace.

At times, it can become pervasive. It causes one to miss the beauty of the moment and the blessings in our lives. It literally strangles us spiritually. There is a war to be won over worry. The question is...how?

Paul, the apostle, gives us insight on how to win the war against worry. Paul states, "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God" (Phillippians 4:6). What powerful words. We are to talk to God about everything and anything that concerns us, through prayer with a heart full of thanksgiving. In other words, pray about everything. Turn your fear, worry, and anxiety into prayer. There is a great saying that comes to mind: take your worry list and put it on your prayer list.

Each and every one of use face struggles. No one gets a free pass. Are you worrying, or are you praying. Are you living stressed out, irritable, and crabby, or are you peaceful? I realize that this is easier said than done. What I will say is that prayer and worry cannot coexist. They are total opposites.

I challenge each of you to take your daily worries, fears and struggles and begin to offer them up to God. Allow Him into the middle of your troubles, and it suddenly becomes a prayer, not a worry.

Be gentle on yourself. Be patient. Have a sense of humor. Find joy in the small things. Call a friend, Facetime your family. Keep a journal of gratitude. Go for a walk. All of these small things add up to a very big and important thing, taking care of yourself.

Remember, that you are not alone. As the apostle Paul wrote, "And the peace of God, which transcends all understanding, will guard your heart and your minds in Christ Jesus" (Phillippians 4:7).

Remember this too. Spring will turn into summer. The flowers will bloom and the birds will sing. They are unaware of COVID-19. Summer will fade into fall. I look forward to the day when I can see you all.

Blessings in Christ,

Meagan  
Church Council President



## BLOOD DRIVE

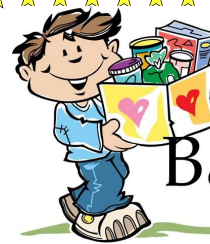
Thursday, July 9, 2020 3:00pm – 6:00 pm

At Emmanuel Lutheran Church

Hospitals have restarted electives surgeries and are in need of blood donations. If you have donated by May 14th, you are still eligible to donate again on July 9th.



Look for Vitalant's Bloodmobile.



## Food Bank News

A BIG thank you to the Gianforte Family Charitable Trust for their \$2500 donation to help those less fortunate during the COVID-19 pandemic.



# COMMENTARIES OF THE CHURCH MOUSE

Greetings Friends and Neighbors,

May is here and it's finally raining outside. We sure can use some moisture, as everything has been terribly dry. Even so, I've managed to find some asparagus to harvest and have been fixing it for dinner a couple times of the week. Perhaps with this rain and some nice warm days, the Morel mushrooms will start to pop up and I can go on the hunt for those too.

I hope everyone is healthy and happy, staying clear of the Corona virus. I'm happy to report that the only Corona in my house is in the way back on the bottom shelf of the fridge, just chilling!

Mother's Day is on the 10th, so I hope you have made some plans to honor the Moms that are in your life. It probably won't be the usual big get togethers', but a card, phone call or small gift would be a great way to show Mom how special and important she really is. I've always said that if it wasn't for the Mothers, none of us would be here today! Happy Mother's Day to all the Moms out there.

On the 25th we celebrate Memorial Day, which is meant to remember those who have served and paid the ultimate price to keep us free and safe. I hope we can all get together in the field behind the Church to pay our respects, but these uncertain times may put the kibosh on the annual gathering. I really like to listen to the military speakers as they tell us what

Memorial Day really is about and tell some of the stories of courageous acts and heroes in the military. Listening to the bugle playing taps always sends chills up my spine and brings a tear to my eye.

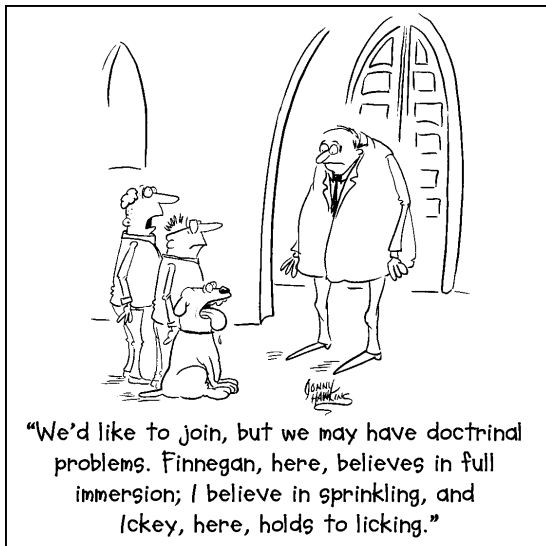
Have you noticed all of the improvements to the Church lately? New windows, new siding and new shingles on the roof. Wow, there really has been a lot of construction going on and the constant hammering has really put a strain on my sanity, as I shelter in place. My afternoon naps have been replaced by walking the floor, wondering when it all will end. Oh

well, less nap time leaves me more time to get the spring honey do list accomplished. I also need to take a look at the grill, get it all cleaned up and ready to go for another summer of outdoor cooking.

Well, enough for now. So much to do and so little time. Stay safe and well. I hope to see everyone back at Church sooner than later, but I understand the need to social distance.



Your faithful friend in residence at Emmanuel.  
T. C. Mouse



"We'd like to join, but we may have doctrinal problems. Finnegan, here, believes in full immersion; I believe in sprinkling, and Ickey, here, holds to licking."

A Special Note:

Dear Church Family:

I would like to thank everyone for the cards, prayers and support the last few years. With out the peace of the Lord, the love of God and the forgiveness of Jesus I don't know where we all would be.

Thank you for your love and caring.

Lauris Byxbe and Family



## **ELC COVID19 council meeting 4/29/20**

Present (via video conference): Meagan Malchow, Liz White, Linda Oberg, Robin McCaffree, Dawn Sherseth, Ricker Olson, Scott Green, Jill Hoffman, Patty McVay, & Laurel Noland

The council met to discuss the option of opening church services and activities. Discussion was had regarding current practices at the county level and what the ELCA recommends. We are currently at Phase 1 which allows up to ten people to gather in one place, keeping the 6 ft distance rule. Council members were concerned about how to keep the church clean enough for everyone and how we would comply staying 6 feet apart. Concerns were also voiced regarding having a large portion of our congregation over the age of 65, as well as the majority of the lay pastors we invite in. The consensus was everyone is concerned for the health of our members, first and foremost. Bishop Juengling recommends waiting until Governor Bullock releases phase two, which would allow more than ten people to gather in one place. A vote was cast to reassess whether we will open before the first of June by Scott, seconded by Laurel, motion passed. We will not have services May 3, 10, and 17th. We will meet via video conference on May 20th to reassess at that time.

We will also have a regular council meeting via video conference on May 6th at 18:30 hrs. Jill and Linda will work to make a letter to email to the congregation to inform them of the updates. As a side note to be tabled, Ricker had an idea of having outdoor services with members bringing their own chairs. We will rediscuss this on May 20th.

Respectfully submitted by Liz White

## **ELCA Minutes from May 6th, 2020**

Meeting began at 6:30 via Zoom. Meagan Malchow, Jill Hoffman, Laurel Noland, Scott Green, Linda Oberg, Dawn Sherseth, Robin McCaffree and Patty McVay were in attendance.

The Treasurer's Report was accepted. Scott made the motion to accept the Treasurer's Report. Dawn seconded. Motion passed via roll call unanimously. April income was \$3700.00. Laurel paid the annual insurance.

The Secretary's report that was emailed was ac-

cepted. Robin made the motion to accept the Secretary's report. Laurel seconded. Motion passed via roll call unanimously.

The work on the roof has been completed. Prior to a check being issued to Big Sky Exterior Designs the church council will be doing a walk around to make sure things are in order with the roof. Once this is done, Big Sky Exterior will be paid. Then the contract for the east windows will be signed by Meagan and returned to Todd. In addition, the gutters will be installed.

The council discussed the process of what restarting church services would look like. The following were voted on via roll call and approved unanimously.

1. Temperature's would be taken and recorded at the door.
2. Meagan will order a digital thermometer that is non touch.
3. Masks will be worn by all worshipers.
4. Robin McCaffree will supply 25 masks to be given out to congregation members to keep. Discussion that most members probably already have their own masks.
5. The church will be cleaned after each Sunday service, or as soon as the cleaning agency is able to after the church service. Extra cleaning supplies will be on hand/may need to be purchased.
6. Members will come in one door and out another.
7. There will be an usher to help guide/seat people and to help with communion spacing.
8. Masking tape, flags or noodles will be used to mark the pews.
9. Communion will be done at the end of the service, with single serving wine and bread/wafers.
10. Services will begin again based on Phase 2 guidelines from Governor Seve Bullock, the ELCA Synod and Bishop Jungling feedback.
11. Lay pastors will need to be contacted and feel ready and safe to perform services. Again, based on feedback from line 10. Dawn Petty has expressed willingness to perform services once we are ready to reopen.

The church council will meet again via Zoom on Wednesday May 20th to reexamine when we should reopen.

The meeting adjourned at 7:15 pm.  
Respectfully submitted by Meagan Malchow, President



# LOVING SERVICE

## EMMANUEL LUTHERAN CHURCH WOMEN

Our Churchwide organization has revitalized a discipline carried out in the past: gathering in prayers on Tuesdays at noon. A simple form has been created to follow: reflect on God's word, offer prayers, and reflect on your self-care and the care of others.

If possible come together every Tuesday at noon to pray together, resting sure in the knowledge that "neither death, nor life, nor angels, nor rulers, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord". (Romans 8:38-39)

### WELL WISHES AND HELPFUL HINTS FROM MONTANA SYNODICAL ORGANIZATION;

Take care of yourselves: learn something new, whether it be a new song, an instrument, or a foreign language. Memorize a poem. Keep your mind occupied with new challenges. Help teach a child a new thing. Teach youngsters cooking or cleaning....

For stress relief: Pray: It helps both you and the recipient, remember our health care workers, first responders, and politicians among others.

Be thankful.

Keep in touch. Call people, write letters, maybe even find a pen pal. Help others. "God's work, our hands". Take your mind off yourself and think about others. Make masks, run errands for friends or neighbors, or make items for Lutheran World Relief.

Self care...Stay busy, be productive. Perhaps sort photos, clean out closets and cupboards, Plan the garden (and soon be able to work in it), bake, crochet, quilt, or knit. Do jigsaw puzzles, crossword puzzles, or Sudoku. Watch westerns or classic movies on TV, and limit watching the news. Play cards or board games, read, go for a walk, paint a picture, color in a coloring book, do crafts.

Reach out to others. Good things happen when we come together, even with social distancing.

We will get through this. God bless you all.



You are the heart of this church and we pray that you remain safe and healthy during this pandemic. We understand the difficulties of not being able to assemble as a church family and we anxiously await the day we can once again worship together in God's house. In the meantime, your support is still vital to the church. We ask, if you are able, to continue donating. Your assistance enables us to pay our monthly obligations and we simply cannot do it without you. Donations can be mailed to Emmanuel Lutheran Church, PO Box 66, Shepherd, Montana 59079 or online at [elcshepherd.org](http://elcshepherd.org). Thank you.



### April Financial Report

Income:	\$ 5090.00	\$27,806 YTD
Expense:	\$ 1392.00	\$14,424
Net Income:	\$ 3698.00	\$13,382

# CARING RELATIONSHIPS

## Prayers of the Church

Call Dawn Petty, 373-6673 with requests and updates



### Members:

Our congregation's current financial situation; Meagan Malchow's various health issues, Monty Mavity has cancer; Brandie Byxbe

### Friends of the Congregation:

Please pray for the family of Gary Noland (brother of Charlie Noland) who passed after a long illness. Services will be held later on this summer. Dawn Beddes (Agnes's daughter-in-law) will be having surgery for a total knee replacement on Tuesday, May 19th. Dee Herman had surgery on an intestinal blockage at St. Vincent's Hospital. Brittany Reinhardt is on the list for a transplanted kidney, surgery to be done in Denver, and this will be happening in the near future, as she has to have dialysis regularly because she doesn't have any remaining kidneys....she is the daughter of Toni McCann, and Judy Smelser's granddaughter.....Her mother Toni, and aunt Stacey Smelser will be having a Silent Auction on Monday on Facebook, to help raise finances for the upcoming surgery and month of staying in Denver to recover. They are also in need of donations for that auction, and donations of funds. You can reach the Facebook Fundraiser or either of the two ladies if you are able to help financially: Toni McCann's phone number is 670-1964, and Stacey's phone number is 281-0106, and they will be able to give you more details and information. Please pray for the whole family. Toni McCann's address is 5515 Chicago Road, Billings, Mt., 59105.

### Community Living:

**West Park Village:** Lenora Weist

**Minnesota State Prison System:** Rob Larson

### Local Youth Serving in the military:

Dan Johnson and Matt Grandpre deployed to Iraq; Taylor Green, Jacob Wagenaar, Tucker Wilson, Brooke Nebel Bohrer, Brandon Bohrer, and Thomas Aigner



BIRTHDAYS

ANNIVERSARIES

21 Bob Wolske

23 Doreen McKenney

28 Shae-Breaun Nordlund

29 Duck Holtgren

15 Clinton & Brandie Byxby

25 Ed & Linda Oberg



A few updates regarding Christikon's 2020 season:

We know that, just like us, you're working hard to determine how things will unfold as we move through spring and consider summer plans. We are sketching out various options regarding our schedule—as we get a better sense of how/when we'll come out of current shelter-in-place mode we'll adjust as necessary and provide regular communication via direct messages, website and social media, etc.

At this point please disregard any deadlines you received in group mailings. If you need to adjust your plans, even right up to your trip date, or if conditions force us to change the schedule, we will work with each group to get things figured out

While there is much yet unclear about how we'll spool back up from the pandemic, the latest word from Montana and our local health officials is that social distancing and other efforts are making a difference, and that we're near or at the high point in the curve. This can change, of course, but in my conversations with local and state officials, they are already hard at work planning for how things will open back up

Some camps and retreat centers in the Lutheran Outdoor Ministry Network canceled their summer plans. There is no directive from LOM or the American Camping Association regarding how/when season are adjusted, but rather support from both entities for each camp to make decisions based on their context.

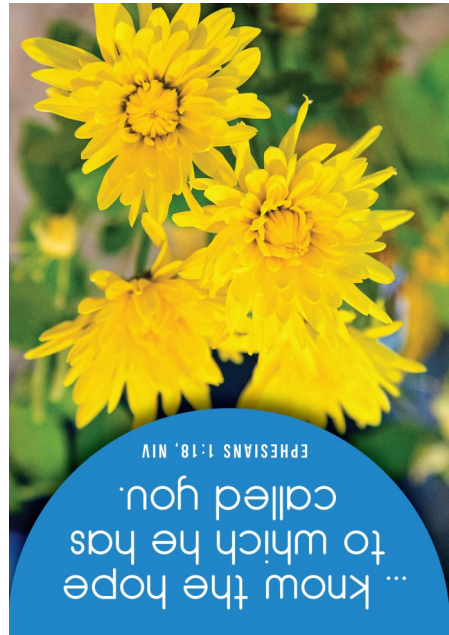
Christikon will do ministry this summer, knowing it may take a different shape depending on how things unfold. Our leadership is committed to honoring our contracts to summer staff—we know how important life in intentional Christian community is to them, and how it impacts their lives, the Church and the world.

Thank you for your continued partnership in Christikon's mission and ministry. We pray for God's blessings in your context, and ask for your prayers as we plan for the season ahead. As always, please contact me anytime with questions or to learn more.

**CHRISTIKON** • 1108 24<sup>th</sup> Street West • Billings, MT 59102  
406 656-1969 • [secretary@christikon.org](mailto:secretary@christikon.org) • [www.christikon.org](http://www.christikon.org)

The Shepherd Area Community Garden was hopping with activity last week as members of Scout Troop 7 and Scout Troop 8394 painted the swing set, cleaned out the community garden, and layed ground cloth in preparation for spring planting.





Address Service Requested

Shepherd, MT 59079  
P.O. Box 66

Emmanuel Lutheran Church

## We have a mission . . .

Emmanuel Lutheran is  
a welcoming church in a rural  
community, called by God  
to joyful worship  
caring relationships and  
loving service.

## We have a vision . . .

“We will follow God’s plan for us  
to grow in faith, family,  
and community.”

[elcshepherd.org](http://elcshepherd.org) – [elcshepherd@gmail.com](mailto:elcshepherd@gmail.com)



**EMMANUEL LUTHERAN CHURCH**

JOYFUL † CARING † LOVING