

Hainesville Voices of Hope



From Pastor Trent

Pastor Trent can be reached by email hainesvillepastor@gmail.com or cell phone (920)362-8463

Holy Week Worship

- * **Sunday April 5th**
Palm Sunday
Worship
- * **Thursday April 9th**
Maundy Thursday
Worship
- * **Friday April 10th**
Good Friday
Worship
- * **Sunday April 12th**
Easter Sunday
Worship

[Look for the Hainesville Lutheran Worship service online either on our Facebook page or on the church web site.](#)

Hainesville Lutheran is a fellowship of Christians, empowered by the Gospel, who share their faith through witness, service and hospitality.

Dear Brothers and Sisters in Christ,

Recently I received the following email message from a friend:

It's easy to feel overwhelmed by the magnitude of this virus' impact on our world. Many folks center their activities on outside participation so may not have considered making a list of what they like to do that they can do at home...so here are my thoughts:

Pray each morning BEFORE you turn on the news...We

call ourselves Christians, but what good is faith if we don't practice it? God is Good, even if we don't as humans understand the events around us.



Make and keep handy your list of things that bring you

happiness that you can do alone or with your loved one.

Write down on paper or on your computer or phone, three things each day for which you are GRATEFUL. Every single day, write down three things for which you are grateful and yes, I meant to say this twice!

I took my friend's advice and created lists of my own for this time of social distancing and being Safer at Home. You will find my lists below:

On my own

- ◆ Pray
- ◆ Read the Scripture texts for the upcoming Sunday
- ◆ Write
- ◆ Listen to music
- ◆ Listen to podcasts that discuss the biblical texts for the week
- ◆ Take a nap.
- ◆ Bond with Mr. Wilson (our dog)
- ◆ Read something other than Scripture.
- ◆ Attempt to play guitar (key word is ATTEMPT)
- ◆ Take a walk on the treadmill
- ◆ Step outside in the backyard and take a deep breath
- ◆ Call someone

With Jessica

- ◆ Prepare and eat meals together
- ◆ Watch "our" television shows together
- ◆ Watch a movie together (usually something Disney related)
- ◆ Engage in lively debates about life (we argue, yes, but always in love)
- ◆ Send each other humorous videos, GIFs, and pictures from Facebook that make us laugh
- ◆ Make new discoveries together on how to use technology (making videos for *Being the Church at Home*)
- ◆ Play fetch and keep away with Mr. Wilson together
- ◆ call and FaceTime together with family

From Pastor Trent (continued)

Friends, if Jessica and I can do this, you can do this! We NEED to stay at home. It is one of the most loving acts we can do right now. COVID-19 is here. Not following the directives that have been put in place to flatten the curve will be devastating. Even if you have absolutely no symptoms of the Coronavirus, you may be a carrier that has been blessed with a strong immune system. Someone you love and care for deeply may not be so fortunate. You can save lives by staying away.

I love every single one of you. You are written on my daily list of what I am grateful for. I yearn for the day of hugs and handshakes with you. There will be a time for that, just not now. Jesus set a precedent by commanding us to love God and to love our neighbor as ourselves.

We can love God and our neighbor during this challenging time in two very important ways: 1) by sharing our financial resources with our neighbors in need and 2) by following the rules. God gave Moses the law on the mountaintop out of love, not punishment, for God's people. The Coronavirus was not sent as a punishment from God. Instead, God sent us prophets in the form of medical experts to educate us and protect us from it. Heed the words of these prophets. Keep your distance. Wash your hands. Stay at home. Stay at home and yes, I meant to say that twice!

Peace and Love,
Pastor Trent

What Have You Been Up To?

Hope From Our Friends

Here's where we get a chance to share with each other what this time at home has allowed us to catch up on, or things we've found that made us chuckle, or made us smile and helped us keep hope alive.

- Jan Shusta sent this picture of her fairy garden
- From Gloria LaPlante: Just wanted to let you know that we have been enjoying the Sunday morning church services. We appreciate the effort you put into keeping our church connected, & it's kind of nice to be able to go to church in your pajamas!
- Maybe we should have a coffee and slipper Sunday when we get back together ???
- **PLEASE SEND YOUR THOUGHTS— STORIES— HINTS TO PAULA AT officehlc12@gmail.com**



Fun Places to Visit online

FACEBOOK

1. Hainesville Lutheran Church to see and hear Pastor Trent read the Passion story. Sunday mornings we can "go to church" anytime after 8 AM.
2. You can "visit" lots of other churches as they upload their services or do a "live" feed at a variety of different times throughout the week
3. Hasn't the music been amazing !!! You can hear a noon concert Monday—Friday put on by the Army Field Band Washington DC. Most of them have been live concerts, but a few of their larger ensembles have been "encore" performances. They have posted their schedule on Facebook and YouTube
4. All kinds of talented people have been sharing their gifts on line, be it music

Church Directory Updates

1. Russ Klister personal email
Russ.Klister@gmail.com
2. Richard & Matilda Hannemann
DROP land line delete
920-856-6649
3. Lana Ferry cell phone area
code should be 920
4. Betty Livingston has phone
contact. Address should be
1436 Whitney Blvd, Belvidere,
IL 61008
5. Bill & Toni Lawson only have a
cell phone number now that
starts with 494-. Delete the
home (land) line. Address is
now 1100 Employers Blvd #BL
Green Bay 54344

or art or poetry, Broadway theater, opera, storytelling,... its been amazing to listen to people reaching out to others with the gifts that they have to help us all feel some relief during these dark times.

5. Did you know there was a teddy bear walk happening in and around Sturgeon Bay?

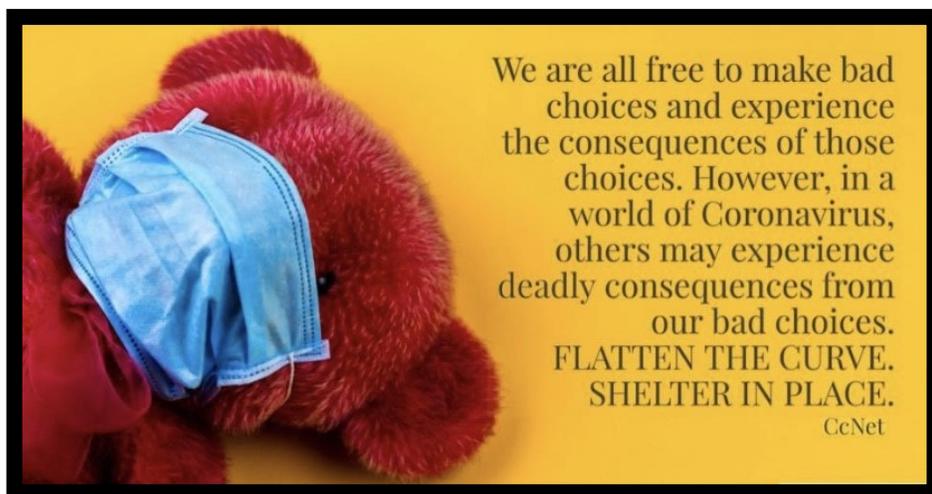


People have been putting teddy bears and other stuffed animals in windows, and on roof tops, and hiding in trees, and on front porches, in store windows... so that when families are taking a walk they can look for the teddy bears. It goes along with the children's song "Going on a Bear Hunt."

Udemy On-line class or YouTube videos

And if you're not a fan of Facebook or have chosen not to go that direction, you can learn just about anything you want by searching for "how-to" videos on YouTube. Need to fix something on your car or in your house? Curious how something works? Want to see the inside of a museum? How about an art gallery? Go check on the Mona Lisa at the Louvre. Check it out on YouTube.

Another place to see is Udemy online classes. I currently have two music students who got some basic instruction on their chosen instruments and were learning how to read music as well. We were just beginning to have some face to face music classes when life shut everything down. I'm thinking about taking a very basic watercolor class. I have some Crayola Watercolors, a bunch of brushes, some heavier paper and lots of water... oh yes, and lots of time.



We are all free to make bad choices and experience the consequences of those choices. However, in a world of Coronavirus, others may experience deadly consequences from our bad choices.

**FLATTEN THE CURVE.
SHELTER IN PLACE.**

CcNet

CHILDREN'S
BIBLE
ACTIVITY SHEETS

DO NOT WORRY

LUKE 12:22-34

God cares for all of His creation ... from the birds of the air, to the lilies of the field. God loves us even more and knows what we need.

Use the letters in the letter box to finish each idea from Luke 12:22-34. The letters in the boxes will give you a message.

Letter Box					
N	W	R	O	D	
Y	T	O	R	O	

- do not set your heart on what you drink or eat.
- r what you should wear.
- ow life is more important than food, and the body more than clothes.
- ur Father knows what we need.
- he lilies grow ... if that is how God clothes the grass of the field.
- ill God clothe you?
- , you of little faith.
- avens do not sow or reap ... yet God feeds them.
- emember you are more valuable than birds.
- ou can't add a single hour to your life by worrying.



Find the words that help us when we are afraid. Use the code to fill in the blanks

= A	= E	= I	= M	= R	= V
= B	= F	= J	= N	= S	= Y
= C	= G	= K	= O	= T	
= D	= H	= L	= P	= U	

Name _____



Birthdays & Anniversaries

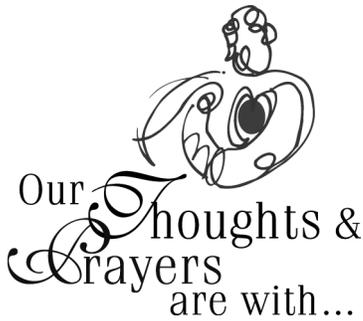
Birthdays

April 8th	Tom Angermeier
April 10th	Bonnie Kohn
April 11th	Eric Schmitz
April 13th	Kristor Larson
April 15th	Elaine Roalkvan
April 17th	Jordan DeGrave
April 18th	Gerry Barlament
April 18th	Ken Overland

April 22nd	Sandy Pierre
April 23rd	Den Kirsch
April 25th	Patrick Markham
April 25th	Kathy Schmitz
April 30th	Jan Shusta

Anniversaries

April 16th	Rick & Vicki Hannemann
April 19th	Pastor Trent & Jessica Zeitler
April 19th	Bob & Leslie Petersen



Prayers for Our Church Family

Rusty (Allen), Riley (A), Lindsay (A), Sandy (Anderson), Trudy (Berkhahn), Nancy (Bontempo), Shirley (Brandt), Karen & Del (Brewer), Dennis (Buckingham), Danielle (Davis), Barbara (Foster), Mike (Grainger), Ruth (Grainger), Joanne (Huhta), Cindy & Terry (Kinney), Ellie (Krull), Harold (Larsen), Judy (Larson), Judy (LaVine), Natalie (Markham), Francine (Meyer), Ken (Overland), Jodi (P), Michelle (Raasch), Mary Lee (Riddle), Matthew (Rocque), Alice (Rocque-Angermeir), Alberta (Streckert), Eric (Thorson), Dorothy (Twiton), Kari (Uetz), Aubrey (W), Laddie (Watson), and Jeanine.

STAYING CONNECTED THROUGH "ZOOM"

A common way people are staying connected is through the cloud-based video-conferencing platform called ZOOM. It actually allows you to see each other (like Skype or FaceTime) but you can see a group of people (up to 100 people !!) CBS Sunday morning shared about Zoom on their program Sunday morning March 29th.

Many schools, book groups, Bible study groups, families, etc. are using this to chat in real time at the same time. I actually "zoomed" my family Sunday night and we all got to see each other as we caught up with how things were going. It was a bit of a free-for-all since we were excited to see each other, but its quite do-able with a bit of careful conversation. My

music teacher-daughter uses it every day to check in with her students, in a group of about 12 per group.

The ZOOM app can be downloaded onto any computer /laptop/ tablet/ desktop. If you don't want to download the app, you can access a zoom group through any invitation that would come to you from a group leader. Its very easy and user friendly and there is a free version that gives you 40 minutes of free use.

SETTING UP A ZOOM ACCOUNT

1. Go to <https://zoom.us>
2. In the upper right-hand corner, you'll see a blue button: "SIGN UP, IT'S FREE"
3. Click the button and follow the instructions to set up an account with your email address and a password. If you are prompted to install the app, please do so as it works better that way.

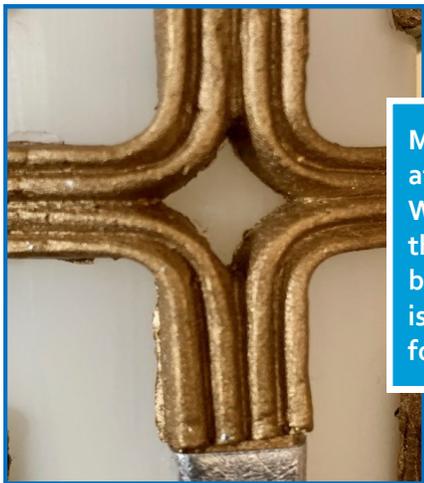
4. You might want to test your connection to zoom
5. If you have problems connecting to ZOOM, please contact the ZOOM HELP CENTER. There are also some instructional tutorial videos you can watch.

I'm excited for all of you to try this style of meeting. Men's group, book club, women's Bible study.....I am in two other zoom groups and also use it to connect with family. The possibilities of using it to stay connected are fun to think about.

If your internet is spotty, there is a way to be a part of the group even without using the video camera or even a microphone. There is a paid version that allows you to call in and be a part of the group.

I will see if we can attach more directions to the church web site.

3944 County M
Sturgeon Bay, WI 54235



Miss being
at church?
Where in
the
building
is this
found ?

A Prayer for Courage

From the Lutheran Book of Worship (Augsburg, 1978)

Lord God,
you have called your servants
to ventures of which we cannot see the ending,
by paths as yet untrodden,
through perils unknown.
Give us faith to go out with good courage,
not knowing where we go,
but only that your hand is leading us
and your love supporting us;
through Jesus Christ our Lord. Amen.

Answer will be in next newsletter: Email me with your guess officehlc12@gmail.com

From Johns Hopkins Univ. Hospital regarding COVID-19-

The following is quite informative.

* The virus is not a living organism, but a protein molecule (RNA) covered by a protective layer of lipid (fat), which, when absorbed by the cells of the ocular, nasal or buccal mucosa, changes their genetic code. (mutation) and convert them into aggressor and multiplier cells.

* Since the virus is not a living organism but a protein molecule, it is not killed, but decays on its own. The disintegration time depends on the temperature, humidity and type of material where it lies.

* The virus is very fragile; the only thing that protects it is a thin outer layer of fat. That is why any soap or detergent is the best remedy, because the foam CUTS the FAT (that is why you have to rub so much: for 20 seconds or more, to make a lot of foam).

By dissolving the fat layer, the protein molecule disperses and breaks down on its own.

* HEAT melts fat; this is why it is so good to use water above 25 degrees Celsius for washing hands, clothes and everything. In addition, hot water makes more foam and that makes it even more useful.

* Alcohol or any mixture with alcohol over 65% DISSOLVES ANY FAT, especially the external lipid layer of the virus.

* Vinegar is **NOT** useful because it does not break down the protective layer of fat.

* Any mix with 1 part bleach and 5 parts water directly dissolves the protein, breaks it down from the inside.

* Oxygenated water helps long after soap, alcohol and chlorine, because peroxide dissolves the virus protein, but you have to use it pure and it hurts your skin.

* NO BACTERICIDE OR ANTIBIOTIC SERVES. The virus is not a living organism like bacteria; antibodies cannot kill what is not alive.

* NEVER shake used or unused clothing, sheets or cloth. While it is glued to a porous surface, it is very inert and disintegrates only
-between 3 hours (fabric and porous),
-4 hours (copper and wood)
-24 hours (cardboard),
- 42 hours (metal) and
-72 hours (plastic).

But if you shake it or use a feather duster, the virus molecules float in the air for up to 3 hours, and can lodge in your nose.

* The virus molecules remain very stable in external cold, or artificial as air conditioners in houses and cars.

They also need moisture to stay stable, and especially darkness. Therefore, dehumidified, dry, warm and bright environments will degrade it faster.

* UV LIGHT on any object that may contain it breaks down the virus protein. For example, to disinfect and reuse a mask is perfect. Be careful, it also breaks down collagen (which is protein) in the skin.

* The virus CANNOT go through healthy skin.

* The more confined the space, the more concentration of the virus there can be. The more open or naturally ventilated, the less.

* You have to wash your hands before and after touching mucosa, food, locks, knobs, switches, remote control, cell phone, watches, computers, desks, TV, etc. And when using the bathroom.

* Also keep your NAILS SHORT so that the virus does not hide there.

-JOHNS HOPKINS HOSPITAL