

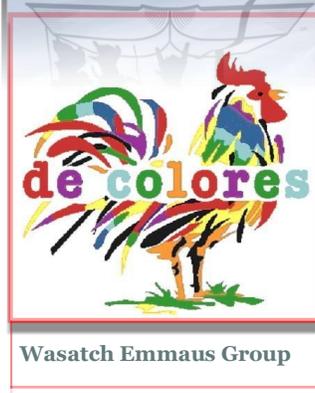
# Wasatch Emmaus Community

[www.utwte.org](http://www.utwte.org)



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April 2020



The Goal for this newsletter is to promote and encourage growth. Growth in our relationship with God, with others and as a community.

The Walk to Emmaus is a spiritual renewal program intended to strengthen the local church through the development of Christian disciples and leaders.

**HAVE YOU CONSIDERED A VIRTUAL REUNION GROUP?**

**Call Paul for Ideas**

**(801) 231-9923**

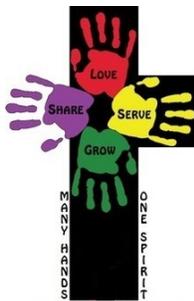
## Upcoming Events

**ALL DATES ARE CURRENTLY ON HOLD DUE TO COVID-19**

**[Prayer Vigil Is Open for COVID-19](#)**

**[Click Here](#)**

## WHO BENEFITS FROM AN EMMAUS WEEKEND ?



Disciples of Christ

Emmaus is open to members of any Christian denomination. Emmaus is for the development of Christian leaders who:

- Are members of a local church
- Have a desire to strengthen their spiritual lives
- May have unanswered questions about their faith
- Understand that being a Christian involves responsibility
- Are willing to dedicate their everyday lives to God in an ongoing manner

April 2020

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19	20	21	22	23	24	25
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## CALENDAR EVENTS

**TBD**

***HAVE YOU CONSIDERED A VIRTUAL REUNION GROUP?***

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WE HAVE CREATED A PRAYER VIGIL FOR THOSE WHO WANT TO PRAY TO CURB THE OUTBREAK OF THIS VIRUS

## **Hebrews 10:24-25**

And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching. .



Dear Friends,

As we are in the midst of this Coronavirus Crisis Pandemic, we are finding that life is not as usual. In fact, it is very different and we are not able to go about as usual, worship as usual, be with friends and family as usual, do errands as usual- really NOTHING is as usual.

So, how are you doing with all this "unusualness"? For many of us, the first few days were even "nice" but it's getting old real fast, isn't it? It's getting uncomfortable and we may even be struggling. Some studies are indicating that the discomfort you're feeling is grief. From an article by Scott Berinato called, "Stress- That Discomfort You're Feeling is Grief", let me share some ideas that might help.

Grief is a good word for it. The world has changed and we're feeling the loss of connection, normalcy, perhaps economic loss, not to mention loss of our chance to worship together in church.

What can we do about this grief? First, we have to understand it. Dr. Elisabeth Kubler-Ross said there were five stages of grief. The first is denial where we say, "This virus won't affect us." Second, there is anger where we say, "You're making me stay home and taking away my activities, friends and family." Third, there is Bargaining where we bargain with God and say, "Okay, if I social distance for two weeks everything will be better, right?" Fourth, there's sadness where we say, "I don't know when this will end and I'm scared and uncertain." And fifth, there's acceptance where we admit, "This is happening; I have to figure out how to proceed." There is also a sixth one called Meaning where we can find meaning in the darkest times to connect with others, feel God's love and appreciate what we have by being grateful for what we have. Where are you in these stages? Acceptance is the stage where the power for us lies. We find control over what we can control and let go of what we can't, like in the Serenity Prayer.

When there is grief, there is often physical pain as well. What are some techniques to help us with this grief? First, find a balance in the things you're thinking. Set limits to how much "news" you watch or listen to. If there was an immediate emergency, you would hear about it by watching once or twice a day. Think positively. Second, come into the present. The past is already over. The future is not yet. The only time you have to control is the present. What can you control right now: reading, cooking, cleaning, walking, exercising, etc. Pick something you can do now! Third, let go of what you can't control. What your neighbors, friends and family are doing is out of your control. Stay six feet away from them. Wear a mask so you don't give them the coronavirus. Stay at home except for extremely necessary steps. Fourth, stock up on compassion. We all have different levels of fear and grief and it comes in different ways. Cut others some slack and forgive them for not acting as they usually do. They're stressed and acting a little different- just like you are, probably.

This is temporary. It may last for several weeks or months- we don't know how long, but it will end! The 1918 Spanish Flu killed and hurt many but it came to an end and they didn't know or do many of the things that we're doing today to make this go away faster.

If those don't work, keep trying. Name this as grief so you can let it go. Tell others what you're thinking and feeling about this. That will help you to let go of the garbage that this grief builds up in you. And pray. Pray to a God who has created all good gifts around us. Pray for others who are struggling. Pray for patience, guidance, support, grace and love from a God who is with you and will provide for your needs. Remember, 1 John 4:18a says, "There is no fear in love, but perfect love casts out fear."

I hope these things will help you as we weather this storm of uncertainty, but know that God is good and God is with us. We are not alone. God love you and I love you and there's nothing you can do about that.

Love,

Gary

## SPONSORSHIP

### HOW DO WE SPONSOR?

1. Pray for the person's openness to God's call to discipleship, not for how to get him or her to go on a walk.
2. Make an appointment with the person or couple for the person of discussing participating in Emmaus.
3. Extend an invitation; invite the prospective pilgrim to attend for the sake of a more vital relationship with Jesus Christ, not just an event to go to. Share your faith; explain the basic elements of the Walk, its' purpose, and follow-up dimensions that help us live in grace for the rest of our lives. Take the attitude that you are giving the person a wonderful gift rather than that he or she needs to go.
4. Ask the person to make a commitment by filling out the registration form. If the person is married, speak with both partners and encourage equal commitment by both.

Sponsorship is an act of love for God, for the pilgrims, for the Emmaus community, and for the church. It demonstrates agape love, making us instruments of prevenient grace.

## GRACE AROUND THE WORLD!

### HOW SHOULD CHRISTIANS ENGAGE WITH THEIR UNBELIEVING NEIGHBORS



The COVID-19 outbreak is without doubt a culture-defining moment in our present time. Much of our society and our routines have become uprooted. For Christians, we can tangibly see this in how we have changed meeting together with our local church bodies. Much of our interaction with one another has moved online for the time being.

These things are no less true for our unbelieving neighbors. The same inconveniences that are affecting us are affecting them too, whether that's having children at home unexpectedly, losing a job or being put

on leave, not being able to interact with friends and family, going to the grocery store and being unable to find basic items, etc.

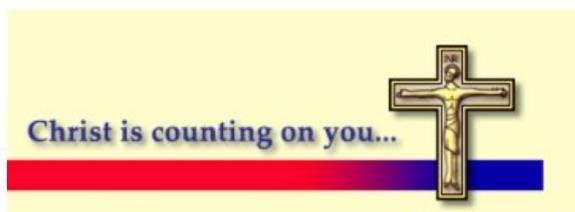
With the unique challenges of the coronavirus come unique opportunities for Christians to engage with their unbelieving neighbors.

**First, Christians have the unique opportunity “to make a defense to anyone who asks you for a reason for the hope that is in you” (1 Pet. 3:15).**

In light of any tragedy, when people's felt needs are greatest, the world around us looks for answers to those gnawing questions that they might otherwise ignore. This may come in the form of questions such as, “Why would God allow this to happen?” ([Here is one article on the “problem of evil”](#) question). However, the questions could even be much simpler and open-ended, like, “What should I do? What should I think about this?”

[Read More Here](#)

## MESSAGE FROM OUR COMMUNITY LAY DIRECTOR



afraid; do not be discouraged, for the Lord your God will be with you wherever you go.” It is easy to be afraid or discouraged at a time like this. But our hope is in God, through Jesus Christ. He is with us always. Now, more than ever, we need to connect with him. It could be through daily devotions, prayer time, or helping others in whatever way we can. As we've heard over and over these last few weeks, “we're all in this together.” And the more we let Jesus guide us through it, the better we'll be.

Greetings,  
I realize as I'm typing this that this was the planned weekend of our men's walk. Next week would have been the women's walk. Sometimes life throws a curve at you. Sometimes life throws a lot of us a big curve at the same time. Everyone, at the very least, is inconvenienced by this virus. Many have been asked to sacrifice their own well-being for the well-being of others. When we are at war, we send our soldiers. This is a war that we send our healthcare workers into, but also our grocery workers, our first responders, our truck drivers, and many others. Many others are suffering financially from this. And when we get back to going to school, to work, to church, or to a restaurant, how fearful are we going to be? This virus may change what normal is for us for a long time.

Start each day with an attitude of gratitude. We still have so much to be thankful for. One thing I am thankful for is the people in our Emmaus community who step up to help lead us. Paul Guidash is going to be taking over for me as the board chair. And Audrey Rowley and Rob Garrison have both committed to be our lay directors again next year. I am confident that when this time rolls around next year, we will have reason to celebrate!

De Colores!  
Jerry Selbo  
Community Lay Leader

Joshua 1:9 says “Be strong and courageous. Do not be

## Message For The Community

**1 Corinthians 12:27** —  
“Now you are the body of Christ, and each one of you is a part of it.”

I pray this finds you well. It has been another month of time that has passed and we may be finding ourselves feeling more comfortable or less comfortable with all that is happening in our lives. Many are feeling the effects of being isolated from friends, church families and other loved ones.

I recently did a study on “The Church” and it really wasn’t until I was isolated and found myself longing for fellowship with other believers, that this really sunk in.

We are all brothers and sisters, regardless of where we used to go spend time on Sunday. Furthermore, we are all adopted children of God. Each of us, like with all families, with different personalities and gifts.

It is so easy to take this for granted, and say the words, when we are meeting regularly. But for me, this really hit home and I felt a bond that, sadly, was not there be-

fore like it is now.

This adds a completely new perspective on things for me. All of us believers are knit together as one in the Church (*ekklēsia*). We are chosen for a purpose and part of that is to encourage one another.

Hebrews 10:24-25 tells us “And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.”

This Emmaus experience is certainly a call to a very significant purpose for our Lord. And just as we are called to grow the Church in the Great Commission, we too are called to grow our community.

Now is a wonderful time to make new commitments, reset priorities in light of our current situation. I encourage you to re-consider your participation in the Wasatch Emmaus Group. God is Counting on You!

De Colores~

## Let us consider how to stir up one another to love and good works

### PRAYER NEEDED...

Please let us know of anything you would like the community to pray for.

Please send Requests and Gratitude messages with the subject EMMAUS PRAYER to:

[wasatchemmaus@gmail.com](mailto:wasatchemmaus@gmail.com)

### Prayer & Gratitude

Please Pray for our Leaders around our Nation and around the World.

Please pray for all those in our communities who are suffering!

[COVID-19 Prayer Marathon Signup](#)

## FOURTH DAY!

**As part of our growth as Disciples, we are encouraged by God’s word to fellowship with other believers.**

**1 Thessalonians 5:9-11** “For God did not appoint us to suffer wrath but to receive salvation through our Lord Jesus Christ. He died for us so that, whether we are awake or asleep, we may live together with him. Therefore encourage one another and build each other up, just as in fact you are doing.”



**Remain Focused**

**FOURTH DAY GROUPS:** (If one will not work, or your group is not listed, please contact Paul at [wasatchemmaus@gmail.com](mailto:wasatchemmaus@gmail.com).)

### Men's:

**Tuesdays 8am**—Village Inn, 8921 S. Redwood Road- Phil 801-259-2660

**Wednesdays 7am**—Left Fork Grill (68 W 3900 S , Salt Lake) - Dennis 435-512-2186

**Friday 7am**—Dee’s Restaurant (4700 S Redwood Rd) - Jerry—801-918-0982

**Saturdays (2nd&4th) 9am—10am**—Community UMC 163 W 4800 S Ogden 84405 - Gary 970-371-5129

### Women's:

**Wednesday 7pm** - Homes (West Jordan, So Jordan, Riverton) - Nancy 801-915-4304

**Saturdays 8:30am**— High Point Coffee (7800 S. 1735 W. off Redwood Rd )

**Saturdays (1st&3rd) 830am—930am**—Community UMC 163 W 4800 S Ogden 84405 - Pam 801-540-3205

### Co-Ed:

**2nd & 4th Tuesday 6pm** - Hilltop UMC (985 E 10600 S, Sandy) -Rob 801-493-5047



Our Website is

[www.utwte.org](http://www.utwte.org)

PLEASE VISIT THE SITE AND  
PROVIDE FEEDBACK TO:

**Wasatchem-  
maus@gmail.com**

**Check in on Pastors Dur-  
ing COVID-19 Crisis**

nobody could have anticipated the COVID-19 crisis, or the sudden needs it would present to churches. During this unprecedented season of ministry, Barna has begun gathering data on a weekly basis to offer an up-to-date snapshot of the well-being, challenges and logistical shifts in churches in the U.S.

Below is a recap of some of the findings covered in the first two episodes of ChurchPulse Weekly, a podcast hosted by Carey Nieuwhof and David Kinman who, each Monday, are joined by guests and experts to make sense of the data and share valuable insights and direction for the current moment and coming days. This article specifically looks at the well-being of church leaders and their congregants in the midst of this global pandemic.

You can watch the most recent ChurchPulse Weekly episode here or stream the podcast on your favorite podcast app. If you'd like to share and track the needs of your own church, pastor, congregant and leader polls are available each week in a new crisis toolkit for churches.

The Vast Majority of Pastors Reports They and Their People Are Doing Well Overall

[Read More Here](#)

**BOARD CONTACTS**

Community Lay Director	Jerry Selbo	801-918-0982	selboj@yahoo.com
Spiritual Director	Gary Haddock	801-761-6453	gary.haddock@community-umc.net
Vice Lay Director	Paul Guidash	801-231-9923	paulguidash@gmail.com
Nominating Chairperson	Coming Soon		
Treasurer	Teri Fellens	435-730-0136	jtfellenz@comcast.net
Secretary	Caprina Nick		
Gathering Coordinator	Vacant		
Gathering Assistant	Vacant		
Communications Coordinator	Paul Guidash	801-231-9923	paulguidash@gmail.com
Librarian	Tine Wolfe	801-731-1151	ctinetinetine@aol.com
Music Coordinator	Vacant		
Trailer Angel	John Weibel	801-792-7014	jweibel67@gmail.com
Data Base	Curtis Crichton		crcrichton@msn.com
Fourth Day Coordinator	Rob Garrison	801-493-5047	garrisonjr@gmail.com
Agape Coordinator	Cheryl Brown	801-884-3659	cherylbrownwsu@gmail.com
Decorations Coordinator	Roni Haddock	801-761-6453	ronihaddock57@gmail.com
Kitchen Coordinator	Vacant		
Pre-Walk Registrar	Vacant		
Member at Large	David Sauer	801-661-5168	davidcsauer@hotmail.com

**FROM THE BOARD**

Board Goals for 2017—2018

1. Include more Clergy from outside our present community to attend and participate in future Walks to Emmaus.
2. The community should provide a schedule for monthly meetings which should provide six months in advance of future Walks to Emmaus.
3. Investigate the possibility of using a Conference Center to house and feed future Walks to Emmaus.
4. Receive and listen to objections of past participants of the last walk.
5. Communicate better within the Walk to Emmaus community, pilgrims, Clergy, and volunteers.
6. Reach out to get broader participation from non-denominational and other mainline Christian Churches.

These goals were discussed and it was agreed the Communications and Planning actions must start right away for the Walk to Emmaus for 2018.

