

# *Ashland Area Emmaus Community Newsletter*

*May 2020*

## **NO COMMUNITY ACTIVITIES THIS MONTH**

### *An Encouraging Note from Your Community Lay Director*

As I started to clean out our attic this morning, I opened a box of old books. One book “Keys to Happiness” a Reader’s Digest Guide to Successful Living, caught my attention because it had Brain’s Grandfathers name engraved on the front. He died long before Brian and I met, but during this time of social distancing and re-connecting I found a pretty cool message as I turned to where the bookmark had been placed. The page was slightly yellowed where the book mark had been pressed between the pages for so long. The title of this page was “The Hardest Lesson” You are not one person but three-the one you think you are, the one other people think you are and the person you really are. I believe the Walk to Emmaus teaches us a little bit about each of these people. When we take our walk something happens to us. The five clergy talks seems to awaken us to God’s Grace. Some of us may change due to experiencing for the first time that God truly loves us. The Walk encourages us to become who God intended us to be. Each talk, each piece of agape, each kind gesture or word of encouragement touches us. All this as well as the evidence of self-sacrifice from the Emmaus community and the glorious candlelight service, opens our eyes to something new and helps us to truly begin successfully living for Christ.

Since the first of May would have marked the end of our spring walks, I have asked our two spiritual directors Rev. Lisa Shinn and Rev. Keith Katterheinrich to share a message with our community. I have enjoyed my friendship with each of these people and their families. I have served side by side with them at Emmaus and I have worshiped with each of them over the years. We have shared many laughs and gained spiritual knowledge from each other. I hope you enjoy their messages.

*DeColores,*

*Cindy Poling*

## Special Message from Spiritual Director, Rev. Lisa Schinn

“The road to Emmaus reminds us that broken hearts can burn again.” (Winfield Bevins; Church Planting Professor at Asbury Seminary)

Heartbreak has been a common human experience for all us as we move forward through COVID19. We are saddened every time we hear of someone dying alone in a hospital room. When we see the pictures & hear stories of the exhausted front line medical workers. Our calendars have been marked with cancelled proms and graduations. Even in the midst of team preparations, the Spring 2020 Womens Walk to Emmaus was postponed.

Repeatedly throughout this crisis, I've been drawn to the familiar story found in Luke 24 of the two Christ followers traveling the seven miles from Jerusalem to Emmaus. Their faces were downcast as they recalled all that had transpired with the death of Jesus of Nazareth and the subsequent empty tomb. Webster defines downcast as “feeling despondent, disheartened, discouraged, dispirited & downhearted.”

Could these be good descriptions of some of the emotions we have had during the shut down? Thankfully, social distancing has flattened the curve; but it has also exacerbated anxiety, depression and many harmful addictions. Like these two disciples, we need to remind our hearts of all that is said in the Scriptures about Jesus Christ.

It was Jesus who walking beside these two in the midst of their heartbreak that changed their perspective! It is Jesus who helps to strengthen our hearts and change our perspective too; yes, even in the midst of stay at home orders.

While we certainly look forward to resuming monthly Gatherings and continued team preparations for future Emmaus walks; our broken and downcast hearts can burn again too as we share Jesus with each other now. I encourage you to reach out to an Emmaus friend and share a Scripture verse of encouragement with them. How fun it would be to use this “down time” to look up your table mates from your Walk and reconnect. Send a text with your favorite Emmaus joke to a friend. You could make and pray over Agape gifts. You could even start a Zoom meeting reunion group!

Christ is with us! Christ is counting on us and we are most certainly counting on Christ!

De Colores!

Rev. Lisa Schinn

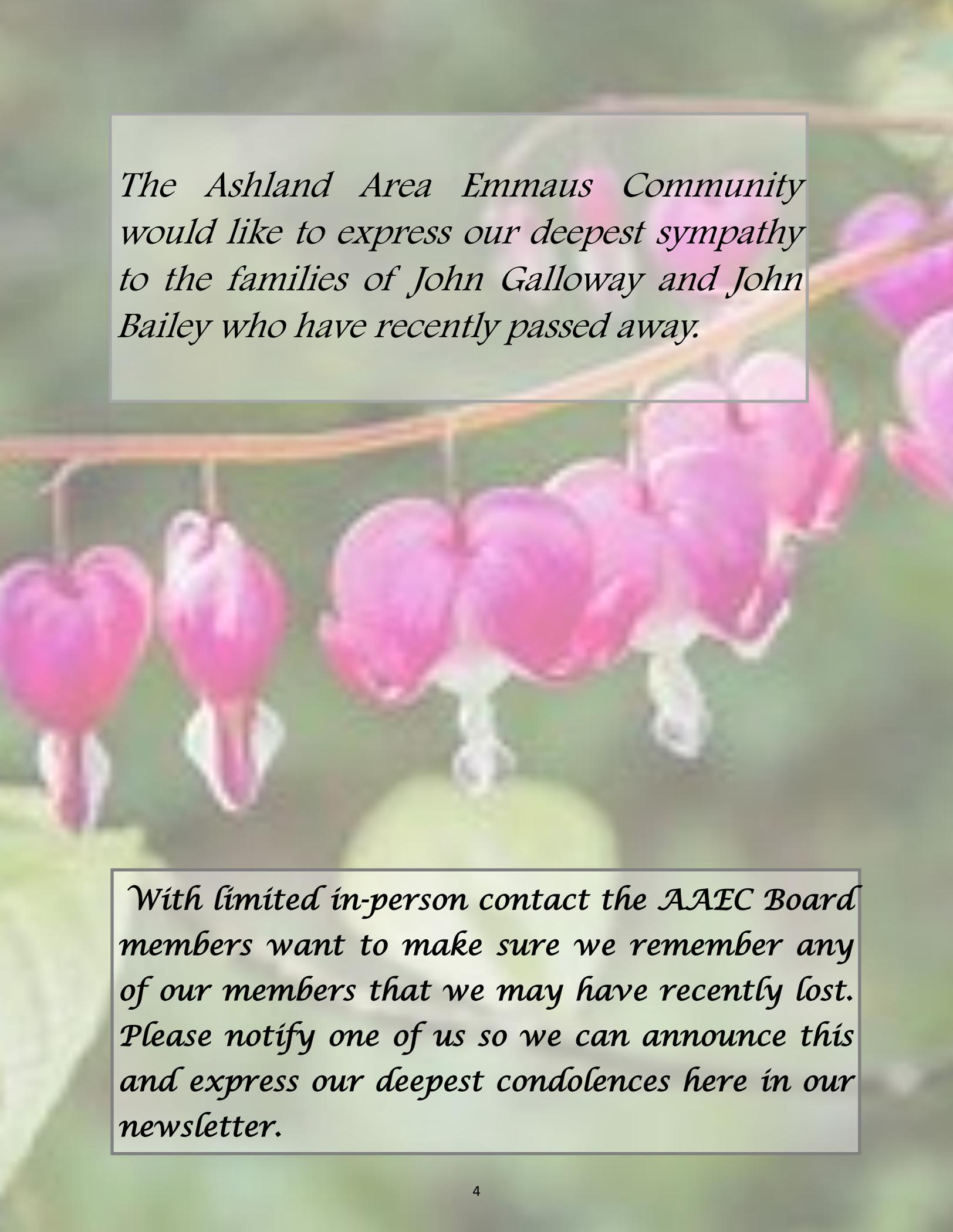
## **Special Message from Spiritual Director, Rev. Keith Katterheinrich**

I was on the phone with my grandma and I asked her if she has ever experienced anything like the days that we are in right now. She said that never in her 93 years has she seen circumstances like this. It has been 8 weeks since my church has gathered in the sanctuary for worship and we have seen each other face to face for bible study. And the reality is that we are making due with the alternatives. Drive in church has been a great success. Our Facebook presence is beyond anything that I could imagine.

But the reality is that we are made for community and real presence, not a digital substitute. Which is why we as the Emmaus Community gather every month for fellowship and worship. It is also why the volunteer team receives as much or more of a blessing from the Emmaus Weekend as the pilgrims do. And why we grieve in our souls when we are not able to be together.

But we are looking forward to the day when we can be back together. The Governor of Kentucky has announced that May 20th is the date when churches can gather together for in-person worship services. And for me it feels a little like the anticipation of the Easter season. The grief and sorrow that we feel in the moment is going to be replaced by the joy of the days that are coming. I hope you can feel the anticipation. Psalm 30:5 reads, "Weeping may tarry for the night, but joy comes with the morning," (ESV). The morning of joy is coming. De Colores

Keith Katterheinrich

A close-up photograph of several bright pink, heart-shaped flowers hanging from a thin brown branch. The flowers are in various stages of bloom, with some showing white centers. The background is a soft, out-of-focus green, suggesting foliage.

*The Ashland Area Emmaus Community would like to express our deepest sympathy to the families of John Galloway and John Bailey who have recently passed away.*

*With limited in-person contact the AAEC Board members want to make sure we remember any of our members that we may have recently lost. Please notify one of us so we can announce this and express our deepest condolences here in our newsletter.*