

Upper Room Emmaus

Of the Greater Fredericksburg Area

Vol. 2

February 2006



Check out our website!!
<http://fredwalk.org>

The Next Gathering

(Second Saturday each month)

When: February 11, 2006

Where: Lake of the Woods Church
Locust Grove, VA

Time: Gathering at 6:15 pm
Fellowship Time at 5:30 pm
Board will meet at 3:30 pm

Please bring snack food to share during fellowship time

UPCOMING WEEKENDS

Walk #	Dates	Lay Director
Emmaus 62 (M)	March 30 – April 2, 2006	Mo Moses
Emmaus 63 (W)	May 4 – May 7, 2006	Sandie Makely
Emmaus 64 (M)	Oct 5 – Oct 8, 2006	Dennis Warne
Emmaus 65 (W)	Nov 9 – Nov 12, 2006	TBD

Newsletter Deadline 2/18/06

Please send your submissions for the March newsletter to:
Brooke Ferguson
5610 Glen Eagles Ct
Fredericksburg, VA 22407
brooke@fergumungus.com

From the Lay Director...

16 Under his direction, the whole body is fitted together perfectly. As each part does its own special work, it helps the other parts grow, so that the whole body is healthy and growing and full of love. Eph 4:16

A couple of years ago, I served on the team for the women's spring walk. During the teaming process, I got to know several people I had not known previously (one of the great joys of teaming!). As teaming progressed, there was one particular woman who I frequently found myself sitting beside during team training or talking with during breaks. During our conversations, I discovered – much to my surprise – that this woman had walked on my walk – E-34. Now that's probably not too unusual; it would be difficult to get to know all 35 pilgrims on a weekend. I was amazed, however, by how different that walk had been for each of us.

As the WLD and ALDs led the team through planning for each part of the upcoming walk, I might say to Ellen, "Oh, I remember that. It was one of the most special parts of the weekend." Then Ellen would look at me and say, "Really? I don't even remember that happening at all." Or perhaps Ellen would say, "I'm really looking forward to hearing this reading again." And I would reply, "Are you sure we had that on our walk?" By the time the team meetings were completed, we had come to the conclusion that there must have been two different walks that weekend! How else could we account for such different memories?

Of course, there was only one walk that weekend. And of course, both Ellen and I participated in all the same events. The Walk to Emmaus is a carefully constructed event and the schedule is the same for every walk, both men's and women's. But Ellen and I are different and God's plan for each of us is different. God gave us each a very special experience – an experience that He created out of His knowledge of us and His love for us.

As you consider sponsoring or teaming on the upcoming spring walks, first give the decision to God. Then as you prepare for the weekend, allow God to direct the experience for each pilgrim. Allow the pilgrims to be themselves in responding to the message and love of God. Don't attempt to recreate your weekend for someone else. Your weekend was uniquely created for you by God. Allow Him to do the same for each one who walks with Him on the road to Emmaus.

Decolores!

Rosemary Blankenship
Community Lay Director

EMOTIONAL DECEPTION

“How are you feeling today?” This phrase is often used as a conversational opener and not really as a request for information about “real” feelings. Sometimes a person takes us seriously and we do find out how they are really feeling!

We interpret life and respond to it by our emotions and perceptions. Care and wisdom should be exercised when interpreting and acting upon our emotions. Some are deceptive while others are accurately perceived and ought to be acted on.

For instance some people will commit a crime or live immorally with seemingly no feelings of “guilt.” You wonder why their conscience failed to develop a sense of “right” and “wrong.” On the other hand some very sensitive people will feel guilty for some small item or statement that is really insignificant.

To complicate life more, a perfectionist may feel “pushed” to go over things that are already in good shape. Some people have feelings of low self-esteem or depression when in reality good things are occurring in their lives. Many Americans “feel” poor when really the average American is rich compared to the average citizen in many other countries. Many experience fears over some activity or situation when a life-time of experiences would prove that similar circumstances have always worked out.

The above examples can be the result of physical causes and require medication. However more often our emotions need to be analyzed through the “eye of wisdom” and acted on accordingly. After carefully reviewing them, we have to do what we know is “right” and “wise” in spite of our emotions. A lot of frustration and negative emotions could be reduced by learning to avoid some of the above dilemmas. Surely God does not want us to be robbed of genuine Christian joy by being victims to emotional deception.

Obviously not all emotions are deceptive and therefore should be enjoyed. Our love for God, family, people and country can and should be experienced and appreciated. When we are not in bondage to a wrong perception of emotions, then we can be free to give and receive positive emotions.

The Lord would have us to be very discerning between emotions that deceive and those which should be legitimately enjoyed. We shall always have emotions, but we can learn to control them rather than vice versa.

May the love and peace of God be yours,

Gary

Pastor Gary Staddan
Community Spiritual Director

Board News...

The Fredericksburg Emmaus Board met at 3:30 pm on January 14, 2006, at Lake of the Woods Church with all members present. Mark Dunn led in an opening devotion and prayer.

Secretary Diana Shiflett presented the minutes of the December 2005 meeting. The minutes were accepted.

The financial report was presented by treasurer Monica Warne. The operating fund shows a balance of \$74.93. Six pilgrim fees from E60 and E61 remain outstanding. Deposits are due to Camp Happyland for the upcoming spring walks. The report was accepted.

Rosemary Blankenship reported that the Emmaus community has received tax exempt status effective May 9, 2005. This means that donations made to Fredericksburg Emmaus since that date are tax deductible. This does not mean that pilgrim or team fees are deductible. It is the donor's responsibility to keep records of donations for tax purposes. If you have questions, please contact treasurer Monica Warne.

John Mann demonstrated the recently launched community web site fredwalk.org. This site has tremendous capability for information and communication and is very attractive and easy to use. Please take a few minutes to visit the site and look around. Information on the fredwalk site will most likely be more current than information in the printed newsletter because of the time necessary for mail processing and delivery. Also, you may request electronic delivery of the newsletter by visiting the newsletter page of the site and following the directions for subscribing.

For the past several years, Robert Fulkerson has hosted the Fredericksburg Emmaus site on his personal website. On behalf of the community, I would like to thank Robert, John, and all those who assisted with the creation and maintenance of both these sites. Please thank them personally when you see them.

Please keep the Board in your prayers.

Rosemary Blankenship
Community Lay Director

Community 501 (c) (3) Tax Exempt status

The Fredericksburg Emmaus Community has received notification of approval for tax exempt status. Donations to the community are deductible according to 501 c 3 regulations. Pilgrim or team fees are not deductible. If you have questions, please contact treasurer Monica Warne.



The Fredericksburg Emmaus Community has a new Internet host and website. The address is <http://fredwalk.org>. Please take a moment and surf through the site to see what it has to offer. In addition to information about the Community and

our Walks, you'll be able to interactively post your prayer concerns and praises for the entire community to see.

We have also begun to post the monthly Newsletters so you may download them at any time. In the near future, we will begin sending out the Newsletters via email in addition to posting on line. For those of you without Internet access, don't worry, the Pony Express is not out of a job yet.

Our new host allows for the creation of mailing lists that we'll use to publish the Newsletters and other information about the Community. If you would like to be included on this list, please follow the instructions below (they are also listed on the website if you forget).

To subscribe to our mailing list, send an email to:

listserv@list.fredwalk.org

In the body of the email type: **subscribe news**

That's all there is to it. You will be immediately added to the Newsletter mailing list using the email account that you used to subscribe.

To unsubscribe from our mailing list, send an email to:

listserv@list.fredwalk.org

In the body of the email type: **unsubscribe news**

You will be automatically removed from the Newsletter mailing list.

Using this mechanism will ensure that we are not sending unwanted email to our Community and you have complete control over your presence on the list.

See you on line!

DeColores

John Mann
Database Coordinator

Praises & Petitions

PRAISES FOR:

Emmaus

The many blessings I, my family, and friends receive each day

Family

Answered prayers

Emmaus #61 – it has changed my life to serve my church, community, and family

Ralph's recovery from open heart surgery

For a wonderful Christmas spent with my sister, Carol, for the first time in over 30 years

The dynamic dudes who have answered the call to team on E62

The new web site

PLEASE PRAY FOR:

Carolyn and Sean to ask God into their lives

All who are the victims of infidelity in their marriages

My sister Carol with cancer

My brother-in-law Fred with lung and other medical issues

Team and pilgrims of E62 and E63

The hearts of those who don't what God's love is all about to be set afire

Bethel UMC

My friend Jerry to get a needed kidney

Brian

Mo as he leads E62

Sandie as she leads E63

Pilgrims of E62 and E63

My husband as he heals from a car accident

Lucille and God's healing hand on her

Leroy as he cares for Lucille

My husband's job situation and health issues

My father's recovery from a fall

Jim and Jackie

Mr. Williams' recovery

My grandson, Nicholas, who will under cancer surgery January 27

Josh and Roberta

My mother who is having serious kidney problems

Jill and Lynn and their families

Our pastors

My health

My daughter and son and their relationships

Church healing

Guidance and peace

Sophia

Unborn grandbabies

Chrysalis

Youth

Our daughter and son-in-law

Mother and father-in-law

A difficult personal situation that truth and fairness will prevail

My mother who is recovering from a stroke

Formation of the team for E63

My brother Glenn who is continuing his suffering through a painful divorce

Dear Brothers and Sisters in Christ:

The new year brought the airline job that I loved to a halt. I knew it was my last day, and it would be the last day I would work with the wonderful people I had built friendships with during the last three years. It was hard to call it a company. It was more like a family.

Although my last day was sad, it was similar to many other days. The biggest difference being that with every task I performed, I knew it would be the last time I would be working with this family of professionals. As usual, I greeted passengers as they boarded the flights, I served soft drinks to the ones that were awake, I made all of my announcements, picked up trash, passed out mints, made small talk with several passengers, and thanked each of them for flying with us as they left.

After my last flight, I went inside the terminal. There were many tears, well wishes and expressions of fears. Supervisors, department heads, and even the CEO were there shaking hands and thanking everyone for a job well done. They told us we were the best, and it was not our fault the company had failed. It was like attending the funeral of a loved one.

After spending about a half hour in the terminal, I could not stand any more good-byes. I made my way to the main terminal and the parking lot. I drove to headquarters and turned in my Identification Badge and parking pass. It was one of the saddest days I had ever spent at my dream job.

During the days afterwards, I had to remind myself over and over again, "It is over. You will not be going to work there anymore!" Then the realization sank in and worry replaced it. Will I be able to find another job? Will I be able to find a replacement to a job that I was just as excited about on the last day as I was the first? How long will I be without a job? Will I have enough to live on? Will I be able to pay my bills and make my car payment?

As I wallowed knee deep in worry, I was reminded of an incident several months ago when I was driving down a busy highway and stopped at a red light, My wife, Susan, pointed towards the intersection and cried out, "Oh no, the little bird is going to get hit! She pointed to a tiny blue bird hopping around on the road, gathering a few crumbs. The signal light changed to green, and the cars roared forward. The little blue bird flew up suddenly, avoiding all of the cars, and landed on a canopy covering gas pumps at a nearby convenience store. We determined that it was not a native bird, but a parakeet!"

I turned left at the next intersection and drove back to the convenience store parking lot. Susan and I got out of the car, and casually began calling out to the little blue bird. Passers by just glared at us as we whistled. He chirped in answer. We called to him as if we knew he was tame and was going to fly down to us, but he did not. He stayed on top of the canopy, continued to chirp, as he looked down at us. I guess the once captive bird had found his freedom and intended to protect his liberation at all costs.

It was the end of the summer and fall was rushing in. We knew he was a tropical bird and could not withstand the colder weather that would soon fill our nights and spread into our days.

I found myself still thinking about the fate of that little bird a few days ago, when a thought came to mind. A frown on my face turned to a smile as I realized that I am very similar to that little blue bird. God has promised to take care of me and the little bird. The bible comforts me in Matthew 6:25-26, "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?"

It is amazing to me, how God placed my life in perspective using the smallest bird to teach me His lesson of love, protection, and grace. All I have to do is have faith.

Is God intervening when you worry?

Your brother in Christ,

Dennis Perkins
nothinglikeflyin@aol.com

Please keep the upcoming walks, team members & pilgrims in your prayers!

Emmaus 62 (Men)

Lay Director Mo Moses of Liberty United Methodist Church began Teaming on January 14th.

Romans 12:1 "In view of God's mercy...offer your bodies as living sacrifices, holy and pleasing to God."

.....

Emmaus 63 (Women)

Lay Director Sandie Makely of Trinity United Methodist Church begins Teaming on March 3rd.

Psalms 90:17 "And let the beauty of the Lord our God be upon us, and establish the work of our hands..."

Emmaus 62 Men's Team

Mo Moses	Lay Director
Dennis Warne	Assistant Lay Director (Thu)
Rick Dillard	Assistant Lay Director (Fri)
Bob Bonshire	Assistant Lay Director (Sat)
Pete Schatz	Assistant Lay Director (Sun)
Ralph Thomas	Spiritual Director
James Arkord	Assistant Spiritual Director
Bill Curtis	Assistant Spiritual Director
Lynn Wilbur	Assistant Spiritual Director
Bill Walker	Music Director
Vic Larson	Head Cha
Rocky Warner	Board Representative
Ron Bennett	Team Member
Fredy Calderon	Team Member
Mike Cook	Team Member
Tony Fortune	Team Member
Ken Hinkle	Team Member
Keith Lauer	Team Member
Mark Lawrence	Team Member
Steve Makely	Team Member
Ed McAdam	Team Member
Bill Moore	Team Member
Dave Olds	Team Member
Ken Roark	Team Member
Mike Remington	Team Member
Randy Ross	Team Member
Derek Sharp	Team Member
Shane Smith	Team Member
Harry Tillman	Team Member

*Community Volunteers & Board of Directors**

Community Lay DirectorRosemary Blankenship*

Lead Gatherings & Candlelight
Host Weekend Sponsors' Hour/Closing
Chair Emmaus Board
Chair Pilgrim/Team Selection Committee
Assign Nominating Committee Coordinator

Assistant Community Lay DirectorRichard Warner*

Gathering Location Coordinator

Community Spiritual DirectorGary Staddan*

TreasurerMonica Warne*

SecretaryDiana Shiflett*

Manuals CoordinatorGene Philipp
Records/By-Laws Historian.....Gene Philipp

Communications CoordinatorDennis Warne*

NewsletterBrooke Ferguson
Database Coordinator.....John Mann
Team RegistrarBarbara Simpson
Pilgrim RegistrarsPat & Dick Barnett

Gathering Support CoordinatorJane Carwell*

Community Music DirectorLola McDonald
Community Baker.....Kitti Mann
Childcare Coordinator.....Vacant
Music Coordinator for Gatherings.....Steve Makely*

Weekend Support CoordinatorBrian Lewis

Comm. Cha Coordinator.....Richard Warner
General Agape Coordinator.....Monica Warner
Prayer Vigil Coordinators.....Jane Carwell
Placemat Coordinator.....Margaret Filler
Snack Agape Coordinator.....Vacant
Agape Bag Coordinator.....Diana Farrar
Transportation Coordinator.....Mo Moses
Supplies CoordinatorWes Pryce
Fourth Day Packets.....Rick and Susan Dillard
Fourth Day Coordinator.....Dick Barnett
Reunion Group CoordinatorSandy Crossley

Additional Board Members

Terry Cook* **Mark Dunn*** **Keith Lauer*** **Vonda LiCalzi***
Mark Lawrence* **Mike Shiflett*** **Ralph Thomas***

***Board of Directors 2005-2006**

Active Reunion Groups in the Fredericksburg Emmaus Community

SUNDAY

Bethel UMC Men's Group 7:30 am
 Bethel UMC
 Woodbridge
 Brian Lewis 703-590-9343
 bb3253@aol.com

TUESDAY

Great Is Thy Faithfulness 7:30 pm
 Prince of Peace UMC
 6299 Token Forest Drive
 Manassas, VA
 Lloyd Biller 703-590-1512

Pastor's Weekly Meeting 7:30 am
 Call for location
 Mark Dunn 540-786-4025

Lakeside Reunion Group (Men) 8:00 pm
 Lake of the Woods – Call for location
 Vic Larson 540-972-1928

WEDNESDAY

Lord's Lions & Lambs Reunion Group 6:30 pm
 First Christian Church
 Gary Staddan 540-373-7716
firstchristianchurch@verizon.net

THURSDAY

Amazing Grace Reunion Group 8:30 pm
 Hillcrest UMC
 Ed McAdam 540-898-3625
emcadam@cox.net

(ALTERNATE THURSDAYS)

Rainbow Reunion Group (Women) 10:00 am
 Lake of the Woods – Call for location
 Barbara Miller 540-972-7418

FRIDAY

Koinonia Women's Reunion Group 9:00 am
 Lake of the Woods – Call for location
 Barbara Larson 540-972-1928

His Seekers (Women) 7:30 pm
 Home of Jane Carwell – Woodbridge
 Sandy Crossley 703-221-6977 or
 Jane Carwell 703-969-4019

**Interested in joining or starting
 a new reunion group?**

Call Sandy Crossley at
 703-221-6977 or email her at
slcrossley13@msn.com

Upper Room Emmaus of the
Greater Fredericksburg Area
PO Box 42094
Fredericksburg, VA 22404

NON-PROFIT ORG.
U.S. POSTAGE PAID
FREDERICKSBURG, VIRGINIA
PERMIT NO. 347

RETURN SERVICE REQUESTED

Directions to Lake of the Woods Church:
One Church Lane Locust Grove, VA 22508

The Lake of the Woods church is located approximately 15 miles west of Fredericksburg and 15 miles east of Culpeper off Route 3. Enter Lake of the Woods, (across from Burger King), and tell the guard at the gate you are attending LOW Church. Turn left inside the gate on Lakeview Parkway. Travel for 2.4 miles until you see the sign at Church Lane, then turn left.