

Upper Room Emmaus

Of the Greater Fredericksburg Area

Vol. 3

March 2006

EMMAUS 62 will be held March 30th – April 2nd

PRAY-PRAY- PRAY-PRAY- PRAY-PRAY- PRAY-PRAY-PRAY-PRAY- PRAY-PRAY- PRAY-PRAY- PRAY-PRAY

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

A Note of Thanks...

As you read in Barbara Simpson's note elsewhere in this newsletter, Barbara has stepped down as newsletter editor. Publishing a monthly newsletter is hard work and time-consuming – a labor of love. Barbara showed her love for God and for this community by working tirelessly to produce an attractive and informative newsletter. Thank you, Barbara for your service and dedication. God bless you.

- Rosemary



The next Gathering (Second Saturday each month)

When: March 11th & April 8th, 2006
Where: First Christian Church
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**

From the Lay Director...

***“I will not sacrifice to the Lord my God burnt offerings that cost me nothing.”
2 Samuel 24:24***

Recently my attention was drawn to a scripture passage in 2 Samuel 24. In this passage, King David was directed to go to a particular place and build an altar to the Lord. When David arrived, he told the owner that he had come to buy his threshing floor so he could build an altar so that the plague on the people would be stopped. The owner immediately offered to give David the threshing floor, as well as wood to build the altar and oxen for the burnt offering. But David replied, “No, I insist on paying you for it. I will not sacrifice to the Lord my God burnt offerings that cost me nothing.” (v. 24)

That verse has repeated over and over in my mind. “I will not sacrifice to the Lord my God burnt offerings that cost me nothing.” What do I do for the Lord that costs me? What sacrifice do I make? How often do I take the easy way and offer that which costs me nothing? How often do I take credit for a sacrifice that was actually provided by someone else?

As I pondered this verse, I couldn't help but consider it in relation to E-62 and E-63 coming up soon. Everything associated with a Walk to Emmaus requires sacrifice.

Sponsorship requires sacrifice. Yes, it costs money – but that is really the least of the sacrifice. Sponsorship requires love, prayer, time, and energy. It requires a sponsor to be available to a pilgrim before and after a walk to answer questions, offer encouragement, and help that pilgrim become involved in a reunion group and in the Emmaus community. It requires a sponsor to participate in weekend events. It requires a sponsor to be available to the pilgrim's family during the weekend. It requires a sponsor to be open and honest about Emmaus.

Teaming requires sacrifice. Yes, teaming also costs money. But more importantly, teaming requires love, prayer, time, energy, and preparation. It also requires obedience, patience, generosity of spirit, understanding, and putting others first. It requires team members to be open and honest with pilgrims and with each other.

Cha service requires sacrifice. The most visible cha service is serving at meals, but chas do much more. Cha service requires hard work and energy. It requires a commitment to remain in the background – to be neither seen nor heard and to not intrude on the weekend experience of the pilgrims. It requires a willingness to do whatever needs to be done, whether the task is fun or not fun, noticed or not noticed.

Being part of the Emmaus community requires sacrifice. It requires a willingness to pass on to others the love and grace that we received on our walk. It requires a commitment to participate in gatherings and weekend events. It requires prayer – sometimes in the middle of the night. It requires the thoughtfulness to provide meaningful agape for pilgrims during a weekend, and the effort to take care that all pilgrims receive equally.

It requires an attitude of reverence and worship during Candlelight so that the pilgrims might see the face of Jesus, and a joyous celebration at Closing so that the pilgrims may be inspired and strengthened.

Yes, everything associated with a Walk to Emmaus requires sacrifice. David would not offer a sacrifice to the Lord that cost him nothing. I want to follow his example. As we prepare for E-62 and E-63, I pray that we, too, will gladly bear the cost of sacrifice so that our Lord is glorified and the pilgrims are renewed and inspired for Christian action in the world.



Psalm 72:11

Rosemary Blankenship
Community Lay Director



Board News...

The Fredericksburg Emmaus Board met at 8:00 am on Saturday, February 18, 2006, at First Christian Church. Twelve members were present. Gary Staddan led in an opening devotion and prayer.

The minutes of the January 2006 board meeting were presented by secretary Diana Shiflett and were approved.

Treasurer Monica Warne presented the financial report. The operating fund has a balance of \$294.53. Deposits totaling approximately \$3,000.00 for upcoming walks will need to be made very soon.

A nominating committee was constituted to prepare a slate of candidates for the board election in May. The committee members are Jane Carwell, Steve Makely, Dennis Warne, and Gary Staddan. The nominating committee will be seeking candidates for two 3-year positions for women, two 3-year positions for men, one 1-year position for men, and one 3-year position for spiritual director.

Mark Lawrence volunteered to serve as training coordinator for the community. Mark will plan and present training at gatherings on sponsorship, agape, cha service, and other important topics.

The board discussed ways to ensure community-wide communication in situations such as the cancelled February board meeting and gathering. The best avenue for this is the fredwalk.org web site. Information can be posted quickly and will be up-to-date. The fredwalknews email list is another method of getting the word out.

The March and April gatherings will be at First Christian Church.

Rosemary Blankenship
Community Lay Director

News within the community...

I just wanted to share my praise report with my Emmaus Family. I have been informed by a publisher that they want to publish my book, "Against All Odds" subtitled "Surviving the long Road Home".

The book is a real-life account of my long road home. Though it tells about my life, it is not to be viewed as an autobiography. I simply want the world to know about the saving grace of God. The enemy spends so much time trying to convince us of our failures that he causes us to neglect to realize our past failures are merely stepping-stones to our future accomplishments.

Be blessed and stay encouraged.

Sandra Smith-Coney
FB Emmaus #56
The Table of Elizabeth



*"Let them ever sing for joy...
that those who love
Thy name may exult in Thee"*

We are in need of Musicians and Singers! If you play an instrument or sing and would enjoy helping with music for Gatherings or being part of a music team on a Walk, please contact Steve Makely by email at makelys7@msn.com or by phone at 540-775-5019.

Thanks and God bless!

Take a look at the community web site at www.fredwalk.com. The web site is updated frequently and is a great place to find out all the current information. Please consider subscribing to the email list that will allow you to receive the newsletter and important news and announcements electronically. Please check the fredwalk site regularly for news and information and help spread the word about this wonderful community resource.

To the Emmaus Community,

As of the February 2006 issue, Brooke Ferguson has assumed the position of Editor of our Fredericksburg Emmaus Newsletter.

I want to thank you all for the opportunity as the editor to be in ministry to the Community for the past several years. I have enjoyed and been blessed by supporting and serving the community, but most of all, my life has been enriched by knowing and working with you all. Thank you for your love and friendship.

De Colores,
Barbara Simpson

April Newsletter Submissions Deadline is 3/18/06
Please send to: brooke@fergumungus.com

“HANDS”

The young man sat looking at his aging mother as she peered out the window from her wheelchair. As he gazed at her hands, did he notice that they were now thin, fragile and twisted with arthritis? No, these were the hands of love. Many years before these same hands had wiped tears from a small boy's eyes; taken the child's hand in hers as they walked through the park or the zoo; fixed many of his favorite meals; helped him with homework; and embraced him in love. These were indeed the hands of love and sacrifice.

Two men wanted to become great artists. One worked while the second learned how to paint. Finally the goal was achieved for the first, but by this time the second could not paint as his fingers had become too stiffened and twisted through hard work. Albrecht Durer saw his friend praying one day and painted the gnarled, toil worn hands folded in prayer. These, too, were hands of love and sacrifice.

Perhaps your hands or those of a close relative or friend have the appearance of getting older. Wait a minute and consider carefully. Perhaps these, too, are the hands of love and sacrifice. The hands you are considering have probably spent many hours in childcare, spouse care and doing good deeds for those beyond the family circle.

A friend of mine worked for many years in a carpenter's shop toiling daily to turn out the best products. Later his hands were nailed to a Roman cross while a crowd jeered outside the gates of Jerusalem. When His limp form was removed, His hands had been torn and were covered with blood. How ghastly you say. However, it was this sacrifice that changed history and made my personal salvation possible. This was the ultimate gift of love and sacrifice.

May our “hands” reach out in love,

Gary

Pastor Gary Staddan
Community Spiritual Director

TO NOMINATE YOUR BOARD MEMBERS:

The nominating committee has begun receiving nominations for board members. The board consists of six laywomen, six laymen, and three spiritual directors. One-third of the board members rotate off each year. The nominating committee will be seeking candidates for two 3-year positions for women, two 3-year positions for men, one 1-year position for men, and one 3-year spiritual director. The committee members are Jane Carwell, Steve Makely, Dennis Warne, and Gary Staddan. A slate of candidates will be published in the April newsletter. Nominations will also be taken from the floor at the April gathering. The election will take place at the May gathering. If you would like to nominate an individual, if you would like to serve yourself, or if you have questions about nominations or election, please contact a member of the nominating committee.

Dear Brothers & Sisters in Christ,



It was my job to make the coffee before class at church each week. I wanted to do something special for the group, something better than the ordinary. Although coffee was provided for

the group by the church, I went to a specialty store and purchased the finest freshly ground Colombian coffee.

That night I went to the church, cleaned the coffee maker, and washed the pots as I usually did. I set out the coffee supplies, cups, sugar, cream, stir sticks, and napkins. Then I brewed the coffee with the grounds I had purchased. It smelled and tasted wonderful!

The class was over, and I poured the last drop of coffee down the sink. I cleaned up the pots and put away all of the coffee supplies. We all hugged each other and turned out the lights. It was a great class, but I was disappointed. No one had noticed that I had made a special coffee that night. To tell the truth, no one mentioned the coffee at all!

Early one morning, I was driving a few blocks from my house. There were several cars in front of me, and we all stopped at a red traffic light. The car directly in front of me stopped short to allow someone to pull out of a business park in front of him. It was a nice gesture. My body tensed as I heard screeching tires, breaking glass, and crunching metal. A car entering the left turn lane was not aware of the driver's good intentions and struck the car entering the lane.

A friend was giving me a ride. Opening her car trunk so I could toss my bag inside, pushing a baby stroller to one side and a set of jumper cables to the other, I made room for my case. She attempted to close the trunk, but the latch refused to catch. Working on it for about a half hour without positive results, we decided to tie the trunk closed.

We were unable to tie the lid tightly, and it bounced several inches as we drove along.

As we were leaving the parking area, we heard a horn blowing. A man in a car drove up behind us flashing his lights. He stuck his head out of his window and shouted, "Hey lady, your trunk is open!" My friend, with an "oh brother sigh, said, "I know, but thank you anyway." During the entire trip, drivers would blow their horns, flash their lights and pull along side of us. They would motion for her to roll down her window so they could inform her about the open trunk lid. We realized that it was a nice gesture, but it soon became annoying.

Here are three stories about God's people being kind. They were all doing good deeds, although the results were disappointing. Their concern for their fellow man and woman, led them to perform selfless acts of kindness. Well, all I wanted was to be complimented on the coffee. I wanted to do something special for everyone who drank coffee that day.

I am not trying to discourage you from doing good deeds. I am only saying not to expect praise in return. Besides, it is not about the praise or boasting. Let us not keep score.

In Ephesians 2:8 - 10, the bible says, "For it is by grace you have been saved, through faith--and this not from yourselves, it is the gift of God-- not by works, so that no one can boast. For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.

Please continue to do His good works. Please remember when the results are less than desirable, your reward is in heaven, and His grace is already yours. Can you smell the coffee?

Your Brother In Christ,
Dennis Perkins
nothinglikeflyin@aol.com

Men's Emmaus #62

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

** Pilgrims * Pilgrims * Pilgrims **

William Cintron
 Steve Davis
 Tony Dempsey
 Louis Gorenflo
 Chris Holdridge
 Bill Kail
 Craig Preston
 Eddie Scruggs
 Michael Selph
 Ward Warren
 Raymond Washington

Bethel UMC
 Shepherds UMC
 Fredericksburg UMC
 Crossroads Baptist
 Ebenezer UMC
 Round Oak Baptist
 Fredericksburg UMC
 Shepherds UMC
 Bowling Green UMC
 Spotsy Presbyterian
 Tacoma Baptist Church

There are another six pilgrims being processed, but we have room for a lot more! **Please pray for these men and the future applicants that are needed.** Sponsorship information is available from Rosemary Blankenship (CLD@fredwalk.org) or Dick Barnett, Pilgrim Registrar. Pilgrim applications can be downloaded from the web page.

** The Team **

Mo Moses
 Dennis Warne
 Rick Dillard
 Bob Bonshire
 Pete Schatz
 Ralph Thomas
 James Arkord
 Bill Curtis
 Lynn Wilbur
 Bill Walker
 Vic Larson
 Rocky Warner

Lay Director
 Assistant Lay Director (Thu)
 Assistant Lay Director (Fri)
 Assistant Lay Director (Sat)
 Assistant Lay Director (Sun)
 Spiritual Director
 Assistant Spiritual Director
 Assistant Spiritual Director
 Assistant Spiritual Director
 Music Director
 Head Cha
 Board Representative

Team Members:

Ron Bennett	Fredy Calderon
Mike Cook	Tony Fortune
Ken Hinkle	Keith Lauer
Mark Lawrence	Steve Makely
Ed McAdam	Bill Moore
Dave Olds	Ken Roark
Mike Remington	Randy Ross
Derek Sharp	Shane Smith
Harry Tillman	

Community Volunteers & Board of Directors

Community Lay Director.....Rosemary 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 CoordinatorJohn Mann

Team RegistrarBarbara Simpson

Pilgrim RegistrarsPat & Dick Barnett

Gathering Support CoordinatorJane Carwell*

Community Music Director.....Lola McDonald

Community Baker.....Kitti Mann

Childcare CoordinatorVacant

Music Coordinator for Gatherings.....Steve Makely*

Weekend Support Coordinator.....Brian Lewis

Comm. Cha Coordinator.....Richard Warner

General Agape Coordinator.....Monica Warner

Prayer Vigil Coordinators.....Jane Carwell

Placemat CoordinatorMargaret Filler

Snack Agape Coordinator.....Vacant

Agape Bag CoordinatorDiana Farrar

Transportation CoordinatorMo 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

Interested in joining or starting a new reunion group?

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

His Joyful Croakers 9:00 am
 Hillcrest UMC
 June Riel 540-710-5949

(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

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

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Directions to Camp Happyland:

21457 Happyland Drive
Richardsville, VA 22736

From Central Park in Fburg: Drive 7.5 miles west on Route 3. Turn right (North) on Route 610, Elys Ford Road. Drive 9 miles north on Route 610. Just prior to the green Richardsville sign, turn right (East) on Route 619, Richards Ferry Road. Drive 1.3 miles to Happyland Drive. You will see a large Camp Happyland sign on the right side of the road. Turn right into the Camp and proceed to the parking area. Total distance from Central Park is about 18 miles.

Directions to First Christian Church:

1501 Washington Avenue
Fredericksburg, VA 22407
Phone: 540-373-7716

From I-95: Take Exit 130-A heading East on Route 3 and follow under the Route 1 Overpass. Turn left at the next light onto William St. Continue on William thru three lights before turning left onto Washington Ave at the Old City & Confederate Cemetery. First Christian Church will be three blocks down on your right.