

Upper Room Emmaus

Of the Greater Fredericksburg Area

Vol. 6

June 2006

The next Gathering

(Second Saturday each month)

When: June 10, 2006

Where: Hillcrest UMC

Time: Gathering at 6:15 pm
Fellowship Time at 5:30 pm
Board will meet at 4:00 pm

Please bring snack food to share during fellowship time

AGAPE BAGS...Sew Beautiful!

Remember when you saw your agape bag for the first time? God filled that eye-catching bag with love letters just for you. Will you help make a pilgrim's walk special? You can buy brightly colored rainbow striped fabric, (check the craft section at your local fabric store or WalMart), cording, and bright shoelaces to donate. Or you can make agape bags; they are sew simple to make, (12" wide and 15" tall, please). Say "I'll help" – just call Diana Farrar at 540-372-7535 or email her at HRHDiana@juno.com

Board Election results

Rick Dillard - 3 years
Ralph Williams - 3 years
Dave Olds - 1 year
Sandie Makely - 3 years
Sharon Smith - 3 years
Jim Muhlenkamp (spiritual director) - 3 years

Check out our website!

www.fredwalk.org

- Find Community, Board, Walk & Gathering information.
- Post prayer concerns & praises for all of the community to see.
- View and/or download the monthly Newsletter.

Subscribe to our mailing list!

Email: listserv@list.fredwalk.org

In the email body, type: *subscribe news*

- Receive the monthly Newsletter via email about a week before your copy arrives in the mail.
- Receive other information such as the final Pilgrim roster for each Walk.

Help keep our mailing costs down!

Email: webmaster@fredwalk.org

- Update any changes to your mailing address.
- Opt to just receive an email copy of the Newsletter in lieu of both the electronic & paper copy.

July Newsletter Submissions
Deadline is 6/17/06

Please send to:
brooke@fergumungus.com

From the Lay Director...



I attended a graduation recently. The graduation speaker acknowledged at the beginning that most graduates don't even remember who their graduation speaker was, much less what he or she said. So the speaker promised to make his remarks short. He was true to his word, and he focused on two pieces of advice for the graduates.

The first piece of advice was to read. He advised the graduates to read daily – books, newspapers, and especially those things that related to their chosen profession. He said that if the graduates did not eagerly read everything they could find relating to their chosen field, they had probably chosen the wrong profession.

The second piece of advice was to forgive. The speaker reminded us that life is short and that we can waste an enormous amount of time being right rather than being reconciled.

Those two pieces of advice may not have made an impression on the graduates, but they certainly made an impression on me. Of course, I love to hear anyone advocate reading – I'm a librarian! But the speaker's point was that if we're doing something we love, we want to learn everything we can about it. That idea translates to us as Christians. If we love the Lord, we will want to learn everything we can about Him. Paul wrote in Romans that each of us should "be transformed by the renewing of your mind" in order to test and prove God's will. How do we do that? Well, we have the most complete source of information in the scriptures, and we should learn everything we can from them. We shouldn't stop there, however. We can also learn a great deal from the writings of other Christians, from the early church fathers, and from men and women today who know and love the Lord and want to share what they know with others. We need to read and learn daily. Remember that talk from the weekend "Grow through Study?" Look in your notebook and dig out that list of resources the speaker provided. Make a commitment today to learn all you can. Then share what you learn with others.

Forgiveness may be harder. Personally, I love to be right. But sometimes, in my effort to be right, I overlook another's perspective or, worse, another's feelings. Some day, when I stand before God, I don't believe He's going to ask me, "Rosemary, were you right?" I believe He's much more likely to ask me, "Rosemary, did you repent? Did you forgive? Did you ask forgiveness? Did you reconcile with your brother or sister?" In Matthew 18:22, Jesus said that we are to forgive "not seven times, but seventy seven times." Jesus also told us in Matthew 5:23-24 that we are to "go and be reconciled to your brother" before we come to the altar to offer a gift to the Lord. Make another commitment today to not waste time being right. Then strive for reconciliation by forgiving and asking for forgiveness.

De Colores.

Rosemary Blankenship
Community Lay Director
2005-2006

So you want to Team?

Our Purpose:

From the Upper Room: The Walk to Emmaus is a spiritual renewal program intended to *strengthen the local church* through the *development of Christian disciples and leaders*. The program's approach seriously considers the model of Christ's servant hood and encourages Christ's disciples to act in ways appropriate to being "a servant of all."

From our By-Laws: The purpose of the Fredericksburg Emmaus shall be to *inspire, challenge, and equip church members for Christian action*, in their homes, churches, places of work, and the world community through the Emmaus experience.

You've been on your walk to Emmaus, you attended DDU, and now you would like to see what it is like on the other side of the table.

There are a few things that you should know about the teaming process. Being selected for an Emmaus team is not automatic. Teaming is a privilege and an awesome responsibility. The sponsors and the community trust you to take care of the pilgrims they sponsor on a walk. They trust you to give that pilgrim the best Emmaus experience they can have.

The Emmaus Community is made up of church leaders and Christian disciples. It is meant to help train up church leaders. (Refer to our purpose) When serving on a team you are in a position of leading church leaders, and therefore must be held up to a higher standard of integrity. We lead by example and when necessary use words. Our actions and the way we walk our Christian walk speaks louder than our words.

First you must submit a team application. You can download one from www.fredwalk.org or pick one up at a gathering. In some cases your home church may have some available at the church office. Calling the Weekend Lay Director on the telephone and telling him or her you want to be on their team will not qualify as an application. Once you have obtained the application read both sides and carefully consider the requirements of teaming! You must be willing to serve in any way you are asked. Please do not apply with the idea that you are guaranteed a certain position on the team or that you are guaranteed that you will or will not be selected to give a talk.

As part of that application, your Pastor must sign the application. I encourage you to pray about Teaming before you apply. Ask God to show you if this is how you should serve the community. Do you have time left over after your home church activities? Think about the commitment both in time and money to teaming. You will attend meetings for at least eight weeks before the walk and team meetings typically last 4 hours. In addition to team meetings, the walk and DDU will increase your time commitment to 10 or more weeks. Team fees are 150.00 plus gas, travel and other incidental expenses. Can you afford it? Does your Pastor agree that this is something you should do?

Once your application is completed you must mail it to the post office box on the header of the application. This will be delivered to the Team registrar. **Do not** hand deliver it to the Weekend Lay Director. Once your application is received a Team selection committee will consider it. This committee is composed of the Community Lay Director, The Weekend Lay Director, The Community Spiritual Director, past Weekend Lay Directors and one other board member or experienced community member to be appointed by the committee.

A team should be composed of members that have varying degrees of experience. The handbook calls for one-third to be first or second time teamers, one-third medium experienced teamers and one-third “old buffalos” - those that have been around for awhile. This is so we are constantly mentoring and raising up new leadership. If there are more individuals in any of these categories than can be used, you will be asked to serve in other ways on this walk and to reapply for a later walk if you so desire.

Members of a team must be men and women of integrity. If you have some things in your life that are not good examples of a Christian leader, you may be asked to serve in other ways. Some of these other ways include praying for pilgrims and team members, making agape for pilgrims and team members, serving as a cha, and helping out behind the scenes. You can attend candlelight and closing ceremonies. Showing your support for the pilgrims and the community in these ways is very important.

Some things that would diminish your witness, affect your leadership, and perhaps make you ineligible to team include: unresolved legal situations, especially those things that may result or have resulted in a conviction; uncontrolled addictions to such things as drugs, alcohol, gambling or pornography; unresolved marital, family, or relationship situations; lack of a home church or involvement in your church.

Any of these situations would make it difficult for the team selection committee to issue an invitation to team. I would strongly suggest that if you have one of these problems that you not apply to team at this time. Consult with your pastor, other members of your church, or even other members of the Emmaus community and work to resolve these situations. The Bible instructs us to lovingly restore our brothers and sisters who have stumbled. There are many in our community who are willing and qualified to help you do that. Later on you may be restored and this may serve as a powerful witness to the healing power and to the glory of our Lord.

In conclusion, we need a few good men and women to fill out our teams. We need first time teamers so we can continue to raise up new leadership. We also need experienced people who will mentor our new leaders by example and from their considerable experience. Pray about it, and if you feel this is something God is leading you to do, get that application in as soon as possible if you want to team this fall. The men start meeting in August for the fall walk! It will be here before you know it.

Mark Lawrence
Community Lay Director
2006-2007

*****UPCOMING WEEKENDS*****

Walk #	Dates	Lay Director
Emmaus 64 (M)	Oct 5 – 8, 2006	Dennis Warne
Emmaus 65 (W)	Nov 9 –12, 2006	Monica Warne
Emmaus 66 (M)	Mar 22 – 25, 2007	Pete Schatz
Emmaus 67 (W)	Apr 19 – 22, 2007	tbd
Emmaus 68 (M)	Oct 18 – 21, 2007	tbd
Emmaus 69 (W)	Nov 15 –18, 2007	tbd

Please give Praise for:

All the Lord has done for us	Andrew making honor roll all year
My husband's new job	Kate for being a wonderful, loving wife
God's love and healing	God's grace, love and healing power
Christian friends	God's touch on Jacob
My niece	Son's internship being approved
Summer	Work started in home improvement
My children	The pilgrims and teams of E-62 and E-63
My Emmaus family	Bringing my daughter Abigail closer to you
My wonderful husband	The love and support of friends and family
God's love and mercy	The team of E-63 for pulling together a great weekend
Graduates	My wife Theresa, & Resa, Megan, Collen, and Aaron
Son-in-law's new job	All the blessings the Lord has given me and my family
God for forgiveness	God watching over our daughter during her first year at college
Our children	My son's graduation from seminary and his appointment to Bethel UMC
My wife Colleen	The warmth and comfort I feel from both my home church and Emmaus family
My wife and all mothers	God putting brothers and sisters in my life to minister to me and my family
Our daughter graduating from college	My wife and I getting a house on 5 acres so we can grow a garden and have our grandchildren come
My husband's experience on E-62	
The completion of my first booklet	
Erica's financial aid award for college	
My husband Roger and our marriage	
Answered prayer for my husband	

Please pray for:

Brian	Pete's alcoholism	Healing for David
Paul and Sarah	The class of 2006	Mike, Rick, Tim, Bob
Sophia	Leaders of E-64 and E-65	Bill, Sr., for guidance
Shelby	My brother in Christ Joe	Those battling cancer
Epiphany #13	Healing for Drew's arm	Guidance for my family
Finances	My mom and her health	Epiphany Hanover #13
My brother Jim	Healing for Harriet's rib	Sheila and her family
My church	God's message and His love	A healthy baby on the way
My marriage	Carol, Lynn, Rick, Janet	Discernment for ministry
Work	Healing for Pete Carter	Youth during the summer
Kitti's health	Unity in our church	Strength to witness
Our pastors	Healing for Bill and Pete	Shelby, Ernie and Drew
Walter	My husband's path	God's wisdom on all things
My friend Kate	My husband's ministry	Me and my wife
Mike's son	My son's math class	Friend Chris who has cancer
Healing for Kate	Direction in my life	Essie and her family
Kathy and Louis	Our pastor John	My marriage and my family
Women of E-63	Angela, Andrew, Trow	A forgiving heart
Unsaved loved ones	The Briggs family	The homeless in our area
My husband's health	My son's salvation	

Prayers cont...

My kids to feel God's presence
 Jeff, Joan and Cassie to know God
 Family of the slain police officer
 Healing and a good job for our son
 My children to be happy and healthy
 Other sickness in our community
 My mom and dad to go back to church
 A son and daughter to receive Christ
 Continued blessing for our marriage
 Di in the recent loss of her mother
 My mother-in-law to feel better
 Spiritual renewal for my son Sean
 My daughter Lindsey in the Army
 Brian and Bobby for salvation
 Jackie, Jim, and Jackie's mom
 All the new members of Emmaus
 Upcoming Chrysalis walks
 My wife as she cares for her mother
 My husband and son's trip to Philmont
 Strength and comfort for Leland in his grief
 My uncle Larry with progressive cancer
 Me to continue to follow God's will
 Godly direction and guidance for Sarah

God to call our granddaughter to church
 My family to come to the Lord
 Continued healing for Myrna
 For safety for all those in the military
 Kristina's baby born prematurely
 Relief from congestive heart failure for Joe
 Marvin who is in a nursing home
 Compassion for Brenda as she battles ALS
 Comfort for Judy and her family
 My family's safety, well-being and health
 GUMC Sunday school classes and youth group
 Our daughter Trista will walk on Emmaus
 Our son Bryan to come back to the Lord
 Holy spirit will return to Shepherds Church
 My sister and sister-in-law to be cured of cancer
 The Holy Spirit to be poured out on our church
 My kids to seek God's will and find godly mates
 My relationship with my mother and daughters
 My youngest daughter to come to know Christ
 My daughter Sarah and granddaughter Daniella
 My brother Chris and his relationship with God
 God's blessing over the employees at Henderson Hall
 Pastor John DeJong who is ill and in the hospital

My son in prison who has turned his back on Jesus
 My daughter Lindsey as she gets ready to leave for Iraq
 My daughter Kelly dealing with headaches and anxiety
 My daughter Kathy with back problems and depression
 My son, Christopher, that his heart be turned to the Lord
 My mother's pain in her shoulders and hips to be eased
 GUMC mission team as they prepare to go to the Gulf coast
 My migraine headaches, my finances, and summer traveling
 My sister Chelsea to be closer to the Lord and for her diabetes
 Me to be ready to accept what the Lord has for me in my future
 Our service men and women in Iraq that they will be home soon
 Puerto Rico's budget and for the people of Puerto Rico to unite
 Mark to grow in the Lord and for guidance for after graduation
 My husband – God is working miracles but the devil is working also
 Julie's father George who has lymphoma and began chemo on May 11
 Clear direction from God as to the gift of writing He has blessed me with
 Me to be able to retire soon and devote my time to writing and evangelizing
 God's guidance in a career change and the strength to make that change
 My son as he travels from Lynchburg to Kansas City for a summer internship
 Our son to step up and make the right choices in life that are pleasing to God
 Ernie to get closer to the Lord and to be able to openly show affection to others



Prayers cont...

Our daughter to trust in the Lord and to stay focused on finding her purpose in Him
 The declining health of my parents and in-laws in addition to raising four children
 My wife Mary for healing on her right shoulder and that she will not require surgery
 My whole family dealing with the loss of a wonderful husband, father and grandfather
 The graduates of Wesley Theological Seminary as they go out in the world to spread
 Kendra as she starts a youth Bible study that God will bless the study and raise Kendra up to be a leader

Peace and comfort in the time of grief for Tyler, Thomas and Masen after the death of a loving wife and mother, Vicky

“Communicating Love to Your Children”

Well Dads, it is that time of the year once again. The country will be honoring Dads by setting aside June 18th as “Father’s Day”! How are you doing as a Father and/or Grandfather?

One of the most important things we guys can do as Dads or Granddads is to communicate LOVE to our children and grandchildren. You might be thinking, “My wife knows how to do this so easily, but I am a little uncertain.” Let me suggest a few pointers.

One of the best ways to communicate love to children and grandchildren is by spending time together. A few years ago, Cornell University published a study that said that the average Dad spent 37.7 seconds (yes, seconds) per day with his children. Spending time with your children tells them that they are important to you.

The time spent together should be pleasant and enjoyable. It does not have to be expensive or elaborate. Some examples of time together are: sitting on the back steps and talking about your child’s interests, playing marbles on the living room floor, throwing a ball in the yard, playing cards at the table, or sitting in the forest watching the little animals. There are hundreds of ways to spend time with your children.



However you spend the time together you will learn a lot about each other. You will grow in understanding, trust and respect as a special bond develops. This relationship will mature over the years until you or I go on to be with the Lord. Your child or grandchild will remember the time you spent with them the rest of his or her life. You and I have the opportunity to shape the values of our children and grandchildren for the rest of their natural lives. Don’t miss the “golden opportunity”!

Someone wrote: “Children are the living messages we send to a time we will not see.” (The Rebirth of America, 201). Who knows what God will do with our children and grandchildren later in this century? Their spiritual, moral and relational foundations depend on how we relate and show love to them now.

Dad, Communicate Love,

Gary

Unexpected Kindness

Dear Brothers and Sisters in Christ:

I found myself in a pretty scary situation. Growing up in a small town in Southern Virginia (population 1,200), I never imagined going to a big city like New York, (population 18 Million). An early picture had been etched in my mind of a place where crime ran rampant, and outsiders are preyed upon. I imagined a very dangerous place.

The closure of one airline brought opportunities with another. I endured another month's training, but this time in sunny Orlando, Florida. The people were pleasant, and the weather was fabulous. The training was very intense; including emergency drills, jumping out of airplanes onto slides, and daily written and oral exams. I had to be prepared to prove I knew the material on the spot. Training ran six days a week with most classes held indoors.

Base assignments were awarded during the second week, requiring the entire class to work out of JFK airport in New York City. I was disappointed, because I was hoping to be based in Fort Lauderdale, Florida. On the other hand, I was excited about the possibilities and the opportunities that went along with being based at the airline's largest base/hub. It will soon have gates in three separate terminals.

After training, I was given four days to relocate. Of course, I still live in Manassas, but it meant finding a "crash pad" (a shared room in an house or an apartment near the airport). This is required because during my first months on the job, I will be on reserve and on call (required to work trips on very short notice).

To say the least, I was concerned about spending time in NYC. Several of my classmates and I decided that we did not want to move in with strangers, so we rented two-thirds of a house together in Queens. I was pleasantly surprised when I found the house had a small front and back yard. It is in a nice neighborhood next to a school. The bus stop is only a block away, and it is only a five-to-ten minute ride to the airport.

The location was right, but what about the people? I was nervous about all of the horror stories I had heard growing up. The fears of my parents and friends had been passed down to me. I was relieved to discover those fears were unwarranted. I found kindness in the most unexpected faces and places.

During my first day, I met several of my neighbors. They were very warm and friendly people. I was told that if I needed anything, to call them or knock on their door. I was given directions to public transportation, grocery stores, and other shopping areas. I was warned about places to stay away from and directed to safe places. I was astonished that I was accepted so quickly and made to feel welcome.

I met a policeman in my neighborhood. He talked very freely with me about the troubles of the city. He advised me what to look out for while putting my mind at ease telling me I was in a good neighborhood.

I had to adapt to my new job. I was used to being the lone flight attendant on the aircraft. Now, I had to work as one of a team of four. During my first week, I worked in the aft of the Airbus with "Pietro." Pietro is an incredible Christian man, and we worked very well together. He had prepared for lunch a sandwich made on a hoagie roll loaded with sliced ham, Swiss cheese, and tomato sauce. He offered to share his homemade masterpiece with me. I hesitated, as I felt awkward accepting his offer. I replied, "No thank you." He then asked, "Why won't you eat my food?" I felt he was insulted when I did not accept his offer, so I smiled and said, "I would love to share your lunch!" He returned the smile, tearing his hoagie in half. It was incredibly delicious.

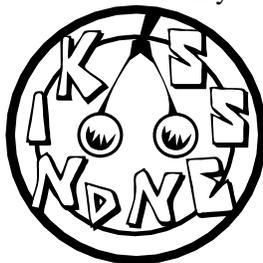
My roommates and I have been giving each other rides to the airports in ours cars until we became comfortable with the bus system and our surroundings. Soon, I was faced with my first city bus ride ever. The bus stopped at terminal number six, but I could not see the route number on the bus. I approached the lady bus driver and asked, "Is this the Q10 bus and do you stop at 130th Street and 150th Avenue near the school?" She smiled and replied, "Honey, this bus goes to Rockaway Blvd., but I will swing around to South Conduit and drop you off." I cried tears of joy! Someone in a big city that doesn't know me is going out of their way to show me kindness.

Galatians 5:22 lists the fruits of the spirit, "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law." The fruit of kindness seems a little ordinary, but it has the power to change.

The theologian William Barclay once said, "More people have been brought into the church by the kindness of real Christian love than by all the theological arguments in the world"

It amazes me everyday how God works in my life. When I listen to Him and follow where he leads, doors are opened wide, and walkways are paved. He places a smile on my face and a song in my heart. He places the most unlikely and unexpected people in my path to help and encourage me. When I awake each morning, I never know what He has planned for me, but I know it will be an adventure.

When God's people put on the apron of servant hood, lives are changed. I think that kindness is described as a "fruit of the spirit" because if you cultivate the tree, the fruit flourishes.



How many times in your life when you have been discouraged has someone unexpectedly showed you kindness? If you look closely at the fruit, there is plenty to share. Take a bite and enjoy its sweetness. Share it with another, and it is sweeter still!

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

Board News...

The Board of Directors met at 12:30 pm on May 13, 2006, at Hillcrest UMC. Twelve board members were present.

Diana Shiflett presented the minutes of the April meeting. The minutes were approved. Monica Warne presented the financial report for April. The operating fund showed a balance of \$5,442.31. There is still one outstanding pilgrim fee from E-62. The report was approved.

Steve Makely suggested that the community consider purchasing a lapel microphone and a cordless microphone. He will bring information about costs to the June meeting.

Mo Moses reported that he would no longer be able to oversee the trailer used to transport supplies for weekends. Mike Cook may be willing to take over the trailer. Mo informed the board that the trailer hitch is broken and needs to be replaced. The board approved the replacement.

Monica Warne informed the board that there is a new contact person for Camp Happyland.

Mo Moses presented the team evaluation of the E-62 weekend. Overall, the team felt that the weekend was spirit-filled and a blessing to all. Areas of concern included the need for chas to make sure to remain behind the scenes, the need to reconcile the weekend schedule with the WLD manual, and the need to have less noise and movement in the talk room. The board thanked Mo for his report and for his service on E-62.

Mark Dunn reported for the 4th Day team. Several work groups have formed to work on three areas: DDU and gatherings, pastor survey, and teaming and training. If you are interested in working with the 4th Day team, please contact Dick Barnett.

The board approved a letter to be sent to volunteer coordinators within the community asking the coordinators to report to the board about their responsibilities and ways the board can help them carry out those responsibilities.

The meeting adjourned at 3:00 pm.

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 Director**Richard Warner***

Gathering Location Coordinator

Community Spiritual Director**Gary Staddan***

Treasurer**Monica Warne***

Secretary**Diana Shiflett***

Manuals Coordinator**Gene Philipp**

Records/By-Laws Historian.....**Gene Philipp**

Communications Coordinator**Dennis Warne***

Newsletter**Brooke Ferguson**

Database Coordinator**John Mann**

Team Registrar**Barbara Simpson**

Pilgrim Registrars**Pat & Dick Barnett**

Gathering Support Coordinator**Jane Carwell***

Community Music Director**Lola McDonald**

Community Baker.....**Kitti Mann**

Childcare Coordinator**Vacant**

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

Weekend Support Coordinator**Brian Lewis**

Comm. Cha Coordinator.....**Richard Warner**

General Agape Coordinator.....**Monica Warne**

Prayer Vigil Coordinators.....**Jane Carwell**

Placemat Coordinator**Margaret Filler**

Snack Agape Coordinator.....**Mike Shiflett***

Agape Bag Coordinator**Diana Farrar**

Transportation Coordinator**Mo Moses**

Supplies Coordinator**Wes Pryce**

Fourth Day Packets.....**Rick and Susan Dillard**

Fourth Day Coordinator.....**Dick Barnett**

Reunion Group Coordinator**Sandy Crossley**

Additional Board Members

Terry Cook*

Mark Dunn*

Keith Lauer*

Vonda LiCalzi*

Mark Lawrence*

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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RETURN SERVICE REQUESTED

Directions to Hillcrest United Methodist Church: 2208 Lafayette Boulevard
Fredericksburg, VA 22401
(540) 898-2180

From I-95: Take the Massaponax Exit 126 heading North on Route 1 to Four-Mile Fork. Turn right onto Lafayette Blvd. Continue approx 1.5 miles on Lafayette Blvd. to Hillcrest UMC on the left.