

# Upper Room Emmaus

## Of the Greater Fredericksburg Area

www.fredwalk.org

Vol. 11

November 2006

### Schedule for Women's Emmaus #65

Date	Time	Activity at Camp Happyland
Thur. 11/9/06	6:30 – 7:00 pm	Pilgrim check-in followed by Sponsor's Hour
Sat. 11/11/06	7:30 pm	Candlelight – Community will gather for praise, Communion & fellowship. Please bring flowers for the team to use Sunday morning!
Sun. 11/12/06	4:00 pm	Closing Service

### 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

### Snack Agape Notice

Please call Mike Shiflett at 540-371-5585 if you would like to arrange a pick up or drop off of snacks before FE #65.

### *The next Gathering* (Second Saturday of each month)

\*Nov 18<sup>th</sup> .....Tabernacle UMC  
\*3<sup>rd</sup> Sat of the month & DDU

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 65 (W)	Nov 9 -12, 2006	Monica Warne
Emmaus 66 (M)	Mar 22 - 25, 2007	Pete Schatz
Emmaus 67 (W)	Apr 19 - 22, 2007	Ellen Cowart
Emmaus 68 (M)	Oct 18 - 21, 2007	tbd
Emmaus 69 (W)	Nov 15 -18, 2007	tbd

## *Thoughts from the Lay Director...*

Recently I was reading a book by my favorite author, Max Lucado called *Traveling Light*. In this book, he talks about the spiritual and emotional baggage we tend carry. If you're not into reading whole books he has condensed this into a 50 page booklet called "Give it all to Him". I highly recommend either one or both.

In his book he poses the question, "What if our spiritual baggage were visible, and tangible, what would it look like?" Would we see well-dressed people carrying large trash bags over their shoulder, weighted down by their spiritual trash? Would some of us have bags that we could not even carry, but perhaps would need to drag along behind us?

What would we find in those bags? Would we find regrets, loneliness, worry, resentment? What would you be carrying; revenge, failure? What is it that is keeping you from serving God to your highest potential? Max says regrets seem to be the heaviest and most irritating of all. Do you allow regrets to stop you from doing things you need to?

The good news is that Jesus sees our burdens, and our trials and *He* bids you to bring them to Him. The Lord knows you are not meant to carry these things. So He is calling, come to me you who are heavy laden and give those burdens to me. Jesus really is the ultimate Sanitation Engineer. 1John 1:9 says if we will confess our sins and repent He is faithful to forgive us. Some call this the Christian's bar of soap. Leave your baggage at the foot of the cross, and let Jesus take it to His landfill. One of the problems is; we tend to go back and pick it up again. Let Him keep it.

I have teamed on a number of men's weekends and I am always amazed how burdened and weighed down these men are when they come in on Thursday evening. Most of them leave their baggage at the cross sometime during the weekend and they leave walking with a lighter step. Some will pick it up again but most will never pick it up again. God has chosen The Walk to Emmaus to be one instrument where both men and women can shed the baggage that is holding them prisoner. He uses this tool to help people go free to be better fathers, mothers, pastors, employers and employees. I meet people everyday at work or in the market place that are carrying heavy trash bags. Many of them are Christians, but they need a little help.

We must do everything we can to keep this great institution alive and viable and doing the work and will of God. Every day I see something new that tells me this is a worthwhile ministry. Just like any volunteer organization there are many different opinions and personalities at work in Emmaus. Let us make sure we keep a divine prospective. Let us put our own wants and desires and pride aside so that God can do His best work through this Community. Let's help people leave their baggage at that cross.

Someone once said that evangelism is just one beggar telling another beggar where to find bread. I think we could add to that, its one beggar telling another beggar where to leave their trash. Decolores.

Mark Lawrence  
CLD 2006-2007

**Check out our website:**

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

**Subscribe to our email list:**

Email: [listserv@list.fredwalk.org](mailto:listserv@list.fredwalk.org)

**Opt for electronic only newsletter:**

Email: [webmaster@fredwalk.org](mailto:webmaster@fredwalk.org)

## Board News...

The Board of Directors met at Tabernacle U.M.C. just prior to the gathering on October 14, 2006. There was a Quorum present.

We discussed dates for the walks in 2008 as there were some conflicts with Camp Happyland's schedule with the weekends chosen previously.

Also we briefly discussed the use of the new microphones during the men's walk and gathering later that evening. It was decided that it was a worthwhile investment. It was also reported that the equipment was purchased on sale, with extended warranties for less than originally quoted.

Most of the board's actions during this session consisted of putting "hands and feet" to the actions taken in previous meetings. It is a truth that it is easier to put a concept on paper that it is to make it work in reality.

Since the board is presenting the Day of Deeper Understanding in November, most of our time was devoted to the agenda of that gathering. We also briefly discussed some issues involving the training of Weekend Lay Directors, which was voted on last month.

We also discussed the need that we have someone certified in CPR present at every weekend walk.

This is a requirement of Camp Happyland and probably a good idea for a number of reasons. However we have no such person on this up coming women's walk. Sandie Makely volunteered to get certified but asked that the community pay the associated expenses if there were any. It is possible that it could be done without cost. The board voted to cover the necessary expense if it arose.

We also discussed the need for childcare and possible solutions to that problem. It was presented that if we were to hire someone, or if we used volunteers we need to do a background check as required by most churches. It was suggested it would be nice if we could find people that have already been cleared by their churches. We really need a few good people to step up to this task.

Rick Dillard closed us with prayer.

On Behalf of the Board of Directors I would like to thank the Community for all of it's support that was given to the Men's walk FE-64. We had 250 candles for candlelight and nearly ran out, plus counting the ones people brought in. We also had a great turn out for closing and a lot of help cleaning up. THANK YOU!

Thank you Upper Room Emmaus of the Greater Fredericksburg Area Community for all of your love, support, prayers and service towards FE-64. The Men's walk was a wondrous and joy filled weekend for both the Pilgrims and Team. You sent us 24 inspired Pilgrims who came to Camp Happyland and helped transform both the Team and themselves over the 72 hours. And to top it off on Sunday evening, the Pilgrims gave wonderful testimonies with an inward reflection on their new priorities and a desire to walk closer with the Lord. We had an abundance of Prayers and Agape on this Walk, which made the Weekend the blessed event that it was. Thank you again for selecting me to lead FE-64 and filling us all with your love. To God be the Glory, Great Things He Hath Done.

De Colores

Dennis Warne/FE-64 WLD

*Fredericksburg Emmaus #65 Pilgrim List*  
*Thy Word is a Lamp unto my feet, and a Light onto my path.*  
*Psalm 119:105*

Shirley Allen ..... Fredericksburg UMC  
 Crystal Boykin ..... Chancellor Christian Church  
 Susan Brennan ..... LOW Church  
 Joan Brown ..... LOW Church  
 Bobbi Clark ..... The Lord's Church  
 Irene Conte ..... Cornerstone Baptist Church  
 Martha Crum ..... The Lord's Church  
 Polly Cunningham ..... Promised Land Praise & Worship  
 Mimi Dempsey ..... Fredericksburg UMC  
 Mary Ellison ..... Maranatha SDA Church  
 Lita Goldstein ..... North Stafford Baptist  
 Blanka Griffin ..... Chancellor Christian Church  
 Carol Grimes ..... Promised Land Praise & Worship  
 Joan Hailstalk ..... Mt Hope Baptist Church  
 Susan Jacobs ..... The Lord's Church  
 Robin James ..... Alum Spring Baptist  
 Virginia Johnson ..... First Christian Church  
 Holley Klein ..... The Lord's Church  
 Barb Lisenby ..... Grove Baptist  
 Kay Olivieri ..... Promised Land Praise & Worship  
 Theresa Raposa ..... Grace Church of F'burg  
 Judy Schofield ..... LOW Church  
 Martha Slayton ..... Beaverdam UMC  
 Sharen Smithers ..... Maranatha SDA Church  
 Holly Stacy ..... Remington UMC  
 Sabrina Styles ..... Lake of the Woods  
 Dot Thode ..... Chancellor Christian Church  
 Barbara Tokar ..... Ferry Farm Baptist  
 Anne Ulrey ..... Bowling Green UMC  
 Mary Varnau ..... Morrisville UMC  
 Patti Waters ..... First Christian Church  
 Shana White ..... Maranatha SDA Church  
 Virginia Wright ..... Hume Baptist Church  
 Donna Zeller ..... Carmel UMC

\*Please prepare agape for 36 pilgrims. If there are any updates to this list, they will be shown on our website [www.fredwalk.org](http://www.fredwalk.org). As always, thanks for all the ways you show your love for Christ!

## Fredericksburg Emmaus #65 Team List

*Thy Word is a Lamp unto my feet, and a Light unto my path.  
Psalm 119:105*

Emelda August ..... ATL Deborah ..... Grow Through Study (Sat AM)  
 Jennifer Bareford..... ATL Martha ..... Devotion (Fri AM) & 1 John 1:5-9 (Sat AM)  
 Gerri Bartman ..... Cha ..... John 14:1-14 (Thurs) & John 2:1-11 (Sun AM)  
 Debbie Bliss ..... ATL Rachel ..... Christian Action (Sat PM)  
 Judy Britt..... TL Deborah ..... Ecclesiastes 3:1-15 (Sat AM)  
 Mary Brooks..... Cha ..... Romans 8:31-39 (Sat AM)  
 Jane Carwell ..... BdRp ..... John 2:13-17 (Sun AM)  
 Sandra Coney ..... TL Mary..... Discipleship (Sat PM) & Devotion (Sat AM)  
 Ellen Cowart..... ALD-Thur/Fri..... John 14:9 (Sun AM) & Fourth Day (Sun PM)  
 Bowie Curry ..... SD..... Justifying Grace (Frid PM)  
 Gail Dietze..... SD ..... Prevenient Grace (Fri) & Obstacles to Grace (Sat)  
 Susan Dillard ..... ALD-Sat. .... Priority (Fri AM) & John 4:5-6 (Sun AM)  
 Kathy Donde ..... TL Elizabeth ..... Luke 24:13-35 (Thur PM)  
 Sarah Donde ..... Cha ..... Lord, I have Time (Sat AM)  
 Janet Dunn ..... MD ..... John 4:4-15 (Sat AM) & John 11-36-37 (Sun AM)  
 Mark Dunn..... LSD ..... Mean of Grace (Sat AM)  
 Joyce Holder..... ATL Ruth..... Psalm 51:10-17 (Sat AM)  
 Phyllis Howze ..... TL Rachel ..... Devotion (Thur PM) & Body of Christ (Sun AM)  
 Marcy Liepelt..... ATL Mary..... Psalm 23 (Sunday AM)  
 Ray Liptrap ..... SD ..... Sanctifying Grace (Sun AM)  
 Sandie Makely ..... CHA .....  
 Kathy Neiswander..... Music ..... John 12:4-6 & Please hear .../John 18:33-40  
 Becky Patrick ..... ALD - Sun ..... Life of Piety (Fri PM) & Mark 14:32-37 (Sun AM)  
 Dianne Philipp..... Agape CHA ..... Prayer of St. Francis (Sun AM)  
 Mickey Sharp ..... TL Martha ..... Changing Our World (Sun AM)  
 Kathryn Smith..... Music ..... Mark 14:27-31/ "Who Me?" & Matt 26:36-38  
 Becky Thode..... TL Ruth..... Priesthood of All Believers (Fri)  
 Ruth Thomas..... Music..... Matt 9:18-22 / Psalm 100 & John 8:3-11  
 Monica Warne ..... WLD ..... Perseverance (Sun PM)  
 Pat Weinhardt ..... ATL Elizabeth ..... Prayer (Fri AM)



Psalm 119:105

*Thy Word  
is a Lamp unto  
my feet, and a  
Light unto my path*

**FE - 65**

**Our Praises:**

Son got a job!!!  
 God is working in my life  
 Healthy new granddaughter  
 Praised for all God's blessings.  
 Summer day with granddaughter, my son's faith.  
 For my health and my brothers and sisters in Christ.  
 Praise God for blessing me with a wonderful husband  
 Thank God for blessing me with a great first term in school.

Thanks for my wife, my baby and the blessing He has done for us.  
 Special thanks for all our parents for all their love support and advice.  
 Praises for His provision, for self, family and the Emmaus Community  
 Thanks for my dad always teaching me, for bringing me up in Christ, for teaching me forgiveness, and not holding grudges

**Our Prayers:**

Mary's kidneys	Chrysalis and our youth.	Please pray God will direct me. Debbie
Pray for heart problem	Salvation for William Smith.	Pray for Kitty as she looks for a new job.
Problems with wrist	For our church and a new building.	Salvation for Paul and John Lawrence
Pam for her cancer surgery.	A new car and everyone driving.	Pray for Mary Washington Students.
Jim and Jackie and Bob Akers	My teenage son –Matt (senior)	Pray for our daughter's thyroid problem
For the pilgrims of E-64	My talk	
Pray for my church and my family	Pray for direction in my life and ministry.	
Pray for my church.		
Pray for Heather's biopsy		
For unsaved loved ones.		
Pray for mommy and daddy to find a new home.		
Pray for my son's health and financial problems.		
For upcoming Dr's appointment. Less stress at work		
For son that is graduating this year from High school.		
My grandson Jamie Scot, Becky as she juggles family, job and health.		
Pray for the people of Tibet that they may come to the Lord.		
Pray for the church at WhiteOak and the Lord's Church. Pray for Jessica Headley		
Caroline and Edmundo, Jon and colleen Moriarty, Jill and Lynn, Unsaved persons.		
Mary Usher retirement, Christopher and John, Shari, and grandsons, DeFontis, and Christian		
Pray for Terry McCluskey, he has been having pain since February of 06 (pain level 9)		
Steady, persistent personal prayer, a Minister of music for New Horizons Family Church.		
Pray for our girls and there husbands, That God would embrace them with His love.		
Sophia Tillapaugh, Hanover Epiphany, 26 <sup>th</sup> September meeting with board of ministry, to continue my work for the King!		
Please pray for my son, Damian, that he is safe and doing well, I haven't heard from him in four months.		
Stephanie for Salvation, Emmaus 65 Pilgrims and team, spiritual anointing on our discipleship group, Blessings on Israel.		
Easy delivery of a healthy baby, Guidance for my husband & I becoming parents, Healing in our family		
Pray for our youth, & that they can resist the many temptations that make it hard for them to be faithful.		
My baby coming good and easy, for mending of a powerful church, For the Lord to give me and my wife help and knowledge we need to raise our baby up in the Lord and not the world.		

**FREDERICKSBURG EMMAUS**  
**Expense Budget**  
**JULY 1, 2006 TO JUNE 30, 2007**

<b>Inflow</b>	<b>Budget</b>	<b>Actual - YTD</b>	<b>Difference (\$)</b>	<b>Difference (%)</b>
Income: Offerings	\$ 6,900	\$ 4,453	\$ (2,447)	-35.5%
Income: Camp fees	\$ 38,000	\$ 9,720	\$ (28,280)	-74.4%
Income: Application Fees	3,200	1,015	(2,185)	-68.3%
Income: Other (Manuals)	50	23	(27)	-54.0%
	48,150	15,211	(32,939)	-68.4%
<b>Operating</b>	<b>Budget</b>	<b>Actual</b>	<b>Difference (\$)</b>	<b>Difference (%)</b>
Bulletin-Closings	\$ 100		\$ (100)	0.0%
Camp Facility Fees	38,000	11,415	(26,585)	-70.0%
Copyright License	170	170	-	0.0%
Corporation Fee	25	25	-	0.0%
Insurance	1,400	1,378	(22)	-1.6%
Photos (Weekend)	100		(100)	0.0%
Manuals	150	130	(20)	-13.6%
Music Equipment	1,000	710	(290)	-29.0%
Nashville Fees	1,600		(1,600)	0.0%
Newsletter	600		(600)	0.0%
Placemats	100		(100)	0.0%
Post Office Bulk Rate Permit	170		(170)	0.0%
Postage	1,800	199	(1,601)	-89.0%
Printing (Newsletter)	1,600	263	(1,337)	-83.6%
Weekend Supplies	1,200	484	(716)	-59.7%
<b>Total Expenses</b>	<b>Budget</b>	<b>Actual</b>	<b>Difference (\$)</b>	<b>Difference (%)</b>
	\$ 48,015	\$ 14,774	\$ (33,241)	-69.2%

From the Board Treasurer:

**Did you know...**in the Spring 2005, Fredericksburg Emmaus was granted a 501(c)3 tax exempt status? That means...all contributions made to Fredericksburg Emmaus are tax deductible from the taxable income of the donor. The Internal Revenue Service requires that Fredericksburg Emmaus provide a separate receipt be given for each gift or contribution of \$250.00 or more. The receipt must include the amount of any money contributed and a description (but not value) of any property donated. It must also indicate whether you received any goods or services for this contribution. Thanks for all your hard work and support of the Fredericksburg Emmaus Community! De Colores! Monica

## Community Volunteers & Board of Directors

<u>Community Lay Director</u> .....	<b>Mark Lawrence*</b>
Lead Gatherings & Candlelight	
Host Weekend Sponsors' Hour/Closing	
Chair Emmaus Board	
Chair Pilgrim/Team Selection Committee	
Assign Nominating Committee Coordinator	
<u>Assistant Community Lay Director</u> .....	<b>Terry Cook*</b>
Gathering Location Coordinator	
<u>Community Spiritual Director</u> .....	<b>Ralph Thomas*</b>
<u>Treasurer</u> .....	<b>Monica Warne*</b>
<u>Secretary</u> .....	<b>Sandie Makely*</b>
Manuals Coordinator .....	<b>Gene Philipp</b>
Records/By-Laws Historian.....	<b>Gene Philipp</b>
<u>Communications Coordinator</u> .....	<b>Dennis Warne</b>
Newsletter .....	<b>Brooke Ferguson</b>
Database Coordinator.....	<b>John Mann</b>
Team Registrar .....	<b>Barbara Simpson</b>
Pilgrim Registrars .....	<b>Pat &amp; Dick Barnett</b>
<u>Gathering Support Coordinator</u> .....	<b>Jane Carwell*</b>
Community Music Director .....	<b>Lola McDonald</b>
Community Baker.....	<b>Kitti Mann</b>
Childcare Coordinator.....	<b>Vacant</b>
Music Coordinator for Gatherings.....	<b>Steve Makely*</b>
<u>Weekend Support Coordinator</u> .....	<b>Brian Lewis</b>
Comm. Cha Coordinator.....	<b>Richard Warner</b>
General Agape Coordinator .....	<b>Monica Warne</b>
Prayer Vigil Coordinators .....	<b>Jane Carwell</b>
Placemat Coordinator.....	<b>Margaret Filler</b>
Snack Agape Coordinator .....	<b>Mike Shiflett</b>
Agape Bag Coordinator .....	<b>Diana Farrar</b>
Transportation Coordinator.....	<b>Mo Moses</b>
Supplies Coordinator .....	<b>Wes Pryce</b>
Name Badge Coordinator .....	<b>Dave Olds*</b>
Fourth Day Packets .....	<b>Rick* and Susan Dillard</b>
Fourth Day Coordinator.....	<b>Dick Barnett</b>
Reunion Group Coordinator .....	<b>Sandy Crossley</b>

**Help Wanted**

The Fredericksburg Emmaus Community is looking for a volunteer to fill the Childcare Coordinator position. If you are interested, please contact the Gathering Support Coordinator, Jane Carwell, at 703-969-4019 or email her at [pjcarwell@wahoo.com](mailto:pjcarwell@wahoo.com) We appreciate your assistance!

Additional Board Members

<b>Mark Dunn*</b>	<b>Vonda LiCalzi*</b>	<b>Jim Muhlenkamp*</b>
<b>Sharon Smith*</b>	<b>Ralph Williams*</b>	

**\*Board of Directors 2006-2007**



### 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](mailto: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](mailto:firstchristianchurch@verizon.net)

#### THURSDAY

**Amazing Grace Reunion Group** 8:30 pm  
Hillcrest UMC  
Ed McAdam 540-898-3625  
[emcadam@cox.net](mailto: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 Tabernacle UMC:

7310A Old Plank Rd  
Fredericksburg, Virginia

From 95/Central Park Exit:

Head west on Route 3 for approximately 5 miles. Turn left onto Andora Drive and take to end. Turn right onto Old Plank Road. The church will be within 100 yards ahead.