

# Upper Room Emmaus

## Of the Greater Fredericksburg Area

www.fredwalk.org

Vol. 10

October 2007

### UPCOMING EMMAUS WEEKENDS

<u>Walk #</u>	<u>Dates</u>	<u>Lay Director</u>
Emmaus 68 (M)	Oct 18 – 21, 2007	Mike Cook
Emmaus 69 (W)	Nov 15 – 18, 2007	Debbie Devine
Emmaus 70 (M)	April 3 – 6, 2008	TBD
Emmaus 71 (F)	May 1 – 4, 2008	TBD

**New fees will take affect with the Fall walks**

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

Oct 13th ..... Hillcrest UMC\*  
Nov 10th ..... Chancellor Christian  
Dec 8th ..... Chancellor Christian

Fellowship 5:30-6:00 pm & 8:00–8:30 pm  
Gathering at 6:00 pm  
Chrysalis Steering Committee at 4:45 pm  
Board will meet at 3:30 pm

**Please bring snack food to share during  
fellowship time**

\*Please note revised location

### *4<sup>th</sup> Day Speakers Wanted*

If you have a burning desire to share what the Walk to Emmaus has done for you, please contact me to schedule an opportunity to give a 4<sup>th</sup> day witness.

Mark A. Lawrence  
mark@greatuncledad.com  
540-373-1110 (work)

## **Sponsors Needed for Men's Walk #68!**

**We only have 10 applications so far.**

**Please email Pilgrim Registrar Dick Barnett at  
k4guj@aol.com if you intend to sponsor someone  
and get the application submitted ASAP!**

**Men's Walk #68 is October 18-21, 2007**

## *From the Lay Director...*

In a recent sermon my Pastor talked about hospitality. The context of this sermon had to do with inviting people to church and making visitors feel comfortable and at home when they visit our church. I began to think about this in the context of Emmaus. As the autumn walks are upon us, we are thinking about sponsorship. Inviting new members to join us. Are we being hospitable people? Are we creating an environment that invites people to come into the Community or are our actions keeping them away?

Much of hospitality has to do with enthusiasm. When people see us happy and full of enthusiasm about our community it makes them want to know what there is about it and encourages them to want to find out. Sometimes a walk to Emmaus has wrought such change in people's life that others just naturally want to see what has brought that change.

Other prospective pilgrims are more skeptical. Sometimes you can look around your church and pick out someone you think would be a good candidate. You might pray about it, and then ask your Pastor and it all seems like your doing the right thing. Then you approach the person and they look you in the eye and tell you, "I don't need that." Or they might ask, "What do I need that for?" Or worse yet, they might just ask you, "What is the walk to Emmaus? That is not a bad question as long you are comfortable answering it. Whatever you do, you do not want to pressure people to go on a weekend, or try to "trick" them into going, by telling them something that is not quite true. This can create a very uncomfortable situation later on.

The Walk to Emmaus weekend can be different things to different people. I usually tell people that it is an opportunity to grow their relationship with God. It might be an opportunity to discover another aspect in their relationship or to grow closer to God.

I tell them different people get different things from a weekend, and what they get from it depends on them.

Emmaus is not a secret society and has no secrets. We may present some nice surprises along the way but you never want to tell someone that it is a secret, or say, "I can't tell you about that." Tell them anything they want to know about a weekend. Even if you tell them about an aspect of the weekend, it will not be the same as their being there to experience it with their contemporaries. This one thing has probably done more damage to the Community than anything else. Telling people it is a secret, or trying to hide what we do. Several times we have had visitors at gatherings and someone has told them they are not supposed to be there because they have not yet walked. This has sent many prospective pilgrims and potentially valuable members packing never to be seen again. These visitors that have come to see what we are about should always be welcomed with open enthusiastic arms. We should never tell them they are not welcome. I emphasize again we are not a secret society. We are part of the body of Christ and should act like it.

There are resources to help you explain what Emmaus is all about. There are some brochures, ask about them at the Gathering, there is our web site, [fredwalk.org](http://fredwalk.org). There is the Upper Room Web site that tells what Emmaus is: <http://www.upperroom.org/emmaus/whatis/> It is much like evangelism. We should all have our story of what Emmaus has done for us and be willing to share it. If you have the opportunity to sponsor be willing to let your pilgrim experience the walk their own way.

We look forward to some very successful fall walks. Pray for those walks. Pray for the teams, as well as for the pilgrims that have yet to apply.

DeColores,

Mark A. Lawrence

## Chrysalis news

The steering committee is continuing to meet just after each gathering. We are in the process of working with the group in Nashville to establish training dates for the Chrysalis group as well the Emmaus board. This combined training needs to happen before we can set a date for our first weekend. The training will be held on a Friday evening and all day on the next Saturday. The community is welcome to attend this event as well.

The Steering committee is also in the process of reviewing teaming manuals and also considering locations that can host the weekend. If you are aware of alternatives to Camp Happyland that we can look into please let me know.

We still need your involvement and time. If you are interested in helping us get this together, please come to the next gathering and let's talk, bring your youth group!

If you can't lend your time, pray for us. The future of our faith rests in our action.

(Hey Kate and Ashley – where'd ya go? – we miss you)

Fly with Christ,  
Keith

Email – [kalauer2@verizon.net](mailto:kalauer2@verizon.net)

Ph – 804-742-7713

## Epiphany News

Epiphany is a 4th day movement based on Tres Dias, Cursillo, Chrysalis, Emmaus, and other ministries. Its focus is to bring the Word of God into the jail system and work with incarcerated youth. Weekends are structured around holidays so we don't impact the ability for these youth to attend school.

Current schedules at Hanover and Culpeper are usually Columbus Day in the fall and Memorial Day in the spring.

In our Discipleship talk we are challenged to get out of the pew and take it to the street. Have you honored that commitment to God? If you're interested in getting involved, please contact Keith Lauer via email at [kalauer2@verizon.net](mailto:kalauer2@verizon.net) or phone 804.752-7713. Come see the miracles that happen behind bars! We need your help.

His sinner, your brother,  
Keith

## Business Directory

Is that old car about give up? Do you need a family room built onto your home? Do you need some landscaping or a piano moved? Have you needed a sign or a T-shirt printed and wondered who in the Emmaus Community does that?

In an effort to answer those questions we have decided to develop a Fredericksburg Emmaus Business Directory. If you offer a service or own a business we invite you to place an entry in the directory. It will only be posted on the web site, so we will not have a printing cost involved.

Participation is strictly voluntary, and you WILL NOT be added unless you present the text you want to appear. Send all entries to Rick Dillard at: [thedillards76@verizon.net](mailto:thedillards76@verizon.net)

If you need a service and would like to spend your money with a Christian brother or sister instead of a stranger, we hope this will give you that opportunity.

## ***Board News...***

The Board of Directors met just prior to the Gathering at North Stafford Baptist Church on September 8, 2007. There was a quorum present.

We received the annual report from the 4<sup>th</sup> day Ministry given by Bill Walker on their accomplishments and goals. The board approved the continuation of the 4<sup>th</sup> day ministry for another year. We also received the report from John Mann on the Teaming and training work group. He shared their goals concerns and needs to continue. There are several actions the board will need to take in future sessions to fulfill those needs.

The Weekend Lay Directors and board representatives have been chosen for the fall of 2008 (FE72 and 73) so the WLD training can begin next month.

Next month the nominating committee for the Board of Directors elections needs to be established.

Some adjustments were made to the new gathering schedule. There will be some refreshments available prior to the gathering from 5:30 to 6:00 as well as at the end from 8:00 to 8:30. The Gathering will start promptly at 6:00 and the Administration will take place in the first 15 or so minutes, then the worship will be held without interruption.

There will be Lay Training from the Upper Room Emmaus Regional Representative next month. This is a requirement to fulfill our covenant with the Upper Room Emmaus at least once every three years. This will take place at Fairview Baptist Church from 10:00AM to 4:00 PM on October 13, 2007 in one of the upstairs rooms, as there will be a wedding in the sanctuary that day. This is open to any who wish to attend. I would like as many board members to attend as possible. Please RSVP to Mark Lawrence at [mark@greatuncledad.com](mailto:mark@greatuncledad.com) or call me at work at 540-373-1110. It is possible this schedule might change, and if I know who is coming we will know who to contact regarding changes as well as setting up the room and making arrangements for lunch. Our regional representative Greg Engroff has been promoted to International Lay Director of Emmaus. This will be one of his last training sessions as a regional representative as he has already moved to Nashville. He will probably be bringing his replacement with him.

The October gathering will be at Hillcrest United Methodist church due to the wedding at Fairview Baptist.

### **Regional Lay Training**

If you would like to attend the Lay Training session from the Upper Room Representative, please RSVP to Mark Lawrence at [mark@greatuncledad.com](mailto:mark@greatuncledad.com) or call me at work at 540-373-1110. It is possible this schedule might change, and if I know who is coming we will know who to contact regarding changes as well as setting up the room and making arrangements for lunch.

If you think you want to team any time in the next two years, we want to hear from you. Please submit your application now. You will no longer need to submit your application after each walk, but you need to give us a fresh application NOW or whenever you are ready to be considered for a team.

You can download a new application off the web site at [www.fredwalk.org](http://www.fredwalk.org) or see Mark Lawrence at the next gathering.

## *Agape*

No strings attached. Agape is a Greek term for unconditional love. It has nothing to do with the worthiness or attractiveness of the receiver. It proceeds from the heart of the giver. Agape love is given with nothing expected in return. You can say, "with no strings attached."

Many types of Agape can be found on an Emmaus weekend but for our purposes here, I am going to concentrate on general agape. General Agape is that cool stuff that is given to all pilgrims to demonstrate our unconditional love for them. It should be remembered, what you do for one should be done for all, and should be of equal quality and equally distributed. Some who are short of time may want to give only to members of their own church. But we want every pilgrim to be treated equally, for no one to be singled out.

General agape is distributed in Friday Bag, on Friday Bed and on Saturday Bed. There is no such thing as Thursday night Agape because the principle of agape love has not yet been introduced.

Some things that improve the quality and effectiveness of agape: things that are hand made or hand written, providing your handwriting is readable, are most effective. Things that are hand personalized and signed by hand are next best. This shows that you took time to personally address and pray for each pilgrim. Things that are printed on a computer or otherwise mass-produced. Along with things that are purchased from places like Oriental Trading Company are nice and accepted, but I think you need to examine them closely for their individual merit and value.

Remember all agape should be Christ centered, Display Christ's love in some way and otherwise build on one's Christian walk. It should be edifying and up lifting, not just a toy to pass the time, or a gift for its own sake.

I want to pause here and just say how much I personally appreciate everything the community does for agape. Some of you are truly ingenious, industrious and creative in the things you contribute. You clearly are more gifted and have more time than I have to put these things together.

Things that help the team and community Chas:

-If the individual pilgrim's names are on your agape, please put it in alphabetical order. Remember that literally thousands of pieces of agape are being handled in any given weekend.

-Label it according to the time you'd like it distributed if you want it given at a certain time.

Remember Friday bag, Friday bed and Saturday bed.

-No strings attached. Anything with strings should be placed in individual plastic bags. Sandwich bags are good for this. One time I was given the task of untangling some lanyards that had been put into a single paper bag. To make things even worse the pilgrim's names were attached by little cardboard price tags that were on strings. I spent over an hour untangling this mess. For those of you that have teamed know that an hour on a weekend can be an enormous chunk of time.

-Make sure there is enough for all pilgrims.

-Agape for the team is optional and even discouraged in some cases. Team members have already been on their weekend so give pilgrims first priority.

Some people have recently suggested that we should concentrate more on the quality of the agape in place of quantity. It is believed there would be less labor required to sort it and it could have a higher impact on the pilgrim. A suggestion to think about.

The national model says that general agape need not be signed and in fact encourages us not to sign the things you provide for general or table agape. Personally I think it is a great way for new members to get acquainted with community members. I have heard comments from pilgrims from time to time like, who is this person or that one? I think it is a great opportunity to get to know current membership. You need to make your own decisions on this one.

Please remember that these are guidelines, and suggestions, not hard fast rules. Please consider the purpose of agape and pray about what you are providing. Pray for each pilgrim as you work on your agape. And send out your love ... No strings attached.

## Men's Emmaus #68 Team Members

...*Blessed be the name of the Lord.*      *Job 1:21*

James Arkord	Ark Ministries	Spiritual Director/Obstacles to Grace
Paul Bartman	Ukrainian Cath Natl Shrine	Asst. Cha
Art Blankenship	Fairview Baptist Church	Table Leader - Mark
Jesse Blythe	Melrose UMC	Table Leader - Luke
Tom Britt	Chancellor Christian	Asst. Table Leader – Mark/Priesthood of All Believers
Mike Cook	Fredericksburg UMC	Weekend Lay Director/Perseverance
Lake Cowart	Melrose UMC	Asst. Table Leader - Paul/Life of Piety
Dan Dietze	Salem UMC	Assistant Lay Director/Fourth Day
Rick Dillard	Chancellor Christian	Spiritual Director/Prevenient Grace
Tony Fortune	Shepherd's UMC	Cha Coordinator
Victor Gomez	Wrights Chapel UMC	Spiritual Director/Justifying Grace
Randy Harding	Melrose UMC	Table Leader - Thomas/Body of Christ
Keith Lauer	Bethel UMC	Assistant Lay Director/Discipleship
Mark Lawrence	Grace UMC	Agape Coordinator
Steve Makely	Fletchers Chapel UMC	Board Representative
John Mann	Fredericksburg UMC	Asst. Table Leader - Luke/Christian Action
George Masten	Bethel UMC	Asst. Table Leader – Thomas/Growth Through Study
Mark McDonald	Woodbridge Christian	Asst. Table Leader - Matthew
Mike McDonald	Woodbridge Christian	Table Leader - Paul
Bill Moore	Melrose UMC	Asst. Music Director
Tim Patrick	Fairview Baptist Church	Assistant Lay Director/Priorities
Lemuel Pearsall	Bethel UMC (Woodbridge)	Spiritual Director/Sanctifying Grace
Mike Remington	First Christian Church	Asst. Agape Cha
Ken Roark	Wrights Chapel UMC	Music Director
Michael Selph	Bowling Green UMC	Asst. Table Leader - John
Charles Tillapaugh	Wrights Chapel UMC	Lead Spiritual Director/Means of Grace
Bill Walker	Grace UMC	Table Leader - John
Richard Warner	Chancellor Christian	Table Leader - Matthew/Changing Our World

**What is Emmaus?** *While they were talking and discussing, Jesus himself came near and walked with them.*

*- Luke 24:15*

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 servanthood and encourages Christ's disciples to act in ways appropriate to being "a servant of all."

The Walk to Emmaus is an adaptation of the Roman Catholic Cursillo (pronounced cur-SEE-o) Movement, which originated in Spain in 1949. Cursillo de Cristianidad means "little course in Christianity."

The Walk to Emmaus is grounded theologically and institutionally in The Upper Room ministry unit of the General Board of Discipleship of The United Methodist Church.

The Walk to Emmaus gets its name from the story in Luke 24:13-35, which provides the central image for the three-day experience and follow-up. Luke tells the story of that first Easter afternoon when the risen Christ appeared to the two disciples who were walking together along the road from Jerusalem to Emmaus.

To get involved in Emmaus, each person must have a sponsor who has already attended Emmaus him- or herself. If you have a friend who has been to Emmaus, ask your friend to tell you about his or her experience with the program.

## ***Praise & Petitions***

### **Please pray for...**

Salvation of lost loved ones, children, grandchildren, and parents.

Children's marriages

Our church –harmony, membership and faithful givers

My Pastor and his wife, that they might be steadfast and faithful in the trials that are coming upon our church.

Me and my wonderful family to have a house by November 1<sup>st</sup>.

My daughter and son-in-law

Chris Hansen – healing- kidney surgery

My health, a new roof, a job

Healing, family, wife, shoulder surgery

FE 68 Team, Pilgrims

Brian, Paul, Sara and Adian Joathan and Emmaleigh

My brother who needs to know his need of Jesus.

My daughter and Son-in-law's marriage, Salvation of family members.

A young family who's father is heavy into drugs.

Teams 68 and 69

My new job

Our President of the USA and the men and women around him

Families

Rehabilitation and successful physical therapy

My nephew Clay

Brother and sister –in-law as they sell their house and relocate.

Salvation for family members and my future and service.

Jill and Lynn For growth

Mark, Barry, and Brian for Salvation

Mimi and the girls as they travel across the country.

Monica's parents, father in ALS for 4 ½ years, Mom caretaker for dad.

Tony, Mimi and the kids traveling around the country

People who need a roof and hot water heater.

Sandra, God's continuous guidance.

Finish school in 2009

Pilgrims for 68 and 69

Vehicle, car or truck Business and family

Daughter's thyroid treatment, and tests.

The Chrysalis Steering committee.

Epiphany ministries.

The Fredericksburg Emmaus Board of Directors.

Healing and peace for Elaine Underwood.

### **Please give praises for...**

God's favor and my new car.

Cheryl's successful surgery

For this Emmaus Community, the friends that we have as members and the opportunity to serve God in ways we would not have otherwise

**Community Volunteers & Board of Directors**

**Community Lay Director**..... **Mark Lawrence\***

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

**Assistant Community Lay Director** ..... **Ralph Williams\***

- Gathering Location Coordinator

**Community Spiritual Director** ..... **Jim Muhlenkamp\***

- Board Spiritual Director..... **Rick Dillard\***
- Board Spiritual Director..... **Ralph Thomas\***

**Treasurer** ..... **Sandra Coney\***

**Secretary** ..... **Sandie Makely\***

- Manuals Coordinator..... **Gene Philipp**
- Records/By-Laws Historian ..... **Sandie Makely**

**Communications Coordinator** ..... **Vacant**

- 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..... **Lola McDonald**
- Music Equipment Coordinator ..... **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..... **Mike & Terry Cook**
- Name Badge Coordinator..... **Dave Olds**
- Fourth Day Packets ..... **Rick and Susan Dillard**
- Fourth Day Coordinator ..... **Dick Barnett**
- Reunion Group Coordinator..... **Sandy Crossley**

**\*Board Members**

**(Serving on the Board July 1, 2007- June 30, 2008)**

- |                      |                         |                       |                     |
|----------------------|-------------------------|-----------------------|---------------------|
| <b>Sharon Smith*</b> | <b>Donna Devericks*</b> | <b>Marcy Liepelt*</b> | <b>Becky Thode*</b> |
| <b>Tony Fortune*</b> | <b>Wilfred Usher*</b>   | <b>Bill Walker*</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 [tjcarwell@yahoo.com](mailto:tjcarwell@yahoo.com) We appreciate your assistance!

### 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

**His Seekers (Women)** 7:30 pm  
Home of Jane Carwell – Woodbridge  
Sandy Crossley 703-221-6977 or  
Jane Carwell 703-969-4019 or email: [tjcarwell@yahoo.com](mailto:tjcarwell@yahoo.com)

#### FRIDAY

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

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

NON-PROFIT ORG.  
U.S. POSTAGE PAID  
FREDERICKSBURG, VIRGINIA  
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**RETURN SERVICE REQUESTED**

**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 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.