

Upper Room Emmaus

Of the Greater Fredericksburg Area

www.fredwalk.org

Vol. 12

December 2008

Important News from the Board – New meeting times start in January

The board has voted to change the time of the gatherings to begin at 4:00 pm with fellowship time at 3:30. We hope that the earlier time will make it easier for our Emmaus brothers and sisters who must travel a long way for gatherings in Fredericksburg to join us. The new time will begin with the January 10th gathering at Bragg Hill Family Life Center. The board will meet at 1:30 pm

The next Gatherings

(Second Saturday of each month)

Dec 13thBragg Hill Family Life Ctr

Jan 10thBragg Hill Family Life Ctr*

***New meeting times at Jan Gathering (see above)**

Fellowship 5:30-6:00 pm & 8:00–8:30 pm

Gathering at 6:00 pm

Board will meet at 3:30 pm

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

4th Day Follow Up Meeting

January 17th at Fairview Baptist
Church on Charlotte St.

This training session is for new pilgrims who have not attended and others that need a refresher on Sponsorship and Teaming. Coffee will be available from 9:00 am to 9:30 am. Training begins at 9:30 am and will run for about two hours

**The December newsletter will be the last you receive unless you
do one of the following:**

To subscribe to electronic delivery, please email us at listserv@list.fredwalk.org and type “subscribe news” in the body of the email. We cannot add your address to our email list without your request.

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Upper Room Emmaus of the Greater Fredericksburg Area

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Fredericksburg, VA 22404



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Please add my name to the list for mail delivery of the Emmaus newsletter.

Name: _____

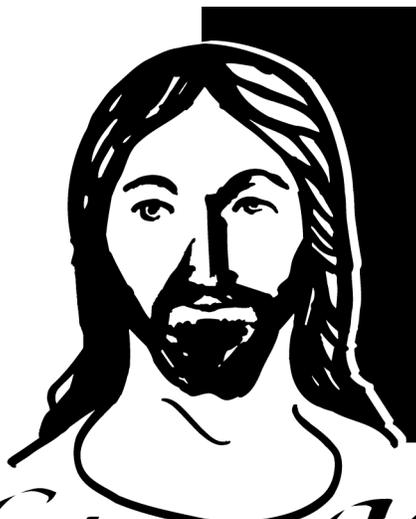
Address: _____

Thoughts from the Community Spiritual Director...

Merry *Christ*mas all...

"I will extol the LORD at all times; his praise will always be on my lips. My soul will boast in the LORD; let the afflicted hear and rejoice. Glorify the LORD with me; let us exalt his name together. I sought the LORD, and he answered me; he delivered me from all my fears. Those who look to him are radiant; their faces are never covered with shame. This poor man called, and the LORD heard him; he saved him out of all his troubles. The angel of the LORD encamps around those who fear him, and he delivers them. Taste and see that the LORD is good; blessed is the man who takes refuge in him". (Psalms 34:1-8).

I wanted to say during these troubled times some may be wondering if any of us should be excited about the holiday season. Most of us are wondering what the future will bring. Will it bring good or fears of uncertainties? As hard as we may try not to fear, fear is very much a part of our lives. Today we might be afraid of losing our job, or our health, or our finances. For some of us maybe we are just afraid of growing old. If we sit around thinking about it the list could go on & on, for all of us have things that cause us to experience the emotion we call "fear." Christmas is the time to remember the birth of our KING. He's the only one able to supply all our needs at the same time. The Psalmist made his plea personal when he said "I sought the LORD, and he answered me; he delivered me from all my fears." Now if our KING can do that for the psalmist in the O.T., then He can do it today for us. During this time of uncertainty in the world remember our KING has not moved or changed, He is the same yesterday, today and forever! Have a blessed season of remembering our KING. DeColores!



Christ the King

Rick Dillard FE53
Community Spiritual Director

Volunteers Needed

The Fredericksburg Emmaus Community is looking for volunteers. We need a Gathering Support Coordinator and a Childcare Coordinator for the gatherings. Please be in much prayer for these positions and your involvement in the community. Please call Ralph Williams at 540 898-7952 if you would like more detailed information about these positions.

UPCOMING EMMAUS WEEKENDS

Walk #	Dates	Lay Director
Emmaus 74 (M)	Mar 26 – 29, 2009	Randy Ross
Emmaus 75 (W)	Apr 30 – May 3, 2009	Vonda LiCalzi

Please pray for:

<p>Chrysalis, our youth Kim for salvation Peace in Jerusalem President elect The church to rejoice in these times to really trust in the Lord and HIS promises, rejoice I say rejoice God's mercy on this nation and the judgement that is coming to her Daughter & grandchildren Our Emmaus Community My mom Joan Siefert that God will heal her of her cancer Peace in our country Our military The pilgrims and the team of E-73, that they don't anticipate and let God take over their hearts and their lives My hearing My family Erynn-total healing from head injury Cija to be healed Me to let go and let God Our nation's leaders to listen to God Husband's bad health Stronger faith for children To be a flame of fire for Christ My daughter Cija that the Lord's healing powers will be with her The family of Tina Reynolds My brother Glenn that he will be granted peace Vonda's fever blister</p>	<p>My sister-in-law Terrill, who has cancer on her brain, spine, liver and intestines and is undergoing chemo. Our pastor's family Prayers for our pastor and her husband as they deal with him losing his job Lloyd's family Those losing jobs. All of the people who are out of work because of the economy My brother who lost his son to suicide Land for Stafford Crossing Church Friend with cancer My daughter Kimberly as she finishes her senior year Fairview at River Club student ministry Tim & Becky Patrick and family for health My uncle Joel's healing Fairview at River Club and Fairview at Charlotte St for guidance in our decisions Lee Ann, and Vonda Travel mercies for Dawn Bethel UMC Caroline Ladysmith Baptist Faith Christian Fellowship Mike to know the Lord Allan Michael- travel mercies Bro Bob Vonda- prayers for traveling and moving daughter Lee Ann Martin</p>	<p>Traveling mercies for Dawn Prayer concerns for Bethel UMC, Caroline Co and Ladysmith Baptist FE-73 Mike/Dawn- He needs to know the Lord Brother Bob traveling mercies and partner/mentor to be close to home Mary, my sons, church, Wilfred to give Bible Study to at least one person Freedom for son, freedom to be used by God always Our friend Mike who doesn't want to know God Kiera & Eddie love him and pray for him often Jessica from Promiseland Praise & Worship Eddie to have fulltime hours at work immediately Re-awakening Eddie Torres to receive the guidance and resources needed to provide for his intended, Kiera. Dec. 11th court hearing. I have been told if I don't sign my property deed of 20 acres over to my ex and pay all court costs and attorney's fees I will go to Jail. I am Kiera and I need your prayers. Lord pray for all churches and know that Liberty is your church. Let it's light shine. My wife Katie who was recently diagnosed with Lyme disease and must go years of treatment</p>
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Please give praises for:

Thanks for the way God moves in our lives
 Praise for ARL scholarship
 Praise for success in school

Praise God for all the many, many blessings I have received
 Praise to our military

From the Community Music Director...

De Colores!

And merry Christmas! I am so excited that it's almost Christmas again! It is truly one of my favorite times of the year. It doesn't matter that the rest of the world is so stuck in the commercial end of things – it's my savior's birthday, and I absolutely LOVE birthday parties!! We'll be having one in His honor on the 13th at the Gathering this month! And in honor of His birthday we'll eat, and sing, and fellowship and have a grand old time. I can't wait to see you all!

I wanted to share with you a true story that inspired a seldom heard or sung hymn about a real king who exemplified a walk with the Lord. We can see in this king's actions an analogy of our Savior's protection and love for us. The song is "Good King Wenceslas" and here is the story.

Few people know that there really was a 10th century Wenceslas, a Christian who ruled for about seven years in Bohemia (which is now part of the Czech Republic). Wenceslas was brought up by his Christian grandmother, Ludmila. She taught him that faith has to be put into action or it is a sham. Because of her teaching and example, Wenceslas learned true concern for the poor and suffering. That is the spirit John Mason Neale captured when he wrote his carol. The prince goes out on a cold night to feed a poor man who is gathering winter fuel. When a page complains of the cold and difficulty, Wenceslas urges him to follow in his tracks--a mirror of the way we follow in Christ's footsteps.

Wenceslas was just thirteen when his father died in 921. Ludmila acted as regent for the young man, but Wenceslas' mother, Drahomira, wanted the throne herself. She killed Ludmila and controlled the country.

Wenceslas did not wait to come of age, but seized the throne from his wicked mother. He banished her to a neighboring country. During his short reign, Wenceslas encouraged German missionaries to preach in Bohemia. He urged his people to convert to Christianity, even (we regret to say) punishing those who held out. At the same time, he reformed his country's judicial system and courted peace with neighboring nations, especially Germany. He was known for his charity to the poor.

Wenceslas had a younger brother, Boleslaw, who was made in the same mold as Drahomira. Some Bohemian nobles resented the fact that Wenceslas submitted to neighboring Germany. They urged Boleslaw to take action. Boleslaw plotted. When Wenceslas came to mass on this day, September 28, 929, his brother followed him to the church door. Recognizing that trouble was afoot, Wenceslaus said, "Brother, you were a good subject to me yesterday."

"And now I intend to be a better one!" shouted Boleslaw and struck his brother in the head with his sword.

Wenceslas had strength enough to fling his brother to the ground, whereupon one of Boleslaw's men stabbed Wenceslas in the hand. Wenceslas sought refuge in the church but two other assassins struck him down at the door. Bohemians look at Wenceslas as a martyr and their foremost saint. His picture long appeared on their coins and his crown was a symbol of Czech independence. Although Pope Benedict XIV did not want the Bohemian ruler included in the Roman Missal, he was. And an English hymn writer made an immortal carol about him. (From www.chi.gospelcom.net – Glimpses of Christian History)

And here are the lyrics:

**Good King Wenceslas looked out, on the feast of Stephen
When the snow lay round about, deep and crisp and even
Brightly shone the moon that night, though the frost was cruel
When a poor man came in sight, gath'ring winter fuel**

**"Hither, page, and stand by me, if thou know'st it, telling
Yonder peasant, who is he? Where and what his dwelling?"
"Sire, he lives a good league hence, underneath the mountain
Right against the forest fence, by Saint Agnes' fountain."**

**"Bring me flesh and bring me wine, bring me pine logs hither
Thou and I will see him dine, when we bear him thither."
Page and monarch forth they went, forth they went together
Through the rude wind's wild lament, and the bitter weather**

**"Sire, the night is darker now, and the wind blows stronger
Fails my heart, I know not how, I can go no longer."
"Mark my footsteps, my good page, tread thou in them boldly
Thou shalt find the winter's rage, freeze thy blood less coldly."**

**In his master's steps he trod, where the snow lay dinted
Heat was in the very sod, which the Saint had printed
Therefore, Christian men, be sure, wealth or rank possessing
Ye who now will bless the poor, shall yourselves find blessing**

May He bless you all richly this month and may you find
many other inspiring stories behind our much beloved
Christmas songs of praise!!

Much love,
Lola



**Happy Birthday,
Jesus!**

Active Reunion Groups in the Fredericksburg Emmaus Community

S U N	Bethel UMC Men's Group	7:30 am	
	Bethel UMC	Woodbridge, Va	
	Brian Lewis:	703-590-9343	bb3253@aol.com
T U E S D A Y	Pastor's Weekly Meeting	7:30 am	
	Call for location		
	Mark Dunn	540-786-4025	
	Great Is Thy Faithfulness	7:30 pm	
	Prince of Peace UMC	Manassas, Va	
	Lloyd Biller	703-590-1512	
	Lakeside Group (Men)	8:00 pm	
	Lake of the Woods	Call for location	
	Vic Larson	540-972-1928	
W E D	Lord's Lions & Lambs Group	6:00 pm	
	First Christian Church		
	Gary Staddan	540-373-7716	first.christian.church@verizon.net
	New Song (Women)	6:30 pm	
	Fairview at River Club		
	Cam Noden	540-846-1866	
T H U R S D A Y	His Joyful Croakers	9:00 am	
	Hillcrest UMC		
	June Riel	540-710-5949	
	His Seekers (Women)	7:30 pm	
Home of Jane Carwell	Woodbridge, Va		
Sandy Crossley	703-221-6977		
Jane Carwell	703-969-4019	tjcarwell@yahoo.com	
	Amazing Grace Group	8:30 pm	
	Hillcrest UMC		
	Ed McAdam	540-898-3625	emcadam@cox.net
	Rainbow Group (Women)	10:00 am	(Alternate Thursdays)
	Lake of the Woods	Call for location	
	Barbara Miller	540-972-7418	
F R I	Koinonia Group (Women)	9:00 am	
	Lake of the Woods	Call for location	
	Barbara Larson	540-972-1928	

Interested in joining or starting a new reunion group?

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

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

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Directions to Bragg Hill Family Life Center: 400 Bragg Hill Dr
Fredericksburg, VA 22401
(540) 371-3662

From I-95: Take exit 130B, heading west on Rt 3. Go one light past the Spotsy Towne Ctr and turn right onto Bragg Road. Continue on Bragg Road, (which turns into Fall Hill Ave), for approx 2 miles, (past Central Park), and turn left onto Bragg Hill Dr. The Family Life Center is on the left.