

# Upper Room Emmaus of the Greater Fredericksburg Area

## Gatherings *(2nd Saturday of each*

**October 9th**

POC: Kathleen Holladay  
Men's Team Commission

**Hillcrest UMC**

**November 13th**

POC: Chris Fair  
Women's Team Commission

**Antioch UMC**

**December 11th**

POC: Rick Dillard

**Chancellor Christian**

Board meeting at 1:30 pm

Fellowship at 3:30 pm

Gathering at 4:00 pm

Please bring snack food to share during fellowship time.

We are looking for churches to host Gatherings for 2011.

If you are your church's Point of Contact for hosting, please email our ACLD Dawn Kendall at [queendawn@juno.com](mailto:queendawn@juno.com) so arrangements can be made.



## HELP WANTED

Our Emmaus Community is looking for volunteers to fill several vacant coordinator positions, (please see the Volunteer Page). If you are interested in serving in any capacity, please contact Dick Barnett at [k4guj@aol.com](mailto:k4guj@aol.com).

## Snack Agape:

Per Judy Britt, Snack Agape Coordinator, non-perishable items for the Men's Walk may be brought to the October Gathering (October 9, 2010). Perishable and nonperishable items may be brought to her house Wednesday, October 20th or at the breakfast at Shoney's on Thursday, October 21st. She lives at 2604 Salem Church Rd. (across from Salem Church Library). You can also reach her at 540-972-6383. Thank you!

## Agape Bags:

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, 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](mailto:HRHDiana@juno.com)

## UPCOMING EMMAUS WEEKENDS

### Walk #

FE-80 (M)  
FE-81 (W)  
FE-82 (M)  
FE-83 (W)

### Dates

Oct 21 - 24, 2010  
Nov 18 - 21, 2010  
Mar 30 - April 3, 2011  
Apr 28 - May 1, 2011

### Weekend Lay Director

Mike Remington  
Gerri Bartman  
TBA  
TBA

# Thoughts from the Community Lay Director

**It was time to start.** Our September Board meeting had no quorum, eight members were absent - four were out of town, but where were the other four? One-thirty, one-forty five, two o'clock. And then in they came – excited from their morning Women's Teaming experience and enthusiastic to flow into the Board meeting. We were all thrilled for them and it set the tone for the Board meeting that followed. We had fun together and accomplished the Community's business at the same time.

**Board Business:** Each of our Board Coordinators reported on the status of recruiting volunteers and the various activities in their area of responsibility – see their brief reports elsewhere in this Newsletter. We also established the format and procedures for handling business and began informal framing of what is expected of our Coordinators. Several significant decisions were made:

At a cost savings of nearly \$1,000 per year we are no longer mailing Newsletters after this one to some 50 Community members – we are going all electronic effective in November 2010.

We have approved a Community Child-Care provider at Gatherings subject to their satisfying various background and qualification administrative steps. Ava Hanger as Gathering Coordinator has the action to work with our selectee to develop a plan for providing quality Child-Care by our January Gathering.

We have referred numerous studies for recommendation to our Coordinators and look forward to many exciting action proposals to be before the Board over the next few months.

**Shall We Gather?** Four ladies got up early on a Saturday and went to Team on our Women's FE-81. Then they hit a drive through and rushed to attend their Community Board meeting. Later in the afternoon, when I called on your Board members to stand before the Community all four ladies stood up. A long day, a lot of service. When each of them on their Pilgrim Walk heard the Perseverance talk you can bet they took it seriously, and still do. How about you? Shall we Gather? **The Gathering on Saturday, October 9th, at Hillcrest Methodist is a big deal.** Your Men's FE-80 Team will be introduced and commissioned by a Community laying on of hands. They need your support and your prayers - in person.

**Upper Room Guidelines:** Elsewhere in this Newsletter you will see serious comment and strong words from your Community Spiritual Director and Assistant Community Lay Director regarding our keeping covenant with the Upper Room, our current status and what we need to do to move forward. I am a 'glass half full' kind of guy. That means I believe we are moving in the right direction, have made significant progress, and will be in full compliance as a Board and Community over the next few Walks. Each year the Board is called upon to sign a covenant that they will govern the local Emmaus Community in compliance with the Guidelines established by the Upper Room. The Board does that together before the Community during a Spring Gathering. I have every confidence that you as a Community will be in full agreement with and supportive of your Board as they covenant with Upper Room this Spring.

**Teaming:** Our Spring Walks will be March 31 – April 3 for Men's FE-82 and April 28 – May 1 for Women's FE-83. If you wish to Team and your application isn't current, please submit a new Teaming Application as soon as possible. For those of you who have NOT attended a 4th Day Follow Up training session, (and we know there are many of you!), **please mark your calendar for January 8, 2011** – the same day as our January Gathering – and attend a training session so you can Team and Sponsor. If you are new to the Community and plan to attend the 4th Day Follow Up on January 8th, go ahead and submit your Teaming application – just note your intent to attend.

**Volunteers:** Each of our Board Coordinators have issued a personal appeal in this Newsletter for volunteers to serve the Community. Please take a look at what they have to say and look over our Volunteer page to see where you might fit in. We look forward to hearing from you!

Please in prayer for our Fall Teams and the Pilgrims – all who God would send.

De Colores,

Dick Barnett

Fairview at River Club

Fredericksburg Emmaus #7, Table of Mark

## Emmaus Manuals & Booklets:

Emmaus Manuals & Booklets will now be available for purchase or loan at the Gatherings. They will be on display during the Fellowship time where the snacks are set up. For further information see Mike Remington – Manuals Coordinator.

# From the Community Spiritual Director

## The Importance of Keeping a Covenant

A covenant is a compact or agreement between two parties binding them mutually to undertakings on each other's behalf. With this in mind, the Fredericksburg Emmaus Board of Directors is in a covenant with the Upper Room of Emmaus and have affixed our signatures to that Letter of Agreement. This Letter of Agreement gives the Board of Directors permission to use The Upper Room Walk to Emmaus and binds us to the conditions stated in the letter (The Upper Room Handbook On Emmaus, p. 9).

I want to share three of eight thoughts regarding keeping faith with the Handbook, our manual. First, the manual assures everyone that the Emmaus Walk, no matter where it is conducted, will be a common and trustworthy experience. This consistency enables church leaders in one part of the country to recommend Emmaus to church leaders in another part of the country, knowing that the design and standards of each Walk are uniform everywhere. Second, the manual sets forth a model of theological congruence. Finally, the manual serves as a check on our human inclination to innovate.

The prevailing winds of naysayers and the negative voices in opposition to the Board's aligning our Community with the manual are disheartening. Community members fail to acknowledge the fact that during previous walks there has been significant human intervention to innovate the Walk. In doing so, we have drifted from the original model. We all agree that opinions are to be respected regardless of whether those opinions and suggestions are ever accepted and implemented. We can all agree to disagree and move forward. However, there appears to be those who have absented themselves from Community involvement

because of the perception that the Board is structuring the Walks in a blatant attempt to reduce the ministry of the Holy Spirit. This line of thinking and the proverbial rumor mill serve only to divide the Community, thus giving Satan another victory. Not on my watch!

As the Community Spiritual Director, I am in complete agreement with the Board of Directors and the desire to follow the model as established in the Upper Room Handbook on Emmaus. Further, I appeal to those who believe that we, as Directors, are in error. Please, extend grace to those in leadership. Our hearts are set on doing what is right and abiding by the covenant agreement entered into by the Fredericksburg Emmaus Community and the Upper Room of Emmaus. I also believe it would be profitable for all of us to read through the Upper Room Handbook on Emmaus in order to gain an understanding of the purpose of the manual and why it is structured the way it is.

Finally, as the great apostle Paul wrote in his letter to the saints of Colosse and now speaks to us – "Bear with each other and forgive whatever grievance you may have against one another. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity" (Col. 3:13-14). We will get through this and our Community will be better for having done so. With much humility of thought, I pen these words with my own hand and submit them for your consideration.

I love you more!  
Pastor Joe  
FE #23, Table of Paul

## Upper Room Guidelines Implementation Committee

The Upper Room Guidelines Implementation Committee is seeking 3-4 long standing community members to participate in aligning the Fredericksburg Emmaus community with the international Emmaus model. The committee's objectives are to glorify God in our service to Him, to honor our covenant with the Upper Room, and to maintain the integrity of the Fredericksburg Emmaus experience. This committee will examine the Emmaus manual to determine the differences between its direction and our traditions. We will offer our findings and recommendations to the Board for the resolutions of those differences. The committee meets twice a month in Fredericksburg. Ava Hanger and Ken Roark are the Board representatives and Pastor Tom Britt is serving as Spiritual Director for the committee. Please pray for this effort. If you have any questions, want more details, or want to serve, please contact me at: [queendawn@juno.com](mailto:queendawn@juno.com)

De Colores,  
Dawn Kendall  
FE-54 Table of Peace  
Assistant Community Lay Director

# Men's Emmaus #80 Team List

*It is true. The Lord has risen...*

*Luke 24:34*

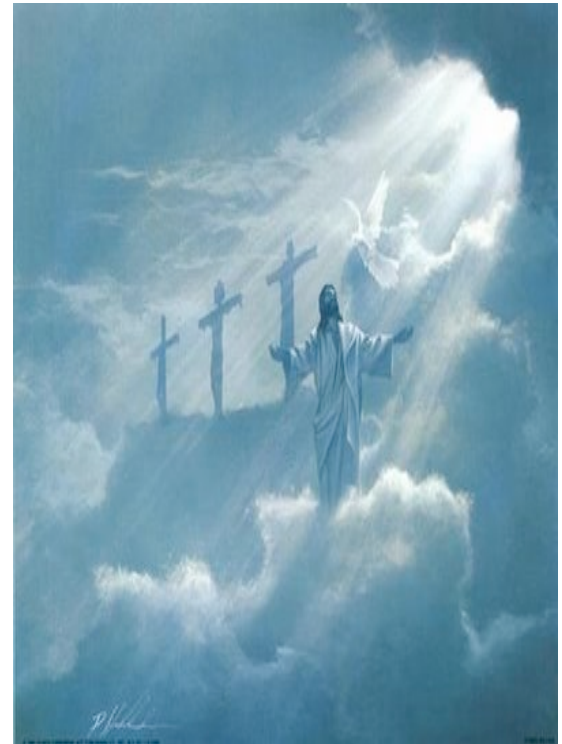
Name	Church	Assignment	Role
Greg Akers	Lake Anna CF	Sanctifying Grace Talk	SD
Dick Barnett	Fairview River Club	Read Who Me?	Board Rep
Jesse Blythe	Wicomico UMC	Priesthood of All Believers Talk	TL - Thomas
Chris Campbell	Fairview River Club	Prayer of St Francis	Agape Servant
Tom Dempsey	1st Christian	Growth Through Study Talk	TL - Luke
Butch Farley	Fairview River Club	Read Col 3:1-14	Prayer Chapel
David Garland	Fairview Baptist	Read Matt 22:34-40	Asst TL - Matthew
Matt Green	Register UMC	Life in Piety Talk	TL - Matthew
Randy Harding	Melrose UMC	Priorities Talk	ALD - Friday
Ed Hayner	Promised Land	Loving God Prayer - Friday	Asst TL - Luke
Doc Holladay	Hillcrest UMC	Read Eccles 3:1-15	Asst TL - Thomas
Richard Leeper	Bethel UMC	Community Action Talk	TL - Peter
Steve LiCalzi	Antioch UMC	N/A	Lead Servant
Bob Liepelt	Chancellor CC	Obstacles to Grace Talk	SD
Phillip Mathews	Stafford Crossing	Loving God Prayer - Saturday	Asst TL - Mark
Marc McDonald	Woodbridge CC	Read Lord I have Time	Music Asst
Tim Patrick	Fairview River Club	Fourth Day Talk	ALD - Thursday
Gene Philipp	1st Christian	Read Luke 24:13-35	Music Director
Joe Reed	1st Christian	Means of Grace Talk	Lead SD
Mike Remington	1st Christian	Perserverance Talk	WLD
Jacob Riley	Stafford Crossing	Read Psalm 23	Asst TL - Peter
Willard Sawyer	Fairview Baptist	Justifying Grace Talk	SD
Clint Scott	Chancellor Baptist	Changing Our World Talk	TL - Mark
Daniel See	Stafford Crossing	Please Hear What I'm Not Saying	Servant
Billy Showers	Lake Anna CF	Read Psalm 100	Asst Agape
Randy Sisk	Grace UMC	N/A	Music Asst
Shane Smith	Fairview Baptist	Discipleship Talk	ALD - Sunday
Harry Tillman	Stafford Crossing	Body of Christ Talk	ALD - Saturday
Bill Walker	Epworth UMC	Prevenient Grace Talk	SD
Dennis Warne	Chancellor CC	N/A	Music Asst
Tom Wells	Common Ground CC	Gracious God Prayer	Music Asst

# Men's Emmaus #80 Partial Pilgrim List\*

*It is true. The Lord has risen...*

*Luke 24:34*

Skip Cosner .....Stafford Crossing Comm Church  
 Bob Curtis, Jr.....Lake of Woods Church  
 Jim Defnall .....Mt Horeb UMC  
 Randy Doss.....Lake Anna Community Church  
 Don Fisher .....Lake of Woods Church  
 Horacio Gonzalez .....New Hope Church  
 Donald Jasch .....Lake Anna Community Church  
 Randall Johnson .....First Christian Church  
 Devin Livingston.....Register Chapel UMC  
 Mike Mason.....Fairview at River Club  
 J.R. Mitchell .....Epworth UMC  
 James Moore .....Shepherd's UMC  
 Mike Perry .....Remington Baptist  
 Hal Reney.....Hopewell UMC  
 DJ Saunders.....Providence UMC  
 John Steigerwald .....Stafford Crossing Comm Church  
 Brian Uzel.....Epworth UMC  
 George Wisner.....The Salvation Army  
 Jim Yoder.....Wicomico UMC



\*Before the Men's Walk, please check our website at [www.fredwalk.org](http://www.fredwalk.org), for any updates to the Pilgrim List.

## Schedule for Men's Emmaus #80

<b>Date</b>	<b>Time</b>	<b>Activity at Camp Happyland</b>
Thur. 10/21/10	6:30 – 7:00 pm	Pilgrim check-in followed by Sponsor's Hour
Sat. 10/23/10	7:30 pm	Candlelight – Community will gather for praise, Communion & fellowship. Please bring flowers for the team to use Sunday morning!
Sun. 10/24/10	4:00 pm	Closing Service

## Instructions for Walk Agape:

General Agape should be for all Pilgrims and all Team Members and it should be anonymous.

Please Pre-Sort Agape into a labeled bag for **24 Pilgrims** and 32 Team Members for the three Agape events: Friday afternoon Agape Bag, Friday night Bed Agape and Saturday night Bed Agape.

If any agape has a cord or chain, (lanyards/crosses), please individually wrap them in small baggies otherwise we may have to untangle each one.

Pilgrim Sponsors need to get 8-10 Personal Agape letters and separate them from all other Agape.

# Reports from your Board Members/Coordinators:

## Manuals Coordinator – Mike Remington

Did you know that the Emmaus Community has Manuals & Booklets available for purchase or loan at the Gatherings? Yes! They will be on display during the Fellowship time located near the Fellowship area for your convenience. Please contact Mike Remington if you need assistance between the Gatherings.

## Fourth Day Support Coordinator – Cam Noden

Fourth Day Support is in the early planning stages. We are anxiously looking for a Reunion Group Coordinator volunteer. If you are interested, please contact Cam

## Gathering Coordinator – Ava Hanger

Gathering Coordination is preparing to have a childcare program in place by the start of 2011. The idea is to have a children's version of the gathering with songs, a Bible story, a brief message, prayer and sharing time, and more music before returning the children to the main gathering for communion with their families. Anyone interested in helping with childcare should see Ava.

## Pilgrim/Team Support Coordinator – Carol Burke

Our Fall Walks are in the Teaming process. Pilgrims are being called and Sponsors are encouraged to continue submitting Pilgrim Applications for the Women's FE-81 Walk.

As the Pilgrim/Team Support Coordinator, I have been tasked with gathering together an advisory group to support the Pilgrim and Team Selection Committees. This advisory group will assist these committees in developing strategies to tackle issues relating to Pilgrim Sponsorship and Team Selection. For example, how can we better encourage sponsorship of couples? Why is it difficult to get pilgrims for the

Men's Walk? How do we increase the roster of available Teamers?

If you are interested in participating on this Advisory Board, please contact Carol Burke at [carolannburke22@yahoo.com](mailto:carolannburke22@yahoo.com) for details.

## Weekend Support Coordinator – Mike McDonald

We have filled the vacant position of Name Badge Coordinator. Gary Adkins has graciously volunteered to take over those duties for the community. We still have a couple of vacant spots to fill if anyone is interested. Two very important roles will need to be filled after the upcoming Fall Walks. Those positions are Placemat Coordinator, and Prayer Vigil Coordinator. If you are interested in any of the current vacant roles please email me or see me at the Gathering.

## Upper Room Guidelines Implementation Committee – Dawn Kendall

The Guidelines Implementation Committee is meeting twice a month in Fredericksburg to identify the differences between the Emmaus model and Fredericksburg Community traditions. We are currently analyzing the Emmaus Handbook. We still need 3-4 community members to join us and we ask that the community pray for this effort.

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## Also from the Assistant Community Lay Director:

**Man:** I am going to change my ways. I am going to obey your commandments.

**God:** Hmm. I think I'll wait to see the outcome before I commit to you.

Thank goodness God does not work that way!!

The Fredericksburg Emmaus community is making a deliberate effort to align with the Upper Room Emmaus model. Everyone in the community loves Emmaus and is protective of their personal Emmaus experiences. But we need to keep our promise. When we signed our covenant with the Upper Room, we promised to conduct the walks according to their guidelines. Is Emmaus so fragile that it will fall apart if we do not wear our lanyards, have talk handouts, or select a theme?

The Guidelines Implementation Committee is progressing in its review of the Upper Room handbook and manuals. We are finding some very interesting things there. Did you know that the community is supposed to serenade the pilgrims and team as they go into the talk room on Thursday night? Or that there is a time of fellowship after the pilgrims receive their crosses?

The materials provided by the Upper Room are sound. Galatians 3:3 says, "After beginning with the Spirit, are you now trying to attain your goal by human effort?" We are struggling to control something that God is in charge of. The community wants to go where God wants us to go but we want to take our own path to get there. The Upper Room has provided the resources for us; let's use them.

The committee meets at Wegman's in Fredericksburg. The food is good and the discussion is spirited. Our next meeting is October 5. Feel free to contact me with questions and concerns: [queendawn@juno.com](mailto:queendawn@juno.com)

Surround all of your brothers and sisters in Christ with love and prayer. Have faith that God is in charge and that we are following Him. God is so much bigger than lanyards and handouts and theme songs. Trust Him.

Blessings,

Dawn Kendall  
FE-54 Table of Peace

# Prayer Requests from September Gathering

## Daily Internet Prayer Chain

Would the Community like to have a Daily Internet Prayer Chain? A Prayer Chain Coordinator would receive your daily prayer requests and distribute them to the Community members who have signed up to receive and pray for them. Would someone like to be the Prayer Chain Coordinator? This would be a demanding ministry but 'powerful and effective.' Please contact Dick Barnett at [k4guj@aol.com](mailto:k4guj@aol.com) if you are interested.

Co-Worker  
Survivors of 9/11  
Pastor who wanted to burn Koran  
Marc – lost job, God’s will for his life  
For all the Children going back to school  
An Emmaus friend who has been hospitalized  
Mothers with young children – give them the stamina to do their many daily tasks  
Sandy – depression and financial trouble  
9/11 Families, Our Country and Leaders  
Castillo, Griffin and Anderson families  
Willard – Health of wife  
Tony – GED Classes & Ministry  
Maria – Family members – Howell  
Joe – FCC Outreach Events  
Mike – Marc Employment  
Lola – Shawn Football/ROTC  
Grandsons – learning & getting along at school  
Granddaughter – health  
Husband & I – attitudes at work  
Blessings on FE-81  
Matthew finding a real job  
Paul’s health  
John in his 8th year of being diagnosed with ALS – doctors calling it stabilized  
Youth, Church membership, Economy for this area  
Mark Lewis  
God’s Direction for my life and recovery from a stroke  
Poland Family  
Deb Leeper – travel mercies  
Widows  
Jake’s family & little sister  
Praise for health, wonderful marriage, kids got jobs  
Unsaved loved ones  
Healing for Jeanette and Judy  
Mercy and healing for Lucy & Stuart  
Peace for Eddie & Howell family  
Bethel UMC’s new Pastor Ellen  
My son Charles & his family  
My retirement  
Dawn Kendall  
Epiphany & FE80/81  
Vonda & Steve  
New Pastors  
Finance Committee  
Health & Children  
That I do your will  
Dianne’s Continuance on Kidney Transplant list  
Our son to continue to grow as he should for success  
New granddaughter Dalaney Jane  
Sandy’s depression and finances  
AJ and Karen – a full term pregnancy and healthy boy  
Sarah & Bob – driving cross country to relocate in WDC  
Marie in the hospital  
Blessing for Drew at school  
Strength for Grace  
Fredericksburg Community as it moves to Emmaus model  
Health of Randy’s mom Loretta  
Randy’s brothers and their families  
Students in my class  
My son to get the job of his desires  
Twenty-four Pilgrims for FE-80 & 81  
Healing for Zack who is recovering from ear surgery  
Healing for John Showers who is undergoing chemo  
Fe-80/81 Emmaus Teams and Pilgrims  
Niece Rondi who is backsliding  
My health and wellness teaching ministry  
That Brian’s children in college make Godly choices. Child left at home is lonely.  
Chris’ family closing on new home, Daughter-in-law starting new job in ministry  
Comfort and strengthen those who work with the terminally ill  
Cija – pray for healing  
That our children will listen to God

# Community Volunteers (Sept 1, 2010 - Aug 31, 2011):

(Approved By Emmaus Board)

## Elected Community Officers (Thru June 30, 2011):

**Community Lay Director**.....**Dick Barnett\***  
Chair Emmaus Board and Various Standing Committees  
Lead Gatherings & Candlelight, Host Weekend Sponsors' Hour/Closing

**Assistant Community Lay Director** .....**Dawn Kendall\***  
Gathering Location Coordinator  
Chair Upper Room Guidelines Implementation Committee  
Act for Community Lay Director when necessary

**Community Spiritual Director**.....**Joe Reed\***  
Various Standing Committees & Hosting  
Board Spiritual Director.....**Tom Britt\***  
Board Spiritual Director.....**Greg Akers\***

**Treasurer** .....**Carol Burke\***  
Financial Advisory Committee.....**George Masten\***

**Secretary**.....**Jennifer McDaniel\***  
Manuals Coordinator.....**Mike Remington\***  
Records/By-Laws Historian.....**Mike Remington\***

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## Community Volunteers:

**Communications Coordinator** .....**Ken Roark\***  
Website Administrator.....**Dennis Warne**  
Newsletter.....**Brooke Ferguson**  
Database Coordinator.....**Dennis Warne**

**Fourth Day Support Coordinator** .....**Cam Noden\***  
Fourth Day Advisory Committee.....**Art Blankenship**  
Upper Room Guidelines Implementation.....**Dawn Kendall\***  
Fourth Day Follow-Up Training.....**Dick Barnett\***  
Reunion Group Coordinator.....**Vacant**  
Identify/Obtain Literature & Reference Material.....**Vacant**

**Gathering Support Coordinator**.....**Ava Hanger\***  
Childcare Coordinator.....**Jacob Riley**  
Community Baker.....**Sandie Makely**  
Gathering Location Coordinator.....**Dawn Kendall\***  
Music Coordinator for Gatherings.....**Lola McDonald**  
Music Equipment Coordinator.....**Vacant\***

**Pilgrim/Team Support Coordinator** .....**Carol Burke\***  
Pilgrim Selection Committee.....**Dick Barnett\***  
Pilgrim Registrars.....**Ralph and Sandy Williams**  
Team Selection Committee.....**Dick Barnett\***  
Team Registrar.....**Dick Barnett\***

**Weekend Support Coordinator**.....**Mike McDonald\***  
Community Servant Coordinator.....**Vacant**  
General Agape Coordinator.....**Vacant**  
Prayer Vigil Coordinators (Vacant Dec 2010) .....**Daphne & George\* Masten**  
Placemat Coordinator (Vacant Dec 2010) .....**Margaret Filler**  
Snack Agape Coordinator.....**Judy Britt\***  
Agape Bag Coordinator.....**Diana Farrar**  
Transportation Coordinator.....**Vacant**  
Supplies Coordinator.....**Mike McDonald\***  
Name Badge Coordinator.....**Gary Adkins**  
Fourth Day Packets .....**Wilfred and Mary Usher\***

\***Board Members** (Serving July 1, 2010- June 30, 2011)

## Churches Hosting Gatherings

We are looking for churches to host Gatherings for 2011 starting in January. If you would like to volunteer your church for a Gathering please contact our Community ACLD Dawn Kendall, [queendawn@juno.com](mailto:queendawn@juno.com), with your church's point of contact and the month(s) your church would be available. De Colores!

On behalf of the Emmaus Community, the board wishes to extend our gratitude to Spence O'Conner for his service on our Board. Spence has served in spite of being in treatment for a serious health situation. His condition has improved, but Spence has decided to resign from the Board in order to focus on his complete recovery.

We are pleased to report that Art Blankenship has volunteered and been approved to fill Spence's position on the Board until our next election in the Spring, 2011.



# REUNION GROUPS

Sunday	Wednesday	Friday
<p>Bethel UMC Men's Group 7:30 am Bethel UMC Woodbridge, Va POC: Brian Lewis 703-590-9343 bb3253@aol.com</p>	<p>Lord's Lions &amp; Lambs Group 6:00 pm First Christian Church POC: Gary Staddan 540-373-7716 first.christian.church@verizon.net</p>	<p>Koinonia Group (Women) 9:00 am Lake of the Woods Call for location POC: Barbara Larson 540-972-1928</p>
Monday	Thursday	Varies
<p>Ladies in Waiting Meets every other Monday in Falmouth POC: Vonda LiCalzi 540-446-2682</p>	<p>His Joyful Croakers 9:00 am Hillcrest UMC POC: June Riel 540-710-5949</p>	<p>His Footprints Various schedule: call for time and meeting place POC: Phyllis Howze 540-582-6739</p>
Tuesday		
<p>Pastor's Weekly Meeting 7:30 am Call for location POC: Mark Dunn 540-786-4025</p> <p>Great Is Thy Faithfulness 7:30 pm Prince of Peace UMC Manassas, Va POC: Lloyd Biller 703-590-1512</p> <p>Lakeside Group (Men) 8:00 pm Lake of the Woods Call for location POC: Vic Larson 540-972-1928</p>	<p>His Seekers (Women) 7:30 pm Home of Jane Carwell POC: Sandy Crossley 703-221-6977 POC: Jane Carwell 703-969-4019 tjcarwell@yahoo.com</p> <p>Amazing Grace Group 8:30 pm Hillcrest UMC POC: Ed McAdam 540-898-3625 emcadam@cox.net</p> <p>Rainbow Group (Women) Alternate Thursdays 10:00 am Lake of the Woods Call for location POC: Barbara Miller 540-972-7418</p>	<p><b>Are you interested in joining or starting a new reunion group?</b></p> <p>Contact Cam Noden at <a href="mailto:twonodens@juno.com">twonodens@juno.com</a></p>

## Upper Room Emmaus

of the Greater Fredericksburg Area  
P.O. Box 42094  
Fredericksburg, VA 22404

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

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### Directions to Camp Happyland:

**21457 Happyland Drive      Richardsville, VA 22736**

From Central Park in Fredericksburg:

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.

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### Directions to Hillcrest UMC:

**2208 Lafayette Blvd      Fredericksburg, VA 22401**  
**(540) 898-2180**

From I-95:

Take the Spotsylvania Exit 126 heading North on Route 1 to Four-Mile Fork. Turn right onto Lafayette Blvd. Continue approximately 1.5 miles on Lafayette Blvd. to Hillcrest UMC on the left.