

May 2011

# Upper Room EMMAUS of the Greater Fredericksburg Area

## Gatherings (2nd Saturday of each month)

**May 14th**  
**Fourth Day Followup\*\***  
POC: Carol Burke

**Stafford Crossing**  
10:00 am - 1:00 pm @ First Christian

**June 11th**  
POC: Ava Hanger

**Dahlgren UMC**

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.



### \*\* Fourth Day Followup

May 14th at First Christian - 10 AM to 1 PM

Do you want to Sponsor? Do you want to enter the Teaming Progression?  
Do you want to know how YOUR Emmaus Community functions and  
become a part of this glorious ministry? You need to attend a Fourth Day  
Followup training session to qualify. Sponsors - bring your Pilgrims!

1501 Washington Avenue Fredericksburg, VA 22407

From I-95: Take Exit 130-A heading East on Route 3 and follow  
under the Route 1 Overpass. Turn left at the next light onto William St.  
Continue on William thru three lights before turning left onto Washington  
Ave at the Old City & Confederate Cemetery. First Christian Church will  
be three blocks down on your right.

**Directions to Stafford Crossing Community Church:**

**Stafford High School      33 Stafford Indians Lane    Fredericksburg, VA 22405**

From I-95: Take Exit 136 for Centreport Pkwy toward Rt 1/Stafford Airport. Turn right onto  
Centreport Pkwy. Turn Left onto Rt 1 South/Jefferson Davis Hwy. Take 2nd right onto Porter Lane.  
Turn Left into High School

### ATTENTION FREDERICKSBURG EMMAUS COMMUNITY!

The 4th day committee wants your 4th day testimonies. They don't have to be long, just tell us what God's doing in your 4th day, or how teaming, sponsoring, being involved in a reunion group, or attending monthly gatherings has changed your life. We will review it and if accepted, include it in the newsletter on a monthly basis. So if you'd like to share with us how God has used your Emmaus experiences in any of these areas, please email your testimony to Cam Noden at: [twonodens@juno.com](mailto:twonodens@juno.com) for review. I'll be looking forward to hearing from you!

## Dick Barnett, Fairview at River Club, Fredericksburg Emmaus #7, Table of Mark

This past weekend was Women's Walk FE-83. Our Community served the Pilgrims, experienced Sponsor's Hour, Candlelight and Closing - wonderful, wonderful. Every part of the Weekend experience was glorious...including the weather - after a tornado marred Thursday.

What now Community? With the end of the Weekends FE-82 and FE-83, what is on the horizon? Well, Sponsors you need bring your new Pilgrims to our Saturday, May 14, Fourth Day Followup Training at 10 AM at First Christian Church followed by their first Gathering at Stafford Crossing Community Church. Community at large, you need to support our new Pilgrims by joining us at our May 14 Gathering to hear our new FE-83 ladies describe their Fourth Day so far. Also at our May Gathering, the Board will report on upcoming Board Nominees who will be standing for election at our June Gathering. Don't forget - Fellowship at 3:30 PM, Gathering at 4:00 PM!

What comes after a Weekend, First Gathering and Fourth Day Followup? Persevere in Emmaus through Reunion Groups, Board and Committee service, and the always special, sacrificial, and wonderful TEAMING.

Who Should Team? You Should Team!

On May 12, your Team Selection Committee will meet with the WLDs for FE-84 (Harry Tillman) and FE-85 (Lola McDonald) to review and recommend to the May Board the Teaming candidates from which the WLDs will choose their Teams for the Fall Walks. **DO YOU WANT TO TEAM?** Get your application in NOW! The Team selection process for the Fall 2011 Walks will begin in late May and Teams will be recruited by the end of June. The Team Selection Committee review and Board approval process for Teaming candidates will be on-going and continuous during May and June.

We are in the midst of Weekend Lay Director Training for our Fall 2011 Walks. The third of four sessions will be led by your Community Lay Director on Thursday, May 12th.

### **April 2011 Board Actions:**

The Fall 2011 Walk Leadership Team candidates for FE-84 and FE-85 were approved.

The Spring 2012 FE-86 and FE-87 Weekend Lay Director Candidates were approved.

The Guideline Implementation Committee recommendations for Team Selection were approved.

The Fourth Day Ministry reported on their Pastor Survey results.

The Board Nominating Committee chair reported on Board candidates.

Please consider applying to Team on the Fall Walks - you have a couple months to download your Teaming Application from FredWalk.org, get your Pastor's signature and submit your application. We have some 1800 active Emmaus Community members, but only 94 of you have an active Teaming application on file. It would be great to have three or four times that number available for Teaming. Pray about Teaming.

Please plan to attend our Fourth Day Followup Training on May 14 at First Christian Church from 10 AM - 1 PM. Please plan to attend our Gathering on May 14, 2011 at Stafford Crossing Community Church - Fellowship at 3:30 pm and Gathering at 4:00 PM.

De Colores,  
Dick

## 4th Day Testimony

I really did not understand servanthood until I walked on FE58. I had served churches as a deacon, taught Sunday School and VBS and thought I knew what it meant to be a servant. But never had I seen more dedicated servants than the men who served on FE58. As a result of that Walk, I was motivated to better serve my church and, soon after, God called me to serve as an Associate Pastor. Even before that, I wanted to give back to the Emmaus Community and did so as a Sponsor and by teaming as a lay person on Emmaus and Epiphany.

I have found that there is much joy in serving others. It all started with FE58 and the example set by those on that team. I encourage everyone who has walked to build on what they have been given by serving the Emmaus Community in some way. You will bring joy to others and to yourself! DeColores!

Tom Britt, FE 58, Table of Paul, SD Board Member

## UPCOMING EMMAUS WEEKENDS

Walk #	Dates	Weekend Lay Director
FE-84 (M)	Oct 20 - 23, 2011	Harry Tillman
FE-85 (W)	Nov 17 - 20, 2011	Lola McDonald

# From The Community Spiritual Director

I want to extend a warm welcome to the men of FE#82 and the women of FE#83. Your testimonies not only touched those in attendance at closing, but also the very heart of Almighty God. The challenge while coming down from the mountain, as I'm sure some of you have found out, is to live your 4th Day to the fullest by not drifting back into your former way of life. You don't want your spiritual fever to diminish (Prov. 26:20a KJV).

There are aspects that are beneficial for spiritual sustainment. The question before us is how are we to sustain the spirit after the completion of the Walk To Emmaus? One way in which we can sustain the spirit is by actively participating in a weekly group reunion. Another way would be to dig into the 4th Day packets and apply those spiritual principals mentioned therein. As pilgrims we are all called to be witnesses for Christ. Remember, you will be witnesses for Christ by living a Life in Piety, immersed in Grow through Study and exemplified by Christian Action. (The three-legged stool is a perfect illustration).

For that purpose I shall highlight the importance of the weekly group reunion. The Weekend Lay Director stated during the Perseverance talk that the "weekly meeting of the group reunion is the premium we pay to persevere as disciples." By utilizing the group reunion card, we can remain on track. The group reunion card lists important points of interest. The opening prayer; piety; study; action; inaction; plan and closing prayer stir within us the desire to become better disciples of Christ. When we meet, we must be respectful of other members time and give them due attention while they are sharing. We must also not be afraid to share our own hearts. Remember, what is said in group reunion stays in group reunion.

Additionally, active involvement in the monthly Gatherings helps to foster a sense of community within the Body. Your local church has first priority on your time. Emmaus must not and cannot be a stumbling block to your pastor's ministry. Emmaus is God's gift to the local church and as such is not to be in competition with the church. Emmaus serves to strengthen your commitment and your church.

I am also pleased to announce the Emmaus Introductory Forum for clergy. The goal of this forum is to introduce Emmaus to those clergy who have not attended a Walk To Emmaus and are unfamiliar with the Emmaus movement. This forum is also open to clergy who have previously attended a weekend. Your testimonies are vitally important to the sustainment of our community. The date and location of this event is listed elsewhere within the newsletter.

Joe Reed, FE#23, Table Of Paul

## 4th Day Testimony

This past Sunday I was sitting with my mother at church and Ralph Williams turned around to show me an application that he had just received for a pilgrim. It would be pilgrim number 18 for FE-82 on which I am a team member. My mother asked if 18 was a good number to which I replied "We have been praying for 24 but we will take what God gives us". I told her it is hard to get 24 men to decide to come on the walk and she said "Men have a lot of excuses", and followed with asking why I went on the walk, to which I replied, "I didn't have a good excuse."

I had the Christian Action talk on FE-82 and started that talk out with all the excuses I had for not being involved in church – no time, have something else I'd rather be doing, they'll put me to work doing something I don't want to do, etc. I held onto those excuses for 15 long years. I don't know why I didn't pull out an excuse the day I was asked to go on the Walk, but I didn't. What I found out that weekend was that it was those excuses that were keeping me from serving God. It was the excuses that had to die on my Walk to let God in. What has followed from that weekend can only be described as life changing.

I challenge you to evaluate your life looking for the excuses you are using not to be involved with your church or with Emmaus. Think about your Emmaus weekend – think about giving some of that love back – seems only fair to help out. Although I have found teaming to be a time commitment, I have also found it to be one of the most rewarding things I have ever done. Get those team applications in!

Chris Campbell, Fairview at River Club, E-70, Table of Peter

# Prayer Requests from April Gathering

Robbie Thomas  
Tyler/Baby Health  
Travel mercies  
Opportunity for people to be forgiven when they make mistakes  
Grandchildren  
Drug use – bad situation  
Heal lives  
Prayer Walks  
For our country and our President  
Wicomico and Mila UMCs  
Son Christopher and girlfriend Pricillia  
Pastor Tom who is ill  
Son Glenn and family in Tokyo – continued safety and thanksgiving  
School victims in Brazil  
Walk FE-83  
Lake Anna Community Fellowship – future building  
Father and daughter reconciliation  
Seniors leaving High School and home to pursue life  
Daniel in USAF stationed at Osan, Korea

That no bed go unused at camps this summer  
Jim, Sister Therisa, Donnie who passed away, Rachel who was killed in car accident, Robbie, Becky, Janet  
Father, Pusso family, Mike starting work, US Government  
Heather's health issues  
Robert's recovery from strokes  
Six year old Lioa – stroke victim  
FE-82 Pilgrims – for their continued walk with Jesus - Praises  
My work environment  
Marie and Steven's marriage  
Justin's recovery  
Everyone involved in FE-83  
Haskins' family – loss of wife and mother  
Our daughter and daughter-in-law – pregnancy  
My mother or healing of broken wrist  
Juanita – knee problem  
Shirley – good doctor's appointment

Devon – safe in Iraq and meet Christian friends  
Lester – to seek God for his peace  
Direction/provision for my wellness ministry  
Find my place in Emmaus serving  
Travel mercies  
Our Nation  
Our Grand children  
Our son  
A healing – praise Him  
For a life changing experience  
Prayers in the neighborhood – praises  
Financial support for her and her family  
At work – correct words, proper love when they are uttered, appropriate attitude  
For Emmaus participation – joyful willingness, participation and growth

## Our Daily Internet Prayer Chain Has Launched!

We have 86 Prayer warriors praying daily for the needs and praises of the Emmaus Community. Our Daily Prayer Chain Coordinator is Teresa Smith, Fairview at River Club, FE-37, Table of Patience. Simply email Teresa at [FredEmmausPrayers@Yahoo.com](mailto:FredEmmausPrayers@Yahoo.com) with your prayer request and our Prayer Warriors will be in prayer for you! Urgent prayer requests will be handled as quickly as we receive them. If you would like to be a Daily Prayer Warrior, email our Website Administrator, Dennis Warne at [WarneDM@comcast.net](mailto:WarneDM@comcast.net) and ask to be included as a Prayer Warrior.

## Reports from your Board Members/Coordinators:

### Pilgrim/Team Support Coordinator – Carol Burke

The Walk to Emmaus weekend is one of many tools that God uses to bring His children into a deeper relationship with Him thru a personal encounter with Christ! As a member of the Fredericksburg Emmaus community, I have seen, experienced and benefited from the results of this encounter – as a pilgrim, as a sponsor and as a team member. As a pilgrim, I was told that Christ is counting on me and I declared that I am counting on Him.

Community, Christ is still counting on you! Are you still counting on Him? When was the last time you sponsored a pilgrim? When was the last time you served anonymously? When was the last time you served in the talk room on a walk?

The Fall walk dates have been set!

Men's Walk – FE 84 October 20 – October 23

Women's Walk – FE 85 November 17 – November 20

Pray that God will use you in the life of someone today!

# Reports from your Board Members/Coordinators (con't):

## Gathering Support – Ava Hanger

Fellowship time before the gatherings is a great way to show off your special snack recipes! While everyone knows what's in the name-brand bags and boxes, what's in your homemade goodies is a guaranteed conversations starter. Beverages are always welcome, too! Bring whatever you would like to drink; there's sure to be someone else who would enjoy it, too.

Please don't forget the children's gathering for those between preschool and high school. We have had consistent numbers, but always different children. If we can get them all together, we'll have quite a crew! The May gathering will be different because the space won't allow us to take the children out of the main gathering unless the weather is cooperative. However, we will still have activities, lessons and snacks for the children in an out-of-way corner. Now's your chance to see us in action!

## Manuals Support – Mike Remington:

Emmaus Books and Manuals will be available for purchase before and after the Gathering – see me to purchase.

## Weekend Support - Mike McDonald:

We still need someone to take over the Trailer Coordinator and Community Agape positions.

## Communications Support – Dennis Warne

### Monthly Metrics:

Emmaus Web Page E-mail Distribution list: 587 names

Emmaus Prayer Chain Distribution list: 90 Prayer Warriors

Number of e-mail Prayers sent out in this month : 23 total

Emmaus Access Data Base total names: 3145 listed

I'm slowly going through the Emmaus Access database (A-Z) and updating each record/file with updated Teaming information (FE 01-FE 83). I've completed so far last names ending in A-C (645 records so far).

I maintain an Excel Spreadsheet on each Emmaus Walk (FE 01-FE 83) as a back up to the Emmaus Access Database. My Emmaus spreadsheet lists 4480 individuals who have Walked and/or Teamed in the Community. That long list contains many duplicates since the same person would Walk and then may have teamed multiple times.

If you want to be added to our Prayer Warrior list please e-mail me at: (warnedm@comcast.net)

To send a prayer in for e-mail distribution please e-mail it to Teresa Smith at: FredEmmausPrayers@yahoo.com

I'm still looking for old/past Fredericksburg Emmaus Newsletters to scan in/digitize and place on our Web Page for historical purposes:

Jan-Dec 1991; Nov & Dec 1994; Jan-June 1995; Feb & Mar 1996; Jan & Feb 2003;

Jan-Mar, May & June 2004; Jan-Mar, May, June, Aug, Oct-Dec 2005

I'm also still looking for several Fredericksburg Emmaus Walk photographs/pictures to scan in/digitize and place on our Web Page for historical purposes:

FE 06, FE 09, FE 10, FE 11, FE 15, FE 16, FE 22, FE 23, FE 26, FE 30, FE 39, FE 42, FE 46, FE 48 & FE 69

Anyone who has recently changed their e-mail address, please contact me for updates.

## Upper Room Guidelines Implementation Committee – Dawn Kendall

Members of the Guidelines Implementation Committee attended the Upper Room Emmaus training in April. It was a great opportunity to hear the Upper Room's intentions and guidance and we were able to ask questions specific to the Fredericksburg community. The Upper Room representatives are pleased with our community's efforts to align with the model and honor our covenant.

Based on input from the Upper Room, the GIC will reconsider the servant team roles to more accurately reflect the intention of the Upper Room. The servant team should be an extension of the community, not an extension of the talk room team. We also want to recognize service to the community, not just on the walks. We received some suggestions from the leaders of other communities that may help us as we move forward.

The team selection process was reviewed and the Board voted to implement the team selection and talk assignment processes as presented in the Emmaus Handbook.

The GIC will review the Board Rep evaluations from FE-82 and 83 to further refine the master schedule that is given to the Weekend Lay Directors of each walk.

## Fourth Day Support – Cam Noden

Pastor's surveys have been reviewed and we have taken their feedback seriously and will consider implementing it where necessary. We will be reviewing the 4th day packet contents and update accordingly. We are working on updating 4th Day Follow Up Training and modifying WLD training materials. 4th Day Follow Up working group will invite past pilgrims to participate in E-83 candlelight and closing.

And as always, we need your short 4th day testimony for the monthly newsletter. Thank you!

# 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.....**Jim Muhlenkamp\***

**Secretary/Treasurer**.....**Carol Burke\***  
Financial Advisory Committee.....**Vacant**  
Manuals Coordinator.....**Mike Remington\***  
Records/By-Laws Historian.....**Mike Remington\***

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## Community Volunteers:

**Communications Support Coordinator**.....**Dennis Warne\***  
Website Administrator.....**Dennis Warne\***  
Newsletter.....**Brooke Ferguson**  
Database Coordinator.....**Dennis Warne\***  
Daily Prayer Chain Coordinator.....**Teresa Smith**

**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.....**Mike McDonald\***  
General Agape Coordinator.....**Vacant**  
Prayer Vigil Coordinator.....**Vonda LiCalzi**  
Placemat Coordinator.....**Tom Wells**  
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)

## New Board Spiritual Director

Board Spiritual Director Greg Akers has resigned from our local Fredericksburg Board. We sincerely appreciate Pastor Greg's service to Emmaus, most recently as Lead Spiritual Director for the Spring 2011 Men's Walk FE-82.

We are pleased to inform that the Board has approved Pastor Jim Muhlenkamp to serve on our Board for the next two months then stand for election by the Community in June to serve out the remaining two years of Pastor Greg Aker's term on the Board. Welcome Pastor Jim!

## HELP WANTED

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



# REUNION GROUPS

## Sunday

Bethel UMC Men's Group  
7:30 am  
Bethel UMC Woodbridge, Va  
POC: Brian Lewis  
703-590-9343  
bb3253@aol.com

## Monday

Ladies in Waiting  
Meets every other Monday in  
Falmouth  
POC: Vonda LiCalzi  
540-446-2682

## Tuesday

Great Is Thy Faithfulness  
7:30 pm  
Prince of Peace UMC  
Manassas, Va  
POC: Lloyd Biller  
703-590-1512

Lakeside Group (Men)  
8:00 pm  
Lake of the Woods  
Call for location  
POC: Vic Larson  
540-972-1928

## Wednesday

Lord's Lions & Lambs  
Group  
6:30 pm  
First Christian Church  
POC: Joe Reed  
540-373-7716  
first.christian.church@  
verizon.net

## Thursday

His Joyful Croakers  
9:00 am  
Hillcrest UMC  
POC: June Riel  
540-710-5949

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

Amazing Grace Group  
8:30 pm  
Hillcrest UMC  
POC: Ed McAdam  
540-898-3625  
emcadam@cox.net

Rainbow Group (Women)  
Alternate Thursdays  
10:00 am  
Lake of the Woods  
Call for location  
POC: Barbara Miller  
540-972-7418

## Friday

Koinonia Group (Women)  
9:00 am  
Lake of the Woods  
Call for location  
POC: Barbara Larson  
540-972-1928

## Varies

His Footprints  
Various schedule: call for  
time and meeting place  
POC: Phyllis Howze  
540-582-6739

Are you  
interested in  
joining or  
starting a new  
reunion group?

Contact Cam  
Noden at  
twonodens@  
juno.com