

January 2012

Upper Room EMMAUS of the Greater Fredericksburg Area

Gatherings *(2nd Saturday of each month)*

January 14th

Fourth Day Follow Up

Antioch UMC - Hartwood

9:00 am - 12:00 pm

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 2012.

If you are your church's Point of Contact for hosting, please email our CLD Dawn Kendall at queendawn@juno.com so arrangements can be made.



4th Day Testimonies

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 experience in any of these areas, please email your testimony to Cam Noden at: twonodens@juno.com for review. I'll be looking forward to hearing from you!

Fourth Day Follow Up on January 14, 2012

Where: Antioch United Methodist Church
138 Kellogg Mill Rd
Fredericksburg, VA 22406

When: 9 am - 12 pm

From Fredericksburg: Take I-95 North to exit 133, Rt 17 towards Warrenton. Follow Rt 17 approx 5 miles then make a right turn onto Co Rd 616/Poplar Rd. Follow approximately 1.5 miles then turn right onto Co Rd 651/Kellogg Mill Rd. Church will be on your right.

UPCOMING EMMAUS WEEKENDS

Walk

FE-86 (M)

FE-87 (W)

Dates

March 22 - 25, 2012

April 26 - 29, 2012

Weekend Lay Director

Ralph Williams

Sharon Smith

From the Community Lay Director

HELLO. "For this reason I kneel before the Father, from whom every family in heaven and on earth derives its name. I pray that out of His glorious riches He may strengthen you with power through His Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God." (Ephesians 3:14-19).

4TH DAY FOLLOW UP MEETING. The next meeting will be Saturday, January 14 at Antioch UMC (Hartwood) from 9-12. All new community members are encouraged to attend. We will be discussing the ways you can be an active community participant and how you can renew and refill your spirit within the Emmaus community. If you would like to be considered for the spring teams, please submit a signed application by January 8 and indicate your intention to attend the 4th Day meeting.

GATHERING. Our community will meet for fellowship and worship on January 14 at Antioch UMC beginning at 3:30. Let's start the new year loving and supporting our Emmaus family.

FE-86 AND 87. PILGRIMS WANTED!! The spring walk teams are coming together. Weekend Lay Directors Ralph Williams and Sharon Smith are prayerfully planning. Please consider how you might best support these teams in prayer, service, and sponsorship. Pilgrim applications are available online at www.fredwalk.org. Team Orientation is scheduled for Friday, January 13 at 7 pm at Fairview Baptist on Charlotte Street.

LOVE YOUR NEIGHBOR. If you are in touch with members that have been away from our community, please invite them to an upcoming Gathering. Take them to lunch before or dinner afterwards. Let them know that they are loved and missed. If there is a community member that is in need, please reach out to them; remind them that they are not forgotten. Remember, we are family.

DECOLORES! Happy New Year, ya'll!

Dawn Kendall
FE-54, Table of Peace

Fourth Day Testimony

In our 4th Day we experience many highs and lows. I have experienced many bouts with health issues, but God is gradually making me well. It is because of Him that I was able to serve on E85 as the Board Rep. in spite of my chronic health problems. I am so glad that He did, because it was a wonderful experience. It was one of the highlights of my 4th Day. Before serving I had heard how difficult it might be to follow the Emmaus manual and model more closely with all the new changes. As I began to experience the walk myself, read the critiques, and listen to the testimonies of the Pilgrims, it became clear that following the manual closely was indeed a blessing for the Pilgrims and the team. This was especially true for having a servant team and the changes to dying moments. Of course there were minor problems, but any misgivings regarding following the model were eliminated. I encourage all future teams to have a positive attitude about following the model. It works!

De Colores!
Judy Britt, E57

From the Community Spiritual Director

Another New Year has dawned upon us. A year that is currently unblemished and filled with promise. At this time every year I take the opportunity to reflect back on the year that has just passed. To take stock of my life and ask whether I have advanced in my spiritual maturity and whether I have worked diligently to advance the Kingdom of God. Then to look forward to the year before me and to meditate on what I would like to accomplish in the coming year.

We have an opportunity today that will not be before us again. Specifically, we have the opportunity to write on the scroll of the year 2012 and to begin to shape this year for ourselves. What will you make this year? Where will you expend your energies? What will steal your time in this new year? Will the Lord say "well done" or will your efforts be burned up as hay and stubble?

I was reflecting this morning on one of my favorite Messianic passages from the Old Testament. Isaiah 9:2 - 7 says: "The people who walked in darkness have seen a great light; those who dwelt in a land of deep darkness, on them has light shone. You have multiplied the nation; you have increased its joy; they rejoice before you as with joy at the harvest, as they are glad when they divide the spoil. For the yoke of his burden, and the staff for his shoulder, the rod of his oppressor, you have broken as on the day of Midian. For every boot of the tramping warrior in battle tumult and every garment rolled in blood will be burned as fuel for the fire. For to us a child is born, to us a son is given; and the government shall be upon his shoulder, and his name shall be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace. Of the increase of his government and of peace there will be no end, on the throne of David and over his kingdom, to establish it and to uphold it with justice and with righteousness from this time forth and forevermore. The zeal of the Lord of hosts will do this."

Each of us at one time were walking in a land of deep darkness, a land of sin and shame from which we could not escape, when the Lord shown a great light into our lives. He has multiplied us and as you walk with Him more and more He increases your joy. Truly He is the Mighty God, the Wonderful Counselor, Everlasting Father, Prince of Peace. He is our God who fights on our behalf, who will never leave us, nor forsake us. He is the author and finisher of our faith. He has drawn us by His mercy and saved us by His grace. The Scriptures tell us that we were bought with a price, the terrible price of the blood of the Son of God. He deserves our best today and throughout the coming year.

Charles H. Spurgeon wrote: "Give us a church that loves Jesus Christ much. You will have mighty prayer-meetings; you will have a holy membership; you will have liberal giving to the cause of Christ; you will have hearty praising of his name; you will have careful walking before the world; you will have earnest endeavors for the conversion of sinners. Missions at home and abroad will be set on foot when love is fervent. When the heart is right, everything is likely to be right; but when the heart goes wrong, oh, what a fatal thing it is! A disease of the heart is looked upon as the worst of mischiefs that can happen to a man. One old doctor of my acquaintance used to say, "We can do nothing with the heart." God keep us from a diseased heart: a fatty degeneration of the heart, or an ossification of the heart towards the Lord Jesus Christ!"

Will you bring of your best to the Master? You will you give Him your first fruits of your labors in 2012, or will He get the left overs, second place? What will you write on the scroll of 2012?

Jim Muhlenkamp

Prayer Requests from December Gathering

For Andrew, Michael, & Jordan—relationships; addictions
Families
Aaron
Mitch's wife, Jo—bad back
Brother-in-law Jeff—health
That I can be a disciple for Christ in leading my husband to the Lord
Patience
Hope 3
New love
Friends and family
Jenn Beckers and family
For Dawn to have a successful check-up
The upcoming community oyster roast
Ian
FE-86 & 87 teams
For Lester to find peace with God for his life
Healing for Gil's eye
For my daughter Christine to find love
Shirley, Al, Larry, Edmundo, Ennis, Derek, Rich, Scotty, Paula, Jackie, Kelly, Heather, Jill
For Pastor Brenda
For my nephew to return to school
For financial blessings
For my son to return to college and that his tuition is paid in full
That my husband's court case is resolved soon and that he has victory
For God to mellow the heart of my boss
For a closer relationship with my sons and granddaughter
For Mr & Mrs Keiser's health issues
For Earl & Kim to find God again
For Brett to seek the Lord
Jeff & Kevin
Justin

Curtis
Heather & Curtis to heal from childhood divorce
Roberta—cancer
Randolph & Evelyn Thompson—health issues
Anita—health
For all individuals walking in the upcoming walks
Prison ministry
Josh's health
Peace Corps volunteers
Di—employment opportunity
Healing for Dawn
Safe return of Nathan from Afghanistan
For those for whom the holidays are not a happy time
For the unsaved
Kathleen's retirement
That nursing home residents are not forgotten by families
Family of Virginia Tech shooting victim
For Josh in prison
For the homeless to be remembered
For my daughter to find work
For my son to find salvation
Kevin & Michelle
Diane
Bert—surgery
Danny—kidney transplant
Dave & Sarah's wedding
Jennifer
For Steve's happiness
Friendship with Marilyn
Max's journey
Margaret—health
Ralph A—cancer
Jason, Felice, Lauren, Alivia

Our nation's leaders
Job application and interview
Connie
Hope's graduation and testing
Restore children's closeness to each other
Work situations
Carol—in jail
Fuzzy—has MS
My mother
For the health of my brothers and sisters
Our children
My church
Salvation for my sister
For my friend who needs the Lord—biopsy
My nephew who is struggling with the loss of his mother
Josh & Vanessa & Teresa, the newest addition to our family
Lloyd & Gloria
Debbie
For our military
Pat's back surgery
For Matt to quit smoking
Debbie—sent home from the hospital and in hospice care
Rich's surgery
Barbara—healing from a stroke
Paige—recovering from back surgery

PRAISES

Our son is home from Afghanistan
For FE-84 & 85
For the confidence gained through the wonderful women of FE-85

Elected Community Officers: (Thru June 30, 2012)

Community Lay Director.....Dawn Kendall
Assistant Community Lay DirectorRichard Leeper
Community Spiritual Director.....Jim Muhlenkamp
Dick Barnett Lisa Green Cam Noden
Judy Britt Ava Hanger Jake Riley
Chris Campbell
Agape Coordinator.....Tom Dempsey
Secretary.....Vacant
Treasurer.....Carol Burke
Manuals Coordinator/HistorianMike Remington
Spiritual Director.....Bill Walker
Spiritual Director.....Joe Reed

Community Volunteers: (Sept 1, 2011 - Aug 31, 2012)

Communications Support Coordinator.....Dick Barnett
Website & Database Administrator.....Chris Campbell
Newsletter.....Brooke Ferguson
Daily Prayer Chain CoordinatorTeresa Smith
Fourth Day Support CoordinatorCam Noden
Fourth Day Advisory CommitteeArt Blankenship
Fourth Day Follow-Up/Reunion Group Coordinator.....Richard Leeper
Upper Room Guidelines Implementation.....Dawn Kendall
Pilgrim/Team Support Coordinator.....Carol Burke
Team Selection Committee.....Dawn Kendall
Team RegistrarDick Barnett
Pilgrim Registrars.....Ralph and Sandy Williams
Gathering Support Coordinator.....Ava Hanger
Childcare Coordinator.....Jacob Riley
Hospitality Coordinator.....Kathleen Holladay
Transportation Coordinator.....Chris Campbell
Music/Equipment Coordinator.....Mitch Mitchell
Weekend Support Coordinator.....Jake Riley
Community Servant Coordinator.....Richard Leeper
Community Baker.....Sandie Makely
Supplies Coordinator.....Chris & Karen Campbell
Prayer Vigil Coordinators.....Lisa Green
Placemat Coordinator.....Tom Wells
Snack Agape Coordinator.....Lisa Green
Agape Bag Coordinator.....Karen Campbell
Name Badge CoordinatorGary Adkins
Fourth Day Packets.....Wilfred and Mary Usher

Daily Internet Prayer Chain

We have 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 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 Chris Campbell at chris@ewg.org and ask to be included as a Prayer Warrior.

REUNION GROUPS

Sunday	Wednesday	Thurs (cont'd)
<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 & Lambs Group 6:30 pm First Christian Church POC: Joe Reed 540-373-7716 first.christian.church@verizon.net</p>	<p>Uptown Bristersburg Believers 2nd and 4th Thursdays 7:00 pm Mt. Horeb UMC POC: Chris Wells 540-788-3068</p>
Monday	Thursday	Friday
<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 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>Koinonia Group (Women) 9:00 am Lake of the Woods Call for location POC: Barbara Larson 540-972-1928</p>
Tuesday		Varies
<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 Footprints Various schedule: call for time and meeting place POC: Phyllis Howze 540-582-6739</p>
		<p>Are you interested in joining or starting a new reunion group?</p> <p>Email Richard Leeper at richardleeper@netscape.net</p>