

September 2012

Upper Room EMMAUS of the Greater Fredericksburg Area

Gatherings *(2nd Saturday of each month)*

September 8th

Melrose UMC

October 13th

Stafford Crossing Comm Ch

Fourth Day Followup 1 - 3 pm

Board meeting at 1:30 pm

Fellowship at 3:30 pm

Gathering at 4:00 pm

Please bring snacks 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 Chris Campbell at chris@ewg.org so arrangements can be made.



Directions to Melrose UMC
1317 Lewisetta Rd.
Lottsburg, VA 22511

Take Route 3 East from I-95 for 3 miles. Take the exit for US-17/VA-2 which is on the right. After 5 miles, turn left onto US-17 and continue for 40 miles. Turn left onto US-360 (Queen Street) and continue for 18 miles. Turn right onto Northumberland way (still US-360) and continue for 2 miles. Turn left onto Lewisetta Rd. The church is on the left, less than a mile down the road.

Pilgrims and Team Members

Please be in prayer for the upcoming walks. Pilgrim applications are available from the community website: <http://www.fredwalk.org>. Also, Team selection starts soon for the Spring Walks, so if you are interested in being a team member, please get in your application.

UPCOMING EMMAUS WEEKENDS

Walk #	Dates	Weekend Lay Director
FE-88 (M)	October 25 - 28, 2012	Mike McDonald
FE-89 (W)	November 8 - 11, 2012	Terry Cook
FE-90 (M)	March 14 - 17, 2013	TBD
FE-91 (W)	April 18 - 21, 2013	TBD

From the Community Lay Director

Please be in prayer for the upcoming walks. They promise to be an amazing God-filled weekend. We are in need of pilgrims though - lots of pilgrims. Can I ask you something? Can you pray for lots of pilgrims for the upcoming walks? And while you are praying, can you think of someone that you believe would benefit from the walk? Did you think of someone? C'mon you know people. Think again. Ok, now go ask them. The dates for the Men's walk are October 25-28. The Women's walk is November 8-11. They are right around the corner. Fill that mailbox with applications.

Being a sponsor is an awesome experience. What do you need to do? Well first, you have to find a pilgrim but once they have agreed to fill out an application - get it mailed in. Then start to pray for them - that they will hear or see God on their weekend and that they will open up to let God speak to them.

My wife and I have sponsored one pilgrim so far and it was a huge blessing. Getting people to fill out forms can take awhile so I brought the form to church and told the pilgrim I needed to get it turned in that day. The pastor needs to sign it - so if you go to church with the person you thought of - Sunday is probably your best day to get the application part done. Five minutes later, I had a signed application.

Logistics. You get them to Camp Happyland on Thursday. You pray for them Thursday night after they go into the talk room and then again at Candlelight on Saturday night. They may not want to leave, but you need to bring them home on Sunday. You also get the honor of arranging their Sunday letters. That is an awesome blessing.

Thursday of the Walk, my pilgrim ended up in I-95 traffic so they were running a bit late. I was going to take her out to dinner but that time window was quickly diminishing because of traffic. Luckily, I met her husband in the neighborhood and asked if they liked fried chicken (who doesn't?). The answer was yes and after hitting up Popeye's for some chicken, I was waiting at her house for her to get home. She ate some dinner and got packed and we were on our way. I took the back way thru Kelly's Ford to avoid traffic from North Stafford. I may have exceeded the speed limit but we arrived safely to what would be an amazing weekend for her.

For Candlelight, I commandeered her children for a couple of hours. And you might think that getting those letters

is hard. Well its not. You don't have to write them, you just need to find others to write them. I did enlist the help of her children and while I was at it - her husband. Had plenty.

To be a sponsor you also need to have gone to a Fourth Day Follow-up Training (previously called a Day of Deeper Understanding) and for those of you that have not gone to one - we are having one on October 13th from 1pm-3pm at Stafford Crossing Community Church. So now you have no excuse - just put on the sponsor's part of the pilgrim application that you will be attending that session.

What is this Fourth Day Followup Training? Glad you asked. You learn more about the behind the scenes things that the community does to put on the walk. We cover sponsoring and teaming as well as general information about the community. If you want to become more involved in the ministry of Emmaus - you just need to come out to one of these trainings.

Team selection starts soon for the Spring Walks so if you are interested in being a team member, please get your application in. Afraid of public speaking? Join the club. I'll let you in on a little secret - you definitely won't get assigned a talk on your first experience and its very unlikely that you would get assigned a talk the second time around. My suggestion is to try teaming once or twice - you might just like it. And if you are given a talk - there is an extensive outline. You still have to put 'you' into the talk and I am not saying that is easy but there is an outline and other team members are more than willing to help you through the writing process - you just have to ask.

To be on the team or servant team, you also have to have been to a Fourth Day Follow-up Training session. We have one of those in October - plenty of time to be included in the team selection process for the Spring. Just fill out that application and mail it in. Fill that mailbox with team applications too.

My wife and I have served on quite a few teams and each one has been different but all have been a blessing. You show up to serve, but whether we have served in the background or the talk room, God has blessed us with the experience.

De Colores,

Chris Campbell

Fairview at River Club/FE-70/Table of Peter

From the Community Spiritual Director

He said, "I will certainly be with you."

-Exodus 3:12

Our church is currently in the midst of a small group study entitled "Fearless" based upon the Max Lucado book by that same name. One thing that I noted from that study is the number of different things that tend to make us fearful. For example, Max talks about the fears of not mattering, or of failing God, fear of death, global calamity, or getting pushed outside of our box. While probably none of us has all of these fears, all of us have one of them, or any number of other myriad fears that can paralyze us or make us less fruitful than we otherwise may have been. How many of us have failed to share our faith because of the fear of rejection, or failed to answer a call of God to begin a ministry because of a fear of failure?

It seems that fear stalks our lives. It changes our plans and can even contribute to our not being as successful in Kingdom building as we might otherwise have been, and often without our even being aware that we are being affected by it.

In Exodus 3, we are given an account of God's calling of Moses and the many excuses with which Moses responded. Moses was responding from a spirit of fear, which many of us can certainly understand. We have been there. I can almost hear my own voice filled with the words of Moses: "Who am I...?" Have you ever had that thought? Who am I that I should speak for the God of the universe? Who am I that this person or that should listen to me or even give me the time of day?

On the other hand, perhaps you can relate to the protestation of Moses concerning his inability to speak clearly. Remember? "Lord, I have never been eloquent, neither in the past nor since you have spoken to your servant. I am slow of speech and tongue." Perhaps you have been asked to speak before a group of people, or teach a Sunday school class, host a Bible study and your response was a disclaimer concerning your ability to speak.

However, notice also how God dealt with each of the objections of Moses. In each case, God took Moses' weakness and made it a strength. God equipped Moses to

do the work that He called Moses to do, and He does the same for us.

Additionally, if the Lord sent Moses on an errand, He would not let Moses go alone. Charles Spurgeon notes: "It could not be imagined that a wise God would match poor Moses with mighty Pharaoh, the mightiest king in the world, and the enormous forces of Egypt. Hence, He says, 'I will certainly be with you,' as if it were out of the question that He would send him alone."

The same is true for us. If God calls us to a task, He does not send us in alone but does, Himself, go with us each step of the way. Moreover, it is God that goes before us to prepare the way for us that we might find the task easier than it otherwise might have been.

Personally, I have a great fear of public speaking. I remember once in college I had taken a required speech class and as a major part of the grade, we had to make a public presentation of a sales presentation for a fictitious company that we made up ourselves. I did not fare well in that class as, when I got up to deliver my speech, looking out over the faces of these students whom I knew; I froze and could not utter a single word. Fortunately, my scores on the exams and the written portion of the course were high enough that I managed to pass the class. It strikes me as somewhat telling; however, that whenever I stand to speak for God where He has called me I do not suffer from the same fearful paralysis because God is there with me. I do not doubt that I am speaking for God and that thought alone gives me the strength and courage to speak.

To once again borrow from the thoughts of Spurgeon: If any of us go upon the Lord's errand, with simple reliance upon His power and a single eye to His glory, it is certain that He will be with us. God sending us binds Him to support us in that endeavor. What more can we want? If God is for me, who can be against me? We must succeed. Let us not go into the battle with timidity, halfheartedly, carelessly, presumptuously. In such company as God we must, like Moses, go in unto Pharaoh without fear.

Jim Muhlenkamp

Prayer Requests from August Gathering

Our country	FE-88
Javier and Maria	FE-89
James and Martie Lee	David – heart attack – healing
The young generation	Amy – mystery disease
Kenny, Hanny, Justin, Ely and Blanca	Wendy – cancer has returned
Healing for Betty	Peggy
Healing for Sandi	Rochelle and children
Jungle Aviation and Radio Support Mission from Lake of the Woods to glorify God	Maranatha
Tracy’s new job (praise)	Wilfred & Mary
Amy’s health problems	John
Chandler returning to college	Finances
Drew and Heather returning to college	Connie's health
Leroy’s health issue	Bill's job search
Healing for Mokie	Our children and grandchildren
Mr. Williams – cancer-free – praise	Prayers and praises for us
Katherine’s cancer treatment	Our troops
	For God's presence to be known to unbelievers

Fourth Day Testimony

Looking back over the past ten years since I walked, eight of them spent in pastoral ministry, I now can see many amazing gifts that God and this community of faith have given me. I think everyone takes home from their Emmaus experience gifts from God – the question is, do we open the gifts and put them to use or just chalk it up as one more “meaningful retreat”? There are many things among the gifts that I unwrapped that have changed my life and my ministry in the service of our Lord and Savior Jesus Christ, but this is what I consider the greatest gift.

My experiences in the Emmaus Community have helped me look beyond the boundaries we so often draw around ourselves when it comes to religion. I see that the love of God, faith in Jesus and the indwelling of the Holy Spirit vastly exceed the limits we often place on them and that there are different ways in which to respond to them. I have found that my Fourth Day has become one of looking for what we all hold in common and how we respond to our common call from God to serve. Now when I defend the traditions and rites that I hold dear, I won’t do it at the expense of the things that other good Christians find important. If we look at the variety and breadth of our experiences in the same light as the Apostle Paul did when he compared the differences in people to the parts of the body – many different parts that make up the whole body and the whole body is so much greater that any one part – we will become a stronger body of witnesses for Jesus!

De Colores!

Chris Fair, Antioch UMC, FE-47, Table of Mark

Elected Community Officers: (Thru June 30, 2013)

Community Lay Director.....	Chris Campbell
Assistant Community Lay Director	Mary Lee Hensel
Community Spiritual Director.....	Jim Muhlenkamp
Debbie Bliss	Lisa Green
Doc Holladay	Chris Wells
Agape Coordinator.....	Tom Dempsey
Secretary.....	Ava Hanger
Treasurer.....	Carol Burke
Manuals Coordinator/Historian	Mike Remington
Spiritual Director.....	Gayle Porias
Spiritual Director.....	Nancy McDaniel

Community Volunteers: (Sept 1, 2012 - Aug 31, 2013)

Communications Support Coordinator.....	Mary Lee Hensel
Website & Database Administrator.....	Chris Campbell
Newsletter.....	Brooke Ferguson
Daily Prayer Chain Coordinator	Teresa Smith
Fourth Day Support Coordinator	Richard Leeper
Fourth Day Advisory Committee	Art Blankenship
	Cam Noden
Fourth Day Follow-Up/Reunion Group Coordinator.....	Chris Wells
Upper Room Guidelines Implementation.....	Dawn Kendall
Pilgrim/Team Support Coordinator.....	Carol Burke
Team Selection Committee.....	Chris Campbell
Team Registrar	Dick Barnett
Pilgrim Registrars.....	Steve and Sandie Makely
Gathering Support Coordinator.....	Dawn Kendall
Childcare Coordinator.....	
Hospitality Coordinator.....	Kathleen Holladay
Music/Equipment Coordinator.....	Mitch Mitchell
Weekend Support Coordinator.....	Debbie Bliss
Community Servant Coordinator.....	Doc Holladay
Community Baker.....	Sandie Makely
Supplies/Transportation Coordinators.....	Chris & Karen Campbell
Prayer Vigil Coordinator.....	Lisa Green
Placemat Coordinator.....	Debbie Bliss
Snack Agape Coordinator.....	Lisa Green
Agape Bag Coordinator.....	Karen Campbell
Name Badge Coordinators.....	Gary Adkins
	Dianna Wells
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.

4th Day Testimony Request

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!

REUNION GROUPS

Sunday

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

Wednesday

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

Thurs (cont'd)

Uptown Bristersburg Believers
2nd and 4th Thursdays
7:00 pm
Mt. Horeb UMC
POC: Chris Wells
540-788-3068

Monday

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

Thursday

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

Friday

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

Tuesday

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

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

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

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

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

Email Chris Wells at
wells50@wildblue.net