

# Upper Room Emmaus of the Greater Fredericksburg Area

## Gatherings (2nd Sat of the month):

February 9th	Stafford Crossing Community Church
March 9th	Antioch UMC
April 13th	Hillcrest UMC
May 11th	Fairview at River Club



## Upcoming Emmaus Walks:

Walk #	Dates	Weekend Lay Director
FE-90 (W)	April 18 - 21, 2013	Dawn Kendall
FE-91 (M)	Oct 24 - 27, 2013*	Steve LiCalzi
FE-92 (W)	Nov 7 - 10, 2013*	TBA

\*Still awaiting final confirmation from Camp on Fall Walk dates

### Gathering Info

Board meeting at 1:30 pm  
 Fellowship at 3:30 pm  
 Gathering at 4:00 pm  
 Please bring snacks to share during fellowship time.  
 If your church can host a gathering, please email the CLD Chris Campbell at [chris@ewg.org](mailto:chris@ewg.org)

### Gathering Directions

To: Stafford Crossing Community Church  
 1420 Forbes Street  
 Fredericksburg, VA 22405

Take exit 133A off I-95. At Route 1, take a left to go North. Make a right onto Layhill Road (at the Valero). Layhill Road turns into Forbes Street - continue straight. The church is on the left, under .3 miles from Route 1.

## *From the Community Lay Director*

Are you in a reunion group? Don't know what that is? You heard about them on Sunday of your walk. Possibly you were on overload and it missed your attention. I was fried the Sunday of my Walk to Emmaus. But I finally got into one a few months after my Walk and my Saturday mornings have never been the same. For that matter my Walk with God has not been the same.

A reunion group is simply a gathering of people that come together to share their faith. My reunion group typically has about 10-12 people that show up but it only takes 2 people to be a reunion group. The people in your group don't have to have gone on the Walk to Emmaus and, in fact, our reunion group has sponsored several people to go on the walk by first inviting them to our Saturday morning meetings.

You received a card on Sunday that has a suggestion for the order of the meeting – I have to say we don't normally follow the card but we do occasionally pull it out. It does have some good questions to get you going like: "When were you closest to Christ this week?" "Were you called to discipleship this week or were you denied in any way? How are you doing in piety, study and action?"

You can run your reunion group any way you want, but there are a few rules. Reunion groups should be like Vegas – what is said in reunion group needs to stay in reunion group. It has to be a safe place to say what is on your mind, what challenges you are going thru, and, in some cases, the ways you are really letting God down. It

has to be an open environment for people to feel like they can share without it coming back to stab them in the back. You also need to meet regularly and make it a priority.

In total, there are 15 men that are in my group and I have been blessed by the collective wisdom and the collective experience. Many of these men have qualities that I strive to emulate. Whether it is from a study perspective or an action perspective or just the way they live their lives – I see men that love the Lord and act on it.

We fellowship quite a bit, we pray for each other and we help one another. And we get together to do a few things each year. We do a Valentines Day breakfast where we cook for the church and get a speaker. We do a Men's retreat in the Fall with varied formats. And occasionally some of us go on a mission trip.

So I ask again: Are you in a reunion group? If you want to get in one, there are several listed in the newsletter. You can also start your own – you only need two people and a regular time to meet.

De Colores,

Chris Campbell

Fairview at River Club

FE-70

Table of Peter

### *4th Day Testimony*

The Emmaus experience has been wonderful for me. I loved the walk and, even more, I loved the teaming - to see the pilgrim's faces as they are on the walk and to be Jesus' hands and feet as we serve the pilgrims. While teaming, I learned to give talks in front of others, (which is really against my nature). I've grown closer to God through Emmaus and it has helped me through this time after my recent kidney transplant.

Dianne Philipp, First Christian Church, FE-22

"...He gathers the lambs in his arms and carries them close to his heart..."

- Isaiah 40:11

## *From the Community Spiritual Director*

Thou, even thou, art LORD alone; thou hast made heaven, the heaven of heavens, with all their host, the earth, and all things that are therein, the seas, and all that is therein, and thou preservest them all; and the host of heaven worshippeth thee. Nehemiah 9:6

Probably one of the most thrilling, yet at the same time most troubling of God's attributes is His sovereignty. Thrilling and a comfort to the Christian because the Sovereignty of God means there isn't anything that happens in your life that God does not directly cause or deliberately allow. Troubling because His sovereignty means there isn't anything that happens in your life that God does not directly cause or deliberately allow.

It is in the attribute of God's sovereignty that He rules the earth and all that is in it. A.W.Tozer in his book Knowledge of the Holy notes: "Even to discuss the authority of Almighty God seems a bit meaningless, and to question it would be absurd. Can we imagine the Lord of Hosts having to request permission of anyone or to apply for anything to a higher body? To whom would God go for permission? Who is higher than the Highest? Who is mightier than the Almighty? Whose position antedates that of the Eternal? At whose throne would God kneel? Where is the greater one to whom He must appeal? 'Thus saith the Lord the King of Israel, and His redeemer the

Lord of hosts; I am the first, and I am the last; and beside me there is no God.'"

The omniscience of God means that there is nothing that He does not know. Not because He has learned it, but because that knowledge is an intrinsic part of His very nature. He knows because He knows. That omniscience means that there is nothing in your life, now or in the future that God does not already know about and has known about from the foundations of the earth. Moreover, He told Jeremiah that He knows the plans that He has for [us], plans to prosper and not for evil to give [us] a hope and a future.

God has a perfect plan worked out for you based on His infinite knowledge of you. And the Sovereignty of God means that He has the authority to carry out that plan. There is nothing that can stand in His way or prevent Him from carrying out what He wants to do in your life to His glory and praise.

I don't know about you, but I find such comfort in knowing that God knows my future, knows the things I will do right, and the things I will do wrong and has already given me grace for the latter. My life is in His hands and He has the authority to accomplish what He will for my greatest blessing and the glory of His name. Halleluiah to the Lamb of God.

## *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, (check the craft section at your local fabric store or WalMart), 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" by calling Karen Campbell - 540-658-0468 or email her at [campbells\\_6@yahoo.com](mailto:campbells_6@yahoo.com)

## Prayer Requests from January Gathering

FE-90	George – family split, housing issues, job need	Cynthia – to find God and let Him into her family's life
Carol's family – strengthened ministry	Nancy	David and Jandrica (to get married)
Dominic - cancer	Drew's job hunt	Izzy, Jenna, David and Dakota
Danny	Answered prayers	New clients
Our country	Grandsons	Faith
Son's new college roommate	For those that are far from God	Annette – health, kidney transplant
Wellness ministry	Grandmother Scarlett – good health	Madison and family
That I glorify God in my new job and that the position becomes permanent	Henry's job decision	Benefit Oyster Roast in March
Kay	New job	Health improvement
Mary & Wilfred	Daughters safe travel	Guidance for daughter and son-in-law looking to buy first home
Don's knees – relief from pain	Beltran family	Andrew Chapel UMC Children's Acting program
People to rise above gossip	Great grandmother – healing	Safety in schools
Chandler's adjustment to college	John – handicapped and skin problems	Healing
Kelly, Justin and Eli	Gabriel's nephew – heart defect	Evans family – loss of loved ones
National leadership for God's wisdom and guidance	Risen Hope	Karen and Bill as they try to start a family
Need of a job	Jim and Delores	Blanca
Cara	Health	Bill to have surgery
Travel mercies	Mike's new home	Heather, Mark and Isabella - flu
Michael to ease his loneliness	Carol's family – safe travel and success in mission	Sarah and baby
Karen	Spirit transformation for Maranatha	Archie – health
Martha as caregiver	All who suffer from Alzheimer's disease and their families	Ryan – God knows and gives and takes away
Finances	Fredericksburg Emmaus	Julie – healing
Jordan, Brad, Manny, John and Christopher	Community	
Our soldiers	Willie – healing	
Rita – healing		

## 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](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 Chris Campbell at [chris@ewg.org](mailto: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](mailto:twonodens@juno.com) for review. I'll be looking forward to hearing from you!

## Monday

Ladies In Waiting  
Meets Every Other Monday  
In Falmouth  
POC: Vonda LiCalzi  
540-446-2682

Rainbow Group (Women)  
First Monday Of Month 10:00 Am  
Lake OfThe Woods  
Location Varies  
POC: Barbara Miller  
540-972-7418

## 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 OfThe Woods  
Call For Location  
POC: Vic Larson  
540-972-1928

## 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

Reunion Bible Study 10:00 Am  
North Stafford Baptist  
POC Karen Campbell  
540-658-0468  
Campbells\_6@yahoo.com

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

## Wednesday

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

## Friday

Koinonia Group (Women) 9:00 Am  
Lake OfThe Woods  
Call For Location  
POC: Barbara Larson  
540-972-1928

## Sunday

Bethel UMC Men's Group  
7:30 Am  
Bethel UMC Woodbridge, Va  
POC: Brian Lewis  
703-590-9343  
Bb3253@aol.com

*Are you interested in joining or  
starting a new*

**Reunion Group?**

Email Chris Wells at  
wells50@wildblue.net