

# Upper Room Emmaus of the Greater Fredericksburg Area

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

May 11th	Fairview at River Club
June 8th	Rhodesville Baptist Church in Orange
July 13th	Bethel UMC in Caroline
Aug 10th	Risen Hope in Ruther Glen



## Upcoming Emmaus Walks:

Walk #	Dates	Weekend Lay Director
FE-91 (M)	Oct 24 - 27, 2013	Steve LiCalzi
FE-92 (W)	Nov 7 - 10, 2013	Cam Noden

### 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: Fairview at River Club  
 10835 Tidewater Trail  
 Fredericksburg, VA 22408

Directions from I-95: Take Exit 130A heading Rt. 3 East. After 3 miles go south on Route 2 (right-hand exit). Go 3 miles and the church is on the left behind the CVS and Autozone.

## *From the Community Lay Director*

I had the opportunity this past weekend to go on a retreat with some men and teenage boys at a camp in Shenandoah. It was good to be somewhere that my cell phone didn't work and it was very good just to get away for a weekend.

We had a wonderful time with 4 speakers, fellowshiping with each other, shooting guns, firing arrows, fishing, basketball, enjoying a few campfires, making some smores, and going on a couple of snipe hunts. A snipe is a small bird for those that don't know.

I need something to write about for the May newsletter so you get to experience my weekend in a newsletter article. If you want to go snipe hunting as well, you will need a pillowcase and some sticks.

I had volunteered to speak and had the good luck of speaking right after a breakfast of bacon and pancakes. Bacon is one of my favorite foods and was the topic of my session. Bacon reminds me that I need to step outside my comfort zone to do God's work. Some of you may be wondering why bacon would remind me of that so I would point you to January 2013's newsletter which you can get on our website – <http://fredwalk.org>.

I talked about getting outside your comfort zone and also identifying those comfort zones that we have that just are not productive. For me that is the TV. For many of the teenagers it was video games. I challenged them and I will challenge you to spend less time watching TV and more time in a comfort zone where you can step outside of it. Find your talents and use them to do God's work. Put yourself in a new comfort zone where you'll find opportunities to get stretched and to grow in Christ.

We also had a talk on identity. There were 4 lies: You are what you do. You are what you own. You are

who you hang around with. And you are what others think of you. The truth is that you need to find your identity in who God made you to be. You are His workmanship and not to fall for those lies.

Saturday night we talked about being faithful in the small things and God will reward us with bigger things. We were also challenged with making our yes be a yes and our no be a no. I had the pleasure of having a teenager in our discussion group and he'd be a great table leader. He turned to me and said "Chris, what do you need to say no to?" He then led the entire discussion. I think he is 14.

We ended with a message on leadership. The Bible says to be a leader you have to be a servant. Since you have been on an Emmaus or Chrysalis weekend – you were the beneficiary of a lot of servant-hood. I'll challenge you to be the servant that God wants you to be and to be the leader He wants you to be.

We have a pair of walks coming up this Fall to be led by Steve LiCalzi and Cam Noden. I'd ask you to pray for these upcoming walks. Also I want to ask you to think about sponsoring a pilgrim for either of those two walks. I think you'll find that sponsoring is awesome. You can get pilgrim applications from me at the Gatherings or from our website. Might that be a step outside your comfort zone? It might be but I encourage you to try it. You might just like sponsoring as much as I like bacon.

De Colores,

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

## *From the Community Spiritual Director*

Therefore, preparing your minds for action, and being sober-minded, set your hope fully on the grace that will be brought to you at the revelation of Jesus Christ. (1 Peter 1:13, English Standard Version).

Most of you know that I am an avid, avid, Nebraska Cornhusker fan. Well, last year I was watching several games in which Nebraska seemed to have a consistent problem with fumbles and with penalties that were apparently the result of mental lapses. The Coach said consistently that these things were the result of “a lack of mental toughness.” The idea is that with the toughening, or disciplining of the mind, one can avoid the lack of concentration that tends to lead to these types of mistakes.

This is the sense of Peter’s admonition in 1 Peter 1:13. The Bible makes it clear that we are in a great spiritual battle and that Satan and his host of demons are seeking every way possible to trip us up, to make us lose focus and to fumble the spiritual ball, or to commit a penalty that will set us back in our pursuit of spiritual maturity. Peter’s instruction is that we are to “prepare our minds for action...” That is, we are to consciously and consistently do those things, prayer, Bible study, Church attendance, reunion groups, etc., that will best prepare us and strengthen us mentally to endure in the battle.

Additionally, note that the original Greek word that appears here is “gird up.” It means literally to bind up, to cinch up, or to tuck one’s garments into the belt preparatory for action. The context is that of a soldier preparing for battle and tucking the hem of their robes into their belt to keep them from tripping them up or slowing them down as they go into the fight.

There are a number of things that are present in our daily lives that if we fail to bind them up in our minds can hinder us when we are about to press into the battle. More specifically, the things that we allow to creep into our thoughts, even our subconscious, as a result of the shows we watch on television, the movies we attend, the songs or radio programs that we listen to. Individually they don’t seem like much of a hinderance and we are able to easily justify, for example, watching a favorite television show because it makes us laugh. But, each one of these things, little by little will distract us away from the real task at hand, living for the glory of God.

Notice finally what Peter insists that we should be focusing our minds on, “...the grace that will be brought...” In other words, Peter is stating that the one thing that we should discipline our minds to think about is the completion of our salvation and our eternal hope. Peter begins the verse with the word “therefore” which means that we must go back and see what the word is there for. We quickly discover that Peter has spent the first part of this Epistle talking about the “blessed hope.” To put it simply, rather than getting caught up in the cares of this world, rather than being bogged down with worry, rather than being distracted by the meaningless entertainment of this world we should be disciplining our minds to keep always before us the eternal hope and reward that awaits us at the rapture of the Church. It is my sincere prayer that each of us would examine the things that we allow to distract our minds and to consider how we could better use our time to meditate on the things of God.

Did I mention that I am an avid Cornhusker fan?

## Board Election - May Gathering

Below you will find the nominees put forth by the Nominating Committee for the 5 open slots which will be opening in July 2013, (1 SD, 2 men and 2 women slots are open). The election will be held during the May Gathering at Fairview at River Club, (gathering starts at 4:00). There will be a separate email with instructions for those that would like to vote via mail if they are not able to attend the Gathering. Per the community by-laws, If you would like to be on the Board, you can nominate yourself or have someone nominate you from the floor at the May Gathering. You have to be present at the May Gathering to accept the nomination and be included on the ballot. Votes will be tallied and the new Board members will be announced at the May Gathering. New Board members will serve starting July 1, 2013.

### Spiritual Director Candidate:

**Chris Fair:** I am a bi-vocational pastor currently serving in my eighth year at Antioch United Methodist Church in the Hartwood area of Stafford. During the week I also work as a naval architect in Washington DC. My wife of 37 years, Karol (FE-46, my sponsor when I walked) and I live in the Todd's Tavern area of Spotsylvania County, have two married children and four grandchildren. I walked as a lay-person on FE-47 in 2002 and have served on a number of weekends as a Spiritual Director or Lead Spiritual Director. I am offering to serve on the Board in response to all that the Community has done for me, both personally and as a pastor. Having been greatly blessed by the Fredericksburg Emmaus Community I feel called to respond in service to that community.

### Women Candidates:

**Karen Campbell:** I worship at Fairview at River Club, walked on FE-73 and sat at the Table of Ruth. I have served on many Emmaus teams and am an active Emmaus community member. I serve as a leader on my church's hospitality teams and I teach a quilting group within the church. I lead a Bible study reunion group on Thursday mornings.

**Diana Farrar:** I walked on National Capital #36 in 1989 and sat at the Table of the Awakening Wildflowers. I worship at Ebenezer UMC in Stafford and sing in the music ministry there. I have served on many Emmaus, Chrysalis and Epiphany teams in just about every capacity but clergy and feel that this service is part of my Christian worship.

**Vonda LiCalzi:** I walked on FE-46. I have teamed multiple times as well as being the WLD for FE-75. I served on the board several years ago. I love Emmaus and will do what I can do make it the best experience possible for all pilgrims and our entire community.

### Men Candidates:

**Ed Hayner:** Ed walked on FE 76 sat at the table of Peter. Teamed on FE 78 as an Agape Servant. Teamed on FE 80 as Assistant Table Leader. Teamed on FE 84 as Table Leader and gave the Growth Through Study Talk. Teamed on FE 88 as a Table Leader gave the Body of Christ Talk. Ed attends Promise Land Praise and Worship Center and also volunteers with Store House Ministries with food distribution. Ed works at Stafford County Utilities as a Manager and has worked for Stafford County for 22 years as a public servant. Ed also attended Shenandoah Valley Academy and Graduated in 1976.

**Ron Jennings:** Worship at Fairview Baptist Church, walked on FE-66. I have teamed on 6 walks serving as ATL, TL, and ALD on FE88, and served as a servant on 2 walks. I am currently serving my church as a Deacon, and actively participate in a weekly Accountability Group. I feel that it would be an honor to serve the Community as a board member in order to give back the support that I have received.

**Jake Riley:** I attend Stafford Crossing Community church, I walked on Emmaus 78, and sat at the Table of Luke. I have teamed five times on Epiphany and Emmaus and have given two talks. I served on the Board from July '11 to June '12 as the Weekend Support Coordinator & Secretary and have served as Child Support Coordinator since December '10. I attend Stafford Crossing every Sunday and teach a 2nd grade class in our children's church. I am also involved with an accountability group that meets on Tuesday nights at the Chick-Fil-A on Route 17.

## *Prayer Requests from April Gathering*

FE-90 (Pilgrims, sponsors, team, and families)	Julie - healing	Al – back and knee problems - healing
All those serving on FE-90 in any capacity	Our nation	Sue – loneliness
Joy of agape love	Next home	Bethany
Peace and Love	First child is due in May – medical issues	David – salvation
Family members coming to God	Jennifer - Moving	Kathleen – Sunday School
Nick and Betty – Sunday school	Matt	Mike – cancer, insurance, residence
Husband in 24 week chemo treatment	JoAnn and Andi	Job
Ralph – healing and recovery	John - health	Vonda – health
Storehouse ministry – God’s provision	Weeks family – health and medical issues	Cam – direction
Chris and Art speaking at Men’s Conference	Angela - health	Gloria - leg
Nellie - relief	Future decisions	Jill and Lynn
Guidance	Improvement in Grandmother’s health	FE-91&92
James traveling from KY	Retirement	Children
Shawn to take Walk to Emmaus	Doc’s Sunday School Class	Rachel
Robin – cancer	Beth’s parents health	Geneva – overall health
Donna’s stepfather’s health and family issues	Beth’s husband	Gloria – cancer
Chandler – new college	Marcie – stroke/recovery	Karl
Wellness ministry	Daughter-in-law - pregnant	Charles and Barbara
	Health	Praise: Friend going to seminary
	Marriages with God	Praise: Rosemary passed ordination council

### *4th Day Testimony*

My 2004 Emmaus walk taught me that God loves me just as I am and that I could stop struggling to be "good enough" for Him. I left a lifetime of burden at the foot of the cross and I finally appreciated joy and peace in my life. However, that did not mean that life would go smoothly. In 2008, I was diagnosed with Pompe disease, a rare terminal illness similar to muscular dystrophy. A few years later, my marriage ended. The lessons I learned from my Emmaus experience--lessons about unconditional love, grace, and forgiveness--enabled me to face these issues with strength and dignity. And God is so faithful. He brought new people into my life--people I never expected--who opened their hearts and homes to me. He gave me a new family. God enabled scientists and researchers to develop a therapy to slow the progression of my illness. My symptoms are stable and I am still managing without assistance. God recently changed a friendship into something more, teaching me to love again. As the Weekend Lay Director for FE-90 (GO), I was given the opportunity to see His works unfold in a special way...and I learned lessons about control and trust in the process. As I prepare for the next part of my journey, I am strong, content, and peaceful. To God be the glory, great things He has done! DeColores,

Dawn Kendall

Fredericksburg Emmaus 54, Table of Peace



## 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  
cdwells50@gmail.com

## 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  
cdwells50@gmail.com