

Upper Room Emmaus of the Greater Fredericksburg Area

Gatherings (2nd Sat of the month):

July 13th	Bethel UMC in Caroline
Aug 10th	Mt Horeb UMC



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 2:30 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 Mary Lee Hensel at mlhensel59@gmail.com

Gathering Directions

To: Bethel UMC
17380 Dawn Blvd
Hanover, VA 23069

Directions from I-95: From Fredericksburg, take I-95 South to exit 98 toward Doswell/West Point. Keep left at the fork to continue on VA-30. Make a left onto VA-30. The church is on the right after 6.5 miles.

From the Community Lay Director

Greetings from your new Community Lay Director. I am humbled and honored to serve as your Community Lay Director for the next year.

This past election ends the terms of some wonderful people who have served tirelessly on the Board of Directors. Carol Burke, Dawn Kendall, Richard Leeper, Mike Remington and Jim Muhlenkamp. Please when you see these people thank them for the years of service they have blessed our community with.

The election also brings new faces to the Board – Karen Campbell, Chris Fair, Diana Farrar, Ed Hayner and Ron Jennings. Please keep them in your prayers as they begin the journey for the next three years as Board Members.

Also keep the Gatherings and upcoming Walks in your prayers. The fall walks will be here soon, please pray about teaming, sponsoring a pilgrim, or attending the events at each of the Walks.

You can download teaming applications and pilgrim applications from the fredwalk.org website.

I read the following many years ago, after my Walk, and have kept it hanging on the wall in my office, regretfully I do not remember if it was from a Lay Director or a Spiritual Director – but it was from an Emmaus booklet or newsletter. It is a wonderful reminder for us all, in Emmaus and in life.

“But before we get too busy with the Community and the tasks in front of us, let us focus a moment on

priorities. On the weekend, we were encouraged to look at priorities as we prepare for discipleship, and to give our hearts to God in piety through a personal relationship with Jesus Christ.

As we work for the kingdom, always take care to ensure that Christ remains at the top of our list. We can never elevate ourselves to a level of more importance. Indeed, we must surrender ourselves in total so that the Holy Spirit can work through us without obstacles.

Exemplary as the first new testament evangelist, his entire focus was on his mission, John the Baptist was the epitome of a disciple, as one who was to prepare the way.

He spent his entire ministry pointing to “someone else (who) is coming, far greater than I am, so great that I am not worthy to carry His shoes!”. John told those with whom he ministered that “He must increase, but I must decrease”. John always pointed the way to Christ. He sought less and less recognition for himself, and worked single-mindedly for the recognition of Jesus.

Like John, as we work for the increase of the kingdom, let each of us commit ourselves to increased humility and service.”

DeColores,

Mary Lee Hensel

FE-44, Table of Faithfulness

4th Day Testimony

In November of 1991 a new community of Fredericksburg Emmaus had been formed, and the first women and men walks were held. I received an invitation to attend FE-2 at that time. Although I was a little reluctant (not having prior knowledge of the Upper Room’s design for the Walk to Emmaus), I trusted and respected my sponsor and accepted the opportunity that would transform my personal walk with the Lord forever. On that weekend, the Trinity was not only present, but reigned down upon me bathing me in peace, love and grace, drawing me closer to our Lord, Jesus Christ. There was a team of Christ-centered, exemplary women who changed my life with the message they brought. It took five years before I was able to serve on a team, and I found that it provided an entirely different experience than my “walk”. There are many remarkable blessings and opportunities that teaming provides, and my prayer is that you have experienced the same. Through that initial teaming, and the many Emmaus weekends on which I have served, my life has been richly blessed. As another Fredericksburg Emmaus weekend will be here in a few months, I once again find myself desiring to team with my Christian sisters and pass on what I have learned through twenty-two years of walking with my Lord and Savior, Jesus Christ.

In His love, Susan Perkins

From the Community Spiritual Director

FREE INDEED

This is the month when we celebrate Independence Day and our freedom as Americans. I am a very patriotic person. "I'm proud to be an American where at least I know I'm free." I will wear red, white and blue and proudly display our grand old flag. I am thankful for the freedom that I enjoy as an American. It is gift from those whose have fought and died to make it so. It is among life's greatest blessings.

That being said, my freedom in Christ is the BEST blessing. In John 8:31-36 we read: "To the Jews who had believed him, Jesus said, 'If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free.' They answered him, 'We are Abraham's descendants and have never been slaves of anyone. How can you say that we shall be set free?' Jesus replied, 'Very truly I tell you, everyone who sins is a slave to sin. Now a slave has no permanent place in the family, but a son belongs to it forever. So if the Son sets you free, you will be free indeed.'

I am so very thankful for the freedom that I have in Christ. Because of His sacrifice for us on Calvary's cross, because He died for you and for me, we can have freedom from our sin through repentance and freedom to be all that we can be in Him.

I look forward to being your Community Spiritual Director as we celebrate our freedom in Christ through Holy Communion and as we gather as the community of faith called Frederickburg Emmaus. May we always be thankful for the freedom we have in Christ, for He IS the TRUTH who sets us free!

Blessings,

Nancy McDaniel

Southwest Virginia Walk to Emmaus 33, Table of Naomi

Prayer Requests from June Gathering

Chris – travel mercies	Gov't leaders
Drew – missions camp	FE 91 and 92
All graduates for safety and guidance	Sally – health
Heather's classmate's family	For friends
Oklahoma	Frances
George – job placement and family issues	Margie
Melony – mission	Blake and Ashley's first house
Ami – mission in middle east	Morgan Town Campus Ministry
All Christians	Tick bite
H.I.S.T.O. – July mission	Sons back to God
Church renovation and financial breakthrough	Medical bills
Health and home	Campus Ministry WVU

Elected Community Officers: (Thru June 30, 2014)

Community Lay Director.....Mary Lee Hensel

Assistant Community Lay Director.....Doc Holladay

Community Spiritual DirectorNancy McDaniel

Chris Campbell Karen Campbell
Diana Farrar Lisa Green
Ed Hayner Ron Jennings Chris Wells

Agape CoordinatorTom Dempsey

Secretary.....Ava Hanger

TreasurerDebbie Bliss

Manuals Coordinator/HistorianDoc Holladay

Spiritual Director.....Gayle Porias

Spiritual Director.....Chris Fair

Community Volunteers: (Sept 1, 2013 - Aug 31, 2014)

Communications Support Coordinator.....Mary Lee Hensel

Website & Database AdministratorChris Campbell

Newsletter.....Brooke Ferguson

Daily Prayer Chain Coordinator.....VACANT

Fourth Day Support Coordinator.....Chris Wells

Fourth Day Advisory Committee.....VACANT

Cam Noden

Fourth Day Follow-Up/Reunion Group Coordinator.....Chris Wells

Team Selection Committee.....Chris Campbell

Team RegistrarChris Campbell

Pilgrim RegistrarsVACANT

Gathering Support Coordinator.....VACANT

Hospitality CoordinatorKathleen Holladay

Music/Equipment Coordinator.....Mitch Mitchell

Weekend Support CoordinatorDebbie Bliss

Community Servant CoordinatorDoc Holladay

Community BakerSandie Makely

Supplies/Transportation Coordinators.....Chris & Karen Campbell

Prayer Vigil CoordinatorLisa Green

Placemat Coordinator.....Debbie Bliss

Snack Agape CoordinatorLisa Green

Agape Bag CoordinatorKaren Campbell

Name Badge Coordinators.....Gary Adkins
Dianna Wells

Fourth Day Packets.....VACANT

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!

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