

Upper Room Emmaus of the Greater Fredericksburg Area

Gatherings:

Dec 14th	Epic Life
Jan 11th	TBA
Feb 8th	TBA
Mar 8th	TBA



Upcoming Emmaus Walks:

Walk #	Dates	Weekend Lay Director
FE-93 (M)	Feb 27 - Mar 2, 2014	Randy Harding
FE-94 (W)	Mar 6 - 9, 2014	Debbie Bliss

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: Epic Life Church
4820 Southpoint Parkway
Fredericksburg, VA

Directions: Exit 126 heading South on Rt 1. Turn Left onto Southpoint Pkwy, follow around behind the Cracker Barrel Restaurant.

Thoughts from the Community Lay Director

Merry Christmas!

We just finished both of our Fall Walks, now we are gearing up for the Spring Walks, which this year, are more like Winter Walks. FE-93 is Feb. 27- March 2. FE – 94 is the very next weekend Mar. 6 – 9.

Team selections have been completed, we are meeting on the 8th to prayerfully distribute the talks. I have been praying over the talks and the team members for a couple weeks now, as I know the rest of the committee has. God has a wonderful way of putting the talks in the hands of the person who has the message he knows is needed on each walk. Just as he has brought these two groups together as teams, he already knows who will be attending as Pilgrims. And he knows who needs to speak on each walk and what they need to say.

There is nothing like sitting down to write a talk and having God change your train of thought and taking you in a completely different direction. At the time, you wonder – but after the talk when one of the Pilgrims tells you how they really needed to hear what

you said at this moment, all your qualms about the changes make total sense.

I love watching God at work.

Please keep the two teams in your prayers. They have a lot to deal with, trying to team and become a team with major holidays to deal with. My prayer is that during this Holy time, it will give them even more insight into what God has brought them together for.

Please start praying about being a sponsor, about volunteering during either (or both) of the weekends.

My prayer for all of you as my brothers and sisters in Christ, and members of our wonderful Emmaus Community is a wonderful Christ filled Christmas. A time to be with family and friends, a time for us to share God, music, food and our hearts with each other.

Have a Merry Christmas!

Mary Lee Hensel

FE - 44

Fourth Day Testimony

Many changes have occurred in my life over the past 6 1/2 years since my Emmaus walk. I'm so thankful I said "yes" to my sponsors and went. I am even more thankful that I said "yes" to teaming.

Really getting involved within this local Emmaus Community has literally changed my life. I have grown a lot spiritually, I have learned the importance and the why of why we need to serve others in the Body of Christ, I now am comfortable giving talks in front of others, I've enjoyed working with many other brothers and sisters who I've had the privilege to get to know over the past few years that I may have not known otherwise, and most importantly the work God has done in my life and walk with Him through serving in Emmaus. Not to mention that it is a lot of fun as well!

Being the WLD for FE-92 was an unexpected blessing in my life as well. I have NEVER been much of a leader but, be a follower, no problem. I was waaaay out of my comfort zone but enjoyed every minute nonetheless. I've pretty much now come full circle in my progression and it has been such a wonderful and awesome journey. I look forward to what God has in store in my life now and getting busy on my wellness ministry and helping others overcome their health issues so they can be totally well to serve God in whatever capacity He's called them to. Of course, I still look forward to being an active participant in our community serving along side those who are still in their progression and those who have completed it. How could I not give back what's been given to me?

Cam Noden, Fairview at River Club, FE-67, Table of Elizabeth

From the Community Spiritual Director

The Meaning of Christmas

Years ago, I attended a Christmas Eve service at my home church. The minister shared a short devotion, which so impressed me that it has become a favorite Christmas story of mine. I share it with you as a Christmas gift to you, my Emmaus:

There was once a man who didn't believe in God, and he didn't hesitate to tell others how he felt about religion and religious holidays like Christmas. His wife, however, did believe and raised their children to have faith in God and Jesus despite his comments. One snowy Christmas Eve his wife was taking their children to a candlelight service and asked him to come, but he refused. "That story is nonsense," he said. "Why would God lower himself to come to earth as a man? That's ridiculous!" So he stayed home.

Soon, the winds blew harder and the snow turned to a blizzard. The man sat down to relax before the fire for the evening when he heard a loud thump. Something had hit the window. Then he heard another loud thump. He looked outside but could see nothing in the blinding snow. So when the snow let up a little, he went outside to see what could have been hitting his window. In the field near his house he saw a flock of geese. Apparently they had been flying south for the winter and got caught in the snowstorm. They were lost and stranded on his farm with no food or shelter. They just flapped their wings and flew around his field in low circles aimlessly, and a couple of them had flown into his window.

The man felt sorry for the geese and wanted to help them. The barn would be a great place for them to stay. So he walked over to the barn and opened the door, but they didn't go inside. He tried to get their attention—but that seemed to scare them and they moved farther away. Then he tried to coax them into the barn with bread, but still they would not

come into the warmth of the barn. He got behind them and tried to shoo them in, but they became more scared and scattered in every direction. Nothing he did seemed to get them into the warmth and safety of the barn. "Why don't they follow me?" he cried. "Can't they see this is the only place where they can survive this storm?" He thought for a moment and realized that they wouldn't follow a human. "If only I were a goose, then I could save them." Suddenly, he had an idea. He went into the barn, got one of his own geese, and carried it under his arms as he circled behind the flock of geese. Then he released his goose, and it flew through the flock and straight into the barn. One by one, the geese followed it to safety. The man stood silently for a moment as the words he had just spoken replayed in his mind, "If only I were a goose, then I could save them." Then he thought about what he had said earlier to his wife, "Why would God want to be like us? That's ridiculous!" Suddenly it all made sense. That is what God had done. We were like those geese—blind, lost, perishing. God had His Son to become like us so that He could show us the way and save us. That was the meaning of Christmas!

As the winds and blinding snow died down, so also his soul became quiet as he pondered this wonderful truth. Suddenly he understood what Christmas was all about and why Christ had come. Years of doubt and disbelief vanished like the passing storm. He fell to his knees in the snow and prayed his first prayer, "Thank you, God, for coming in human form to get me out of the storm!"

This Christmas, we have the opportunity to find ways to point people to the Prince of Peace. May we give, go, tell, share and love so that others may know the Savior. Have a blessed Christmas, my friends!

Nancy

Elected Community Officers: (Thru June 30, 2014)

Community Lay Director.....	Mary Lee Hensel	
Assistant Community Lay Director.....	Doc Holladay	
Community Spiritual Director	Nancy McDaniel	
Chris Campbell	Karen Campbell	
Diana Farrar	Lisa Green	
Ed Hayner	Ron Jennings	Chris Wells
Agape Coordinator	Tom Dempsey	
Secretary.....	Ava Hanger	
Treasurer	Debbie Bliss	
Manuals Coordinator/Historian	Doc 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 Administrator	Chris Campbell	
Newsletter	Brooke Ferguson	
Daily Prayer Chain Coordinator.....	Debbie Bliss	
Fourth Day Support Coordinator	Chris Wells	
Fourth Day Advisory Committee.....	Mary Lee Hensel Cam Noden	
Fourth Day Follow-Up/Reunion Group Coordinator.....	Chris Wells	
Team Selection Committee.....	Chris Campbell	
Team Registrar	Chris Campbell	
Pilgrim Registrars	Chris & Karen Campbell	
Gathering Support Coordinator.....	Mary Lee Hensel	
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.....	VACANT	
Snack Agape Coordinator	Lisa Green	
Agape Bag Coordinator	Karen Campbell	
Name Badge Coordinators.....	Gary Adkins Dianna Wells	
Fourth Day Packets.....	Diana Farrar	

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 Debbie Bliss, Hillcrest UMC, FE-63, table of Victorious Violets.

Simply email Debbie at fredemmausprayers@yahoo.com or dhbliss@cox.net 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!

Sunday

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

St. Matthias Reunion Group
1st Sunday Of Each Month
12:15 - 1:30 Pm
St. Matthias Social Hall
POC: Tammi Ellis

Tuesday

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

Reunion Bible Study 10:00 Am
North Stafford Baptist
POC: Karen Campbell
540-658-0468
campbells_6@yahoo.com

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

Uptown Bristersburg Believers
2nd And 4th Thursdays 7:00 Pm
Mt. Horeb UMC
POC: Chris Wells
540-788-3068
cdwells50@gmail.com

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

Wednesday

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

*Are you interested in joining
or starting a new
Reunion Group?
Email Chris Wells at
cdwells50@gmail.com*