

# UPPER ROOM EMMAUS OF THE GREATER FREDERICKSBURG AREA

## Upcoming Walks:

FE-94 (W)  
Mar. 6 - 9, 2014  
Debbie Bliss

FE-95 (M)  
Oct. 2-5, 2014  
Gary Adkins

FE-96 (W)  
Nov. 13-16, 2014  
TBA

## Gathering Directions

To: **Camp Happyland**

21457 Happyland Drive  
Richardsville, VA 22736

From Central Park in Fredericksburg: Drive 7.5 miles west on Route 3. Turn right (North) on Route 610, Elys Ford Road. Drive 9 miles north on Route 610. Just prior to the green Richardsville sign, turn right (East) on Route 619, Richards Ferry Road. Drive 1.3 miles to Happyland Drive. You will see a large Camp Happyland sign on the right side of the road. Turn right into the Camp and proceed to the parking area. Total distance is approximately 18 miles.

## Gathering Info

2:30 pm Board meeting

3:30 pm Fellowship & 4:00 pm Gathering

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](mailto:mlhensel59@gmail.com)

## GATHERINGS

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**March 8th**  
.....

Camp Happyland Candlelight  
.....

**April 12th**  
.....

St Matthias UMC

## Thoughts from the Community Lay Director

It is time for the Spring Walks, and it is cold outside. We have had a few walks where we were singing, Jesus, Jesus at Candlelight in the snow, and they were beautiful, but personally I am ready for warmer weather.

Spring for me is revitalizing, renewing and rebirth. I love to plant my flowers and watch everything start blooming. Isn't that what the Walks are about too? Getting revitalized, our faith renewed and the rebirth of our wanting to serve our Lord. Each walk reminds me of mine, each walk renews in me the feelings that were reborn in me that weekend, and each walk reminds me of that once in a life time Walk that I made years ago.

If you don't usually come to the Gatherings, or to Candlelight or to the Closing ceremony, please consider coming. Check the Newsletter or the Website and put the dates on your calendar, or in your phone, or where you will be reminded. It is wonderful to see all the people that attend each event.

We will be holding elections for new board representatives soon, if you feel called to serve on the board, please contact a present board member and let them know you would like to serve.

We have 15 pilgrims for each of the Spring walks, that means we did not break even with the amount of money we had to pay for the Walks. Please be in prayer and start now getting Pilgrims for the Fall Walks. The men's walk is Oct. 2 -5, and the women's is Nov. 13 - 16. We will be accepting applications until Sept. 18th for the men, and until Oct. 23rd for the women. For the last few walks we have accepted applications up until the week of the walk, and it is not working for the teams, so the Board is asking for us to go back to having a deadline for them to be turned in.

Thank you all,

Mary Lee Hensel  
FE-44

## Directory Update Request

Please fill out the below and either email to Mary Lee at [mlhensel59@gmail.com](mailto:mlhensel59@gmail.com) or mail to Fredericksburg Emmaus PO Box 42094 Fredericksburg, VA 22404. Thank you!

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

Email: \_\_\_\_\_

Walk: \_\_\_\_\_ Attended 4th Day Follow-up? \_\_\_\_\_

Church: \_\_\_\_\_

# From the CSD

## A SACRIFICE FOR THE SAVIOR

The Season of Lent begins on Wednesday, March 5, which is Ash Wednesday and continues until Easter. Lent is a period of 40 days of preparation for Resurrection Day—Easter. If you count the days between Ash Wednesday and Easter, there are a few more than 40; Sundays are not counted, for they are always the celebration of resurrection. It is a time for Christians to prepare for some of the most important events in Jesus' ministry—what Jesus did for us on Good Friday and Easter Sunday, what He did for us on Golgotha's cross and at the empty tomb. It has been called “a kind of Christian spring training and spring cleaning.” Some people “give up” something for Lent—fasting from something that I truly love to eat or do. I have done this for many decades, and every time I miss what I am sacrificing for these 40 days, I remember the great sacrifice that Jesus made for me. My small sacrifice amazingly leads me to think about Christ's sacrifice for me.

These words of the prophet Isaiah speak of the full extent of our sacrifice as those who have chosen to follow Christ.

*“Is this the kind of fast I have chosen, only a day for one to humble himself? Is it only for bowing one's head like a reed and for lying in sackcloth and ashes? Is that what you call a fast, a day acceptable to God? Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cord of the yoke, to set the oppressed free and break every yoke? Is it not to share your food with the hungry and to provide the poor wanderer with shelter—when you see the naked, to clothe him, and not to turn away from your own flesh and blood?”* Isaiah 58:5-7

And then these words of Isaiah, read by Jesus in the Temple about Himself, speak of His mission and ours as we are called to sacrifice ourselves for others.

*“The spirit of the Lord is upon me because the Lord has anointed me to preach good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners, to proclaim the year of the Lord's favor and the day of vengeance of our God. To comfort all who mourn, and provide for those who grieve in Zion—to bestow on them a crown of beauty instead of ashes, the oil of gladness instead of mourning, and a garment of praise instead of a spirit of despair. They will be called oaks of righteousness, a planting for the Lord for the display of his splendor.”* Isaiah 61:1-3

During this Lenten season, may we sacrifice ourselves to the Lord and His people as we look for the needs of others and seek to meet those needs in Jesus' name. And if we cannot DO something for those in need or GO to them, then let us PRAY that the Lord will send someone to be Christ to them. Truly this could be our dearest sacrifice for Lent and good preparation for Resurrection!

Blessings,

Nancy McDaniel

Community Spiritual Director

## Fourth Day Testimony

I walked on Emmaus 31. I never realized the change those 72 hours would have on my life. The talks showed me that I had been a pew warmer and not a true Man of God. Although not active in many groups at church, I continue to do God's work. I have done chicken dinners as fundraisers for our building fund. I have encouraged people to attend a church of their choosing. Shortly after Hurricane Katrina occurred I got our church to begin a special offering. During the last song of both services, people bring a dollar (or more) and place it in an offering plate. That special offering has helped Coden UMC buy carpet, Bibles and other things to rebuild their church. That offering has been used to help local victims of hurricanes. As well to help services in our community. This year that offering is going to Wounded Warriors. The Emmaus Community has helped me following my accident and through the death of my mother 2 years ago. And I am currently the WLD of FE #93. Who would have thunk it???

Randy Harding  
Fredericksburg Emmaus #31  
Table of Luke

## 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

## Instructions for Agape

- General Agape should be for all Pilgrims and all Team Members and it should be anonymous.
- Please Pre-Sort Agape into a labeled bag for 24 Pilgrims and 26 Team Members for the three Agape events: Friday afternoon Agape Bag, Friday night Bed Agape and Saturday night Bed Agape.
- If any agape has a cord or chain, (lanyards/crosses), please individually wrap them in small baggies otherwise we may have to untangle each one.
- Pilgrim Sponsors need to get 8-10 Personal Agape letters and separate them from all other Agape.
- There will be an Agape Box available at the Gatherings

## Agape Placemats

If you would like to make walk placemats, please email the coordinator Debbie Bliss at [dhbliss@cox.net](mailto:dhbliss@cox.net) for the details and to sign you up for a meal's worth of placemats. Placemats can be done by individuals or by reunion groups. For each meal, we need 50 placemats. You can make them on legal (8.5 x 14) or ledger (11 x 17) paper or anywhere in between. You can use crayons, markers, laser printer, stamps, paint, or your favorite decorating technique. The medium and design is up to you.

## Prayer Requests

Angie - health and pregnancy  
 Ainta - cancer  
 Bills - daughter to come back  
 Cam - Cars and finances  
 Car situation gets resolved  
 Church's search for pastor  
 Dave - amputation of leg after bad fall that broke his leg  
 Dawn's father's birthday and he just passed away  
 Direction for future decisions  
 Emmaus of Central South Florida - Spiritual leader  
 Family of Barbara Honin - who died of cancer  
 Family of Betsy Bartholomew who has passed  
 Family of officer killed  
 Families in West Virginia and for safe water for them  
 Felicia - bring her to Christ  
 Finding a church  
 Francis - shoulder surgery  
 Gail - diagnosed with Trigeminal Neuralgia  
 Gary I. - Healing for Prostrate cancer  
 Gary Ibavez  
 Gary - cancer and ex-wife  
 Greg and Angela pregnancy  
 Heidi - unsaved  
 Howard - healing  
 Jennifer with cancer

Jim Sims - Knee replacement  
 Jill to find a church  
 Justice - health  
 Kathy for employment  
 Kelly for support  
 Knee surgery on March 5th  
 Larry - home and marriage  
 Lelsie - 3 year old with leukemia  
 Lake Cowart - healing from surgery  
 Margaret Smart - sister of Martha  
 Shelby & Lois Fisher  
 Marriage  
 Mary - Her teacher's last chemo session  
 Friends Shannon/Andrea with pressure soars  
 McDaralrs  
 McDonald's  
 Metz family  
 Mike - sick and wants to feel better  
 New Business  
 Our Church and pastor  
 Our country  
 Pending divorce  
 Pilgrims for FE-93 and FE-94  
 Randy - mother fight cancer for 2nd time / colon and lung cancer  
 Robert & Jen - Jenn's father, Hank Zarges, health and for Jenn's employment, wedding date  
 Sally T. - wellness

Sarah - Employment (major in Biology)  
 Savannah Cox - 7 yr old, has aggressive cancer, for healing  
 Sickness  
 Son to lose weight so he can enter into the Naval Engineer Program  
 Steve - Blood pressure  
 Stephanie -Step-daughter's pregnancy and the birth of 3rd grandchild  
 Steve's mom with cancer  
 Teams for FE-93 and FE-94  
 The Storehouse  
 Tom Ward - Feb 16th sermon  
 Confidence and courage in stepping up to fill in.  
 Travis - Schools  
 Tyler - understanding  
 Tylwe Tom  
 Work is downsizing - prayers that people will be able to find jobs  
 Neil Corey, Sr. - health  
 Patricia Zamora -health problems

### Praises

Betty's recovery from pneumonia  
 Blessings the Lord has provided  
 Dawn's recovery  
 Wendy free of cancer

## FE-94 Schedule

<b>Date</b>	<b>Time</b>	<b>Activity at Camp Happyland</b>
Thur. 3/6/14	6:30 - 7:00 pm	Pilgrim check-in followed by Sponsor's Hour
Sat. 3/8/14	7:30 pm	Candlelight – Community will gather for praise, Communion & fellowship. Please bring flowers for the team to use Sunday!
Sun. 3/9/14	4:00 pm	Closing Service

## Women's FE-94 Team

<b>Name</b>	<b>Church</b>	<b>Assignment</b>	<b>Talks</b>
Debbie Avis	Woodbridge Christian	Table Leader	Priesthood of all Believers
Rosemary Blankenship	Fairview Baptist	Weekend Spiritual Director	Means of Grace
Debbie Bliss	Hillcrest UMC	Weekend Lay Director	Perseverance
Carol Burke	Stafford Crossing	Assistant Table Leader	
Karen Campbell	Fairview at River Club	Table Leader	Life of Piety
Terry Cook	Fredericksburg UMC	Lead Servant	
Betty Jo Counts	Rhoadesville Baptist	Assistant Table Leader	
Julie Dixon	St Matthias UMC	Assistant Table Leader	
Gloria Elder	Lifepoint	Table Leader	Christian Action
Diana Farrar	Ebenezer UMC	Board Rep	
Lisa Green	Fairview at River Club	Assistant Lay Director	Fourth Day
Sarah Green	Fairview at River Club	Servant Team	
Ava Hanger	Dahlgren UMC	Music Team	
Kathleen Holladay	Hillcrest UMC	Assistant Lay Director	
Anne Hutcheson	Mizpah UMC	Servant Team	
Dawn Kendall	Risen Hope	Assistant Table Leader	
Daphne Masten	Bethel UMC (Hanover)	Table Leader	Discipleship
Beth McBride	St. Matthias	Table Leader	Body of Christ
Lola McDonald	Stafford Crossing	Lead Music Director	
Kathy Norbutt	Stafford Crossing	Assistant Table Leader	
Dana Peebles	Belmont Baptist	Music	
Gayle Porias	Mt. Horeb UMC	Assistant Spiritual Director	Prevenient Grace
LaZalia Richardson	Shiloh Baptist	Floater	
Michael Selph	Risen Hope	Assistant Spiritual Director	Sanctifying Grace
Stephanie Serrett	Hillcrest UMC	Assistant Table Leader	Growth Through Study
Betty Jo Sims	Mizpah UMC	Assistant Spiritual Director	Justifying Grace
Debbie Snyder	Andrew Chapel UMC	Assistant Table Leader	Changing Our World
Lynda Swanlund	Fredericksburg UMC	Assistant Lay Director	Priority
Jenn Ward	Mizpah UMC	Servant Team	
Monica Warne	Common Ground	Floater	
Bonnie Wells	Common Ground	Table Leader	
Justin Williams	Hillcrest UMC	Assistant Spiritual Director	Obstacles to Grace
Sandy Williams	Fairview at River Club	Servant Team	

## 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](mailto:fredemmausprayers@yahoo.com) or [dhbliss@cox.net](mailto: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](mailto:chris@ewg.org) and ask to be included as a Prayer Warrior.

## 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

## 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

*Are you interested in joining  
or starting a new*  
**Reunion Group?**  
Email Chris Wells at  
[cdwells50@gmail.com](mailto:cdwells50@gmail.com)

## 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](mailto:campbells_6@yahoo.com)

Lord's Lions & Lambs Group  
6:00 Pm  
First Christian Church  
POC: Mike Remington  
540-373-7716  
[first.christian.church@verizon.net](mailto:first.christian.church@verizon.net)

## 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](mailto: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](mailto:cdwells50@gmail.com)

## 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!