

UPPER ROOM EMMAUS OF THE GREATER FREDERICKSBURG AREA

Upcoming Walks:

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

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

Gathering Directions

To: **St. Matthias UMC**

426 Deacon Rd
Fredericksburg, VA 22405

From Fredericksburg: Take Route 1 North to right on Butler Rd. Continue on Butler approximately 1.5 miles then turn left at the third light onto Deacon Rd. Follow Deacon Road approximately 2 miles, then turn right onto Edwards Drive. The parking lot entrance is the first right.

Betty Jo Sims and her son, Dana, wish to thank everyone in the Fredericksburg Emmaus community for your calls, cards, prayers, thoughts, gifts and support during this difficult time with the death of Betty Jo's husband, Jim. The plant is lovely and reminds us of your love and care daily. We love you all and will lean on your support and prayers as we go forward. Blessings abound!

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

GATHERINGS

April 12th

St Matthias UMC

May 8th

Antioch UMC

Thoughts from the Community Lay Director

The Spring Walks are complete and we have 29 new members to our community. I would like to welcome them all!

We have over 6 months before the fall walks, please start praying now about being a sponsor. With only having 14 and 15 pilgrims on each walk, we are depleting our bank account. It is not too early to start sending in Pilgrim applications.

For the Fall Walks, we will be accepting applications up until 3 weeks before the walk. That will give us time to cancel if we do not receive enough applications. For the Men's Walk FE 95, that means we will accept applications up until Sept. 17th. For the Women's Walk FE 96, the cut off date will be Oct. 22nd.

For the last few walks we have accepted applications right up to the last few days, trying to

get enough pilgrims to at least break even. We can no longer work that way. If giving cutoff days does not show an improvement, then we will need to make decisions on raising the price so that we can work with fewer pilgrims, or only holding one walk for each per year.

You as the community need to know where we stand, and what we are facing. Please pray about sponsoring, please send me your comments (mlhensel59@gmail.com) and please keep the community in your prayers.

Mary Lee Hensel

Fe-44

Table of Faithfulness

Directory Update Request

Please fill out the below and either email to Mary Lee at 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

THE HANDS OF JESUS

We are still in the Lenten season, which leads us to Easter—Resurrection Day. It is a time to think about the sacrifice that Jesus made on our behalf. I think of Jesus' hands nailed to a cross for me. Those precious hands of Jesus...

Baby hands that reached for his mother and held her hand.

Little boy hands that learned the carpenter's trade of his father.

Hands that reached out to fishermen, a tax collector, and others to be his disciples.

Hands that touched the eyes of the blind and made them see again.

Hands that healed the lame.

Hands that raised the dead.

Hands that held children and placed them on his lap.

Hands that were raised in blessing.

Hands that washed his disciples' feet.

Hands that broke the bread of Passover with his disciples.

Hands that clasped together in prayer in Gethsemane.

Hands that carried a cruel cross to Golgotha's Hill.

Hands that were nailed to that cruel cross.

Hands that, on that resurrection morn, threw off the grave clothes.

Hands that comforted Mary Magdalene in the garden.

Hands that would offer peace to the troubled disciples.

Nail scarred hands that would prove to Thomas that he really was the risen Lord.

Hands that would fix breakfast on the seashore for his disciples.

Hands that would break bread for the two disciples that he met on the road to Emmaus.

Oh, the hands of Jesus...they comfort us still as we feel His touch. His nail-scarred hands remind us of a sacrifice that is almost incomprehensible to us, except that, we who believe know that it is true.

As we approach Resurrection Day, let us remember the hands of Jesus—nailed to a cross for us on Friday—still bearing the scars of that dreadful experience—so that His disciples would believe that He truly was their Risen Lord. He is our Savior, our Redeemer—He is our risen Lord. Let us remember His hands of love and compassion, His hands of healing and hope. And let us remember that He has called us to be His body. We must be His hands of love and compassion, His hands of healing and hope. May we honor our Lord by the way we live and love and serve. As we remember the hands of Jesus, His nail-scarred hands, may we strive to be His hands in this world and, in doing so, give Him glory today and every day.

Easter blessings to you,

Nancy McDaniel

Community Spiritual Director

Board Election - May Gathering

Below you will find the bios for the people running for board elections. The election will be held during the May Gathering. There are 2 male, 2 female and 1 clergy position open. 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, 2014.

Beth McBride:

I walked on FE 89. I have taught children at Ferry Farm Baptist Preschool for over twenty years. I attend St. Matthias UMC in Stafford. Some of my duties at the church include; VBS Director, Acolyte Coordinator, choir member, flute soloist, co-director of the children's choir and director of the "St. Matthias Ringers". I also serve on the Worship Committee at St. Matthias.

Not sure if you need all this....I am married to Matt and live in Stafford. We have two grown sons and a grandson. Hobbies include raising poultry, Australian Shepherd dogs and performing sacred music.

Michael Selph:

I walked on Fredericksburg Emmaus 62 and sat at the Table of Peter. On my Emmaus walk, I came to understand the enormous gift of grace that God offers me and that has guided my life ever since. I currently serve as Pastor of Risen Hope Fellowship and as Associate Pastor of North Stafford Baptist Church. I have teamed 5 times as laity and twice as a Spiritual Director and I have served several walks as a volunteer. It has been placed on my heart to serve in this community in a new way. I would like to serve as a Spiritual Director on the Board to help the community grow and serve its members.

Dan See:

I worship at Stafford Crossing Community Church, Walked on FE74 and sat at the table of Paul. My favorite Bible verses are Ephesians 6:10-20 were it speaks of "Christian Warfare". I am active in my Church via volunteer efforts and participate in our small group study program with my wife. I think the small group study program much like our EMMAUS program is instrumental to our Christian Growth. I have had the great opportunity and pleasure to be called to team on multiple walks. I know the Walk to EMMAUS changes the life of those who answer the calling as a Pilgrim and as a team member. I know it has changed my life; I want to give back to our EMMAUS Community when and where possible. I have lived in the Stafford/Fredericksburg area since 1986. I retired from the Marine Corps in 1997 and currently work for Bowhead, an Alaskan Native Corporation (ANC).

Gregg Snyder:

I worship at Andrew Chapel United Methodist Church in Stafford, Walked on FE88 and sat at the Table of John. I was a servant on FE91 and an Assistant Table Leader on FE93. I have been a community volunteer for FE89, FE92 and FE94. I serve as the Staff Parish Relations Committee Chair for Andrew Chapel UMC. I also served as the Finance chair in the past. Although I have no musical talent I sing in our six person choir. I am starting an accountability group with several of us at the Pentagon. I want to continue to give to Emmaus and think serving on the board would be an additional way to do so. I am honored to have been asked to consider serving on the board.

Vonda LiCalzi:

I walked on FE-46. I attend Antioch United Methodist Church. I have been active in the Fredericksburg Emmaus Community for the last 12 years. I appreciate the opportunity to further my Emmaus endeavors.

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.....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 RegistrarChris Campbell

Pilgrim RegistrarsChris & Karen Campbell

Gathering Support Coordinator.....Mary Lee Hensel

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.....VACANT

Snack Agape CoordinatorLisa Green

Agape Bag CoordinatorKaren 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.

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

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

Lord's Lions & Lambs Group
6:00 Pm
First Christian Church
POC: Mike Remington
540-373-7716
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

Uptown Bristersburg Believers
2nd And 4th Thursdays 7:00 Pm
Mt. Horeb UMC
POC: Chris Wells
540-788-3068
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 for review. I'll be looking forward to hearing from you!