

UPPER ROOM EMMAUS

of the Greater Fredericksburg Area

2ND SATURDAYS

GATHERINGS:

September 12th:

St. Matthias

October 10th:

First Christian

SCHEDULE:

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 Terry Cook at mktyck@gmail.com

FE-99 (M)
Nov 5-8, 2015
Dan See

FE-100 (W)
Nov 19-22, 2015
Mary Lee Hensel

UPCOMING WALKS

AT CAMP HAPPYLAND

SHARE ABOUT YOUR 4TH DAY

What is God doing in your 4th day? How has He used your Emmaus experience to change your life? Please email your testimony to Mary Lee Hensel at mlhensel59@gmail.com to be included in this monthly newsletter.

GATHERING DIRECTIONS:

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.

4TH DAY FOLLOW UP TRAININGS:

Location:	Andrew Chapel UMC
September 12th	9:30 am
December 1st	6:30 pm
December 12th	9:30 am

FROM THE COMMUNITY LAY DIRECTOR

Dear Emmaus Community,
September! Isn't it amazing that with every season that comes, it is marked by change. As summer is winding down, the day and evening temperature becomes more bearable and the focus is getting kids prepared for going back to school and for some it is sending your young adults off to college. But even though we can see changes and know that change is not always a bad thing, it can still be difficult or sad at times. We know that as we move into the new season, it will come with cooler nights, changing leaves and football games.

Scripture challenges us when it comes to changing seasons and harvesting. John 4:35 states "Do you think the work of harvesting will not begin until the summer ends four months from now? Look around you! Vast fields are ripening all around us and are ready now for the harvest."

As we all get into our fall routine, let us be willing to be looking for those who God has put in our path for harvesting. This fall is an exciting milestone for the Fredericksburg Emmaus Community. We will be celebrating Walk's 99 and 100! As you are praying ask God to show you who He has put in your path that would be blessed by walking this fall. Now is the time to be asking and submitting pilgrim applications. Don't let the time slip away and miss the great "harvest" God has planned for this fall. I ask that you find a quiet place and reflect on what your walk meant to you and then think about who would be encouraged with that blessing as well.

May each of you enjoy this time of transition and be blessed!

DeColores,
Terry Cook

DID YOU KNOW... The Fredericksburg Emmaus Community was started by members from established Emmaus communities in the surrounding area: National Capital, Richmond, Tidewater, and Maryland. Our first Gathering was in April 1989, fully two and a half years before our first Walk which took place October 9-12, 1991.

TEAM MEMBERS NEEDED:

We are looking for more team members for upcoming walks. If you would like to be on a team, please attend the next 4th day follow-up, if you haven't attended one, and fill out and send in a team application. There are team applications available at the Gatherings, and one can also be downloaded from the fredwalk.org website.

If you are interested in being on the music team, please let us know. I am sure there are many of you who are very talented and would bless the music team and pilgrims, but if we don't know about your gift, we don't know to ask you to be a member.

Blessings to all of you,
Mary Lee FE - 44

Stay tuned for
more info about
our October
Community
Celebration of our
99th and 100th
Walks to Emmaus!!

AUGUST BOARD NOTES

The Board meeting opened with a devotion by Pastor Chris, who spoke from Ephesians 4:11, each of us doing our own part, using our gifts, as we are called by God.

Purpose of the Upper Room: The purpose of Emmaus is to renew the church as the body of the risen Christ in the world through the renewal of Christians as faithful and committed Disciples of Christ.

Purpose of the Fredericksburg Community (per bylaws): The purpose of Fredericksburg Emmaus shall be to inspire, challenge, and equip church members for Christian action, in their homes, churches, places of work, and the world community through the Emmaus experience.

The Board discussed the proposed Community Action Event/service project for Camp Happyland this fall in honor of Walks 99 and 100. Also discussed was the 25th Anniversary of Fredericksburg Emmaus next October 2016 and asked for input for how to celebrate this with the community, with the idea of having surrounding communities join us.

Now that Emmaus is getting more “tech savvy” in communicating with the Fredericksburg Emmaus Community, a question arose about how we communicate with people in the community who

have no access to the internet. Do we want to mail paper newsletters? How do we determine the list of those who need paper copies? We must consider the expense of doing this. Another option is to send 25 hard copies to area churches (300) where people have Walked. Again, expensive. An email with the newsletter attached could be sent to area churches with the request that a copy be printed out and posted in the church building. A post meeting suggestion: ask our churches to include the www.fredwalk.org link on their church website.

Gary Adkins, the community button/badge maker, noted some months ago that the community button maker was wearing out and requested a new one be purchased. The Board voted to replace the worn out machine with a new model that uses the same supplies as the old one.

Terry Cook, Community Lay Director, and the Board set a date to meet to review the community by-laws, from 6:00-8:00 p.m. following the September 12 Gathering.

Items on the agenda had to be tabled until the next meeting due to lengthy discussions. We closed with prayer at 3:48.

Diana Farrar
Secretary to the Board

PRAYER REQUESTS

Al's back and hips

Betty Jo – healing and needs strength to calm her fear.

Children going back to school and making friends

Christopher

Cousin, Jackie, recovering from brain aneurism surgery

Daughter's family to come back to Christ

Dental work

Diabetics

Health

Health Care

Heather – healing for leg and getting back to work

Henry – Afghanistan

Job

John

Linda Bonshire – Tyler for flight home, Linda's mother with

Alzheimer's, Gregg – praise – dad's and step-mother's health

better, and to reach out when

God speaks

Marantha

Mary

Mason – leaving for Iraq in September

Move to new building

My mom's health

Pastor at Fairview Baptist

Safety for my God Daughter who just left for Japan

School starting for our children and grandchildren

Son to return to God

Tami – teaching job

Wilfred

FROM THE COMMUNITY SPIRITUAL DIRECTOR

Well, we have begun preparation for another set of Walks for the Fredericksburg Emmaus Community – Walks FE-99 and FE-100 – our “Centennial Walks”. This is quite a landmark for us all, and a time to look back over where we have been, where we are, and where God will lead us in the future. As many of us realize, especially those of us who have been a part of the Community for a long time, many things have changed over the 24 years of our existence. Where we conduct our walks, how we choose our teams, how we actually conduct the walk and the training leading up to each walk – all of these have changed in one way or another. Many of us have opinions, concerns and appreciation for the changes that have become a part of who we are today.

Traditions and patterns of behavior are comforting and often make us feel secure or confident in what we are doing. If we allow our traditions to shape who we will be and have them provide a basis from which we move forward, then we are wise in our use of them. If we anchor ourselves to them, we allow them to lead us instead of God. If we begin to feel that the traditions we have developed and become comfortable with are so important that we begin to center our ways of doing things around them, we have become the Pharisees we see in Scripture who often opposed Jesus.

We need to remember that the Pharisees were trying to do what they thought would make them more holy and more worthy in the eyes of God. The problem was, they became more enamored of the “ways” they did things and less focused on the “whys”. In Mark’s Gospel (chapter 7) Jesus quotes the Prophet Isaiah to the Pharisees noting, “This people honors me with their lips, but their hearts are far from me; in vain do they worship me, teaching human precepts as doctrines.”

Jesus represented and still represents change in our world and reminds us that even the best of intentions can lead us astray.

We always need to remember that what is important is that God will use us in the ways that will lead to what is best for all his people. We need to have faith that when we trust the Holy Spirit to lead us, even if we are being led through changes in our traditions, that we will be doing the work God wants done.

We in Emmaus are called to focus on the Pilgrims God is sending to us and in continuing our growth as Disciples of Jesus Christ, not on our feeling “comfortable” in the tools God uses to accomplish that work. Yes, change is hard, and yes, not all change is good. We need to challenge changes that do not contribute to our mission of creating Disciples, but we need to do it in a loving and Christian way. Let us be willing to judge the value of the changes in our traditions by the ways they accomplish God’s work in the Pilgrims and in our own lives, not by how “warm and fuzzy” they make us feel personally.

Growth requires change, and for us to be an effective community for doing God’s work, we must grow and serve others in new and exciting ways. Let us move forward together, standing on the foundation our history and traditions provide, but building and growing from that foundation – not become chained to it. As we move forward into our “Centennial” walks and look forward to our 25th year as a Community, let us also look forward to the new ways in which God will use us to do his work in the world.

Godspeed,

Chris Fair

FE-47, Table of Mark

Community Spiritual Director

WHY I SERVE ON AN EMMAUS TEAM

“Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.” Mark 12:30

I do love God and although I fall short many times, teaming is one way I can show God my love for Him as I answer His call for me to serve.

My walk came at a critical time in my life. My relationship with Christ was deepening and I was seeking ways that I could serve and glorify Him. The joy and the love that He showed me through the Emmaus community was amazing and beautiful.

In my 4th day God has guided my path to serve alongside my brothers and sisters in Christ in a community that is filled with the His glory and love ready to serve and share with others. How awesome is that?!

Each time I team I not only am blessed with the opportunity to see others realize how much they are loved by God, I too, am reminded of the same. Teaming is a wonderful opportunity to serve our amazing God.

DeColores

Stephanie Serrett, FE73

Hillcrest United Methodist Church

WALK FEES AND DUE DATES

Application Fee \$25 – Due when you submit the completed application. If this fee is not included with the application the application will not be counted as valid until fee is received.

Sponsorship Fee \$220 – Due, (not mailed, but in the Treasurer’s hands), no later than one week before the Walk, but preferably earlier. It is not acceptable to bring the Sponsorship Fee on the night the Walk starts.

A check must be written to Camp Happyland the morning of the Walk and is deposited the next day. Therefore, for Emmaus to be good stewards and to be in line with strong business practices, you must send your fees in a minimum of one week before the walk. This fee is tax-deductible, (because you personally are not receiving anything tangible in return). You will be sent a letter, showing your donation, in January of the following year.

Team Fee - \$220 – Due, (not mailed, but in Treasurer’s hands), no later than one week before the Walk, but preferably earlier. It is preferable that this is given to the Board Rep, for your Walk, during teaming.

Mail to: - All payments, applications, fees, correspondence, etc... should be mailed to P.O. Box 42094, Fredericksburg, VA 22404

If you have any questions or concerns please contact:

Stephanie Serrett at 540-847-5937 or slserrett@cox.net

REUNION GROUPS

Are you interested in joining or starting a new reunion group?

Email Chris Wells at cdwells50@gmail.com

S 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

M 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 Of The Woods

Location Varies

POC: Barbara Miller

540-972-7418

T 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

Th

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

**ELECTED OFFICERS:
(THRU JUNE 30, 2016)**

Board of Directors:

Terry Cook (2017) - Community Lay Director

John Mann (2018) - Assistant Community Lay Director

Chris Fair (2016) - Community Spiritual Director

Diana Farrar (2016) - Secretary

Stephanie Serrett (2018) - Treasurer

Members At Large:

Karen Campbell (2016)

Gregg Snyder (2017)

Dan See (2017)

Ron Jennings (2016)

Ed Hayner (2016)

Tammi Ellis (2018)

Matt Green (2018)

Rosemary Blankenship (2018)

Billy Showers (2017)

Beth McBride (2017)

Note: Year in parenthesis indicates the year the individual comes off the board.

VOLUNTEERS NEEDED:

Please contact Terry Cook at mktyck@gmail.com if you are interested in helping the Emmaus community through any of the various volunteer positions listed for the period of Aug 2015 - Sept 2016.

To send a prayer request to our daily internet prayer chain, email Debbie Bliss at dhbliss@cox.net or fredemmausprayers@yahoo.com

To become a Daily Prayer Warrior, email Chris Campbell at chris@ewg.org

**COMMUNITY VOLUNTEERS:
(SEPT 1, 2014 - AUG 31, 2015)**

Communications Support Coordinator:

Mary Lee Hensel

Website & Database Administrator:

Chris Campbell

Newsletter: Brooke Ferguson

Daily Prayer Chain Coordinator: Debbie Bliss

Fourth Day Support Coordinator: OPEN

Fourth Day Advisory Committee:

Mary Lee Hensel & OPEN

Fourth Day Follow-Up Coordinator: Gregg Snyder

Reunion Group Coordinator: OPEN

Team Selection Committee: Ed Hayner

Team Registrars: Chris & Karen Campbell

Pilgrim Registrar: Debbie Bliss

Gathering Support Coordinator: Mary Lee Hensel

Hospitality Coordinator: OPEN

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: OPEN

Placemat Coordinators:

Mary Lee Hensel & Diana Farrar

Snack Agape Coordinator: OPEN

Agape Bag Coordinator: Karen Campbell

Name Badge Coordinators:

Gary Adkins & Dianna Wells

Fourth Day Packets: Diana Farrar