

OCTOBER

2015

UPPER ROOM EMMAUS

of the Greater Fredericksburg Area

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

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

FE-101 (M)
Apr 7-10, 2016

FE-102 (W)
Apr 21-24, 2015

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.

2ND SATURDAYS

GATHERINGS:

October 10th:

First Christian

November 7th:

Camp Happyland

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

GATHERING DIRECTIONS:

First Christian
1501 Washington Ave
Fredericksburg, VA 22401

From Central Park: Take Rt 3 East toward downtown Fredericksburg. Turn Left onto William St. Follow through town to Left onto Washington Ave. Take short Right onto Lewis St then immediate Left onto Washington Ave. Church will be down on your right.

4TH DAY FOLLOW UP TRAININGS @ ANDREW CHAPEL UMC

December 1st 6:30 pm

December 12th 9:30 am



FROM THE COMMUNITY LAY DIRECTOR

LET'S CELEBRATE!!!

Praise the Lord!
Praise God in His sanctuary;
Praise Him in His mighty firmament!
Praise Him for His mighty acts;
Praise Him according to His excellent
greatness!
Praise Him with the sound of the trumpet;
Praise Him with lute and harp;
Praise Him with the timbres and dance:
Praise Him with stringed instruments & flutes;
Praise Him with loud cymbals;
Praise Him with clashing cymbals!
Let everything that has breath praise the Lord!
Praise the Lord!
Psalm 150: 1-6

Does this passage of scripture sound familiar? As being a part of the body of Christ it should and if you have been a part of the Fredericksburg Emmaus Community I'm sure you have experienced the body lifting up their praises to the Lord. I have no doubt that our Lord is pleased, when His people celebrate His work in their life and their community.

The Fredericksburg Emmaus community has been doing exactly that, celebrating God's goodness and greatness, since 1991. In the fall of 1991 Fredericksburg Emmaus was birthed with it's first two walk, a men's

walk, FE 1, lead by Whitney Rowell and a women's walk, lead by Sandi Pace. The walks took place at Camp Easter Seal and for the first few walks the team consisted of brothers and sisters from neighboring Emmaus communities, primarily from National Capitol and Richmond Emmaus communities. As Fredericksburg Emmaus continued to conduct walks, more team members were from the Fredericksburg area. Another milestone was in the early 2000's when Fredericksburg Emmaus assisted with the birth of Southern Maryland Emmaus. As time went on, the walks moved to their present location, Camp Happyland, in 2004. God has certainly blessed our community and I pray He continues to find favor in us. We are now at another milestone. As we move into our fall walk season, we will be having walks FE 99 and FE 100. I pray that all of you will join me in the coming months to celebrate this time of God's blessing in our lives. Let us never lose sight that everything we do is to bring people closer to our Father in Heaven and to be a reflection of God's love to everyone we meet. I don't know about you, but I can't wait to see how God is going to continue to use this wonderful community of believers over the next 100 walks!

Blessings,
Terry

SEPTEMBER BOARD NOTES

The September 2015 meeting of the Fredericksburg Emmaus Board was opened with a devotion by John Mann, based on the reading of the "Purpose of the Upper Room" and the "Purpose of the Fredericksburg Community (per by-laws)". Each board member spoke briefly about how they are involved in their churches. John pointed out that whatever we do in service is important, whether in big or small ways.

The upcoming Men's Emmaus Walk #99 is being held on the first Saturday in November and the Women's Emmaus Walk #100 is being held on the third Saturday and the Gatherings are typically held on the second Saturdays. It was suggested that this was a lot of community activity and that we could combine the Men's Candlelight and the November Gathering.

The community is invited to carpool with Emmaus friends to attend the November

Gathering at Camp Happyland on Saturday, November 7 and stay for Candlelight.

The Board discussed Board member responsibilities of oversight of community volunteers and commissioning of teams. Also discussed was the matter of communication - newsletters, Facebook (follow us at "Greater Fredericksburg VA Emmaus"), Twitter, Instagram, etc. What is the best way to communicate with everyone who has walked on Fredericksburg Emmaus?

Two women attended the Fourth Day Follow-Up the morning of September 12.

The Board adjourned at 3:30, closing with prayer.

Respectfully submitted,
Diana Farrar
Secretary to the Board
Fredericksburg Emmaus

The Purpose of the Upper Room:

The purpose of the Upper Room 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.

The Purpose of the Fredericksburg Community (per by-laws):

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

DID YOU KNOW... During the month of November, the Fredericksburg Emmaus Community will have two Walks out of a total of 31 Emmaus Walks in 13 States and one foreign country. Of those 31 Walks, 22 are Women's Walks and nine are Men's Walks. During our Men's Walk, 12 other Emmaus Communities around the country will be holding a Walk and during our Women's Walk, five other Emmaus Community around the country will be holding a Walk. We really are connected as the Body of Christ with each of these Walks experiencing the risen Christ just as we will in our own Community.

PRAYER REQUESTS

FREDERICKSBURG EMMAUS COMMUNITY:

We have an opportunity to help Camp Happyland on Monday, October 12, which is Columbus Day to do the following projects:

polyurethane the new benches at the cross
Stain the bridge near the cross
Stain the office deck
Stain the staff lodge deck
Split firewood with hydraulic splitter

Please contact Terry Cook at 540-379-0558 (you may text if you like) or by email at mktyck@gmail.com if you are able to come and help out. The plan would be to be there from 9:00-2:00. If you are only able to come for a short time, that is fine. Remember "many hands make light work". Thank you for all you do. Blessings,
Terry

Al – relief from back and hip pain
Audrey – God guide her to house for her and her son
Blanca – peace on Job
Bobby and Gina – Health
Cam – Blessings on her teachings on health Bible Study
Caroline – Health
Castillo's family – prayers for health
CCC - Blessings
Christopher
Decision making
Diana – life changes
Doc and Kathleen – Sell of home in Lake Anna
Driving safety
Grandsons
Israel
Jan Dunn - healing
Jesse's son – divorce and children issues
John
Kathleen – Pain control
Keeping prospective
Kelly, Danny and Eli – Focus on God
Lindsey - healing
Lord's healing for health and marriages
Margret -100
Maria Corey – Healing, peace, strength for God's plan
Mark Louis - healing

Marriages
Mary's health
Mason – overseas deployment protection
My family - Kevin, my husband, and my kids, Colin and Dillon
National leadership – wisdom
Neal –who doesn't think he needs help
Neil – life decisions
New driver
Pat – CCC prayer warrior
People of Syria
Pilgrims
Prayers for strength, support and guidance during my trial
Ralph and Marie – Health
Robert – Prostrate Cancer
Start of school
Steve and Cam - prayers
Students
Teams
Tim – cancer – prayers for healing
Training for Deputies
Travel prayers
Wilfred – new job

PRAISES

New daughter-in-law, Emily, who is going to be baptized
Susanna Jett's son's marriage
Tammi – health issues have gotten better

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

WHY I SERVE ON AN EMMAUS TEAM

There are multiple reasons why I serve on Emmaus Teams.

Beginning to end, the teaming process is a spiritually rewarding time of renewal that prepares me not just for the walk but for life in general. It is a reminder of all the things I learned on my walk and I learn something new at each team meeting. The bonding and community that develops during the teaming process is awesome.

The talks during the teaming process and on the weekend have forced me to stop and look in the rear view mirror, and in doing so, I see God's hand at work in my life in ways that I don't normally see.

Being on an Emmaus team also gives me opportunities to hone my skills of being a servant and being a servant-leader. Incorporating these two skills into my daily life has greatly increased my effectiveness in my church, my community, and my workplace.

Lastly, being on an Emmaus team gives me opportunities to get out of my comfort zone. Its a bacon thing.

Chris Campbell, FE70, Fairview at River Club

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 slderrett@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