

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.

**4TH DAY
FOLLOW UP
TRAININGS @
ANDREW
CHAPEL UMC**

December 1st 6:30 pm

December 12th 9:30 am

**GATHERING
DIRECTIONS:**

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.

2ND SATURDAYS**GATHERINGS:**

November 7th:

Camp Happyland @ 7:30pm

December 12th:

Peace UMC

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

FROM THE COMMUNITY LAY DIRECTOR

Dear Emmaus Community,

I pray that everyone is doing well. As we are looking towards Thanksgiving, it is a reminder to me how I always had great plans for making great family traditions and memories around the table with family and friends. Oh, how I failed! Or did I?

Our family Thanksgiving looks different than the “traditional” gathering, or at least what I always imagined. I liked what I saw on television or in a movie, the family gathered and making the meal together and sitting down to a perfectly set table that everyone would fit at, no matter how big the guest list!

We are a blended family and have adult children with families of their own. So we made the decision to change up how we thought about celebrating Thanksgiving. We do a Thanksgiving Breakfast! The goal was to make it easier on our children. I remember one year that we told them that they didn't

have to come because they were being pulled in so many directions and they said no, we don't want to miss our Thanksgiving Breakfast!

I am so thankful that even though we may not do what others may consider traditional, it has become a tradition for our family.

As we move into this season, some of you may have had many struggles this year or maybe you will have an empty seat at your table, but as followers of Jesus we can be certain that He will provide the gift of His grace to see us through. We know that God is in charge and we can be truly thankful for His mercy and love.

1 Thessalonians 5:18 - give thanks in all circumstances, for this is God's will for you in Christ Jesus.

DeColores,
Terry Cook

LINK TO PRAYER VIGIL SIGN UP:

[Prayer Vigil - Prayer Vigil Sign-up Sheet](#)

FROM THE COMMUNITY SPIRITUAL DIRECTOR

As I have been preparing lately to serve on an upcoming walk, it has led me to thinking about what is at the heart of the Walk to Emmaus. While it is easy to quickly point to the amazing and sometimes life-changing weekend retreats that all of us share and begins our journey together, the Walk to Emmaus is really at it's core a "Fourth-Day Ministry".

Our walk weekend is important, for it equips us, gives us time to discern what God is calling us to do and to fill us anew with the Holy Spirit. It is what we do with those tools we have been given, the grace we have discovered (or rediscovered), and with the call of God on our lives for the rest of our life's journey that is what really matters.

Did we find a small group or reunion group to keep us engaged with other active Christians? Did we go back to our church, amaze our pastors by asking to speak with them about how we could help? Do we view our homes as the "launching pads" for a Christian life and the place where our children and grandchildren will find a foundation for their life in Christ? Do we maintain our ties to our Emmaus community by attending Gatherings, helping with Gatherings, assist with or contribute to Weekends or even serve on a Team or on the Board? Do we use our experience on our weekend as a basis for our witness to others of the power of the risen

Christ in changing our lives or do we hold it in, hiding our light under a bushel?

We need to ask ourselves these questions and ponder the answers. If there is a way our community could be made better, stronger or more effective – have you told someone on the board so we could work together to make things better?

In our faith, just as in life, we are either growing or dying. The Emmaus Community is one way of nurturing our growth in Christ, but only if we are willing to make our walks a springboard to launch us into new growing opportunities.

It is my hope that each of us is led by our weekend and community experiences to truly live a life in Sanctifying Grace (remember that talk?), trying to follow in the footsteps of Jesus on a personal journey to become more Christ-like.

May we all let these words of Jesus from Mark's Gospel guide our footsteps and shape our decisions, "you shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength." The second is this, 'You shall love your neighbor as yourself.' There is no other commandment greater than these."

DeColores and Godspeed,
Chris Fair, Antioch UMC
FE-47, Table of Mark

OCTOBER BOARD NOTES

The Board of the Fredericksburg Emmaus Board of Directors met on October 12, 2015. Pastor Chris Fair opened in prayer. Terry Cook, Community Lay Director, asked the Board to reflect on and share where we had seen God at work this past week.

On Monday, October 12, members of the Fredericksburg Emmaus community were invited to join Terry at Camp Happyland to stain decks and benches and to split wood with a wood splitter for our "Day of Giving Back" campaign. Five Emmaus community members polyurethaned benches around the cross. Another Day of Giving Back is planned on January 9 and the whole community is invited. Along with painting and organizing the closet off the small chapel (and other tasks), we will hold our Gathering in the Dining Hall and plans are in the works regarding a potluck meal. More details to follow.

Our November Gathering has been moved to Camp Happyland on November 7 at 7:30 p.m. Fourth Day activities include joyful singing, communion, praying, and capped off by attending the Men's Candlelight. Two weeks later, on Saturday, November 21, the community is again invited to Camp Happyland to participate in the Women's Candlelight, another occasion of joyful encouragement for all who participate.

The Board encourages responsible sponsorship of pilgrims on the Fall Walks. Co-sponsoring is an option, which shares the responsibilities and the joys of sponsorship. Ideas for co-sponsors are members of your 4th Day Reunion Group, your church, Bible study or Sunday school class.

We are seeking ways to connect with our Emmaus Community using social media. Members of the community may notice a new and improved format of the informative email messages sent out to notify members of Fourth Day activities. We are seeking to update our contact information. Please contact Terry Cook or Mary Lee Hensel with your changes in information. Like us on Facebook! (Greater Fredericksburg Emmaus)

Two Fourth Day Training are scheduled: Tuesday, Dec. 1, 6:30-8:30 p.m. and Saturday, December 12, 9:30-11:30 a.m., both at Andrew Chapel UMC. If anyone in the community cannot make a training event and wishes to sponsor a pilgrim or serve on a team and therefore needs an individual training, Gregg Snyder said he will be happy to oblige.

The Board adjourned at 3:50, with Pastor Chris leading the closing prayer.
Respectfully submitted,
Diana Farrar
Secretary to the Board

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.

PRAYER REQUESTS

Al's health and relief from pain	Jill Dailey family	Our children
Children and grandchildren	Lee – to come back to Christ	Our children and grandchildren to seek God for the answers
Cozette – to know Christ	Linda Bonshire – Neighbor,	
Dan – Pilgrims and Cindy decides to get involved	Don Blosser waiting for kidney for transplant	Pete Supernaugh– Healing
Family members struggling with issues	Lindsey Fortune – Healing	Placement of God back in His rightful place in our nation
Fortune Family	Lynn Warner family	Praises for good test results
Geneva – health and strength	Maranatha Church	Ralph and Marie - Health
Geoff, Jessi, Lori and Bernie – healing	Mark Lawrence – Healing	Retired husbands and the wives who live with them
Gina & Bobby – strength during illness	Mary Lee – Pilgrims, Team, her children dealing with divorce and jobs	Robert and Angel
Grandchildren who live far away	Mason – in Iraq	Sarah – weather - nice
Gregg – calm and patient with what is going on	Michael – Maturity and come back to Christ	Shutlock family
Holly – pregnancy and step-kids and a very busy job	Michele – permanent nerve damage in neck and head – healing	Sonja E and family going through troubled times
Irene who is battling dementia	Mother-in-law	Sunshine
	New Pastor's housing situation	Tami – strength and moving
	Our Nation's leaders	Weight loss
		Wilfred and Mary's health and a new job for Wilfred, their sons, Christopher and John

AGAPE INSTRUCTIONS:

- 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 Pilgrims and 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

MEN'S TEAM FE-99

Tony Innocenti	Melrose UMC
Tom Wells	Common Ground
Christopher Campbell	Fairview Baptist Church at River Club
Harry Tillman	Stafford Crossing Community Church
Richard Leeper	Bethel UMC (Hanover/Caroline County)
Steve LiCalzi	Antioch UMC
John Mann	Fredericksburg UMC
Tim Patrick	Fairview Baptist Church at River Club
Robbie Fulkerson	Waller's Baptist Church
Bart Routh	Andrew Chapel UMC
Bill Spicer	Mt Horeb UMC
Steve Makely	First Christian Church
Tommy Thompson	Fairport Baptist Church
Jason Barentine	Stafford Crossing
Clint Scott	Chancellor Christian Church
Tom Britt	Chancellor Christian Church
Wilfred Usher	Marantha SDA
Chris Fair	Antioch UMC
Ralph Thomas	Tower of Deliverance Church
Dennis Warne	Stafford Crossing
Matt Green	Fairview Baptist Church at River Club
Gene Philipp	Stafford Crossing
Gregg Snyder	Andrew Chapel UMC
Dan See	Stafford Crossing
Ken Roark	Bethel UMC
Rocky Warner	Chandler Christian Church
Ralph Williams	Fairview at River Club
Art Blaneknship	Fairview Baptist
David Gursky	Stafford Baptist

AGAPE BAGS:

Will you help make a pilgrim's walk special? You can buy brightly colored rainbow striped fabric, cording, and bright shoelaces to donate or you can make them yourself, (12" wide and 15" tall, please). Please contact Karen Campbell at 540-658-0468 or campbells_6@yahoo.com

WALK PLACEMATS:

If you would like to make walk placemats, please email either Mary Lee Hensel or Diana Farrar 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.

FE-99 SCHEDULE

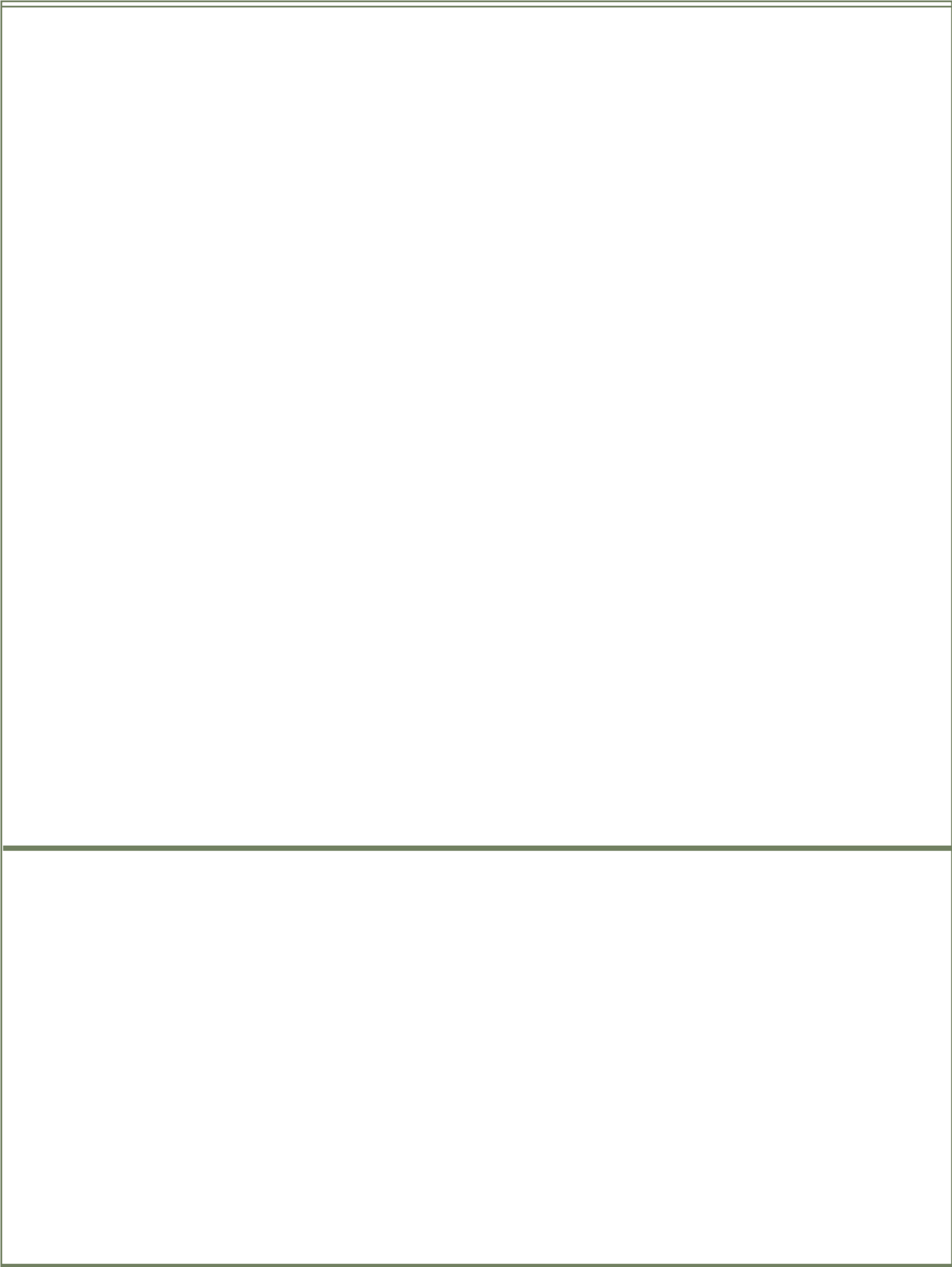
<i>Date</i>	<i>Time</i>	<i>Activity at Camp Happyland</i>
Thur. 11/5/15	6:30 - 7:00 pm	Pilgrim check-in followed by Sponsor's Hour
Sat. 11/7/15	7:30 pm	Candlelight – Community will gather for praise, Communion & fellowship. Please bring flowers for the team to use Sunday!
Sun. 11/8/15	4:00 pm	Closing Service

WOMEN'S TEAM FE-100

Name	Church	Assignment
Dale Ashley	Mt Olivet Baptist	Spiritual Director/Justifying Grace
Rosemary Blankenship	Fairview Baptist	Spiritual Director/Sanctifying Grace
Debbie Bliss	Hillcrest UMC	Lead Servant
Carol Burke	Stafford Crossing	ALD/4th Day
Judy Cover	St. Matthias UMC	Music Team
Kim Dietzen	Liberty UMC	ATL - Mary
Angie Dye	Stafford Crossing	TL - Sarah/Christian Action
Gloria Elder	Lifepoint	Servant Team
Tammi Ellis	St. Matthias UMC	Board Rep
Diana Farrar	Peace UMC	Music Lead
Ashley Goodwyn	Rappahannock Church of Christ	TL-Esther/Growth Through Study
Lisa Green	Fairview @ Riverclub	ATL-Esther/Body of Christ
Blanca Griffin	Chancellor Christian	Servant Team
Alice Harding	Melrose UMC	ATL-Sarah
Judy Harford	St. Matthias UMC	TL-Naomi
Mary Lee Hensel	Lake of the Woods Church	WLD/Perseverance
Anne Hutcheson	Mizpah UMC	Agape Servant
Caryl Kaus	Liberty UMC	TL-Mary/Discipleship
Vonda LiCalzi	Antioch UMC	Agape Servant
Beth McBride	St. Matthias UMC	TL-Ruth/Changing Our World
Tami Myers	Fredericksburg UMC	ATL-Ruth
Dana Peebles	Gordonsville UMC	Music Team
Jennifer Pritchett	Fredericksburg UMC	TL-Martha/Life of Piety
Stephanie Serrett	Hillcrest UMC	ALD
Billy Showers	Lake Anna Community Church	Spiritual Director/Obstacles to Grace
Betty Jo Sims	Mizpah UMC	Spiritual Director/Previent Grace
Debbie Snyder	Andrew Chapel UMC	ATL-Naomi/Priesthood of all Believers
Felicia Taylor	Mt Olivet Baptist	WSD/Means of Grace
Jennifer Taylor	Ebenezer UMC	ALD/Priorities
Patty Walczak	Antioch UMC	Servant Team
Monica Warne	Stafford Crossing	ATL-Martha

FE-100 SCHEDULE

<i>Date</i>	<i>Time</i>	<i>Activity at Camp Happyland</i>
Thur. 11/19/15	6:30 - 7:00 pm	Pilgrim check-in followed by Sponsor's Hour
Sat. 11/21/15	7:30 pm	Candlelight – Community will gather for praise, Communion & fellowship. Please bring flowers for the team to use Sunday!
Sun. 11/22/15	4:00 pm	Closing Service



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

I team (serve on Emmaus teams) for several reasons – some are altruistic, some are selfish. My Walk changed my life! Never in my life had I felt such unconditional love and acceptance from God and from women. I left Camp Happyland with more courage, more confidence and more fire to help others draw closer to God than I had ever had before. I couldn't wait to team, to be a tool for God and to watch others' lives transformed. I love the training process, where each time I learn something or hear something I hadn't heard before. It's where I develop a deeper understanding of my journey with God and the journey of others. I love watching the pilgrims arrive on Thursday night with no idea of what God has in store for them. I love watching the team love these women where they are and encourage them to deepen their relationship with Christ so they leave with confidence to do whatever it is God asks of them. Why do I team – because I'm selfish and teaming allows me one more way to be a tool for God and I love watching him at work!

DeColores

Debbie H. Bliss

FE-63 Table of Victorious Violets

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 540-891-0038 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