

UPPER ROOM EMMAUS OF THE GREATER FREDERICKSBURG AREA

September



Upcoming Walks

FE-103 (M)
Oct 27-30, 2016
Chris Campbell

FE-104 (W)
Nov 10-13, 2016
Karen Campbell

FE-105 (M)
Mar 23-26, 2017
Tom Wells

FE-106 (W)
Apr 20-23, 2017
Kathleen Holladay

FE-107 (M)
Sept 21-24, 2017
TBD

FE-108 (W)
Oct 26-29, 2017
TBD

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.

.....

Fourth Day Follow Up Training:

Andrew Chapel UMC
Saturday, Nov 19th at 9:00 am
Monday, Dec 12th at 6:30 pm

Gatherings 2nd Sat of the month

2:00 pm Board meeting
3:30 pm Fellowship
4:00 pm Gathering

Please bring
snacks to share
during fellowship
time.

Sept 10th: St. Matthias UMC
Oct 8th: River Club Church
Nov 12th: Camp Happyland
Dec 10th: Peace UMC

If your church can host a gathering,
please email the ACLD Terry Cook
at mktyck@gmail.com

From the CLD

“The Pause that Refreshes”

“So encourage each other and build each other up, just as you are already doing.”

1 Thessalonians 5:11

How many of you remember the slogan “The pause that refreshes”? It was actually created by Coca-Cola for an ad campaign 87 years ago in 1929. It was, and is, one of the truly great slogans. I’ve heard it many times over the years but never realized it had been around so long...and no, I wasn’t around for its debut!

In many ways, we are living through a very stressful time. Fears of terrorism, racial unrest, violent protests, and virulent political speech on the left as well as the right constantly intrude on our thoughts. We can’t escape the evidence of divisions within our society.

Occasionally, however, we can experience “The pause that refreshes”. Last Saturday, the August Gathering offered one such pause. We didn’t have a Fourth Day Speaker lined up for the Gathering. Instead, we asked the Community to share fourth day experiences, not knowing how well that would be received. What an absolute blessing!

About a dozen members of our Community stood and gave testimony to the workings of the Holy Spirit in their lives. One of the blessings was in the diversity of the witnesses. Young, not so young, laity, clergy, those comfortable in public speaking and those not so much, and two who were attending their first Gathering in the Fredericksburg Emmaus Community.

There were many different themes in the witnesses, but one that ran through all was of the encouragement and support that each had received from the Emmaus Community. That encouragement and support extended from those who just needed a Christian friend and example to those experiencing some of the most difficult times you can imagine. What a Holy, refreshing moment that turned out to be amidst all of the turmoil around.

So if you are looking for “The pause that refreshes”, join us on September 10th at St. Matthias UMC for the September Gathering. You will be blessed!

DeColores,
John Mann
Community Lay Director

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.

Greetings in the name of our Lord and Savior Jesus the Christ!

It's that "back to school" time of year for many folks this time of year. It is a time to prepare our children, grandchildren and possibly ourselves, to go back to classes of many types. We go to become better qualified, better prepared, to gain new tools for life; in essence, to become more than we were when we began – to grow.

So what does that have to do with our Emmaus journeys? Glad you asked! It is one of the key reasons that Emmaus places such importance on Reunion Groups (or equivalent covenant small-groups). We all need to grow and learn as we tread our lifetime journey with Jesus. We need the help and support of others to aid us in our efforts to grow and improve. This time of year provides us with an opportunity to assess how we are doing in our growth in faith, and maybe the inspiration to find or start a Reunion Group that can help us as we journey together. And of course, as with all things Emmaus, there is a Scriptural basis for this emphasis.

I found three passages that I think are a great basis for an understanding of the importance of coming together to learn, teach, share, pray, and hold one another accountable. Beginning with Colossians 3:16, "Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God.", moving on to Hebrews 10:24-25,

"And let us consider how to provoke one another to love and good deeds, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day approaching.", and finally James 5:16, "Therefore confess your sins to one another, and pray for one another, so that you may be healed. The prayer of the righteous is powerful and effective."

It is not really Emmaus who is calling us into small-group accountability - it is the Word of God. Emmaus just provides us some good tools and an emphasis that is intended to help us fulfill what God has been calling us to do all along.

When it comes to our continuing journey with Jesus and growing our faith, we all need to be in a constant state of going "back to school." The process of growing in our understanding of the heart and mind of God is life-long and challenging (and important!). If you aren't in a group – take the plunge! If you are in a group, is it all that it can be and are you reaching out for new people to share in your Christian adventure?

Jesus himself gave us a model in his journey in ministry with those early Disciples. Let us follow in those amazing footprints on our journeys "back to school".

De Colores!

Chris Fair
Antioch UMC
FE-47, Table of Mark





Elections for the Board

Because of the recent changes to our By-Laws, the elections to our Board of Directors for 2017 will take place at the Gathering this November. We have a total of seven positions that are open this year, one each from the 2017 and 2018 classes and five for the 2019 class (to replace the 2016 class that is completing it's third year). Following are the positions:

2017: One Spiritual Director.

2018: One lay woman.

2019: One Spiritual Director, two lay women, and two lay men.

Those elected in the November elections will be invited to attend the December Board meeting as observers and will then take their places on January 1st, 2017. We won't steer you wrong, service on the Board requires a lot of work and dedication, but it is an extremely rewarding experience. It's an opportunity to be a part of the leadership for a Community of hundreds of the most wonderful people.

Please prayerfully consider submitting your name in consideration for service on the Board. You can let one of the current Board members know of your interest or send regular mail to the Emmaus post office address. We'd love to have a true cross section of our Community reflected in our Board membership.

DeColores, Emmaus Board of Directors

Abigail, Bliss's granddaughter, broken ankle
Anne Elizabeth (age 5) to know God
Bible Study
Cousins – Shirley Tolliver and Bobby L. Artis, both have cancer
Daughter's impending procedure
Fred Mantz – recovery after Quadruple Bypass
Harvey family – medical issues
Hugh Browning (cancer)
Lake house to sell
Kaitlyn's job leadership transition
Leeana and her family as they go thru financial and personal challenges
Patrick family – loss of Tim's father

Mason, Bliss's grandson in the Marine Corps, broken shoulder
Mother's MRI results
My prayer habits – consistency
Our nation and upcoming elections
Rita and David, friends of Kitti Mann, David facing stomach surgery
Surgery for Gall Bladder
Vonnie Hinkle (and family) – Stage 4 Liver Cancer

Praises

Daughter's success in her career
Grandson's maturity



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

ARE YOU INTERESTED IN JOINING OR STARTING A NEW REUNION GROUP?

EMAIL CHRIS WELLS AT [CDWELLS50@GMAIL.COM](mailto:cdwells50@gmail.com)

SUNDAY	MONDAY	TUESDAY	THURSDAY
<p>Bethel UMC Men's Group 7:30 am Bethel UMC Woodbridge, Va POC: Brian Lewis 703-590-9343 bb3253@aol.com</p> <p>St. Matthias Reunion Group 1st Sunday of each month 12:15 - 1:30 pm St. Matthias Social Hall POC: Tammi Ellis</p>	<p>Ladies in Waiting Meets every other Monday in Falmouth POC: Vonda LiCalzi 540-446-2682</p> <p>Rainbow Group (Women) First Monday of month 10:00 am Lake of the Woods Location varies POC: Barbara Miller 540-972-7418</p>	<p>Lord's Lions & Lambs Group 6:00 pm First Christian Church POC: Mike Remington 540-373-7716 first.christian.church@verizon.net</p> <p>Great Is Thy Faithfulness 7:30 pm Prince of Peace UMC Manassas, Va POC: Lloyd Biller 703-590-1512</p> <p>Reunion Bible Study 10:00 am North Stafford Baptist POC: Karen Campbell 540-658-0468 campbells_6@yahoo.com</p>	<p>His Joyful Croakers 9:00 am Hillcrest UMC POC: June Riel 540-710-5949</p> <p>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</p> <p>Uptown Bristersburg Believers 2nd and 4th Thursdays 7:00 pm Mt. Horeb UMC POC: Chris Wells 540-788-3068 cdwells50@gmail.com</p>



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 \$200 – 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.

Team Fee - \$200 – 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



ELECTED OFFICERS:

(THRU DEC 31, 2016)

BOARD OF DIRECTORS: (INTERIM)

John Mann (9/30/16) - Community Lay Director

Terry Cook (9/30/16) - Assistant Community Lay Director

Chris Fair (2016) - Community Spiritual Director

Joyce Keene (2016) - Secretary

Monica Warne (2018) - Treasurer

MEMBERS AT LARGE:

Carol Burke (2016)

Butch Farley (2016)

Tommy Thompson (2016)

Gregg Snyder (2017)

Dan See (2017)

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 John Mann at slowjet@live.com if you are interested in helping the Emmaus community through any of the various volunteer positions listed.

PRAYER REQUESTS:

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:

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 Coordinator: Mary Lee Hensel

Snack Agape Coordinator: OPEN

Agape Bag Coordinator: Karen Campbell

Name Badge Coordinators:

Gary Adkins & Dianna Wells

Fourth Day Packets: OPEN