

UPPER ROOM EMMMAUS OF THE GREATER FREDERICKSBURG AREA

December



Upcoming Walks

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

Peace UMC
801 Maple Grove Drive
Fredericksburg, VA 22407

Directions from I-95: Take Exit 130 B heading Rt 3 West . Turn Left at light onto Taskforce Dr. Take to end and turn right onto Maple Grove Dr. Church is approximately 1/2 mile down on your left.

Fourth Day Follow Up Training:
Andrew Chapel UMC
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.

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

Dec 10th: Peace UMC
Jan 14th:
Feb 11th:

From the CLD

Dear Emmaus Community,
Merry Christmas! I don't know about you, but in our house, much to the dismay of my husband, my daughter and I love to watch Christmas movies! We may have watched them several times, but we still look forward to them every season. It is a tradition, I guess.

Another tradition that we had when our children were younger was to ride through the different neighborhoods and enjoy all the beautiful Christmas lights and listen to Christmas music.

But I think the most memorable Christmas tradition that I cherish is how we chose to celebrate Christmas with our blended family. When Mike and I married, he had two boys from a previous marriage and I had one son from my previous marriage. All three of the boys were young when we got married. It was important to us that we all had Christmas together and had the day

together. We celebrated Christmas on Christmas Eve and ended our day with Christmas Eve service at Church. After church, we would have a meal and open presents at Mike's parents house and then the his boys would go back to their mom's house and my son would go to his dad's. This was the best solution so that we all got to have a "Christmas morning" with the kids.

Holidays can be full of traditions and it can also be a difficult time for families and individuals. As we reflect on what this season truly means, we can find joy in remembering that the birth of our Savior is the best gift we could ever receive. I pray that as we are in the midst of the holiday season that you will have peace and joy and not get lost in the outside distractions and focus on making your own traditions that center you on the birth of our Savior.

DeColores,
Terry

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.

From the CSD

Welcome once again to the season of Christmas craziness! All around us the world is calling us to BUY!, RUSH!, GO! , and DO NOW!

Yet the Advent season of the church, (for those not familiar with the term, that is the four weeks leading up to Christmas), calls us as Christians to wait, watch and prepare for the coming of the Christ Child. What are we going to do this year in response to this set of opposing calls on our hearts and our time?

What have the world's ways brought us? Christmastime has become a stressful time of year for many people. According to the National Institutes of Health, Christmas is a time of year when people report a higher incidence of depression and anxiety. The underlying causes of this uptick in sadness include less sunlight, unrealistic expectations, financial pressure, and excessive commercialization. The report also said many people felt increased pressure to be perfect during the holiday season. To me, this is not something I want to celebrate or embody.

So let's look at some Scriptural guidance here: In what is considered a classic Gospel story for this time of year, we see John the Baptist in his camel hair clothes calling to all people to, "Repent! For the kingdom of heaven has come near!" Although the four Gospels differ in many ways in how they portray the Christmas story, all four contain this call of John the Baptist on God's people.

We don't use the word repent much nowadays outside of the church. Most people think it means to be sorry. But that's not really it. In the Greek, the word literally means to change one's mind.

Biblical scholars describe it more broadly as reorienting, reordering, or re-centering. I think a good way to look at repentance is like being reset. For those who love to cook, even when it's not the holiday season, one of the most important pieces of equipment in the modern kitchen is a digital scale. It can accurately weigh ingredients to a tenth of an ounce, allowing one

to prepare delicate cakes or other delicious treats. But every now and then, something goes wrong: for some reason the scale stops measuring things accurately, and the values are way off. When that happens, we have to zero it out; we have to reset it. Then it functions once again as it should.

The writer Anne Lamott once said that most things can be fixed if we just turn them off for a while and back on, including ourselves (we of the digital age with computers and smart phones can certainly identify with that concept!). Maybe we are all like that kitchen scale: When our values get off and things seem to no longer add up correctly, we too need to be reset...reordered, reoriented. That is the essence of John the Baptist's message: We need to reorder our lives, reset our priorities, and return to our God...for the kingdom of heaven is here...and we don't want to miss it!

This message is good news for those who are struggling at this time of year. It is good news for anyone who has tried to meet the expectations and requirements of the season or of society, and fallen short. So many people—back then and here and now—are caught in that old equation, playing the game of "if you do this, then that will occur"...and losing. We know that if we use the "if-then" equation to judge ourselves, we will never be good enough or kind enough or faithful enough.

In a world where it so often feels like the rules are rigged against us, John's message brings hope. A new day has dawned, and it brings a light that shines on all people. "Repent, for the kingdom of heaven has come near."

This is the medicine that can heal our holiday blues better than any batch of cookies or yet another party; this is the peace of God, the one that surpasses all our understanding, the one that can quiet all our anxieties. Rest, repent, reset, rejoice...this is the best way to prepare ourselves to celebrate the birth of Jesus Christ, Emmanuel...God with us.

Merry Christmas and De Colores!
Chris Fair
Antioch UMC, FE-47, Table of Mark

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)

Terry Cook - Community Lay Director

John Mann - 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