



Upper Room Emmaus

of the Greater Fredericksburg Area

Vol. 1

January 2004

DAY OF DEEPER UNDERSTANDING

Plan to attend the DDU on Saturday, January 10th at 3:00 at First Christian Church. Here is where you find out more about our Emmaus community - how you can serve, how the reunion groups meet, how Emmaus was begun, how you can sponsor others and more. This is the next step in your Fourth Day journey.

It is important to attend this special day as it is a requirement in our community before you can team or sponsor a pilgrim. So plan to come and gain a better understanding of the Fredericksburg community, see the new family you met on your weekend and enjoy a dinner afterwards!

The Emmaus Board will meet at 1:30 at the church.

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Where's the Next



Gathering?

When: January 10th, 2004

Where: First Christian Church

Time: 6:45 pm

Fellowship/Pot Luck Dinner: 6 pm

Community members should bring a dish to share with all - we will be serving dinner to all the recent pilgrims. All type of food is welcome - especially chocolate (editor's note!)

"Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come! All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation."

2 Corinthians 5:17-18

From the Lay Director



Even though it is a popular practice to evoke resolutions to turn away from bad habits or to adopt new more healthy habits at New Years, I have always refrained from doing so because my track record in the past of keeping those resolutions is abysmal. My rate of failure far exceeds any successes I have had in maintaining those resolutions for more than a couple months. So a number of years ago I made a resolution to never make resolutions at New Year's Eve.

And yet, as each of us looks toward a new year, I don't think any of us can help but look toward it with a mixture of hope, excitement, and expectancy. It is a new opportunity, a fresh start, a new beginning. But all too often, for so many people, they find themselves feeling defeated before the new year has hardly had a chance to get started.

But there truly is hope. Paul reminds us so clearly. Through the sacrifice of his Son, God reconciled himself to us so that if we die to self we become a "new creation." And the miracle of this transformation is that we remain "new creations" for eternity. It is not dependent upon how well

any of us succeed at our own manufactured resolutions. It is emphatically a gift from a loving God.

Back in the late 60's the phrase "today is the first day of the rest of my life" became very popular. To me it tried to express the magnitude of the promise of newness that Paul talks about. Also, each one of us in this Emmaus community has had the mountain top experience of our own Walk to Emmaus. Remember that last talk that told us about our 4th Day? Do you remember the feelings you experienced when you heard about how every day from that point is your 4th Day for the rest of your life? I remember the feeling of great joy and of great release. It is an expression of continued newness in our lives because of what God has already done.

As we look forward to this New Year, my wish and my prayer is that each of us can go into it knowing absolutely that even though we may fail at keeping our resolutions we are "new creations" because of what Christ Jesus did for us.

May each of you have a blessed and happy New Year.

DeColores -

Wes Pryce, Community Lay Director

Information Corner

DEADLINE for submissions to the February newsletter is January 17th.
Please send your articles to editor:

Barbara Simpson
9 Lockhart Circle
Fredericksburg, VA 22401
Email: bnbsimpson@aol.com

Upcoming Gatherings

February 14th First Christian Church
March 13th First Christian Church
April 10th First Christian Church

2004 Weekend Lay Directors

Tony Schroth	Men	Emmaus #53	March 18-21, 2004
Ellen Schertz	Women	Emmaus #54	April 29-May 2, 2004
Joe Reed	Men	Emmaus #55	September 30-October 3, 2004
Alice Harding	Women	Emmaus #56	November 4-7, 2004

Fredericksburg Emmaus Board of Directors

Pryce, Wes	Community Lay Director
Mann, John	Assistant Com, Lay Director
Philipp, Gene	Secretary
Fortune, Maria	Treasurer
Dunn, Mark	Community Spiritual Director

Blankenship, Rosemary	Reed, Joe
Mann, Kittl	Schertz, Ellen
Perkins, Susan	Shiflett, Diana
Petersen, Karen	Shiflett, Mike
Warne, Dennis	

Interested in Joining or Starting a New Reunion Group?

If you are interested in joining a reunion group, please call Sandy Crossley at (703) 221-6977 or e-mail her at slcrossley@aol.com

Dear Brothers and Sisters in Christ,

Throughout my time working with the airline, I have seen several famous people on my flights. I've met rock stars, soul stars, news reporters, and political figures. So often someone looks like another person, and I wonder if it could be them. It is always a shock when my first reaction is confirmed. Yes, it is that famous person!

The other day was no exception. I turned to see Jesus sitting on the front seat of the airplane. We were flying at 31,000 feet, and I didn't notice him at first. He wasn't reading a newspaper or a book. He wasn't peering out of the window. He wasn't sleeping. He was sitting quietly, hands folded on His lap, and smiling as He looked at me.

I was working in the galley of the plane, preparing snacks, ice, soft drinks, juice and coffee to serve the passengers. The plane had just reached an altitude where it was safe for me to roll the serving cart down the aisle. Everything was stocked and ready, so I turned the cart towards the aisle and lifted it over the floor molding that separated the cabin from the galley. I turned to Jesus, smiled, and asked, "Would you like something to drink?" as I handed Him a napkin and a bag of pretzels.

He looked at me and said, "No thank you, but can I walk along in front of the cart and help you serve today?" I thought to myself, "Is it against company policy? What will the passengers think? What if I spill cranberry juice on His robe? How can I say "no" to Jesus? If there is anyone who can teach me about serving, it's Jesus." I then replied, "Yes, I would like that very much!"



I handed the first passenger a napkin and a bag of pretzels as I asked, "Would you like something to drink?" They replied, "Yes, I would like some apple juice!" I poured the juice into a cup half filled with ice cubes and placed it on the tray table.

I turned towards the next passenger to see Jesus spreading the napkin over a business man's lap. He then tore open the bag of pretzels, and placed them in the man's hand. He already knew what the man wanted (He's the Son of God you know!) He poured coffee into a cup, added cream and sugar, stirred, and placed it on the tray in front of the man. The business man turned and looked at us with a questioning grin and remarked, "Thank you! Now that's service! I didn't even have to tell you what I wanted!"

After all of the passengers were served, Jesus and I went back to the galley and cleaned up, restocked, and wrote an order for supplies. We both looked out of the window for awhile and marveled at the view of the Blue Ridge Mountains in the distance. He asked many questions, but our conversation remained light.

There was a lady sitting across the aisle from Jesus, also on the front row. She was brought to the airplane, before takeoff in a wheelchair and helped to her seat. I noticed she was attempting to remove her coat, so I helped her one sleeve at a time and then lifted it up by the collar. She asked if I could help her to the

restroom in the back. Of course I replied, "Sure!" I walked behind her as she held onto the seat backs. On the way back to her seat, the aircraft was descending, so I stood in front while she held onto my shoulder as we made our way down the aisle. She made it safely to her seat, and I began to collect the trash.

Suddenly, several things occurred to me. I no longer saw Jesus in the front seat! No one acknowledged Jesus as we served snacks and drinks! I didn't hear him talk to anyone other than me. Was I the only one who saw Him?

I thought for awhile, looked out of the window, and returned to my jumpseat for landing. I secured my seatbelt and shoulder harness as I realized Jesus has always been a passenger on my plane. What the passengers saw today was Jesus in me.

What's your New Year resolution? Maybe it's to lose a few pounds, save money for a vacation, or to find a new job. I'm sure all of these are great goals. How about taking Jesus wherever you go? Is He with you at home, at work, in your car driving down the interstate, at the grocery store, at the gym, or in church?

May I suggest considering these three thoughts:

1. As Jesus traveled around in the New Testament, He always seemed to be at home serving wherever He was.
2. I can not find a scripture that said Jesus hurried anywhere.
3. He always keep in touch with his Father, God.



May I suggest these considerations for New Years Resolutions:

I will be happy wherever I am,
ready and willing to serve.

I will take time to enjoy my
surroundings and hurry less.

I will talk with the one who gives me
strength and comfort.

May God bless you this new year as He sits
with you on your front row.

Your Brother in Christ,

Dennis Perkins

Lord, we lift our prayers for:

My faith will become stronger in Christ.

My purity

Durwood and Lois Harris

Brian Rau & Travis Rudge, soldiers in Iraq

My sister & her family - safety from a
revengeful person

Our daughter-in-law Brandy & her family

My wife, Ellen for guidelines in leadership
of spring walk

Family of George Clabaugh, recently died

My daughter, Brenda, for ease of adjusting
to adult life

For me to keep my joy of heart, mind &
spirit as I serve my God in all I do and
say in this new year

My parents

A friend & her family to fix her eyes on
Jesus every second of the day as they
go through trials of life

Salvation of husband

My daughter for a safe trip home

My sister Sheila - God knows what she needs

Our daughter & son-in-law

Carolyn & her family - that they do not lose
their business

Sophia Tillapaugh

Fredericksburg Chrysalis

Rocky Warner

My daughter or firm faith in times of need

Wendy & Jimmy Kerns - their relationship
with Christ and each other. That they
invite Christ's help into their marriage.

Wendy Kerns to take the walk to Emmaus



That God will lead me in a
direction to help this community
Guidance for my son.

My family and my new church

That I might have gentleness with my Dad
Healing from recent "illness", guidance for
future decisions, love/support from
family & friends as I recover.

Help and deliverance from alcohol

Cleansing of bodies of those who are
fighting cancer.

Loretta Harding, Randy's mother who has
been passing out without a diagnosis

Willie Guill - shoulder pain

Charlotte Jamison - healing from surgery

Carolyn & Don - renewed faith in Jesus and
their marriage

Nel Hanson - rare blood disorder requiring
regular plasma transfusions

Ralph Carpenter healing & recovery from hip
replacement & to find a church home

Strength in dealing with pain & healing for
my back

My husband - returning to the Lord and for
quitting smoking

Emmaus #53 and Emmaus #54 walks

Let's
Just
PRAISE



Answered prayer

This wonderful community

Loving family & my health

Healing from my surgery

Opportunity to begin

graduate school

Community Volunteers

Community Lay Director - Wes Pryce

Lead Gatherings & Candlelight
Host Weekend Sponsors' Hour/Closing
Chair Emmaus Board
Pilgrim/Team Selection Committee
Nominating Committee Coordinator - Larry Tubbs

Assistant Community Lay Director - John Mann

Gathering Location Coordinator
Treasurer - Maria Fortune
Secretary - Gene Philipp
Manuals Coordinator - Gene Philipp
Records/By-Laws Historian - Gene Philipp

Communications Coordinator - John Mann

Newsletter - Barbara Simpson
Database Coordinators - Dennis Warne & John Mann
Team Registrar - Barbara Simpson
Pilgrim Registrar - Pat & Dick Barnett

Gathering Support Coordinator - Vacant

Community Music Director -
Community Baker - Angel Fulkerson
Childcare Coordinator - Vacant
Facility Clean Up Coordinator - Vacant

Weekend Support Coord. - Brian Lewis

Comm. Cha Coordinator - Richard Warner
General Agape Coordinator - Vacant
Prayer Vigil Coordinators - Sandy Crossley/Jane Carwell
Placemat Coordinator - Ellen Schertz
Snack Agape Coordinator - Vacant
Agape Bag Coordinator - Diana Farrar
Transportation Coordinator - Mo Moses
Supplies Coordinator - Wes Pryce
Fourth Day Packets - Tina Cooper
Fourth Day Coordinator - Vacant
Reunion Group Coordinator - Sandy Crossley



Make a Fresh Start in the New Year

"Thou crownest the year with thy goodness."

Psalm 65:11

The New Year's issue of a magazine captured my heart. The cover was a picture of newly fallen snow with one little pine sprig popping up in the middle. It looked like hope! Renewal. And another chance to do life right ... God bless second chances.

"Forget the former things; do not dwell on the past. See, I am doing a new thing. Now it springs up; do you not perceive it? I am making a way."

Isaiah 43:18-19.

Gifts of Forgiveness

For me, the snow symbolized a "white as snow" forgiven heart, and the little pine sprig an evergreen reminder of being "ever" renewed by God's love. Sitting on the threshold of a new year is the perfect opportunity to drop grudges, forgive, ask to be forgiven, and begin anew. Gifts of Forgiveness. Send a New Year greeting card to break the ice and warm the hearts of both the forgiver and the "forgivee."

Forgiveness is the most expensive gift of all, but merciful forgiveness is priceless. Do you realize how much energy it takes to hold on to unforgiveness? A lot. Maybe you're righteously indignant. Make a tight fist with your right hand. Takes some doing ... righteous indignation. Holding on robs us of blessings and being a blessing. Release, bless and be blessed in giving your "white as snow" gift of forgiveness.

Gifts of Encouragement

Send a New Year's note and affirm special talents or skills. You could also write, "I know the Lord has wonderful plans for you; this is your year." Encourage them even more by including a verse such as "May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit." (Romans 15:13)

"Therefore encourage one another and build each other up."

1 Thessalonians 5:11

Another gift of encouragement is to begin a support or prayer group. Meet once a week or every other week and be specific about your goals and objectives, not only for the group but for your new year as well. Commit your loving trust to each other and your meetings to prayer, counsel and God's word.

"And let us consider how we may spur one another on toward love and good deeds. Let us not give up meeting together, but let us encourage one another."

Hebrews 10: 24-25.

Written by Dolley Carlson

Reunion Groups



Listed below are the reunion groups active in the Fredericksburg Emmaus Community. Please send new group information to Barbara Simpson, editor.

Great Is Thy Faithfulness

Meets 7:30 PM Tuesdays
Prince Of Peace United Methodist Church
6299 Token Forest Drive
Manassas, Virginia
Contact: Lloyd Biller (703) 590-1512

Pastor's Weekly Meeting

Meets 8:30 AM Thursdays
Rotates - call for location
Contact: Mark Dunn (540) 786-4025

Lakeside Reunion Group (Men)

Meets 8:00 PM Tuesdays
Lake Of the Woods - call for location
Contact : Vic Larson (540) 972-1928

Rainbow Reunion Group (Women)

Meets 10:00 AM Alternate Thursdays
Lake Of the Woods - call for location
Contact : Barbara Miller (540) 972-7418

Reality Check (Chrysalis Boys/Girls)

Meets 6:15 PM Wednesdays
Fredericksburg UMC

Koinonia Women's Reunion Group

Meets 9:00 AM Fridays
Lake of the Woods - call for location
Contact: Barbara Larson (540) 972-1928

Amazing Grace Reunion Group

Meets 8:30 PM Thursdays
Hillcrest UMC
Contact : Ed McAdam (540) 898-3625
e-mail to emcadam@infi.net

Bethel UMC Men's Group

Meets 7:30 AM Sundays
Bethel UMC, Woodbridge
Contact: Brian Lewis (703) 590-9343
e-mail to bb3253@AOL.com

Lord's Lions & Lambs Reunion Group

Meets 6:30 PM Wednesdays
First Christian Church
Contact: Gene Philipp (540) 898-4917
e-mail GeneDiPhil@aol.com

Remington/Morrisville/Liberty Reunion Group

Meets 7:00 PM First Saturday
Remington UMC/Morrisville UMC
(alternating months):
March, June, September, December

Contact: Linda Butler (540) 727-8044 or
email: lindabutler@windyhillcontracting.com