

Upper Room Emmaus

of the Greater Fredericksburg Area

Vol. 5

May 2005

EMMAUS 59 WILL BE HELD MAY 12TH-15TH

The third walk of this spring is coming up in a few short weeks. Emmaus 59 will be held at Camp Happyland, our new facility on May 12th through May 15th. The Emmaus 59 weekend theme is *"The Lord Looks at the Heart."* Plan on attending to meet our newest pilgrims as they experience their walk to Emmaus. See page 4 for instructions and directions to the camp.

A partial list of Pilgrims, team names and assignments are included on Pages 2 & 3 for your prayers and agape preparation. Sponsors, please remember to use the special agape stickers for your pilgrim's Sunday agape. They were included in your sponsor letter.

Items of interest this month are the DDU coming up on June 11th and a special invitation for musicians on page 9.

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The Next Gathering



When: May 7, 2005***

Where: Tower of Deliverance

Time: Gathering at 6:45 PM

Fellowship & Food at 6:00 PM
Bring some food to share!

Board will meet at 4:00

***Note date change to 1st Saturday



Fredericksburg Emmaus #59 - Pilgrim List

"The Lord Looks at the Heart"

I Samuel 16:7

1. Kitty Bareford
2. Carol Burke
3. Mary Doughty
4. Anita Erwin
5. Danielle Evans
6. Debbie Hall
7. Jean Himmel
8. Lisa Hodgkiss
9. Cindie Holliday
10. Tonya Lawrence
11. Dolly Loomis
12. Pat Newton
13. Liz O'Sullivan
14. Pat Pearsall
15. Terry Pickett
16. Donna Rhaney
17. Janice Rogers
18. Jeni Ryskamp
19. Melissa Sprigg
20. Chris Unruh
21. Kathy Wallace
22. Patti Wheeler
23. Adrienne White
24. Ines Willis
25. Betty Wilson
26. Julie Wisner

- The Lord's Church
- Stafford Crossing
- Living Waters Tabernacle
- Shephers UMC
- St. Steven's Church
- Fairview Baptist
- Fredericksburg UMC
- The Lord's Church
- Hilton Valley Baptist
- Bethel UMC
- Tappahannock Memorial UMC
- The Lord's Church
- Grace UMC - Hartwood
- Good Shepherd UMC
- Fredericksburg UMC
- Shiloh Baptist New Site
- The Lord's Church
- Gateway Community Church
- Gateway Community Church
- Grace UMC - Hartwood
- Fredericksburg UMC
- Lake of the Woods Church
- North Stafford Baptist
- North Stafford Baptist
- Warsaw UMC
- The Lord's Church

Additional pilgrims names will be distributed at the Gathering on May 7th and posted on the website.

Emmaus #59 Team List

Name	Duty	Talk/Reading	Day/Time
Gerri Bartman	ATL - Ruth	Reading	
Rosemary Blankenship	Board Rep.		
Linda Bonshire	Cha Coordinator		
Nancy Collett	Music Team		
Terry Cook	LD	Perseverance	Sunday, 1:00 pm
Laurie Cooke	ATL - Mary	Reading	
Ellen Cowart	ALD	Please Hear What I'm Not Saying	
John DeJong	LSD	Means & Obstacles to Grace	Sat 10:25 & 4:45
Donna Devericks	ATL - Rachel	Reading	
Susan Dillard	ATL - Elizabeth	Lord I Have Time	
Stacey Floyd	Cha Coordinator		
Maria Fortune	ALD	Fourth Day	Sunday, 2:40 pm
Kim Hannahs	TL - Martha	Body of Christ	Sunday, 11:10 am
Alice Harding	TL - Mary		
Carolyn Jenkins	Music Dir.		
Dawn Kendall	ATL - Deborah	Reading	
Mona Lamb	ATL - Martha	Reading	
Jody Lewandowski	ALD	Priorities	Friday, 9:15 am
Vonda LiCalzi	TL - Deborah	Reading	
Kitti Mann	TL - Ruth	Christian Action	Saturday, 3:15 pm
Susan McCoy	Agape Asst.	Priesthood of All Believers	Friday, 1:00 pm
Jim Muhlenkamp	Asst. SD	Prevenient & Justifying Grace	Friday 11:00 & 2:30
Becky Patrick	Agape Coord.		
Joyce Payne	TL - Rachel	Growth Through Study	Saturday 9:00 am
Susan Perkins	HistoryTalk/DD		
Sharon Smith	ALD	Changing Our World	Sunday, 8:50 am
Christine Tillman	TL - Elizabeth	Discipleship	Saturday 6:30 pm
Ralph Thomas	Asst. SD	Sanctifying Grace	Sunday 9:55 am
Patti Vernon	Agape Asst.	Life in Piety	Friday, 6:30 pm
Beth Walker	Music Team		



Schedule-Women's Emmaus #59

May 12th - 15th, 2005

The team of Fredericksburg Women's Emmaus #59 invites sponsors, families & community to participate in the following events:

<u>WHEN</u>	<u>WHERE</u>	<u>WHAT</u>
Thurs. May 12 6:30pm	Camp Happyland	Pilgrim check-in/Followed by Sponsor's Hour
Sat. May 14 7:30pm	Camp Happyland	Candlelight-Community will gather for praise, communion, fellowship & communion. Please bring flowers for the team to use Sunday morning!
Sun. May 15 3:30pm	Camp Happyland	Closing - Gather @3:30 for Closing Service @4:00

DIRECTIONS TO CAMP HAPPYLAND

Take Route 3 West (Culpeper) from both North and South exits of I-95. After you pass Central Park and Spotsylvania Mall in Fredericksburg, drive 7.5 miles west on Route 3. Turn right onto Route 610, Elys Ford Road. Drive 9 miles north on Route 610. Just prior to the green Richardsville sign, turn right on Route 619, Richards Ferry Road. Drive 1.3 miles to Happyland Drive. You will see a large Camp Happyland sign. Turn right into the Camp and proceed to the parking area.

Total distance from Central Park is about 18 miles.

Camp Happyland
21457 Happyland Drive
Richardsville, VA 22736
Phone: (540-399-1197)
FAX: (540) 399-1179



"I Now Submit to Service..."

"Therefore I glory in Christ Jesus in my service to God."

Romans 15:17

One by one the Team members come forward, accept an envelope from the Lay Director and turn to face the rest of the Team. "With God as my strength and by the Spirit of Christ, I now submit to service for the weekend. I will diligently and prayerfully commit to fulfill the following duties for the weekend..."

Just a few weeks before, these same individuals filled out an application to be on the Team. Their reasons and expectations as many and varied as the Team members themselves. On Commissioning Night, three weeks into the teaming process, they finally receive their assignments. As they come forward, their faces tell a story. Some come forward boldly and with a strong voice and great confidence commit to serve. Others, less assured; but still they come. Some open their envelopes and read silently before reading aloud to the Team. Still others cover up the actual assignment with their hand until they commit - "I now submit to service". What they are really saying is "Lord, I don't know what you have in store for me, but whatever it is, I will do it willingly". What a statement of faith!

On Commissioning Night the Team becomes one. "I now submit to service..." and with those words all of the individual reasons for teaming and the expectations fade into insignificance. The Team, as one, has accepted God's calling for that Walk. A calling not as a group of individuals but as one body devoted to God's purpose.

At Closing we listen as the Pilgrims testify and we know deep down that the Team has faithfully carried out God's plan as revealed on Commissioning Night. It is always so, and it begins with those words, "I now submit to service...", when we turn it all over to God and allow Him to use us for His purpose.

Isn't that what God desires from each of us? Our complete submission to His will; without hesitation, without condition, without fear; submission with calm assurance and faith that all will be well.

"I now submit to service."

DeColores,

John Mann
Community Lay Director



Board News



By the time you read this, two of our 2005 Walks will have been held. My how time flies! We are eagerly awaiting E59 in just a couple of short weeks.

The Treasurer submitted a report with a balance of \$13,581.71 in the bank as of March 31st. This is further broken out as \$8,253.37 in Operating Funds and \$2,449.96 in Scholarship funds and \$2,878.38 from Chrysalis.

During April, the Board, shepherded by Richard Cronin, addressed a couple of remaining issues for the IRS Section 501(c)(3) application. The Board approved two documents suggested by the IRS. The first was a "Compensation Policy". This was very easy as the Board is not compensated (except spiritually) for any work performed. The document just describes a process should compensation ever come up as an issue. The Board does not envision any possibility of that happening. The second was a "Conflict of Interest Policy". This is a policy that governs situations concerning transactions or arrangements that might benefit the private interest of an officer or member of the Board of Directors. Once again, there are none. Both of these documents will protect our Community's interest in our financial affairs.

Sandy Williams presented a debrief to the Board for E57. She presented a number of suggestions that the Board will consider in the coming months. She also made a couple of comments that bear repeating in this Newsletter. First, the Walk felt like a first. It was the first at Camp Happyland, of course, but that newness in location caused all that happened to be fresh and alive. It is good counsel to look afresh at all we do. The second comment concerned the wonderful attendance by the Community at Candlelight and Closing. We were all blessed by the outpouring of love from all of you. Thank you so much for your support of the Community; particularly our newest members.

Rosemary Blankenship provided a list of nominees for service on the 2005-2006 Board of Directors. Those nominees are Terry Cook, Vonda LiCalzi, Rick Griffis, Mark Lawrence, Steve Makely, Randy Ross, Ralph Thomas and Gary Staddan. Nominations were also taken at the Gathering where Bob Bonshire was nominated. The Board will accept other names through April 30th. At the May gathering, the Community will have the opportunity to select the new Board members for the coming year.

Board News Continued . . .

The schedule for our remaining Calendar Year 2005 Walks is shown below.

E59 (Women's Walk): May 12-15, 2005 (LD: Terry Cook - E39)
E60 (Men's Walk): Oct. 20-23, 2005 (LD: Paul Prewitt - E29)
E61 (Women's Walk): Nov. 10-13, 2005 (LD: Maria Fortune - E32)

The Board has scheduled the Walk dates for Calendar Year 2006 with Camp Happyland. The Salvation Army provided our Community a schedule for planning just as soon as their own schedule was set. The dates for 2006 are:

E62: March 30th - April 2nd
E63: April 27th - 30th
E64: October 5th - October 8th
E65: November 9th - November 12th

For the May and June Gatherings (and the June DDU), we will meet at the Tower of Deliverance Church on Princess Anne Street in Fredericksburg.

Live joyfully, prayerfully and thankfully!

John Mann, Community Lay Director

Date for June Newsletter Submissions

DEADLINE for submissions to the June newsletter is May 14th. Please send your articles to editor: Barbara Simpson, 9 Lockhart Circle, Fredericksburg, VA 22401.
Email: bnbsimpson@aol.com

Dear Brothers & Sisters in Christ,



One summer day a few years ago, I was slowly swinging with one of my granddaughters on the hammock in our backyard. Enjoying the warm day, we stretched on our backs looking up at the sky and trees. We watched as a little bird flew over and perched on a fragile branch of a cedar tree. Lauren broke the silence and said, "Pop Pop, I wish I was a bird." Pondering her wish for a moment, I turned toward her and asked, "What would you do if you were a little bird?"

Hesitating for only a second, she became animated using her hands and arms to explain the course she would fly through the sky. She made sound effects as she described the swishing of wings in flight, with chirps of happiness as "Lauren the bird" soared across the sky.

I was speechless for a time as I savored her youthful dream and thoughts. I turned to her and smiled as she said, "I love you, Pop-Pop" while reaching out with her tiny arms to hug my neck. Tears of joy ran down my face as I returned the hug and replied, "I love you too, Little Bird."

Entering Lauren's current world, I am reminded that she loves Sleeping Beauty, Princess Barbie and Cinderella. She often likes to parade around the house in costume as she pretends. She loves to sing, making up songs for everyone in the family to express her love (and sometimes her displeasure) for them. She often appears in her princess costume showcasing her song writing and singing abilities. Maybe she is a future candidate for the

"American Idol" television show. Lauren loves her gymnastics class as she demonstrates each new move she learns in class, performing jumps, somersaults, and moves that seem to turn her into a pretzel. Some of her other talents include helping in the kitchen, taking care of her sister and brother, and making new friends easily at school. Often outspoken, she speaks freely expressing how she sees a situation.

The amazing part of watching and listening to my granddaughter is how she views the world around her. Innocence mixes with caring, willingness to help, and her very own ability to love, which pours out passionately in everything she does. She has the ability to quickly forgive and forget.

In Matthew 18:1:4, the disciples came to Jesus and asked, "Who is the greatest in the kingdom of heaven." Then Jesus called a little child and had him stand among them, and He said, "I tell you the truth, unless you change and become like little children, you will never enter the kingdom of heaven. Therefore, whoever humbles himself like this child is the greatest in the kingdom of heaven."

I am no expert on children, but I believe children are the purest example of innocence as they live their everyday lives wondering, questioning, and commenting on what they see and hear. When they falter, it is usually learned from an outside source such as other children, relatives, or the media (movies and television). Children see and hear all. They see how the adults in their lives react to stress and inconvenience in our daily lives, often mimicking our behavior.





How do we become little children again? I believe we have to go back to the beginning and remember what it was like to be a child. The best way to learn about being a child is to spend time with a child, listening and experiencing the simple pleasures of life. When was the last time you colored a picture, walked barefoot in the grass, skipped a rock across the water, built a sand castle at the beach, or sat on the bank of a pond fishing for bluegill with a cane pole and a can of worms? Most importantly, when was the last time you gave your entire attention (fully listened) to a child freely expressing their thoughts and dreams? I also believe that we have to deprogram much of what the world has taught us. White knuckling through our lives, we over complicate, burden ourselves with worry, severing our own freedom at a cost of that initial childhood innocence. Would you like to forget that stored up hurtful experience that influences your life? Imagine sitting in the lap of Jesus, smiling at him, experiencing unconditional love and grace, as we drop our useless baggage at His feet.

I thank God for His gift of love and grace to me, and I thank my "Little Bird" for taking my hand in hers, reminding me how to live and love as a child again.

Your Brother in Christ,

Dennis Perkins



FREE PRAISE CONCERT - JAMMING FOR THE LAMB

at First Christian Church (FCC), 6 May starting at 7:30 PM, music provided by ABUNDANT GRACE. We invite any and all to come sing praises to our Lord along with short devotions. We also invite any community musician to come play a set with in the Band. Full music rehearsal on Thursday 5 May at FCC at 7:30 PM. For additional information contact Bill & Beth Walker (540-752-8047 or Bill.Walker88@adelphia.net) or contact Dennis Warne (540-372-6536, or warnedm@cox.net).



Special Musical Gathering

The Emmaus Board is considering a special Gathering this summer or fall where the majority of the event will be devoted to music. The pool of available musicians has dwindled over the years in our community. We'd like to find all of that talent out there in the Community to get them together and help build up the available list of musicians to support both Teaming and Gatherings. If you play some sort of music instrument or love to sing in a band, please contact any Fredericksburg Emmaus Board representative or Dennis Warne (540-372-6536, or warnedm@cox.net).



PLEASE REMEMBER
THESE FRIENDS IN
PRAYER

Sophia
My job situation
Mary's knee pain
Team and pilgrims of E-59
Healing for Ann
Carol
Robert who is deployed
Healing for Irene
My whole family
Peace
Our church leaders

Jim who is suffering from cancer
Myrtle who is recovering from heart surgery
A new grandchild on the way
Wisdom for doctors treating my
hypothyroidism
The Lord's Church
All the men (and my husband) who are walking
on E-58
Jill and Lynn and their families
Team and pilgrims of E-58
My loving wife Paige, my grandchildren, and
Jeremy
Spiritual healing for my sister, my friend, and
my niece
My friend Paula to know the Lord as Savior and
friend
Healing for marriages of my sister & my friend
My daughter's decision to enlist
Cija that she will find peace and happiness as
she starts a new chapter of her life
Ryan that he will find the Lord
My cousin Katie's family as she is preparing to
go home to Jesus
The decision of the court on 4/18 to bring God
glory
My sister-in-law Helen for salvation and for her
family
Our church's youth leader and youth group
My job and the possibility of moving to a new
house
Healing of Kate's medical condition
Les as he continues to find his purpose in life

More men from our church to decide to go to
Emmaus
Kate in the hospital for a speedy recovery
Susie and Stanley to have the strength to
preserve after the loss of their young
daughter
My daughter's pregnancy & upcoming marriage
Our new home and my job/work direction
My grandchildren who experience life through
the eyes of autism
The Lord to prevent any cracks from splitting
and forming division
Healing and comfort for Maria who is battling
cancer
Karen for God's guidance in future plans
Perseverance for Amy
Tracey & Joshua as they raise their son Malachi
My husband that God would renew & strengthen
his faith
My daughter that she would see God's will not
ignore His leading in her life
Charlotte for a complete recovery
Nancy's mother-in-law to go away peacefully
My brother Mitch who has cancer and seems to
be scared and lost right now
Janice, Helen, Frank, Russ, and Susan who have
health issues
Karen who is experiencing trying times in her
life
Bryan, USMC, and Robert, US Army, who are
deployed
Family of Al who passed away Thursday night
William
Guidance for daughter Andrea
Healing for friend's father & peace for her
family
Whoever decided not to allow sponsors and
spouses to cha. This is wrong.
Bethel UMC youth group
Chrysalis
Our son as he graduates from college
Wayne suffering a serious illness
Tom's recovery

Prayers Continued . . .

Jeffrey's and Lee's mom
 Karen that she will discover God's love in the
 middle of her struggles
 My husband Dale who is now looking for a new
 job
 Strength and health for my husband
 My dear friends who are hurting as they face
 so many problems right now
 Boldness for God
 To know God more intimately
 The unsaved
 To do God's will
 Complete healing of Denny's heel
 My son making decisions about college
 My church family
 Jennifer and Todd for discernment
 Brian as he graduates that he will find a job &
 learn to become responsible so he can
 make it on his own
 God's provision and direction in the possibility
 of buying a new house and also in me
 finding another job as it appears that I
 will lose the one I have
 Jennifer as she undergoes treatment for
 cancer
 The Church at White Oak
 William
 Chase, a 9 year old who is going blind from a
 rare disease
 Guy
 Margaret
 My sons to be closer to me
 Job
 My family to find Jesus in their hearts
 Our youth
 Those called to work with youth
 Our grandchildren whose parents announced
 they are getting divorced
 Our children

My dad in the hospital with fluid around his
 heart and reduced kidney function
 People in Iraq & where ever they are in the
 world
 Leaders of other nations
 Our leaders
 Violeta for better health
 Peace and grace for my family and my wife
 My mom, Anne's health
 My husband George who will walk in October
 Me to find all Christ wishes me to be
 Terry who is walking on E-59
 Me to be a better disciple to share your work
 with others and to find your guidance in
 everything I do
 My son to come to you
 Sisters in Christ on E-54
 Nickie, Angela, Carolyn, and Tracey and their
 families
 Family and friends
 My family's financial situation
 A co-worker with breast cancer
 Our church building program that we stay
 focused on God's will for our church
 Alice, a 2 year old with kidney trouble
 Vickie
 Paul
 Angela
 A change of career - being an "at home" mom
 A healthy pregnancy
 Jackie - school
 Paul - health and school
 Steven
 Hayden- heart failure and stroke
 Pete - cancer results and staph infection
 My daughter as she prepares for marriage
 and birth
 The pilgrims that have walked and the hearts
 of those to come
 God's direction as we get ready for the next
 level of ministry
 My sister, Caroline, who is in Bosnia as a
 missionary

Praises & Prayers Answered!



Your prayers
The Lord Jesus in my life
Strength from God
God bringing Your Son to us
John and Kitt
Denny not being hurt worse than he was when
he fell
All youth involved in our churches
God calling me and revealing Himself to me
He has brought me much peace and comfort
God's grace to me and for me
The themes of the weekends of E-58 and
E-59
All my family's blessings
Family bonds being strengthened by you
God for all His blessings
New-found friends
Good echo stress test results
Jim who is doing better in his fight with
cancer
John and Jen's healthy baby boy, Ethan
The joy of my mother's 90th birthday on April
20
What God is doing in our daughters' lives and
their families
The love and support of the Emmaus
community to each other

INFORMATION CORNER

Date for June Newsletter Submissions

DEADLINE for submissions to the June newsletter is May 14th. Please send your articles to editor: Barbara Simpson, 9 Lockhart Circle, Fredericksburg, VA 22401. Email: bnbsimpson@aol.com

Next Gathering

June 11th Tower of Deliverance

UPCOMING WEEKENDS

Emmaus 59	May 12 th - 15 th
Emmaus 60	Oct. 20 th - 23 rd
Emmaus 61	Nov. 10 th - 13 th

Interested in Joining a Reunion Group?

Call Sandy Crossley, our Group
Reunion Coordinator at 703-221-6977



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 UMC
6299 Token Forest Drive
Manassas, Virginia
Contact: Lloyd Biller (703) 590-1512

Pastor's Weekly Meeting

Meets 7:30 AM Tuesdays
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

His Seekers (Women)

Meets 7:30 PM Fridays
Woodbridge - Home of Jane Carwell
Contact: Sandy Crossley (703) 221-6977 or
Jane Carwell (703) 969-4019 for directions

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@cox.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 Gathering

Meets 7:00 PM First Saturday
Remington UMC
Every 3rd month:
March, June, September, December

Contact: Dawn Borja (540) 825-1587 or
email: dborja@marykay.com

Interested in joining or starting a new reunion group?

Call Sandy Crossley at 703-221-6977 or email
her at slcrossley13@msn.com

Ballot for the Fredericksburg Emmaus Board of Directors

Certification of membership. I am a member of Fredericksburg Emmaus / Chrysalis, eligible to vote by virtue of attending a Walk to Emmaus sponsored by the Fredericksburg Emmaus Community, or a Walk to Emmaus, Chrysalis, or other Cursillo based weekend in another area.

Men (vote for two)

Bob Bonshire ()

Rick Griffis ()

Mark Lawrence ()

Steve Makely ()

Randy Ross ()

Women (vote for two)

Terry Cook ()

Vonda LiCalzi ()

Clergy 3-yr term (vote for one)

Gary Staddan ()

Ralph Thomas ()

Each member of an Emmaus family who has attended an Emmaus, Chrysalis or other Cursillo based weekend is entitled to a separate ballot. To be counted, proxy ballot(s) must be submitted at the May Gathering or mailed to

Fredericksburg Emmaus
P.O. Box 42094
Fredericksburg, VA 22404

All mail-in entries must be received prior to the May 7, 2005 Gathering.