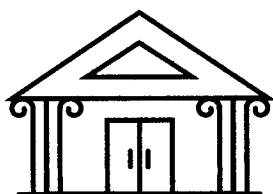


Upper Room Emmaus

of the Greater Fredericksburg Area

Vol. 1

January 2006



The Next Gathering

When: January 14th

Where: Lake of the Woods

Time: Gathering at 6:15 PM
Fellowship Time at 5:30
Board will meet at 3:30

Please bring snack food to share
during fellowship time.

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*Happy New Year
to
all the
Emmaus
Community*



From the Lay Director . . .

"The steadfast love of the Lord never ceases, his mercies never come to an end; they are new every morning; great is your faithfulness." Lamentations 3:22-23

A new year - how did we get to 2006 so quickly?

I remember my mother telling me when I was young that the older I got the faster time would seem to pass. I didn't believe her because when we're young it seems as though time passes too slowly. There always seems to be some milestone out there in the future somewhere that we just can't wait to get to. Events like getting our driver's license, graduating from high school or college, starting our first job, falling in love and getting married, and perhaps becoming a parent, consume our early years. Then the day-to-day routine of life seems to overtake us and we find ourselves wondering where the day - or the week - or the year - went.

Do you remember hearing the reading *Lord, I Have Time* on your weekend? "I can't wait." "I can't help." "I haven't time." "I can't think, I can't read, I'm swamped." "Later on." Do any of those phrases sound like something you have said?



God's mercies are new every morning - All Year Long

As one year ends, we may think of all the things we meant to do and perhaps berate ourselves for opportunities missed, tasks not completed, and time lost. Or maybe we look back with pleasure at our accomplishments and vow to work even harder in the future. In either case, we look forward to a new year - and the promise of a fresh start and the opportunity to do things differently this year.

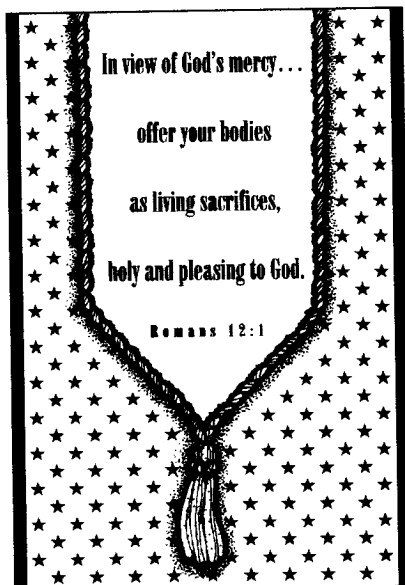
As Christians, we don't have to wait for a new year to be renewed. We are renewed daily in Christ. Paul tells us in 2 Corinthians that "inwardly we are being renewed day by day." Jeremiah writes in Lamentations, "His mercies never come to an end; they are new every morning."

My prayer is that each of us will experience that daily renewal and know God's faithfulness so that we may use the gift of time God gives us for His glory and honor.

De Colores.

Rosemary Blankenship

Community Lay Director



EMMAUS 62

March 30-April 2, 2006

Mo Moses - WLD
Bob Bonshire - ALD
Rick Dillard - ALD
Pete Schatz - ALD
Dennis Warne - ALD
Ralph Thomas - Lead SD
Lynn Wilber - SD
Bill Curtis - SD
Bill Walker - MD
Jim Arkord
Fredy Calderon
Mike Cook
Tony Fortune
Mark Harcourt
Keith Lauer
Mark Lawrence
Steve Makely
Bill Moore
Dave Olds
Mike Remington
Ken Roark
Randy Ross
Shane Smith
Harry Tillman

*This is a partial list of team members at printing time.
A little advance notice to start that agape!*



The Fredericksburg Emmaus Board met at 3:30 pm on December 10, 2005, at Chancellor Christian Church with 13 members present. Ralph Thomas led in an opening devotion and prayer.

The minutes of the November 2005 board meeting were presented by secretary Diana Shiflett and were accepted.

Treasurer Monica Warne presented the financial report. After payment for the fall 2005 walks, the operating fund shows a negative balance. If you have outstanding pilgrim fees, please take care of payment as soon as possible. If you have any questions about fees, please contact Monica. The financial report was accepted.

The Salvation Army has asked us to change the date of the spring women's walk (E-63). The date has been changed to May 4-7, 2005.

The Board received with regret the news that John Shutlock has resigned

from the Board. On behalf of the Board, I would like to thank John for his service. His dedication to our Lord and his enthusiasm for Emmaus has been a positive influence on many. Please keep John in your prayers.

In accordance with our community by-laws, the Board elected two men to fill the vacancies until the next regular election in Spring 2006. Keith Lauer and Dennis Warne were elected. The Board also elected Rocky Warner to the position of Assistant Community Lay Director until June 30, 2006.

Please keep the Board in your prayers.

Rosemary Blankenship
Community Lay Director

UPCOMING WEEKENDS

Emmaus 61 (W)	Nov. 10 - 13
Emmaus 62 (M)	Mar. 30 - Apr. 2
Emmaus 63 (W)	May 4 - 7
Emmaus 64 (M)	Oct. 5 - 8
Emmaus 65 (W)	Nov. 9 - 12

RESOLUTIONS

Many People throughout our country will be making New Year's resolutions as 2006 becomes a reality. Statistics tell us many of these will soon be broken. Perhaps people are not really serious about the resolutions in the first place. Have you ever thought of making one or more resolutions in relation to your faith in Christ? What follows are several examples of possibilities the average Christian could determine to do in 2006. Don't try to do all of them but a couple might be right up your alley. You choose the areas for improvement and then go for it!

One obvious area is church attendance. The writer to the Hebrews put it this way; "Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another and all the more as you see the Day approaching." (NIV). You can experience God without being in church but you are more likely to experience Him by being regularly with your brothers and sisters in worship. Count the number of Sundays you missed church in the last year. Then resolve to be there more than in 2005. It should be a reachable goal that you can measure.

Do you read your Bible and pray every day for a few moments? This is a great way to get closer to God and to learn more about the Bible. If you aren't regularly doing so, consider taking twenty minutes per day either in the early morning or evening. Find a quiet place in your home to be alone with the Lord. Spend ten minutes reading the Bible and ten minutes in prayer. If you are not sure where to start, I would suggest Matthew 1:18. If you aren't sure what to pray about, get either the church directory or the latest prayer list and go down the names. This daily habit will easily become an integral part of your life.

Many people hear us talk about tithing but are reluctant to try it themselves. Perhaps there is an uneasy feeling that there won't be enough money left for the family bills. Many of us have found that if this is a decision at the beginning of the year, then God honors it and we have enough to meet those ever present bills. This is a step of faith into uncertain waters. However it does work! Some Christians gradually approach ten percent (the Biblical norm) by increasing one or two percentage points each year.

Evangelism is a subject that some avoid because after all, it is up to the other "guy" or "gal". You can do something in the area of evangelism by simply inviting a neighbor or other friend to church. Offer to give them a ride. If they can't attend, perhaps you can bring their children. Later, few parents will stay away from an activity especially geared to the youth with their children participating. Your neighbor will become an integral part of your church because you extended an invitation. We trust that he or she will have a genuine relationship with Jesus Christ, the living Lord of history.

Another area is service within the church. There is a place for each person to serve God at your Church. You may not feel comfortable in some areas but then God may be expecting you to serve elsewhere anyway. Investigate the multitude of opportunities for service at your church. Talk to some of the leaders of the congregation. You will get close to several of your brothers and sisters as well as furthering the cause of Christ.

The above ideas are a few suggestions when considering New Year's resolutions. Think about at least one or two seriously and then move in that direction. You will be surprised at how God will use you!!

I Resolve to _____, Gary

Dear Brothers and Sisters in Christ:

Have you ever felt compelled to do something? I mean consumed by a reoccurring thought that refused to leave your mind. You turn on the radio or the television. You try humming or whistling your favorite tune, but it does not cover the prompting you are feeling. You soon find yourself on the previous path with the same thought playing over and over in your mind. It is like a little voice in your head asking, "What are you waiting for? What are you afraid of?"

You find yourself talking to this little voice that has suddenly become a big voice. "I'll tell you what I am waiting for! I'll tell you what I am afraid of! I am waiting for a confirmation, some divine sign that everything will be all right. I want assurance that I will not fail. I feel safe where I am, but at the same time I am tormented by my indecision and complacency."

Years ago, I met a man that challenged me in my Christian life. He was serving as a trustee of the church at the time, and we met through a mutual friend one Monday night before a weekly "Promise Keeper's" meeting. This was a small group of men that met together to discuss how to be a "Christian Man" at work, home, community, and church. He shared with me that he was a relatively new Christian and how he felt like a sponge ready to soak up biblical knowledge and Christian values.

In the meeting the man continued to share, but with the group now. He laid his life out for all of us to see, and at the same time gave us a model of how we should share with each other. This became a standard and a challenge for the group. He shared his hopes, dreams, fears, concerns, and failures. He was open to suggestions and any help that was offered him.

He became a regular at the meeting, often arriving early and staying late. After several meetings, I realized he had gotten to know each and every one of us. He made it a point to know about our jobs, families, hopes, dreams, and concerns. He took the time and effort to know me. He saw past the superficial me and was not satisfied until he had made connection with my heart. He would offer encouragement and instill hope whenever possible. We always parted with promises of prayer for each other. As I think back, I knew that he would keep his promise.

We attended "Promise Keeper's" meetings at "JFK Stadium" and gathered on "The Mall" with over one million men in Washington, D.C. We worked on projects together with the "United Methodist Men." We shared fun, fellowship, and spiritual gifts at a men's retreat at "Camp Highroads" in the Blue Ridge Mountains.

Do not be conformed to this world,
but be transformed
by the renewing of your minds...

Romans 12:2



No matter how much a man loves God, nor how much faith he has, sometimes a man's heart is crushed. It is as if a permanent crack develops in his very soul and refuses to heal. We can utter the words, "God's will be done," but does that really put your mind and heart at rest? We can understand this in principle, but it does not ease the pain. The tragic death of this man's daughter shattered his world. The external crying slowly stopped, but the tears of his soul refused to cease.

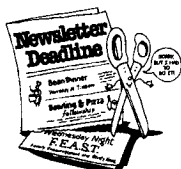
In spite of his horrible loss, he still placed God first in his life. He followed the Holy Spirit's push to open a professional practice for persons needing care on the Eastern Shore of Virginia. Shortly after moving his wife and family to Charles City, Virginia, he went to be with our Lord.

It is amazing how I can look back and so clearly see, but the present is often viewed through blurred lenses. I can see how this man dedicated his life to listening to the "Holy Spirit" and trying to follow the prompting. He gave of himself to help his Christian brothers, his church, his community, and his wife and family. He definitely took the road less traveled, refusing to follow the ways of the world.

In Romans 12:2, It is written: Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is - his good, pleasing and perfect will.

Whenever someone suggests Stan Patch never got to see his dream or his calling fulfilled, I tell them that Stan fulfilled his mission just like the Holy Spirit prompted him. I pray that when we stand at a fork in the road, we choose without hesitation the path overgrown with weeds, briars, and sand. We will be able to recognize it, because Stan left his footprint there.

Dennis Perkins



DEADLINE

for submissions for the February newsletter is January 21st please send your articles to editor:

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

Fredericksburg Emmaus Board of Directors - 2005 - 2006

Blankenship, Rosemary	Comm. Lay Director
Warner, Richard	Asst Com Lay Director
Shiflett, Diana	Secretary
Staddan, Gary	Comm. Spiritual Dir.
Warne, Monica	Treasurer
Carwell, Jane	Lauer, Keith
Cook, Terry	Makely, Steve
Dunn, Mark	Shiflett, Mike
Lawrence, Mark	Thomas, Ralph
LiCalzi, Vonda	Warne, Dennis



Guidance in life

Those who are alone during the holidays &
those who have lost their loved ones
this year

Those in the military and their families

Brian

The Williams family

Sophia

Chrysalis

Epiphany 13

Brian who has cancer

Youth

Carol who has cancer

My husband Tony who is in Mexico visiting
family

Curtis struggling with post traumatic
stress and alcoholism

Jon, a soldier in Fort Gordon, Ga., to stay
strong in his faith

Kitti and John - medical tests

Bethel UMC's members

My son Charles

Susan's continuing recovery from knee
replacement

Shane & Selena whose 3 year old daughter
died on Thanksgiving day

A new job possibility

Son-in-law's employment

Health problems

My church - it is up for sale

My wife and friend for E-63

Ralph's father, Ainsley, Ginny, Jim

My daughter and grandchildren

Me to be in the path the Lord would have me

Those unsaved

My friend Nicole who will have surgery in
January

My upcoming medical tests

Team and pilgrims of E-62 and E-63

Emmaus board members

Good health for my wife and myself

Renewed prayer life

Mo

Team building for E-62 and E-63

My new friend Heather

Comfort for children and elderly not
valued, respected and cherished

Paul and Andrew

Successful closing on our new home just
after Christmas

John and Mildred for continued health

Jason who is having brain surgery

The Aufderhar family NC on the loss of
their infant son

My parents-in-law Clarence and Ellen

Jill and Lynn and their families

All pastors



The Lord bringing into my life a sister for life
Grandbabies

Answered prayer

That Brian had no life threatening injuries

For the Lord's healing in my life

For loving families

The blessings of the health of our
granddaughter

Thanksgiving for Dennis's 4th day talk



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
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: Gary Staddan (540) 373-7716
e-mail: firstchristianchurch@verizon.net

Interested in joining or starting a new reunion group?

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

Community Volunteers

Community Lay Director - Rosemary Blankenship

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

Assistant Community Lay Director - Richard Warner

Gathering Location Coordinator

Treasurer - Monica Warne

Secretary - Diana Shiflett

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 Registrars - Pat & Dick Barnett

Gathering Support Coordinator - Jane Carwell

Community Music Director - Lola McDonald
Community Baker - Vacant
Childcare Coordinator - Vacant
Music Coordinator for Gatherings - Steve Makely

Weekend Support Coordinator - Brian Lewis

Comm. Cha Coordinator - Richard Warner
General Agape Coordinator - Monica Warne
Prayer Vigil Coordinators - Jane Carwell
Placemat Coordinator - Margaret Filler
Snack Agape Coordinator - Vacant
Agape Bag Coordinator - Diana Farrar
Transportation Coordinator - Mo Moses
Supplies Coordinator - Wes Pryce
Fourth Day Packets - Rick and Susan Dillard
Fourth Day Coordinator - Dick Barnett
Reunion Group Coordinator - Sandy Crossley

I Am the New Year

I am the new year. I am an unspoiled page in your book of time.

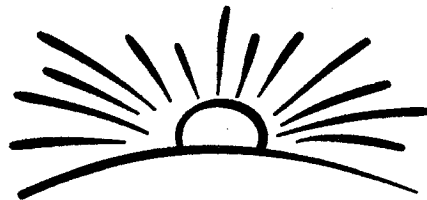
I am your next chance at the art of living. I am your opportunity to practice what you have learned about life during the last twelve months.

All that you sought and didn't find is hidden in me, waiting for you to search it but with more determination.

All the good that you tried for and didn't achieve is mine to grant when you have fewer conflicting desires.

All that you dreamed but didn't dare to do, all that you hoped but did not will, all the faith that you claimed but did not have—these slumber lightly, waiting to be awakened by the touch of a strong purpose.

I am your opportunity to renew your allegiance to Him who said, "Behold, I make all things new."



2006 . . . A New Year

A new beginning