

UPPER ROOM EMMAUS OF THE GREATER FREDERICKSBURG AREA

Upcoming Walks:

FE-93 (M)
Feb. 27 - Mar 2, 2014
Randy Harding

FE-94 (W)
Mar. 6 - 9, 2014
Debbie Bliss

Gathering Directions

To: Hillcrest UMC
2208 Lafayette Blvd
Fredericksburg, VA 22401

From Route 1 South & I-95: Take Route 1 North,
(from Spotsylvania Exit 126 on I-95), to Four-Mile Fork.
Turn right onto Lafayette Blvd. Continue on Lafayette
Blvd. to Hillcrest UMC on the left.

Directory Update Request

Please fill out the below and either email to Mary Lee at mlhensel59@gmail.com
or mail to Fredericksburg Emmaus PO Box 42094 Fredericksburg, VA 22404. Thank you!

Name: _____

Address: _____

City: _____ State _____ Zip _____

Phone: _____ Cell: _____

Email: _____

Walk: _____ Attended 4th Day Follow-up? _____

Church: _____

Gathering Info

2:30 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 Mary Lee Hensel at mlhensel59@gmail.com

GATHERINGS

February 8th

Hillcrest UMC

March 8th

Camp Happyland Candlelight

April 12th

St Matthias UMC

Thoughts from the Community Lay Director

Happy February!

February is a peek at Spring with Ground Hog day, will it be 6 more weeks of Winter, or the start of Spring early? February is Valentine's Day, new loves, old loves, rejuvenation of your love of so many years.

February is patriotic, with Presidents Day and Flag Day, we celebrate our past and our heritage.

For our Emmaus community, February, this year is also the time for Spring Walks. The men's walk is the last weekend of the month, and the women's walk is the very next weekend. We have 7 pilgrims total. The rule used to be that all applications had to be in 3 weeks before the date of the Walk. For some time now, we have not adhered to that rule, because we want to hold the walks and not cancel.

So this February I am in a predicament, do I cancel the walks? Do I hold out and pray that we receive more applications? Receiving them this late can make things harder on the Sponsor, gathering the personal agape, making all the necessary arrangements...

Both teams have been meeting and are so ready for the weekend, so many prayers have gone into all of the decisions, but now what?

Do you have an application that you have not sent in? Do you know someone that would benefit from going on the Walk to Emmaus? There isn't much time. We need to let the camp know how many we are sending, and our community cannot afford to pay for a weekend that does not have enough pilgrims.

Just so the community knows how this works – we are charged for the team and a minimum of 17 pilgrims. If we do not have 17 pilgrims we still have to pay for them. We have to give the final count to Camp Happyland 2 weeks before the start of the Walk, so for the men, that means we need to give them the count on Feb. 13th. For the women we need to give them the count on Feb. 20th.

As of this writing we have 3 applications for men, and 4 for women.

If you have an application, get it sent in and also, please email all the information to Tom or Bonnie Wells, rogue_usmc_ret@yahoo.com, bonnie_wells@hotmail.com, and to Debbie Bliss dhbliss@cox.net.

There are underscores in the spaces, which you might not be able to see on both of the Wells' email addresses.

On the 12th and 19th, we will be making the decision of whether to cancel these walks.

Please keep these Spring walks in your prayers, and please send in any applications that you may have. Time is short, and we are praying that some have just not realized how close we are to the Walk dates.

Mary Lee Hensel

FE 44 Table of Faithfulness

Directions to Camp Happyland

21457 Happyland Drive

Richardsville, VA 22736

From Central Park in Fredericksburg: Drive 7.5 miles west on Route 3. Turn right (North) on Route 610, Elys Ford Road. Drive 9 miles north on Route 610. Just prior to the green Richardsville sign, turn right (East) on Route 619, Richards Ferry Road. Drive 1.3 miles to Happyland Drive. You will see a large Camp Happyland sign on the right side of the road. Turn right into the Camp and proceed to the parking area. Total distance is approximately 18 miles.

From the CSD

GOD'S LOVE LETTER

My husband Joe was a man of few words. The few words he shared were thoughtful, loving and wise. We had only three years together as husband and wife as well as a 17 month courtship. We shared only four Valentine's Days together. Our first dates were attending each other's church Valentine Banquets! He was in the hospital on our first Valentine's Day as a married couple, and he gave me a pretty card which he had bought earlier and hidden. He requested that I find it and bring it to him at the hospital. He truly was feeling too bad even to sign it, but he did with the words: More later. Love, Joe.

When I went on my Emmaus Walk in 1996, I did not receive an agape letter from my husband. I really thought little about it, since the other letters overwhelmed me. When I returned from my walk, my husband presented me with a lovely handwritten letter (front and back) on beautiful stationery featuring a single red rose. He explained that I didn't receive it on the walk because he just needed more time to get his thoughts together and say what he really wanted to say. That agape letter was a love letter from my husband—the only one he would ever write to me. He wrote words of love and devotion and of thanksgiving to God for my being his wife. He wrote of my calling and my ministry and the pride that he felt in knowing that his wife was answering God's call. Eighteen years later, I read that letter often. I will cherish it for as long as I live. I can hear Joe's voice as I read it. I can feel his love. That letter is among my most cherished possessions.

We are blessed to have God's love letter to us in the gift of His Son:

For God so lo**V**ed the world
that He g**A**ve
His on**L**y
begott**E**en
So **N**
That whosoever
believeth **I**n Him
should **N**ot perish
but have **E**verlasting life.

John 3:16



As we read the words of the Bible, we are reminded that God, our heavenly Father, showed us the full extent of His love in His son, wants only our best, and loves us with an everlasting love. How blessed we are! His love for us is the best Valentine of all!

Blessings,
Nancy McDaniel
Community Spiritual Director

Prayer Requests

| | |
|---|---|
| Angela - healing of Chiara and a healthy and safe pregnancy | Mickey's parents - Havel & mom's arthritis |
| Ava's grandmother - Lilly be attended to by hospice and her brother, John | My heart - Dr. says I have recovered |
| Baby coming - birth mercies | Pilgrims of FE-93 and FE-94 |
| Bill's family fire | Reading the Word daily |
| Bruce & Trisha | Randy Harding's strength in the Lord |
| Christopher | Randy Ross heart |
| Church | Salvations Army ministries across the world |
| Clarity of mind for up upcoming interviews | School |
| Kathy - Will and Sue unspoken request | Shane - Mom cervical cancer and possible spreading to bladder and kidneys |
| Daughter to get back in church | Son |
| Donnie By-Pass issues | Son to find job |
| Dr. bills payments | St. Mathias praise band and praise service success |
| Evan - born ten weeks early | Steve - Joe to finish Seminary |
| Family | Mary 2014 |
| Finances | Tara & children |
| Fred Tody - healing | Teams of FE-93 & FE-94 smooth teaming and protection from spiritual warfare |
| Friend newly diagnosed with bone cancer | Travis - healing from cancer |
| Grandsons | Tristan |
| Greg & Angela expecting a baby | Vonda - Kids to return to school and stay healthy |
| Health | West Virginia water issues and the people affected |
| Herb's discharge from the hospital | Wilfred |
| Hope 3 Ministries | Work of God to finished |
| Kim's heart | William B - healing |
| Laura - Healing from cancer | Young people who need our prayers |
| James - need for house | Chris - July Mission trip to Peru with three of his children |
| Job stress | Drew - job interview for position as a Youth Pastor |
| Jodie - Peace of mind / rest | Anne - knee replacement |
| Joe - 2014 Budget Fee | |
| John | |
| Justice Ward for stomach problems | |
| Kelsie - healing from leukemia | |
| Knee replacement | |
| Mary | |
| Manacular degeneration | |

Instructions for Agape

- General Agape should be for all Pilgrims and all Team Members and it should be anonymous.
- Please Pre-Sort Agape into a labeled bag for 24 Pilgrims and 26 Team Members for the three Agape events: Friday afternoon Agape Bag, Friday night Bed Agape and Saturday night Bed Agape.
- If any agape has a cord or chain, (lanyards/crosses), please individually wrap them in small baggies otherwise we may have to untangle each one.
- Pilgrim Sponsors need to get 8-10 Personal Agape letters and separate them from all other Agape.
- There will be an Agape Box available at the Gatherings

Agape Placemats

If you would like to make walk placemats, please email the coordinator Debbie Bliss at dhbliss@cox.net for the details and to sign you up for a meal's worth of placemats. Placemats can be done by individuals or by reunion groups. For each meal, we need 50 placemats. You can make them on legal (8.5 x 14) or ledger (11 x 17) paper or anywhere in between. You can use crayons, markers, laser printer, stamps, paint, or your favorite decorating technique. The medium and design is up to you.

Agape Bags

Remember when you saw your agape bag for the first time? God filled that eye-catching bag with love letters just for you. Will you help make a pilgrim's walk special? You can buy brightly colored rainbow striped fabric, (check the craft section at your local fabric store or WalMart), cording, and bright shoelaces to donate. Or you can make agape bags; they are sew simple to make, (12" wide and 15" tall, please). Say "I'll help" by calling Karen Campbell - 540-658-0468 or email her at: campbells_6@yahoo.com

Fourth Day Testimony

I was born and raised in church and I thought just b/c I called myself a Christian and went to church I knew who God was! However, it was during my teenage years and into my young adult life that I began to fall upon the ways of the world and realized I didn't know God at all. In fact, I had fallen so far away from him b/c of my own actions. In addition, I was destroying all of my relationships and everything that I was acting out and doing landed me behind prison bars. Trust me, Prison was not the place I wanted to be, but it was the best thing that ever happened to me. I found God and realized that when he was all I had, He was enough....For the first time, I really had a relationship that wasn't conditional. I never will forget that w/in those prison walls was where I first heard about Kairos and then later found out that it was very similar to Emmaus.

When I did my walk, in November of 2010 I had only been out of prison 10 months. On FE-81 I was a pilgrim, and didn't even know the sweet lady that sponsored me at the time. I just knew that I was so ready for a change and I could not return to the same things that the past had offered me. Well, when I went on that weekend I thought maybe just maybe I would share a little bit about myself and go home & Sheeze was I in for a surprise when God revealed to me something more! Since then, I took what I learned and took it back to the church I attended and God started doing his "MAGIC". I was ordained as a Deacon in that church despite the feelings of being so unworthy, as well as truly being able to live out my testimony instead of just talking about it. I have served on the servant team and just recently served

on the Women's FE-92 walk were I was able to be in the talk room for the first time. I guess you can say I am a true "Emmaus Groupie" and have caught the BUG, b/c each time since, I walk away w/ such a God & Jesus High!!!

This past teaming experience to me meant trusting in God in a new way as well as refresh my memory as to who Christ has called me to be. I needed a subtle reminder apparently, that "Every Moment Counts, and you get out of relationships what you put into them" (not only w/ God, but also w/ people). I also needed reminding that I need a healthy balance in my life, and if my "Priorities" are out of line, then I am running a rats race and am getting no where and that life was sometimes meaningless. Not to mention, that God had moved out of 1st place and that all my listening was not beginning and ending w/ Him. Since my 4th day, so much has happened and I could never begin to express or fathom why other than the explanation of what an "AMAZING or AWESOME" God I serve. I realized that through this all, the more I study, the more I want! So now, I am going one step further and finally going back to school to pursue that.

Never would I have ever imagined that when I said "Lord Send Me" he truly would....I came to bless the pilgrims and be a servant, but b/c I did so and stayed humble....in the process God did all of these very same things to me and then some!!

DeColores

Dana Peebles, Belmont Baptist Church
FE-81, Table of Elizabeth

Men's FE-93 Team

| Name | Church | Assignment | Talk/Reading |
|------------------|------------------------|-------------------------|----------------------------------|
| Gary Adkins | Fairview Baptist | Assistant Lay Director | Fourth Day |
| Dick Barnett | Fairview at River Club | Table Leader | |
| Gregory Basye | Melrose UMC | Assistant Table Leader | |
| Tom Dempsey | First Christian | Table Leader | Life of Piety |
| Butch Farley | Fairview Baptist | Table Leader | Priesthood of all Believers |
| Matt Guentner | Epic Life | Spiritual Director | Justifying Grace |
| Wade Hall | Mila UMC | Servant Team | |
| Randy Harding | Melrose UMC | Weekend Lay Director | Perseverance |
| Ed Hayner | Promised Land | Board Rep | |
| Doc Holladay | Hillcrest UMC | Table Leader | Discipleship |
| Tony Innocenti | Melrose UMC | Assistant Lay Director | Christian Action |
| Larry Jenkins Jr | Ebenezer UMC | Assistant Table Leader | Changing Our World |
| Keith Lauer | Mount Herndon UMC | Spiritual Director | Obstacles to Grace |
| George Masten | Bethel UMC | Music Team | |
| Matt McBride | St. Matthias UMC | Servant Team | |
| Jim Muhlenkamp | North Stafford Baptist | Spiritual Director | Sanctifying Grace |
| Spence O'Conner | Promised Land | Table Leader | Body of Christ |
| Joe Reed | First Christian Church | Lead Spiritual Director | Prevenient Grace, Means of Grace |
| Dan See | Stafford Crossing | Assistant Table Leader | Growth Through Study |
| Shane Smith | Fairview Baptist | Assistant Lay Director | Priority |
| Gregg Snyder | Andrew Chapel UMC | Assistant Table Leader | |
| Bill Spicer | Mt. Horeb UMC | Floater | |
| Ed Taylor | Ebenezer UMC | Assistant Table Leader | |
| Tommy Ward | Nizpah UMC | Servant Team | |
| Dennis Warne | Common Ground | Music Director | |
| Tom Wells | Common Ground | Music Team | |
| Ralph Williams | Fairview at River Club | Lead Servant | |
| Don Wissinger | Risen Hope | Servant Team | |

FE-93 Schedule

| Date | Time | Activity at Camp Happyland |
|---------------|----------------|--|
| Thur. 2/27/14 | 6:30 - 7:00 pm | Pilgrim check-in followed by Sponsor's Hour |
| Sat. 3/1/14 | 7:30 pm | Candlelight – Community will gather for praise, Communion & fellowship. Please bring flowers for the team to use Sunday! |
| Sun. 3/2/14 | 4:00 pm | Closing Service |

Women's FE-94 Team

| Name | Church | Assignment | Talks |
|----------------------|------------------------|------------------------------|-----------------------------|
| Debbie Avis | Woodbridge Christian | Table Leader | Priesthood of all Believers |
| Rosemary Blankenship | Fairview Baptist | Weekend Spiritual Director | Means of Grace |
| Debbie Bliss | Hillcrest UMC | Weekend Lay Director | Perseverance |
| Carol Burke | Stafford Crossing | Assistant Table Leader | |
| Karen Campbell | Fairview at River Club | Table Leader | Life of Piety |
| Terry Cook | Fredericksburg UMC | Lead Servant | |
| Betty Jo Counts | Rhoadesville Baptist | Assistant Table Leader | |
| Julie Dixon | St Matthias UMC | Assistant Table Leader | |
| Gloria Elder | Lifepoint | Table Leader | Christian Action |
| Diana Farrar | Ebenezer UMC | Board Rep | |
| Lisa Green | Fairview at River Club | Assistant Lay Director | Fourth Day |
| Sarah Green | Fairview at River Club | Servant Team | |
| Ava Hanger | Dahlgren UMC | Music Team | |
| Kathleen Holladay | Hillcrest UMC | Assistant Lay Director | |
| Anne Hutcheson | Mizpah UMC | Servant Team | |
| Dawn Kendall | Risen Hope | Assistant Table Leader | |
| Daphne Masten | Bethel UMC (Hanover) | Table Leader | Discipleship |
| Beth McBride | St. Matthias | Table Leader | Body of Christ |
| Lola McDonald | Stafford Crossing | Lead Music Director | |
| Kathy Norbutt | Stafford Crossing | Assistant Table Leader | |
| Dana Peebles | Belmont Baptist | Music | |
| Gayle Porias | Mt. Horeb UMC | Assistant Spiritual Director | Prevenient Grace |
| LaZalia Richardson | Shiloh Baptist | Floater | |
| Michael Selph | Risen Hope | Assistant Spiritual Director | Sanctifying Grace |
| Stephanie Serrett | Hillcrest UMC | Assistant Table Leader | Growth Through Study |
| Betty Jo Sims | Mizpah UMC | Assistant Spiritual Director | Justifying Grace |
| Debbie Snyder | Andrew Chapel UMC | Assistant Table Leader | Changing Our World |
| Lynda Swanlund | Fredericksburg UMC | Assistant Lay Director | Priority |
| Jenn Ward | Mizpah UMC | Servant Team | |
| Monica Warne | Common Ground | Floater | |
| Bonnie Wells | Common Ground | Table Leader | |
| Justin Williams | Hillcrest UMC | Assistant Spiritual Director | Obstacles to Grace |
| Sandy Williams | Fairview at River Club | Servant Team | |

Elected Community Officers: (Thru June 30, 2014)

Community Lay Director.....Mary Lee Hensel

Assistant Community Lay Director.....Doc Holladay

Community Spiritual DirectorNancy McDaniel

| | | |
|----------------|----------------|-------------|
| Chris Campbell | Karen Campbell | |
| Diana Farrar | Lisa Green | |
| Ed Hayner | Ron Jennings | Chris Wells |

Agape CoordinatorTom Dempsey

Secretary.....Ava Hanger

TreasurerDebbie Bliss

Manuals Coordinator/HistorianDoc Holladay

Spiritual Director.....Gayle Porias

Spiritual Director.....Chris Fair

Community Volunteers: (Sept 1, 2013 - Aug 31, 2014)

Communications Support Coordinator.....Mary Lee Hensel

Website & Database AdministratorChris Campbell

Newsletter.....Brooke Ferguson

Daily Prayer Chain Coordinator.....Debbie Bliss

Fourth Day Support Coordinator.....Chris Wells

Fourth Day Advisory Committee.....Mary Lee Hensel

Cam Noden

Fourth Day Follow-Up/Reunion Group Coordinator.....Chris Wells

Team Selection Committee.....Chris Campbell

Team RegistrarChris Campbell

Pilgrim RegistrarsChris & Karen Campbell

Gathering Support Coordinator.....Mary Lee Hensel

Hospitality CoordinatorKathleen Holladay

Music/Equipment Coordinator.....Mitch Mitchell

Weekend Support CoordinatorDebbie Bliss

Community Servant CoordinatorDoc Holladay

Community BakerSandie Makely

Supplies/Transportation Coordinators.....Chris & Karen Campbell

Prayer Vigil CoordinatorLisa Green

Placemat Coordinator.....VACANT

Snack Agape CoordinatorLisa Green

Agape Bag CoordinatorKaren Campbell

Name Badge Coordinators.....Gary Adkins

Dianna Wells

Fourth Day Packets.....Diana Farrar

Daily Internet Prayer Chain

We have Prayer Warriors praying daily for the needs and praises of the Emmaus Community. Our Daily Prayer Chain Coordinator is Debbie Bliss, Hillcrest UMC, FE-63, table of Victorious Violets. Simply email Debbie at fredemmausprayers@yahoo.com or dhbliss@cox.net with your prayer request and our Prayer Warriors will be in prayer for you! Urgent prayer requests will be handled as quickly as we receive them. If you would like to be a Daily Prayer Warrior, email our website administrator Chris Campbell at chris@ewg.org and ask to be included as a Prayer Warrior.

Sunday

Bethel UMC Men's Group
7:30 Am
Bethel UMC Woodbridge, Va
POC: Brian Lewis
703-590-9343
Bb3253@aol.com

St. Matthias Reunion Group
1st Sunday Of Each Month
12:15 - 1:30 Pm
St. Matthias Social Hall
POC: Tammi Ellis

Tuesday

Great Is Thy Faithfulness 7:30 Pm
Prince Of Peace UMC
Manassas, Va
POC: Lloyd Biller
703-590-1512

Reunion Bible Study 10:00 Am
North Stafford Baptist
POC: Karen Campbell
540-658-0468
campbells_6@yahoo.com

Thursday

His Joyful Croakers 9:00 Am
Hillcrest UMC
POC: June Riel
540-710-5949

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

Uptown Bristersburg Believers
2nd And 4th Thursdays 7:00 Pm
Mt. Horeb UMC
POC: Chris Wells
540-788-3068
cdwells50@gmail.com

Monday

Ladies In Waiting
Meets Every Other Monday
In Falmouth
POC: Vonda LiCalzi
540-446-2682

Rainbow Group (Women)
First Monday Of Month 10:00 Am
Lake OfThe Woods
Location Varies
POC: Barbara Miller
540-972-7418

Wednesday

Lord's Lions & Lambs Group
6:30 Pm
First Christian Church
POC: Joe Reed
540-373-7716
first.christian.church@verizon.net

4th Day Testimony Request

The 4th day committee wants your 4th day testimonies. They don't have to be long, just tell us what God's doing in your 4th day, or how teaming, sponsoring, being involved in a reunion group, or attending monthly gatherings has changed your life. We will review it and if accepted, include it in the newsletter on a monthly basis. So if you'd like to share with us how God has used your Emmaus experience in any of these areas, please email your testimony to Cam Noden at: twonodens@juno.com for review. I'll be looking forward to hearing from you!

*Are you interested in joining
or starting a new
Reunion Group?
Email Chris Wells at
cdwells50@gmail.com*