

Upper Room Emmaus of the Greater Fredericksburg Area

EMMAUS 2017

October 2017

www.fredwalk.org

DAILY INTERNET
PRAYER CHAIN
email Debbie Bliss at
dhbliss@cox.net or
fredemmausprayers@yahoo.com

DAILY PRAYER
WARRIOR
email Chris Campbell
at chris@ewg.org

Upcoming Walks

FE-108 (W)
Oct 26-29, 2017
Jennifer Taylor

FE-109 (M)
March 22-25, 2018
Butch Farley

FE-110 (W)
April 19-22, 2018
Judy Britt

FE-111 (M)
Nov 1-4, 2018

FE-112 (W)
Nov 15-18, 2018

4th Day Follow Up:
Oct 14th
St. Matthias UMC.
9:00 am - 11:00 am

Fredericksburg UMC
308 Hanover St
Fredericksburg, VA 22401

Gatherings

Take exit 130A Rt 3 East towards downtown Fredericksburg. Turn left onto William St. Veer Right onto Hanover St. Church will be on your right. Parking is also available behind the church on Charlotte St.

At the Oct Gathering, we will use the introduction/grouping time to get to know one another as we make agape for the Women's Walk.

- The Board meets at 2:00 pm
- Bring snacks to share during Fellowship time at 3:30 pm
- Gatherings start at 4:00 pm

*Melrose UMC
1317 Lewissetta Rd.,
Lottsburg, VA 22511

Oct 14th:
Fredericksburg UMC
Oct 21st:
Melrose UMC*
Nov 11th:
Falmouth UMC

If your church can host a gathering, please
email the CLD John Mann at
slowjet@outlook.com



“Who Are We Serving?”

“Let’s not get tired of doing good, because in time we’ll have a harvest if we don’t give up.”
Galatians 6:9

We are in that season of the year in which everywhere we turn, someone is asking us to serve or to assist in serving; to participate in some form or fashion in ministry. All of these opportunities (well, most of them anyway) are worthy endeavors but at some point, we really need time for ourselves. Admit it, we’ve all been down that path. So what to do. Do we ignore the request in the hopes someone else will step up? Do we say no and in so doing feel guilty? Or do we say yes, and wholeheartedly embrace this new opportunity to serve?

I suppose the scripture from Galatians is really saying that if we persevere in a ministry, that ministry will eventually bear fruit. However, I’d like to invite you to look at it somewhat differently.

My church is one of several that support the Fredericksburg Micah Ecumenical Ministries. We provide breakfast, lunches, and dinners on a regular basis. When offered the opportunity to serve breakfast one day each month I wasn’t eager to sign up; my wife, on the other hand, jumped at the chance.

We have a group of 8 to 10 folks that participate, serving anywhere from 30 to 75 or more guests. It has proven to be a blessing to me and I suspect to the others. We take a lot of pleasure in the quality, quantity, and variety of the food we prepare...in other words, we don’t approach it as an assembly line. We are always

trying something new so we can better meet the needs of our guests and if we don’t like it, it doesn’t get served. Before we begin serving, we ask for prayer requests and then have a blessing. The prayer requests are always heartfelt and quite often express deep concern for others in their sphere of friends and acquaintances. One of our guests, who has cancer, always comes back into the kitchen to pray for us. We gather in a circle, hold hands and he offers a wonderful prayer of thanksgiving for the care that we show to him and the others and he asks for God’s blessing on each of us. Other guests have personally thanked individuals for the quality of the food that we serve.

I come away from these Micah breakfasts feeling renewed and refreshed. In reflecting on most of the ministries in which I participate, I have that same feeling of renewal and of participating in something larger than myself. It’s a great feeling and it makes me want to do more. I’m also amazed at how selfless others are that support these ministries. And so when I consider the scripture from Galatians, I’m wondering if the “harvest” that is mentioned is really one within ourselves.

I still need to be aware of not signing up for too much, but I will generally say yes if I can make it work.

DeColores,

John Mann

Fredericksburg UMC, FE-029, Table of Luke
Community Lay Director

FE-107 has come and continues:

It was suggested that I write an article for the newsletter on FE-107. I don't want to come across as pompous or arrogant so I will start with a fact, and that fact is all Glory goes to God! Amen. Where do you begin when doing this? Read to the end to see the final result.

It was a huge success, but let me give you a little history. Lets jump to team selection. I was provided a list of names and before I could even finish praying about it John (our beloved CLD) announced at Antioch UMC that anyone interested in serving should contact me. That was a blessing in that I ended up with a great start. Note: to those that are asked to team, get back to the WLD as soon as possible after praying about it, our team did and it was very helpful. We held a leadership meeting and set a schedule for training. We commissioned on 29 July and handled a lot of training at that meeting (Community Lay Director, Board Rep, Talk Training, Table Training, etc). Our first talk previews were held two weeks later in the Northern Neck and other than a couple of people that had vacations planned we were a full house. We came back up to Andrew Chapel UMC for the rest of the training and although we were missing 1 or 2 folks that needed to be excused for work or family all teamers were in attendance. Ok so what has that got to do with the price of milk? Well I'll tell you, it means the team was dedicated and that lends to very meaningful walks. We planned on 6 tables of 3 to 4 Pilgrims each. We did lose one first time ATL and had to reorganize, but we did it in a way that kept all talk room team members intact.

We planned for and continued to pray for Pilgrims. When there were only 3 identified and the walk was up in the air we continued to train for a full talk room. As we were introduced and prayed over by the community at the Sept Gathering we increased to 6 Pilgrims with a few potential in the wings. With an add and a drop and a few "I can't do it this time" responses, we ended up with a very solid 7 Pilgrims.

We are now up to the weekend, Thursday evening introductions in the talk room were a blast as some pilgrims were comfortable enough to joke about the food and hobbies of the teamers they introduced. We did have a solemn viewing of the video and the ensuing moments before complete silence and bed. Friday was a good start with reverence during chapel. As we moved to the talk room, the tables had time for introductions and bonding which seemed to go well. Friday was a strong day for talks and the Agape was received with open hearts. Saturday was another power packed day as we enjoyed fun and seriousness. Dying Moments was extremely significant as usual and the skits were a riot. Evening entertainment after dinner was a group known as the Brooke Station Boys and they were fantastic. Candlelight was so moving for the Pilgrims, they loved it, thank you to all who participated. We finished with a strong Examination of Conscience at Chapel Service before enjoying some cake and ice cream along with many fresh home baked goods. Sunday was the normal whirlwind with talks that you knew were inspired by the Holy Spirit.

AND now (drum roll), If you missed closing you missed a message. Just as each talk affects the listener differently so were the introductions from the newest members of FE-107 and the Fredericksburg Emmaus. You have heard it before "lives were changed" and that is true once again, even team members. The extent of change in a Pilgrim is the part we do not know completely, but they sure do. At closing the manual was followed for the pilgrim responses, in other-words they were asked to step forward as they were led. It is pretty awesome when guys are getting up to talk at the same time yet being graceful to their fellow Brothers in Christ. All of them chose to speak and the messages were amazing. I do believe that the World, the Fredericksburg Emmaus Community, and the Churches involved will be better as a result of the Men of FE-107. 40 went in and 40 came out ready to make a difference.

DeColores
Gregg Snyder

My best friend's son Jeff Harvill,
with melanoma

Everyone in Irma's path

Florida and Texas

Brian Smith, all those with FEMA,
FEMA Corps, Relief – survivor
assistance, for Harvey & Irma

Scott Bandy – thyroid cancer,
iodine treatment

John Bradham – prison, looking for
release

Mary Usher – Health

Please pray for those in the path of
hurricane Irma and those
recovering from hurricane Harvey

Pat & Joyce Campana – Health &
safety during the hurricane

Praise! Thank God for opening
and closing doors that has led us to
our new home! Chris and Raye

Jason & Melanie Sully – continued
healing

Dan See – heart issue

Hunter & Gabby McCollum
(Randy's son) expecting a baby in
April 2018

Ella Margaret Johnston age 102.67.
Pastors. Our youth. Our military
and responders. My daughters.
Decisions. Unsaved.

Mary & Jeffery Parks. New River
Valley Emmaus. Mary's mother
passed this afternoon and is with
the Lord. Mary also has cancer.

All those affected by the hurricane
including family – Marnee, her
husband Michael and her 5
children

Rob & Brittany for a healthy
pregnancy

Ryleigh Lapera – 13 months old.
Having tubes but in her ears.

Prayers for my wife Rochelle and
her mother Betty.

Barbara Swingle – healing from
knee replacement

All in the path of the storms

All who fight cancer

All involved and affected by the
hurricanes

Anne Hutchenson

Best friend in Orlando, FL

Christian Defontis

Comfort for Adkins family

Continued health concerns for
family member, Barbara Mather

Continued prayers for my dad, my
brothers and myself as we continue
to find our way after my mom's
death on July 7th. Mary Ann
Lowery FE-106

Deliver family members from
addictions

Dennis and Monica

Discernment and wisdom for Tony
and Maria

FE- 107 and FE - 108

For family healing with a son and
daughter-in-law

For our family in transition -
moving

Finances

Fredericksburg Emmaus
Community

George and Daphne

Hayden Hancock and family (mom
and dad). He is having surgery on
both his kidneys. He has reflux in
them and they are attempting to fix
the valves.

Healing for my brother, Law
Wallace

Healing for our daughter, Lindsey

Healing for Lindsey, Wallace and
Frank

Health

John Bradham

Kathleen for pain relief

Ken and Trina

Mason Morris, grandson of Al and
Debbie Bliss, who is deployed to the
Middle East in volatile area – for
his and his troops safety and
wisdom.

My son, John Bradham, who is in
prison in WVA

Mizpah UMC

Our Country

Prayers for all in harm's way of the
hurricanes and including all health
care providers, emergency service
people and those first responders.

Robert Langston

Ryleigh Lapesa – 13 months old
and having tubes put in her ears

Salvation for children and
grandchildren

Salvation for daughter, her husband
and children

Texas and Florida

Traveling mercies for our son,
Sequoyah

Usher family

Face to Face

Face to Face offers an Emmaus like experience for older adults, 60 years old and older, who can't participate in an Emmaus Walk due to physical and/or family issues.

Based on the vote the Board took in August to begin the process to bring Face to Face to the Fredericksburg Emmaus Community we have reached out to The Upper Room for approval. The Upper Room provided approval to start a Face to Face program in our Community and they sent the first couple of documents that chronicle the process. We have asked questions concerning training and further guidance on Steering Committee requirements. Once we receive answers to those questions we'll begin building a Steering Committee.

If you are interested in participating, please send a note to John Mann at slowjet@outlook.com.

Golf Outing:

October 21st in morning

Northern Neck a rea

Email Dan See to be included:

Daniel.See@bowheadsupport.com

Board Elections

It's time once again to elect a new class of Board Representatives. Per the By-Laws, our election will take place at the November Gathering. A separate email will be sent out during October with the list of nominees and an absentee ballot along with submission instructions. Once that list is published, it can only be changed by nominations from the floor at the November Gathering.

This year we are looking to fill the following positions:

Class of 2018

One lay woman for a one-year term (currently filled by our Treasurer, Chris Silkensen)

Class of 2020 (three-year term)

One Spiritual Director

Two lay men

Two lay women

4th Day Follow Ups:

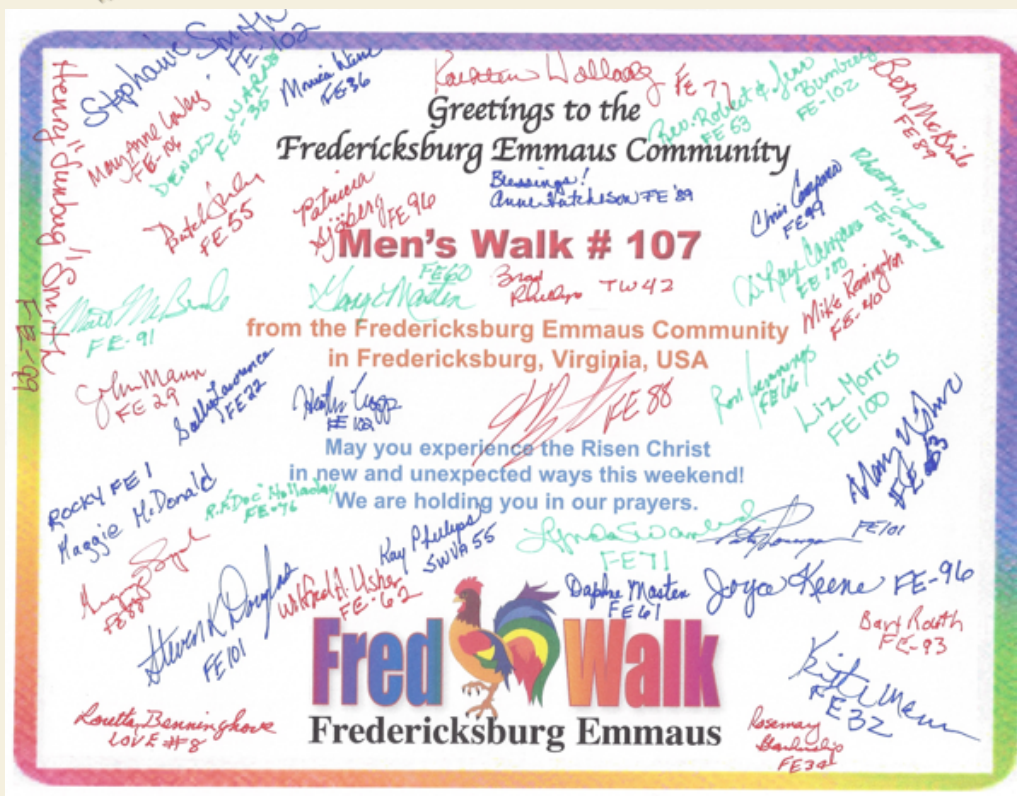
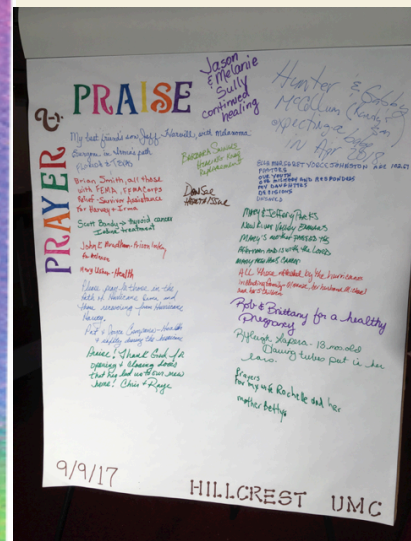
Oct 14th

St. Matthias UMC.

9:00 am - 11:00 am

Anticipate scheduling at least one more session this calendar year after the Women's Walk.

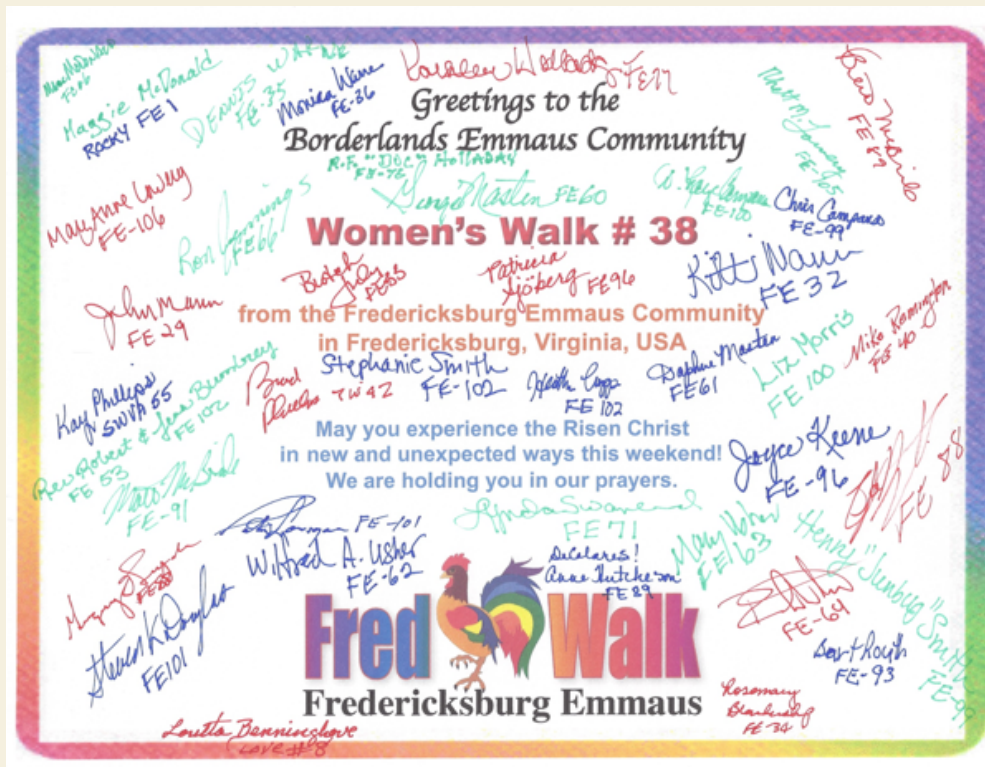
Gathering Prayer Chart



Community Agape

Fredericksburg
Emmaus,
Fredericksburg, VA
Men's Walk #107,
Sept 21-24, 2017

Borderlands
Emmaus, El Paso
and Southwestern
New Mexico
Women's Walk #38,
October 12-15, 2017



Walk Placemats

If you would like to make walk placemats, please email Mary Lee Hensel 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.

Agape Bags

Will you help make a pilgrim's walk special? You can buy brightly colored rainbow striped fabric, cording, and bright shoelaces to donate or you can make them yourself, (12" wide and 15" tall, please). Please contact Karen Campbell at 540-658-0468 or campbells_6@yahoo.com

Walk Schedule

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

Agape Instructions

- ~ 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 Pilgrims and 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

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.

Board of Directors:

Class of 2017

Bonnie Wells

Beth McBride

Dan See

Betty Jo Sims (SD)

Gregg Snyder

Class of 2018

Rosemary Blankenship (CSD)

Tammi Ellis

Matt Green

John Mann (CLD)

Chris Silkensen (Treasurer)

Class of 2019

Chris Campbell (ACLD)

Butch Farley

Joyce Keene (Secretary)

Vonda LiCalzi

Randy McCollum (SD)

Volunteers Needed

Please contact John Mann at slowjet@outlook.com if you are interested in helping the Emmaus community through any of the following 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: Gregg Snyder

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: Kittie Mann

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

REUNION GROUPS & WALK FEES

PAGE 9

Are you interested in joining or starting a new reunion group?
Email Chris Wells at 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>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>

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