



Heart of Carolina

Heart of Carolina Emmaus
P. O. Box 1766
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Heart of Carolina Emmaus Newsletter Volume 6, Number 4 October 2006

From Your Spiritual Director

Greetings in the name of Jesus Christ our Lord.

In ancient times there once was a king who decided to find and honor the greatest person in the realm. A man of wealth and property was singled out. Another was praised for her healing powers; another for his wisdom and knowledge of the law. Still another was lauded for his business acumen. Many other successful people were brought to the palace, but it became evident that the task of choosing the greatest would be difficult. Finally the last candidate stood before the king. She was a woman whose hair was white. Her eyes shone with the light of knowledge and understanding love. "Who is this?" asked the king. "What has she done?" "You have seen all the others," said the king's aid. "This is their teacher!" The people applauded and the king came down from the throne to honor her.

Yeah, so what? Great story but what does this have to do with the spiritual journey of a person's life? Shaun McCarty writes, "*Those who accompany others on journeys of faith have been called by a variety of names: spiritual directors, masters, fathers, mothers, midwives, guides, counselors, mentors, companions, friends, etc.*" The question for us is, who are the "spiritual teachers" that have been one or many of these names for us along our life's journey? Don't look too hard for the professional religious or the academically or economically successful (whatever that means). Look for those who have been in the trenches with us and who, by their life and wisdom, have opened our eyes to the mystery of our faith. Let us look for those who have led us to understand that God is not necessarily where or how we expect to find God and that God is not manageable by any human proficiency. Let us look for those "soul friends" who affirm the grace of God within us and who challenges us toward a growing intimacy in our lives of worship and devotion. These are the ones who deserve our applause and our gratitude. These are the ones who, without attention drawn to them, become our spiritual teachers. Thank God for these wonderful gifts of grace. I look forward to saying thank you to one or more of my "spiritual friends." I invite you join me in this act of gratitude.

Peace,
Bryan

Lay Directors' Corner

"Therefore since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us. Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God."
Hebrews 12:1-2

We in Heart of Carolina Emmaus have been blessed by so many that are a part of the great cloud of witnesses: those who gave sacrificially to see this Community come into being, ones who served on each of our pilgrim Walks, and subsequent teams, those who served faithfully behind the scenes or provided leadership on the Board of Directors through the years. This year we are particularly reminded of the selfless service of T. Ray Smith and Lemoyne Rose.

Each of us can think of many in the HOC Community – both clergy and laity – who have re-presented Christ to us. We have been and continue to be richly blessed by those serving in His name.

Your faithfulness in the voting process resulted in almost three times the number of ballots! The by-laws change was overwhelming passed. New Board members will take up responsibilities in January, 2007 but will begin learning about respective work areas during the upcoming Walks. Newly elected lay members are: Colon and Donna Davis from Elevation UMC, Keith and Lynda Stewart from Fremont UMC, Si and Stephanie Weeks from Fuquay-Varina UMC, and Al and Susie White from Millbrook UMC. The clergy position will be filled by Alice Kunka.

We know that each of you will do all you can to support Walks 89 and 90 and the pilgrims God is entrusting to us. Let us join together in prayer that these two Walks are all God visions them to be. Men's Walk #89 will be September 21-24. The Lay Director will be David McAnally, and the Spiritual Director will be Bill Snotherly. Women's Walk #90 will be October 12-15. The Lay Director will be Kim King, and the Spiritual Director will be Lib Campbell. **Follow Up for these two Walks will be October 29.**

May God richly bless you for your servanthood in His name!
DeColores,

David and Lee Heathcoat

R & R Tracks-From Your Editors

Dear Friends,

Well folks-this is it for us. It is with an unusual combination of both sadness and relief that we bid farewell as your editors for the Heart of Carolina newsletter. Now that the “referendum” to begin Board of Directors terms in January has passed, we will still be on the board through the end of this year. However, this will be the final newsletter of our tenure.

We have enjoyed this journey of service for our community, and we are grateful to the community for allowing us to be a part of this journey for the last two years. We’ve tried to spice up the newsletter a bit with some new features, clipart, and different formats. We are confident that our successors will continue to improve this publication. We have also tried to keep up with your changes and updates of information in the directory. This by itself has been an Herculean challenge! Forgive us if we missed you somehow.

As we enter the fall, which is our favorite time of year, we have started this season with an additional blessing. Our oldest daughter, Ariel, went on her Chrysalis Flight over Labor Day weekend! Now that she is now a part of the Heart of Carolina community, you can be sure that you will see plenty of us, even though our tenure on the board is complete. Emmaus and Chrysalis have now become a family affair for us, and we are looking forward to even more involvement in both fellowships. (We should also note that our spiritual director’s daughter, Meredith Faggart, was one of Ariel’s fellow caterpillars on the Chrysalis Flight.) Praise God!

We would be remiss if we did not say thank you to Dave Amon for his work as the web-servant for the HOC website. Our past issues of the newsletters are there, and recently, Dave redesigned the whole site. Check out the new look at www.rtpnet.org/emmaus/.

Once again, it has been our joy and privilege to serve you and the HOC Community. We look forward to seeing everyone working behind the scenes, with future teams, and at Gatherings. May God bless and keep you all-see y’all around!

Grace and Peace,

Rusty & Renee Rains

Donations for Walk Book Table

Thank you so much for all the books that have been donated for the Agape Book Table at each of the recent Walks. Some have even donated new books while others have donated used ones in good condition. Both kinds of donations are welcome and appreciated!

You, as members of the HOC Community, have made this special gift of agape possible. If you have good used or new books that are appropriate for the Agape Book Table (inspirational, study etc.) like the ones on the Book Table on Saturday morning, bring them to Send-off, Closing, or Gatherings and place them in the red crate. At Short Journey, the crate will be in the Agape Room.

If you have questions, please call **Danny & Faye Cress at 919.552.0713**.

Luggage and Transportation

During a walk weekend, reunion groups and individuals are always needed to assist on Thursday evening and Sunday afternoon with luggage. This is a great way for your reunion group to offer behind the scenes help.

Also, if your church has a van that you are authorized to drive, van drivers are needed to assist in the apostolic hour on Saturday evening. This is just another wonderful way to offer behind the scenes service.

If you would like to help, please contact **Jim & Ruthie Borrell at 910.692.9597** to sign up for a future walk.

Chrysalis News

Any individuals or groups that would be willing to sponsor a youth on a Chrysalis Flight or Journey (no more than once a year) please fill out a Scholarship Form (available at gatherings) and mail to:

HoC Chrysalis Registrar, c/o Frank & Ann White, 2004 Buckskin Dr., Clayton, NC 27520
or you can e-mail the information to: frankwhite5@nc.rr.com

From the Heart of Carolina Prayer Chapel

Deuteronomy 4:7 says, “What other nation is so great as to have their gods near them the way the Lord our God is near us whenever we pray to him?”

This verse allows us to realize how fortunate we are that the Lord our God is always with us.

In the Heart of Carolina community, our “nation” is brought into the presence of God as prayer continually blesses us and sustains the Emmaus pilgrims, teams and clergy on each walk. If you have never worked in the Prayer Chapel, you are missing a wonderful experience. You are encouraged to sign up and work the Prayer Chapel on an individual basis or as a reunion group. Sign up and experience the closeness of a Heart of Carolina community as God brings us near when we pray. If you are interested in working in the Prayer Chapel, please call **Deb & Ray Murphy at 919.697.0494**.

Join the Clean-up Crew!

PLEASE help us with clean-up for the upcoming walks. It's easy work and when we have plenty of help, it doesn't take long! Volunteers need to arrive at Short Journey at 2:30 PM on Sunday before closing starts. If you are willing and able to help, please contact **Buddy & Charlotte West at 919.469.3402**.

Once again, this is a wonderful way to give behind the scenes service during a walk weekend.

Reunion Groups

As you may have found during your walk weekend, it is easier living the Christian life when surrounded by supportive and loving believers. Reunion Groups can help us keep in touch with fellow Christians and make us accountable in our daily walk with Christ.

It's through this intentional act of meeting with other believers that we can keep focused on continually giving our hearts, hands, and minds to God.

If you need help finding or starting a group, contact us and we will assist you.

Peace,
Rusty & Renee Rains

Snack Room and Kitchen

We need help in the break room for the upcoming walks! You can sign up to help for part of a day, or you can sign up for the whole weekend. There are detailed instructions available. If you are interested in helping, please contact **Fred & Debbie Gossert at 919.844.4701**.

Remember the good food and good fellowship you enjoyed in the break room on your walk? Well, it takes many of us to keep this going. So please do your part! Members of the Emmaus community from the following churches are asked to furnish these items as needed:

New Snackroom Assignments!

Vegetables, Fruit, Cheese, & Dips:

Hollands UMC, Westover UMC, Horne Memorial UMC, All Other Churches

Salty Snacks, Salsa, Trail Mix & Crackers:

Edenton Street UMC, Hayes Barton UMC, St. Francis UMC, Glendale Heights UMC, Mt. Sylvan UMC

Candy and Nuts:

Garner UMC, St. Luke UMC (Sanford),
First UMC Cary

Fruit Drinks & Soft Drinks:

Fuquay-Varina UMC, Nashville UMC,
White Memorial Presbyterian

Baked Goods:

Gateway Community, Fremont UMC, White Plains UMC, St. Andrews UMC, Benson UMC,
Elevation UMC

Low Fat & Sugar Free Snacks:

Millbrook UMC, Apex UMC, Wake Forest UMC

Sponsors:

Please bring a snack and a drink. We are especially in need of more fruit, vegetable trays, and homemade baked goods. Be advised that cash donations are welcome if you don't have time to shop or bake. We can use the funds to purchase snacks as needed.

Heart of Carolina Gatherings

Heart of Carolina Gatherings are a wonderful opportunity for worship, fellowship, and the renewal of friendships.

Gatherings take place on the 4th Friday of every month (unless there is a Walk that weekend) from 7:30 to 9:00 PM at White Plains United Methodist Church in Cary, NC.

At every Heart of Carolina gathering, we have people working in front and behind the scenes. In addition to the Moderator, 4th Day Speaker, Clergy, and Music leaders, we have people helping with set-up/clean-up, babysitters, and refreshments. It is a quick and easy way to serve the community and worship the Lord-and we need your help! You might even consider having the Emmaus Community from your church cover all the leadership roles for a gathering.

To sign up to help, contact **Randy & Alice Brunk at 919.387.2061**. Come and join the fun in worship and fellowship!

Team Selection

Please let us know if you are interested in sharing your musical gifts and talents with our Community. As the team selection committee chairpersons, we need to know of those who can serve as music leaders and assistant music leaders on the Walks. If you or someone you know are able and willing, please drop us an e-mail at mcghs.aug72@earthlink.net

We'll be sure to pass along your information to those who schedule Gatherings, Send-offs, and Candlelights (music leaders are needed at these functions as well.) Also, please let us know if and when you have served on a Chrysalis flight or Kairos weekend. Our team selection database does not include information on Chrysalis or Kairos service, yet we need to consider such service in team selection.

Thanks for your willingness to serve!

De Colores,

Brian & Susan McGuire

Sponsorship Training

As required by the *Upper Room*, your Heart of Carolina Emmaus Board of Directors established a plan to equip this community for the most important job in serving future pilgrims - Sponsorship. The Sponsorship training session was established in order to train as many community members as possible in a short period of time. We've worked to make sessions available at varying times and in locations convenient to the entire community, to local churches, and reunion groups. It is our intent to provide this community with the needed information. At least once a quarter, Sponsorship training will be available prior to HOC community Gatherings.

All Sponsors must understand the commitment they are making to the pilgrims and to the future life of the community. As a vital member of the Heart of Carolina Emmaus Community, we hope you will make every effort to insure the integrity of the Walk to Emmaus by joining your Board in the commitment we have made to follow the guidelines set forth by the UPPER Room.

Ted & Dorothy Rogers

Agape Reminder

Agape that is brought for a walk should *NOT* have anyone's personal name on it, but instead should be from a reunion group, "sister or brother in Christ" or it can be given anonymously. Agape that is distributed is done so as an act of love and is never done as an act to glorify oneself. Also, please remember that due to the addition of the board representative to the team, your agape amounts in the future should include 61 pieces for each walk.

Sponsor Letters Made Simple!

Agape letters are a very important part of every Emmaus Walk. The following guidelines should help sponsors as they collect letters for their pilgrim.

Each pilgrim should receive 12 letters on Sunday afternoon. These are the letters that the SPONSOR has asked family and friends to write.

After collecting the 12 letters, the sponsor should write Sponsor or S #1 through # 12 in the postage stamp area of the envelopes. This will ensure that the main 12 letters are included in the packet. All other letters received will be given to the sponsor to give to the pilgrim after closing.

Non-sponsor letters are those written by church friends, team members, etc. that were not requested by the sponsor. If the sponsor does not collect 12 letters, enough non-sponsor letters will be included in the packet to insure that each pilgrim gets 12 letters.

During send-off and throughout the weekend, boxes marked sponsor and non-sponsor will be in the Agape room. The boxes will also be at the church during the Apostolic Hour. Please deposit your letters in the appropriate box.

Everyone please note: there are a lot of moms, dads, Uncle Mikes, and grandpas on each Walk, so make sure that the pilgrim's first and last names are on each envelope. If the recipient cannot be identified, there is no way to get the letter to the intended pilgrim.

If you have any questions or are unsure about anything, please contact:

Dave & Linda Amon at 910.296.0416.

HOC Financial Aid

Those of us who experienced God's love in a powerful way on the Walk to Emmaus want everyone to have the opportunity to attend. A few years ago, the Heart of Carolina received a generous contribution for our scholarship / financial aid fund. Due to MANY requests for financial assistance since this donation, the fund is almost completely depleted. If you are sponsoring a candidate, please ask for financial assistance *ONLY* if a financial need exists. Some sponsors pay the entire cost of their pilgrim; many pay at least the application fee. If you, as sponsor, are unable to do this, please check with your church since many churches have funds available for this purpose.

Please consider donating to our Financial Aid Fund Contributions can be made at our Gatherings, Apostolic Hours, Send-offs, and Closings or by contacting our treasurer, **Faye Cress at 919.552.0713**. We will also gladly accept donations mailed with applications.

In Service,

Len & Lynne Harris, Registrars

An Important Reminder from our Registrars

The registration/application form for the Walk to Emmaus changed in October, 2004, by the addition of a third page. Please remember to enclose all three completed pages of the form. All registration forms should be mailed to us at: 3300 Heritage Place , Raleigh , NC 27604

In Service,

Len & Lynne Harris

Registrars

Short, Clean, and Funny

(Editor's Note: Here is a special joke just for the ladies...)

A pastor explained to his congregation that the church was in need of some extra money, so he asked them to consider being more than generous. He offered that whoever gave the most would be able to pick three hymns.

After the offering plates were passed about the church, the pastor glanced down and noticed that someone had graciously offered a \$1,000 bill. He was so excited that he immediately shared his joy with his congregation and said he'd like to personally thank the person who placed the money in the plate.

A very quiet, elderly, saintly lady in the back of the church shyly raised her hand. The pastor asked her to come to the front, so she slowly she made her way towards him. The pastor told her how wonderful it was that she gave so much, and in thanks he asked her to pick out three hymns. Her eyes brightened as she looked over the congregation. She pointed to the three most handsome men in the sanctuary and said, "I pick him and him and him!"

Snack Room Recipe

(Another Editor's Note: Here is a special recipe for our last newsletter. This recipe closely resembles a dessert that Denise Massey has been known to serve to pilgrims on walk weekends. Because it's frozen, it might be a little hard to do for the snack room. However, if you put it in there, you won't have to worry about too many leftovers!)

Denise's Ice Cream Sandwich Delight

-2 boxes, 12 ct. ice cream sandwiches.

-Two cans, strawberry or cherry pie filling.

-1 12 oz. container of Cool Whip or other whipped topping.

-Chocolate syrup.

Take a deep 9 x 12 glass dish and layer ice cream sandwiches on the bottom. Then put a layer of whipped topping over the sandwiches. Then, put a layer of pie filling over the whipped topping. Repeat the layers until the ingredients are used up or until the dish is full, with the top layer being whipping topping. Drizzle chocolate syrup over the topping as garnish.

Serve this delight in the following manner if you really want to get fancy: Drizzle lines of chocolate syrup on each individual serving dish and make designs with a tooth pick and then serve each piece on the dish over the syrup designs.

If you really want to cause the pilgrims to overdose on chocolate, drizzle chocolate syrup over each individual piece. WHOA !



Rusty bids everyone a loud and fond farewell!
(Renee also bids you farewell-and just be thankful you don't have to live with him.)