

Heart of Carolina



Walk to
Emmaus
THE UPPER ROOM®

Volume 5, Number 2

8 pages

April, 2005

From Your Spiritual Director

"Be a Christian"- Be a Christian. Be a Christian filled with gratitude! "Sing hymns and spiritual songs in your heart with gratitude." Colossians 3:16

Be a Christian who values relationships! "Humble yourselves before God, show respect to others, placing their concerns ahead of yours." Philippians 2:3

Be a Christian. Be a Christian who affirms the good. "Whatsoever is worthy of praise think on these things." Philippians 4:8

Be a Christian. Be a Christian of character. "Suffering produces patience and patience produces character." Romans 5:2

Be a Christian. Be an enthusiastic Christian. "Whatever you do, in word or deed, do all in the name of Jesus Christ, giving thanks to God always." Colossians 3:17
GRACE. That's what our community is all about (G-gratitude, R-relationships, A-affirmation, C-character, E-enthusiasm). Thank you for all you are doing as servants of Christ to build up the body of Christ. The "Heart of Carolina

Emmaus Community" exists to move pilgrims closer to Christ and to help them provide grace filled leadership in the home, church, workplace and in the world. Over 2,700 pilgrims have completed their Walk since our community was founded just over a decade ago. I believe that our greatest opportunity for ministry and service is just before us. Help us to fulfill our mission for Christ by becoming more involved in our community.

Be a Christian. Make a difference. And may they know we are Christians by our love.
Blessings,
H. William Green

Lay Director's Corner

Greetings!
Blessings on this Eastertide.

Your Heart of Carolina Emmaus Board of Directors meets monthly to pray and to facilitate our community's business, using the Upper Room model as our guideline and striving to provide each pilgrim with a Walk that brings them closer to Christ. Using recommendations from the Upper Room, HOC Emmaus will use a new format for sponsorship.

Follow-up has changed in the past year allowing more time for our "newest" community members to fellowship. The Talk on reunion groups remains; however, the Talk on sponsorship has been removed.

on sponsorship has been removed. Follow-up now includes a time for our "newest" community members to meet once again as a table and share their Fourth Day experiences.

The board will begin offering several times a year at different venues a sponsorship program for all HOC community members. Community members who intend to sponsor a pilgrim are encouraged to attend a sponsorship presentation one time. The 20-minute Power Point Presentation will address sponsorship's responsibilities, guidelines and logistics beginning with the initial meeting and ending with reunion groups.

According to the dictionary, a sponsor is one who takes responsibility for another. The suffix "-ship" refers to the skill involved in the activity. Sponsorship is the skill of taking responsibility for another. As sponsors we are entrusted with the life of our fellow Christian and we want to provide for our pilgrim the very best Emmaus experience.

We thank each of you for your continued service to and support of our HOC Emmaus community. Serving Christ with a Joyful Heart!
De Colores,
Brian & Susan McGuire



From the Editors-R&R Tracks

DeColores!

This is such an exciting time of year for us! We are basking in the warm weather and the renewal of life that comes with Spring. The sense of peace that comes from Easter continues to refresh our faith and creates a new feeling of hope within our lives.

This is also an exciting time because we as a community are once again experiencing the joy of welcoming new pilgrims into our midst. It is our prayer that our expressions of agape love will enrich and bless the lives of the pilgrims and team of Walk #79. Thank you all for your servanthood and hard work to provide this experience for others.

If you have any ideas or suggestions for this newsletter, please contact us. And as always, we are at your service. Peace,
Rusty and Renee Rains



Donations for Walk Book Table

At every Walk, there is a book table for the pilgrims and the team. Please consider donating

your Christian materials (i.e. devotionals, Bible studies, periodicals, books, cassette tapes, video/DVDs, or CDs) you are no longer using. The donated items should be unmarked and in good condition. Your donation is a wonderful gift of agape to the pilgrims and the team. Items will be collected at Gatherings and Send-offs or you may contact **David & Lee Heathcoat at 919.467.4278.**

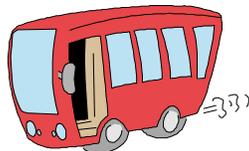


Luggage and Transportation

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 **Ray & Deb Murphy at 919.697.0494** 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:

frankwhite2@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.

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Prayer Chapel (continued)

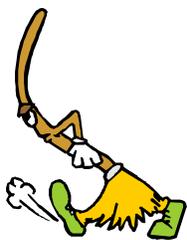
You are encouraged to sign up and work the Prayer Chapel on an individual basis or as a reunion group. Sign up and experience the closeness of a Heart of Carolina community as God brings us near when we pray. If you are interested in working in the Prayer Chapel, please call **Mark & Cynthia Johnson at 919.557.6821** or contact them by e-mail at mcpjjohn@aol.com.



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.

The following reunion groups have formed in our community recently or have updated and have contacted us since the last newsletter:

- Sisters Sharing Christ-various restaurants-Mon. PM-Goldsboro, Linda Amon, 919.273.0014
- Servants of the Savior-Kenansville UMC, Thurs. PM, Linda Amon, 919.296.0146
- Sisters of the Rising Son (replaces Sunset Sisters)-Sanford, Wed. 6:30 AM, Mac's Breakfast Anytime, Kay McCorquodale, 919.776.4245
- Old Camp Butner Reunion, Community UMC, Butner, Paula Pittard, 919.575.4158
- New Group (unnamed as of presstime), Glendale Heights UMC, Durham, 1st & 3rd Saturday, 5 PM, Jene Simmons, 919.479.1262
- Disciples, Too-Clayton, Horne Memorial UMC, Sun. 8:30 AM, Billy Rhodes, 919.553.3236-(closed)
- WWW-Wed. Women Warriors, Wed. 11 AM White Plains UMC, Lorrinda Janik, 919.467.9394
- Higher Ground, Highland UMC, Sunday, 6:30 PM, Ken Boone, 919.596.1161

Reunion Group Updates

- Lee Co. Servants, Sanford-new meeting time-Wed. 8 AM, St. Luke UMC.
- 4th Day Disciples, Sanford-now meeting @ Mac's Breakfast, Wed., 6:30 AM.
- Sunday Seekers, Sanford-now meeting @ St. Luke UMC,

Sunday, 7:30 AM-Linda Gressel 919.498.1686.

- Saturday Early Servants, Raleigh-now meeting @ Millbrook UMC.
- Daughters of the King, Millbrook UMC, 2nd Thurs., 6 PM-new contact: Sandy Coats, 919.862.8999.
- Sat. AM Sisters, contact: Debbie Gossert, 919.844.4701.
- Fishfinders and Griffin's Restaurant Groups from Millbrook UMC no longer meet.
- 4th Day Friends, Rocky Mount-new time and location-Fri. AM, Via Cappuccino.
- Generations, Willow Spring-new contact: Ann Stephenson, 919.894.3150.
- Sonrise Sisters in Fuquay no longer meet.
- Morning Glories and Forgiven Followers in Clayton no longer meet.
- Unless otherwise noted, contact the group to determine if it is open or closed.

Please contact us if you have updated reunion group news. 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 **Lee & Jan Edmonds at 919.362.0294**.

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Snack Room and Kitchen
(continued)

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:

Vegetables, fruit, & dips

Edenton St., Hayes Barton, St. Francis.

Saltys, salsa, & trail mix

Garner, St. Luke.

Candy & nuts

Fuquay-Varina, Nashville.

Fruit drinks & soft drinks

White Plains, St. Andrews.

Baked goods

Hollands, Westover, Millbrook, Horne Memorial, and ALL OTHER CHURCHES.

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.



Feed Me!

Heart of Carolina
Gatherings – It's the
Place To Be!!!

The Heart of Carolina Gatherings are great opportunities for worship and fellowship. Come along – and bring a friend!

Gatherings take place every 4th Friday (unless there is a Walk) at 7:30 PM – 9:00 PM at White Plains United Methodist Church in Cary, NC (except August 26 Gathering which will be held at Edenton Street United Methodist Church in Raleigh.)

At every Heart of Carolina Gathering, we have people working in front of and behind the scenes. Aside from Moderator, 4th Day Speaker, Clergy, and Music Leaders, we have numerous people helping with Set-Up/Clean-Up, Refreshments, and Baby-Sitting. 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 to cover all of the leadership roles for a Gathering. It is a wonderful way to work alongside members of your own "Body of Christ." To sign up to help, call Becky Stafford (919) 469-4608, e-mail becky.stafford@rexhealth.com, or sign up at a Gathering. It's a great way to spend a Friday evening!

Calling all HOC
Community
Members...

Everyone is invited to a

special Gathering on April 22. The HOC Emmaus Board of Directors will take the leadership roles as Moderators, Music Leaders, etc. It is a great time to link the names of your leaders with their faces. You will also have the opportunity to participate in the kick-off for our **Sponsorship presentation**. We hope you can all attend!



Sponsorship Training

Sponsorship is the most important job in the Emmaus community and carries with it a great number of responsibilities. Sponsorship requires extensive prayer, diligent thought, and careful planning and follow-up. The Board of Directors of the Heart of Carolina Emmaus community is committed to equipping each member to be good sponsors. At the April gathering, you will be receiving more information regarding wise and unwise sponsorship, why you would choose to sponsor, whom to sponsor, and what is required of a sponsor.

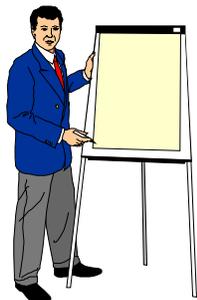
In early 2006, each sponsor will be required to complete a training session to better equip them for this role. The Training committee has developed a short, informative session that will fully equip you with the skills needed in taking

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Sponsorship Training **(continued)**

responsibility for each pilgrim God places in your care in the most important of "Behind the Scenes" roles.

In His Service,
Dorothy & Ted Rogers
Training



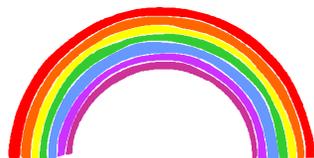
Team Selection

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 a e-mail at dking6@nc.rr.com and/or kking6@nc.rr.com. 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!

David and Kim King



De Colores!

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 us.

DeColores!

David & Patti McAnally



Scholarship Fund HELP!!!

To ensure that a shortage of money might never prevent anyone from experiencing an Emmaus Walk in the HoC community, a Scholarship Fund has been established to provide support if needed. This fund has allowed us to share our walk weekends with several in our HoC Emmaus community. But the fund is beginning to dwindle down, and it needs help. During the upcoming year, please consider designating a special contribution for the Scholarship Fund so that we will continue sharing the walk weekend with all. Our HoC Emmaus Community is a 501(c)(3) tax-exempt organization, meaning that contributions are eligible as, and considered to be tax-deductible charitable contributions by the IRS.

Please feel free to contact me with any help, or questions you might have.

David McAnally, Treasurer



Mealtime Humor

The following story is not true-but it's short, clean, and funny and we're pretty sure Dr. Graham wouldn't mind!

One time, Dr. Billy Graham had arrived home at the airport after one of his many trips abroad. In the baggage check area, a neatly dressed man in a chauffeur's uniform approached him. "Dr. Graham, I've been sent by your son to drive you home." The evangelist thanked him; the chauffeur took his bags and escorted him to a beautiful white limousine. Dr. Graham said to the chauffeur, "You know, I've never driven a limousine before and have always wanted to. Do you mind if I drive and let you ride in the back for a change?" The chauffeur said he'd be honored so he climbed in the backseat, Dr. Graham got behind the wheel and they took off.

Meanwhile, a rookie highway patrolman was out on the freeway waiting for speeders when a white limousine sped by going about 85 MPH. The patrolman took off after the limo, pulled it over, and walked over to the vehicle. "Is there a problem, sir?" said the famous evangelist. The patrolman was shocked to see Billy Graham at the wheel of the limo and he told him to wait there-he'd be right back! The rookie cop ran to his cruiser and called his commander. "Sir, I've got a big problem here. I've pulled a speeder and I think it's someone real important and I don't know what to do." The commander said, "We normally give warnings to visiting VIPs. So who is it, the Governor?" The patrolman replied, "No sir, I think it's someone more important than the governor." The commander asked, "Well, is it the President of the United States?" Said the

rookie, "No sir-I think it's someone more important than the President." The highway patrol commander became frustrated and said, "If it's not the President, who is it? The patrolman replied, "Sir, I think it's Jesus!" His boss shouted, "Jesus?! Have you lost your mind, boy? What makes you think it's Jesus?" The young cop told him, "Sir, the vehicle I pulled is a white limousine and Billy Graham is the chauffeur!"

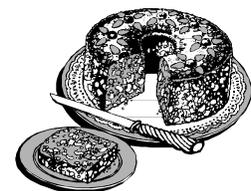


Snack Room Recipe

Emmaus Coffee Cake

1 pkg. Duncan Hines cake mix
1 pkg. instant vanilla pudding
4 eggs
¾ cup water
¾ cup Crisco oil
Topping
1/3 cup brown sugar
1/3 cup white sugar
2 tsp. cinnamon
½ cup chopped nuts

Mix first 5 ingredients. Grease and flour 9X12 pan. Sprinkle 1/3 topping mix in bottom of pan. Add ½ cake batter. Sprinkle 1/3 topping mix over cake batter. Add remaining cake batter on top. Top with remaining topping mix. Bake at 350 degrees for 40-45 minutes.



*Heart of Carolina
Walk to Emmaus #79*

Lay Director

Jan Edmonds

Assistant Lay Directors

Ginny Jordan
Patti McAnally
Lisa Randall
Sonya Snyder

Table Leaders

Ruthie Borrell
Alice Brunk
Debbie Gossert
Carol Miller
Becky Sloan
Dawn Woody

Assistant Table Leaders

Rose Beasley
Jeanne Bethea
Marcia Kelly
Stephanie Veren
Susan White

Music Leaders

Lynn Benson
Allison Bullock

Assistant Spiritual Directors

Burnie Collins
Glenn Everette
Jack Hollowell
Lynn Wall

Spiritual Director

Gayla Collins

Board Representative

Nancy Cashion

Pilgrims

Peggy Barbee
Phyllis Bason
Jenn Baudoux
Pat Boyd
Helen Cardwell
Jill Carraway
Nancy Cash
Alice Crawford
Anna Kate Ellerman
Tammy Evans
Deb Ewald
Donna Ferrell
Kimberly Files
Cynthia Ford
Kay Leigh Grady
Mary Hall
Betty Harris
Mary Clair Hashagen
Sue Johnson
Cindy Keith
Maggie Mraz
Cindi Murphy
Lynne Murray
Caroline Niven-Roy
Sue Petty
Stacey Phipps
Anita Pittard
Lisa Queen
Kelly Ryder
Cassalyn Sands
Ann Shoulars
Jennifer Sullivan
Carol Thompson
Nancy Warren
Judy Williams
Sue Wood

*“They asked each other,
were not our hearts
burning within us while he
talked with us on the road
and opened the Scriptures
to us?”*

Luke 24:32



Next Walks: *Men-July 21-24, 2005 & Women-August 4-7, 2005 Short Journey Center.*

Gatherings: *April 22-Host by HOC Board of Directors & Sponsorship Training; May 27; June 24; July 22-No Gathering (walk weekend); August 26; September 23; All Gatherings held at White Plains UMC in Cary, NC unless otherwise noted.*



HEART OF CAROLINA EMMAUS
P. O. Box 1766
Cary, North Carolina 27512

Got a new address? Want every newsletter mailed?

Let us know! Send a postcard to Rusty & Renee Rains, 605 S. Fayetteville St. Clayton NC 27520 or e-mail us at rrains1@nc.rr.com.

These are your Board of Directors and their areas of responsibility. Contact them today and become a serving servant!

Lay Directors
Brian & Susan McGuire
919.873.0503

Book Table/Photo/Supplies
David & Lee Heathcoat
919.467.4278

Gatherings
Becky Stafford
919.469.4608

Spiritual Director
William Green
919.460.7115

Candlelight/Follow-up
Phil & Lyn Triplett
919.676.9832

Kitchen/Break Room
Lee & Jan Edmonds
919.362.0294

Agape/Altars/Treasurer
David & Patti McAnally
919.562.1982

Chrysalis Council
David & Linda Amon
910.296.0416

Luggage/Transportation/Secretary
Ray & Deb Murphy
919.697.0494

Evangelism
Karl & Jeanie Neuschaefer
919.575.4303

Newsletter/Reunion Groups/Directory
Rusty & Renee Rains
919.553.6048

Training
Ted & Dorothy Rogers
919.553.4921

Prayer Chapel & Vigil
Mark & Cynthia Johnson
919.557.6821

Worship/Music
Ray & Melissa Broadwell
919.552.2700

Set-up/Clean-up
Buddy & Charlotte West
919.469.3402

Registration
Len & Lynne Harris
919.876.1371

Advisory/Team Selection
David & Kim King
919.557.5400

