



Walk to Emmaus[®]

THE UPPER ROOM

Winter Issue, Vol. 7, No. 1

Meet Our New Lay Directors

Grace to you and peace from God our Father and the Lord Jesus Christ. We always thank our God as we remember you in our prayers, because we hear about your faith in the Lord Jesus and your love for all the saints. We pray that you may be active in sharing your faith, so that you will have a full understanding of every good thing we have in Christ. Your love has given us great joy and encouragement, because you, brothers [and sisters], have refreshed the hearts of the saints. — Philemon 1: 3-7

First of all, we want to thank Ted and Dorothy Rogers, Len and Lynne Harris, Brian and Susan McGuire, and Rusty and Renee Rains for their faithful service to the Heart of Carolina Emmaus Community as they retire from the Board. We also want to thank David and Lee Heathcoat for their fine example of servant leadership as Community Lay Directors last year. They will continue to serve on the Board in an advisory capacity.

We are blessed and honored to

Ray and Deb
Murphy



serve you as the new HOC Lay Directors for 2007. We completed our Walk to Emmaus in 2001 (Walk #48 and #49 respectively) and have been involved in this Community since that time. We have been married for 15 years, having met in South Carolina while Ray was serving full time in the S.C. Army National Guard and I was working in Columbia. Ray is the ninth of 10 siblings born and raised in Pittsburgh, Pa. I grew up in a small family in Graham, N.C. where my family still lives. We moved here in 1998 from Augusta, Ga. Ray is the owner-operator of The Olive Branch Cabinet Shop in Fuquay Varina, and I am the manager of Supply Management Services for the C&CE Division of John Deere in Cary. We currently live in Fuquay Varina and worship at Gateway Church.

During these past five years, we have learned so much about love, grace, servanthood and fellowship. We look forward to each Emmaus gathering as a time to renew, refresh and recharge. We 'anticipate' each event of the Walk weekends, knowing that each pilgrim and servant is growing closer to Christ with every step along the way. We look forward to each closing as the Fourth Days begin. We are encouraged by your faithful service, wonderful spirit and deep devotion.

We also look forward to an exciting year in the HOC Emmaus Community with seven Walks, two Flights and Journeys (January and September), with lots of opportunities for each of you to serve our Lord and Savior Jesus Christ. You will want to begin praying for this Community and the Walk to Emmaus movement as you read this newsletter.

This year we will focus on strengthening the local church through the development of Christian disciples and leaders. We encourage you to pray now about

Directors - continued on page 3

Colon
and
Donna
Davis



A New Look!

It is with a great sense of excitement and love that Donna and I begin serving on the Heart of Carolina Board. Our work area, as you may know, is this newsletter and reunion groups, along with the directory. We have accepted this challenge and with your help and prayers will do the very best that we can to serve not just this Community but our risen Lord.

I would like to use some of this space to let you know a little about Donna and I as we begin to serve you. We completed Walks #59 and #60. We are high school sweethearts of over 47 years, having met in school when Donna moved to North Carolina from Kentucky. Her father was a pastor and was relocated to the area where I was born and raised. We moved to Benson 30 years ago with our three sons. We now have three beautiful daughter-in-laws, along with five grandchildren (I won't even try to describe the grandchildren, but I do have pictures).

One of our first things that is expected of us in the first part of 2007 is to create a print version of the newsletter, as well as

Look - continued on page 3

From the Spiritual Director

You make springs gush forth in the valleys; they flow between the hills, giving drink to every wild animal; the wild asses quench their thirst. By the streams the birds of the air have their habitation; they sing among the branches. From your lofty abode you water the mountains; the earth is satisfied with the fruit of your work. You cause the grass to grow for the cattle, and plants for people to use, to bring forth food from the earth, and wine to gladden the human heart, oil to make the face shine, and bread to strengthen the human heart. — Psalm 104:10-15 NRSV

This summer I officiated at a wedding, which was held outdoors on one of those afternoons that was supposed to reach 100 degrees. I arrived early, as I tend to do for these things, and the bridal party arrived late. Because of that, I got to spend a little over an hour by myself in the rose garden behind the

Dr. Alan
Swartz



Raleigh Little Theater. I say alone — but I wasn't. As I walked by the fountain and the many varieties of flowers in full bloom, I became intensely aware of the presence of God and began to praise Him out loud. As I stood before an old tree so full of character, I could not help but pour out words of praise and thanksgiving to the Lord who had provided such beauty and majesty in this small environment. The brilliant colors of the blossoms, the many subtle shades of green in the grass, the flower stems and leaves, the trees, the moss and lichens. The sounds of the insects and the birds — and of the breeze rustling the

tops of the trees surrounding the garden, much as a kindly uncle might tousle the hair of his favorite nephew.

I sat down on a bench. I just allowed everything that was a part of that experience cover me — even the heat, the colors and the sounds. It was peaceful. There was no agenda for the moment. There was nothing to do but to appreciate the moment — the now — to be mindful of all that was around me, including the presence and embrace of God.

It was definitely a moment of blessing. No, it was many moments of blessing. It reminded me that I don't get away to these types of retreats often enough. I encourage you to find some time where you can be alone to allow yourself to be overwhelmed by God. Indeed, it is a time of true recreation (re-creation).

God bless you,
Dr. Alan Swartz

Apostolic Hour Change

Walk #92
February 17
Fuquay Varina UMC

Walk #93
April 21
Garner UMC

2007 HOC Board

Community Lay Director
Ray and Deb Murphy
gofe@earthlink.net

Community Spiritual Director
Dr. Alan Swartz
aps@nccumc.org

Book Table, Photo, Supplies
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borrellje@yahoo.com

Apostolic Hour, Follow-up
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Chrysalis Council, *Secretary
Si and *Stephanie Weeks
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buddy.west@ncmail.net

Training, *Treasurer
Danny and *Faye Cress
djccress@earthlink.net

Worship, Music
Alice Kunka
alicekunka@nccumc.org

Advisory
David and Lee Heathcoat
davidheathcoat@earthlink.net

2007 Walks

Walk #91, Feb. 1-4
Walk #92, Feb. 15-18
Walk #93, April 19-22
Walk #94, July 26-29
Walk #95, Aug. 9-12

WORK AREA REPORTS

Registration

May the Peace and Joy of Christ be with you in 2007. We look forward to working with you this year as you sponsor persons to take the Walk that has blessed us all so much.

Please use the new application forms which are available to be downloaded and printed from the Heart of Carolina Emmaus website (<http://rtpnet.org/~emmaus/>). They are also available at gatherings. Please note that the application includes three sheets: one for the prospective pilgrim to complete and two for the sponsor. Our name and address is on the sponsor's part of application form.

Sponsorship training is required for the sponsor prior to the processing of the application.

For more information call (919) 575-4158 or e-mail lpittardjr@nc.rr.com or ppittard@nc.rr.com.

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. Due to MANY requests for financial assistance, our Financial Aid 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 and many pay at least the application fee. If you, as sponsor, are unable to do this, please check with your reunion group or 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. Be sure to designate on your check or envelope that the funds are for the Financial Aid Fund.

In His Service,
Roy and Paula Pittard

Snack Room and Kitchen

Remember the great food and snacks you enjoyed during your Walk? Well, it takes many of us to provide this during each Walk. We need each of you to do your part! What a great opportunity for reunion groups or individuals to serve behind the scenes. If you feel led to help serve a meal or work in the snack room, sign-up sheets are available at all gatherings, closings and follow-ups. You can also contact Fred and Debbie Gossert at (919) 844-4701 or e-mail them at debfredg@aol.com.

2007 Snack Assignments

Members of the Emmaus Community are asked to supply snacks for each Walk. We are asking the following churches to supply the following items as needed:

- Low Fat and Sugar Free Snacks: Hollands UMC, Westover UMC, Horne Memorial UMC
- Fruit, Vegetables, Cheese and Dips: Edenton Street UMC, Hayes Barton UMC, St. Francis UMC, Glendale Heights UMC, Mt. Sylvan UMC
- Salty Snacks, Salsa, Trail Mix and Crackers: Garner UMC, St. Luke UMC (Sanford), First UMC Cary
- Candy and Nuts: Fuquary-Varina UMC, Nashville UMC, White Memorial Presbyterian
- Fruit Drinks and Soft Drinks: Gateway Community, Fremont UMC, St. Andrews UMC, Benson UMC, Elevation UMC

• Baked Goods: Millbrook UMC, Apex UMC, Wake Forest UMC, White Plains UMC, All Other Churches

Sponsors

Please bring a snack and a drink. We are especially in need of more fruit, vegetables and homemade baked goods. Cash donations are welcomed if you don't have time to shop or bake. We can use the funds to purchase items as needed.

Luggage and Transportation

Let's face it ... our Pilgrims are arriving at Short Journey with baggage and issues! That's right ... bags packed full of clothes and stuff and travel issues ... and we can help! We need willing hands (and a few strong backs) and able drivers with vans on Walk weekends.

Helping with luggage and transportation is a fun and easy way for individuals and reunion groups to serve behind the scenes. We need bag handlers on Thursday evenings at sendoff and on Sunday afternoons before closing. We also need church vans with authorized drivers to assist with transportation too. Apostolic Hour on Saturday evenings. Please sign up at gatherings or contact Keith and Lynda Stewart at (919) 242-6287 or by e-mail at lyndapage@msn.com.

We are new to this job and will appreciate your involvement. Thanks to James and Renee Gamble, Burt and Beth Smith, Jon and Ann Sands and Kim and Freda Davis for serving on this committee. We look forward to serving in this capacity and are eager to handle the pilgrim's baggage and travel issues.

MY FOURTH DAY

for me to ever accomplish."

Melody goes on to share, on Sunday, the pastor offered a suggestion for those writing New Year's resolutions. "He told the story of Elijah, who was looking for God in the big things — a powerful wind, an earthquake, a fire. But the Lord was not in the big things," he said. "After the fire came a gentle whisper. There Elijah found the Lord." Her pastor paused, looking across the pews. "The Lord was in the gentle whisper," he said softly. "Mother Teresa believed in doing small things with great love. Maybe our resolutions should reflect the same."

The writer said she left church knowing what I needed to do. I would rewrite my resolutions, not with an attitude of impractical zeal-ousness, but with a sense of humility that tells me grandiose goals don't count if they don't get done."

As I continue on my Fourth Day, I am reminded of a talk given on each Walk. The first time I heard it was 13 years ago this January. Priorities. Where do we spend our time, where do we spend our money, and what do we think about? I would encourage all to think about those things, and what we are giving priority in our lives, and then write our list of New Year's resolutions, also. Don't worry about the length of it, but about what He would have us to accomplish.

DeColores!
Mike Pierotti
H.O.C. Walk to Emmaus #7,
Table of Luke, F/V UMC

The author (Melody Bonnet) shared she was writing her "usual" list of resolutions. At a weekly get together with some friends over a cup of coffee, we each read our goals. I ticked mine off as if I were reading a grocery list. She said, "Lose five pounds, no more sweets. Get up an hour earlier every morning for prayer time. Write in my journal daily. Exercise every evening for 30 minutes. Turn in my school assignments early (an adult back in school). Wash my car every week. Go to bed by 10:00 p.m. Read one book a month." I snapped my notebook shut, proud of my goals.

Jesse, new to the group, had a different idea. "My goal is to get up 10 minutes earlier every morning for prayer." There was a bewildered silence. "Is that it?" I asked. She smiled. "I learned a long time ago that keeping one realistic commitment is far better than a litany of promises that are too overwhelming

WORK AREA REPORTS

Apostolic Hour

When asked the first time if we were interested in going to an Emmaus weekend, we said yes. This surprised our sponsor, who was used to talking people into going after much discussion over a period of time.

When we lived in Michigan we were both very involved in putting on retreat weekends for the divorced and widowed and knew how special these experiences can be. We also knew how much effort goes into making them happen. We both had wonderful Walks (#62 and #63) and wanted to give back. We started by helping in cleanup on Sundays and volunteering in the kitchen. We have done luggage, snacks and Agape. Both of us have also served in the conference room.

We have been married 13 years and have four sons between us, who are now scattered all over the country. We live in North Raleigh and attend Millbrook United Methodist Church.

Al and Susie White

Chrysalis

Happy New Year! We'd like to begin by introducing ourselves since we're new to the Board. We are Si and Stephanie Weeks and we completed Walks #80 and #81. Our home is in Willow Springs and are members of Fuquay-Varina United Methodist Church. In April of this past year God blessed us with our first child, Hailey.

Since our Walks, we have been involved by serving behind the scenes in various work areas. We look forward to serving this year as the Emmaus representatives to the Chrysalis Board.

Chrysalis is a three-day spiritual renewal time for young adults (participants need to have completed their freshman year of high school). Flights are for high school-age youth and Journeys are for college-age young adults. During the three days, participants learn more about faith, to experience Christian love and support and to make new faith commitments; much like the Walk to Emmaus.

Currently Flights happen twice a year during Martin Luther King and Labor Day weekends. The Flights run from Saturday morning to Monday late afternoon. Recently, the community had our first Journey weekend, and we are excited about the ways God is leading us.

Included in each Emmaus newsletter, we look forward to bringing you more detailed information about Chrysalis.

Serving as Chrysalis representatives, our role on the HOC Board is to participate on the Chrysalis Board and act as liaison between the two. As with Emmaus Walks, it takes a lot of behind the scenes service to make sure the Flights and Journeys run smoothly. Areas of service to consider are:

- Sponsor a youth on a weekend
- Mentor a youth from your church as they sponsor someone for the first time
- Reserve your church van
- Drive your reserved van on the weekend
- Help unload and set up Friday afternoon and evening
- Help load and cleanup on Monday afternoon
- Assist with cooking (we provide our own meals for one camp and for behind the scenes workers, with youth servants usually spending the entire weekend)
- Help with Big House (where youth servants spend the night)

Please contact the Lay Director who can direct you to the person in charge of the area in which you wish to serve. The Board contacts and more detailed information can be located on the Chrysalis website (<http://www.gbgn-umc.org/hoc-chrysalis/>).

Important Date to Know

- September 1-3 - Chrysalis Flight weekend

You can contact us with any questions or for service opportunities at snweeks@nc.rr.com or siweeks@nc.rr.com. We look forward to serving with you this year!

Serve the Lord with gladness; Come before His presence with singing. — Psalm 100:2

In Christ's service,
Si and Stephanie Weeks

Book Table and Supplies

"Supplies" is the variety work area of Emmaus. From candles to paper, cups to glue, glitter to books, band-aids to purple worship guides; we strive to make sure the Emmaus Walks are sufficiently supplied to meet the needs of Pilgrims and team members.

Community support helps our area in several ways:

1. Agape book table: Each Walk features an Agape book table stocked with books donated by the HOC Community. You can bring books either to monthly Gatherings or to Short Journey during Walk weekends. Just put your donations in the "Agape Book" box.

We put out Agape books early Sunday morning of each Walk. If you are available around 8 a.m. on Sundays to display these books, this

is a great way to serve our pilgrims!

2. Unpacking and packing: Before each Walk we unpack all the supplies, then after the Walk is completed we pack everything and stow it in our storage closet. If you are available Thursday about 2 p.m. or Sundays about 2 p.m., then we can use your help!

3. Book table: We also have books available for purchase during each Walk weekend. If you are available Saturday mornings for an hour to display these books, then this is a great way for you to serve!

To help in the Supply area, please e-mail us at borrellje@yahoo.com. We will also have sign up sheets at Gatherings.

DeColores!
Ruthie and Jim Borrell

Training

Danny (Walk #3) and Faye (Walk #4) Cress are the Board members responsible for training. We coordinate training for team members as they begin to prepare for a Walk. We are also responsible for sponsorship training. As you are aware, anyone that would like to sponsor a pilgrim on a Walk is required to attend one of the sponsorship trainings. There will be sponsorship training prior to some of the gatherings. Training will be on April 27, August 24 and October 26 at 6:30 p.m. These trainings will be held at the same locations as the gatherings. If you would like training at one of the satellite gatherings, please let us know. Our e-mail address is on the HOC website.

DeColores!
Danny and Faye Cress

Directors - from page 1

people in your workplace, church and community who would be blessed by attending the Walk to Emmaus. Roy and Paul Pittard will be happy to help you with registration of pilgrims and Karl and Jeannie Neuschafer will be available to visit your church to talk about The Walk to Emmaus.

January 13-15th marks the beginning of the 2007 HOC Emmaus Ministry with high school and college age events. Carolyn Patton is the Lay

Director for the Chrysalis Community. Si and Stephanie Weeks are the HOC Board representatives to the Chrysalis Community. They covet your support and service. If you cannot join us for the Chrysalis activities during Martin Luther King weekend, please pray each day for these young people, the teams and all the servants behind the scenes.

You have selected a great team of board members to serve our Community this year. We ask that you pray for the Board, for the pil-

grims, the teams and the servants for each of our seven WALKS this year. We also ask that you lift up our clergy and churches in the area as we remember part of the purpose of the Walk to Emmaus is to build church leaders.

Please mark your calendars so that you don't miss a single Emmaus event this year. We look forward to seeing you and serving with you.

De Colores!
Ray and Deb Murphy

Look - from page 1

having it available for posting on the website. All this just happens to be right down my alley, since most of my adult life has been wrapped around the printing industry. But I do want to caution you of what I said, it is to create a print version. That in no way indicates that we have editorial knowledge, so please bear with us.

My expertise is printing and Donna's is the creativity.

One of the things that we would like to achieve in our work area is that the HOC Community is represented to the fullest in this newsletter. Rusty and Renee Raines will be a hard act to follow. They served this Community so well and had a passion to make this newsletter the best

that it could be.

Our prayer is that as you are reading this newsletter, you will notice a difference in the look. We hope you like what you see. Please share with us your ideas and suggestions of how we can improve. You can reach us at coldavis@bnprinting.com.

Colon and Donna Davis

The Harvest Crusade

June 22-24, RBC Center, Raleigh

Free concerts by top artists! Thousands getting saved! Are you excited! You should be! This will be one of the biggest Evangelical Events ever to come to the Triangle area! And you are invited to be part of it.

Can you pray, listen to someone, share the gospel, or maybe assist the handicapped? Do you know sign language? People are needed to do all of the above and more! If you are breathing and love the Lord, we can use you. Brian Rietvelt is the Garner area regional coordinator. Please call him and sign up for this LIFE CHANGING event at (919) 779-3539.

For more information visit: <http://www.harvest.org/crusade/2007/raleigh>.

Meet the Most Recent Pilgrims



Heart of Carolina Walk to Emmaus #89

1st Row: Dave VonDerGerthen, Art Schaller, Andy Kiriloff, David McAnally, Jesse Walton, Roy Jernigan.

2nd Row: Tim Woody, Jon Sands, Don Corr, Bob Gallagher, Paul Burtner, Bruce Barkley, Kent Murray, Lee Edmonds, Rob Feola, Sandy Matthews, Bryan Faggart, Dean Edwards.

3rd Row: Mike DeMan, David Heathcoat, Ray Teague, Jim Morgan, Don Freeman, Jay Strum, Barry Bond, Mark Curtis, Paul Forehand, Dave Amon, Kevin Johnson, Jacob Frie.

4th Row: Ed New, Chuck Reap, Bill Snotherly, Don Leland, Lee Edmark, Charles P. Armstrong, Alan Grady, Bill Murchison, Bill Yonan, Pat Hart, John Hiester, Dean Farmer.

5th Row: Norm Findley, Jon Bery, Gary Allred, Keith Stewart, Roy A. Byrum, Kelly Lee, Don Champion, Ed Coman, Donnie Flynn, Kenneth Janik, James Gamble, Gary Adcock, Dean Taylor, Pete Anderson, Steve Wood.



Heart of Carolina Walk to Emmaus #90

1st Row: Cynthia Johnson, Becky Stafford, Joan Bisogno, Jeanie Neuschaefer, Kelly Averette, Cindy Barkley, Denise Frie, Marie Wood

2nd Row: Lynne Harris, Amy Grady, Eleanor Armstrong, Donna Stephenson, Kim King, Kay Thompson, Peggie Murray, Kimberly Potter, Gayle Anderson, Anne Ahl, Mary McLaurin, Debra Upchurch

3rd Row: Dawn Deman, Lera Morgan, Sharon Brignon, Cathy Poole, Joy Bond, Lorna Yonan, Hollyn Thompson, Ophelia Taylor, Linda Leland, BeBe Costen, David King, Helen Cooper, Diana A. Bing

4th Row: Lewanna Stout, Rene Rohlecler, Lyn Matthews, Kathryn McLawhorn, Lucy Whipple, Jeannie Mangum, Patti Cox, Mary Alice Ramsey, Carla Talley, Mary-Margaret McLeod, Dale Williams, Lib Campbell

5th Row: Betty Jo Creed, Jamie Johnson, Elaine Teague, Libby Berry, Kelly Lyn Kiriloff, Melody Boomhower, Vickie Bethea, Helen Champion, Ann Sands, Chris Burtner, Nancy Findley

Walk #91 Team

Lay Director

Ted Rogers

Assistant Lay Director

Joel Watson, Lead

Mark Johnson

Russ Secrest

Fred Gossert

Table Leaders

Ted Beemer

Randy Brunk

Gerald Walston

Al White

Rex Scott

Hal Houdek

Assistant Table Leaders

Mike Ihrie

Jeff Fako

Buddy West

Butch Lawter

Len Harris

Ronnie Jones

Music Leaders

Lawrence Bradley

Rusty Raines

Spiritual Director

Bryan Faggart

Assistant Spiritual Director

Carl Frazier

Dave Amon

Jonathan Jeffries

Cindy Lister

Board Representative

Frank McCorquodale

Confirmed for Walk #91

February 1-4

Carlos Alvelo

Nelson Blizzard

Gary Brace

Jay Brown

Gary Bullock

Michael Davis

Richard Dennis

Randy Durham

Bob Eckel

Mark Edmondson

Brian Egler

Rick Emerick

Jimmy Faison

David Gibbons

Billy Gooch

Dave Gray

John Hammond

Kelvin Harrison

Michael Hull

Jamie Humphries

Darrell McVey

Fielding Miller

Travis Montgomery

Lyle Overcash

Ron Patton

Roger Pickett

George Pilkington

Drew Ramsey

Bill Roberts

Mark Shear

Charles Smith

Gary Snyder

Walter Tate

Mike Whatley

Josef Whiter

Chris Whitman

Walk #92 Team

Lay Director

Lee Heathcoat

Assistant Lay Director

Billie Jernigan

Teresa Little

Debbie Gossert

Linda VonDerGathen

Table Leaders

Molly Beck

Freda Davis

Kathy Jone

Sue Petty

Becky Thigpen

Nicole York

Assistant Table Leaders

Amy Gossert

Annette Hall

Barbara Hughes

Carol Miller

Wendy Rietvelt

Stephanie Weeks

Music Leaders

Teresa Milton

Rochelle Whittle

Spiritual Director

Karl Neuschaefer

Assistant Spiritual Director

Julia Alliger

Martin Armstrong

Joyce Odom

Classy Preston

Board Representative

Jan Edmonds

Confirmed for Walk #92

February 15-18

Julia Harrison

Leila Babson

Diana Belles

JoAnn Brace

JoAnn Currin

Carla Dennis

Lisa Durham

Judy Eberhardt

Claudia Fordham

Sandra Forsythe

Wanda Fortune

Debbie Gibbons

Patty Gravinese

Rebecca Gray

Mary Griffin

Elizabeth Hammond

Cecilia Harris

Pattie Hendrickson

Stephanie Hileman

Joyce Horn

Valerie Humphries

Robin Keith

Gaylynn Mahaley

Carla McVey

Jeannine Montgomery

Patti Naylor

Wendy Overcash

Beth Ramsey

Kathy Shear

Maxine Spivey

Patricia Suttle

Lynn Szadek

Genette Tate

Dorothy Taylor

Sonja Whitman

Cynthia Woodard