



Walk to
Emmaus
THE UPPER ROOM®

Spring Issue, Vol. 9, No. 2

What Would Jesus Say About Our Efforts?

Grace and peace to you, Heart of Carolina Community, in the name of our Lord and Savior, Jesus Christ.

In our current bible study, we discussed the letters in the first three



Keith
and Lynda
Stewart

chapters of Revelation from Jesus to the seven churches and compared them with Paul's letters to the early churches. We noticed that both Jesus and Paul would first point to areas in which the churches were being successful, before tackling the problem areas that they saw in each of

the churches. Jesus finishes Revelation chapter 3 with these words ...

"19 Those whom I love I rebuke and discipline. So be earnest, and repent. 20 Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with him, and he with me. 21 To him who overcomes, I will give the right to sit with me on my throne, just as I overcame and sat down with my Father on his throne. 22 He who has an ear, let him hear what the Spirit says to the churches."

As we studied these passages, I could not help but think, what would Jesus say to us today about our efforts in the Heart of Carolina Emmaus Community? How would Paul view our work here? Would they have a few kind words followed

by a litany of problems that we have failed to see? Would they point out a list of opportunities that we have not seized?

As I look about our community, I see our organization working hard, working together, working to make new and better disciples for Jesus Christ. I see us empowering and encouraging Christians, young and old, to make piety a way of life, to study to expand our understanding of the Word, and to work to "give our faith life." So where, then, are our shortcomings, our transgressions that need to be brought to light so that we might serve our Lord in an even more powerful and effective way? Are we careful not to be "Emmaus snobs" which can lead others to be resentful and suspicious of our intentions? Are we ea-

gerly seeking and praying for God to place the names of potential pilgrims on our hearts and lips so that we might share this Emmaus experience with others? And, are we continuing to lead and to serve in our home churches remembering that there is our primary place of service to our Lord?

Brothers and Sisters, I cannot be anything but thrilled with the way that I see you working in this wonderful community. I know the JOY that your service brings because I witness it in your faces! We hear your voice Jesus, come in and eat with us!

HOC Emmaus Standing Rules Proposed Amendments/Additions

In the topic of "Sponsorship" we propose to add:

In order to sponsor a pilgrim on a Walk to Emmaus, a sponsor must complete a Heart of Carolina Emmaus Board of Directors approved sponsorship training session.

In the topic of "Follow-up Meeting" the following change is proposed:

Delete the following sentence: During the team meetings, the Lay Directors of the Walks will assist the persons/s responsible for a community training of the new pilgrims, answering questions and concerns about the Walks and related matters.

The basis for this deletion comes from the director's manual, page 41.

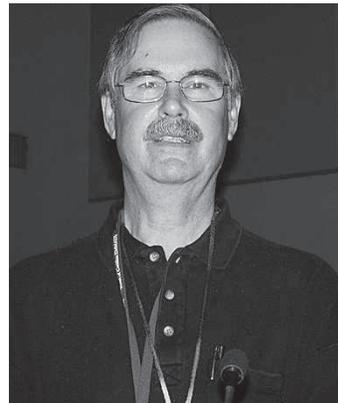
In the topic of "Gatherings" we propose to add the following in bold italics:

Gatherings will be held on the fourth (4th) Friday of the month, except when a Walk occurs on the fourth (4th) Friday, or when the HOC board feels a change is needed due to unforeseen calendar issues, such as holidays.



The youth from Ebenezer UMC (top left) were special guests at the February Gathering. Those that participated were Holly Glover, Kelsey Hinton, Camdyn Adams, Emma Watson, Stephanie Hoffman, Emmet Bagwell, Earl Simpson, Leslie Driver, Katlyn Hinton, Eugene Hester, Justin Hodge, Jodie Hodge, Lindsey Jackson, Becca Hinton.

Music was led by Deborah Murphy and Renee Habersetzer (bottom middle) led music. The Clergy was Ron Patton (top right) and the Fourth Day Witness was Jay Strum (bottom right).



2009 Board

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Worship, Music

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2009 Walks

Men's #108
September 24-27

Women's #109
October 15-18

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Will Jackson

Worship, Music

Sendoff and the Apostolic Hour, in conjunction with the first three Walks of this calendar year, have been filled with capable persons providing clergy and music leadership.

New or resurrected leadership is sought for the Walks in September and October. Only one of those slots has been filled. Thanks for giving it some consideration and for being in touch.



Steve and Suzanne Cook

Snack Room, Kitchen

Why do we choose to do the things that we do ... or why work in the KITCHEN/SNACK ROOM?

I go to the church every Sunday. I go to work every morning. I schedule time for recreation and grandchildren. Why? Perhaps it is because other people expect that of me. Perhaps it is just because that is what I want to do. Perhaps it is because I believe that it simply is in my best interest. By that I mean, everyone does what they believe benefits themselves. That sounds very selfish for sure, but aren't we humans rather self-centered and self-absorbed? When I cried out for Jesus to save me — it was ME that I was concerned about. There was no concern for the hungry, the needy or other lost souls. It was all about me!

I recently returned from a mission trip to Guatemala. Two weeks after returning, I am still under the weather. In fact, I have gotten sick every time that I have gone ... so do I plan to return again to Guatemala? To be sure it benefits the Mayan people. To be sure it does bolster my status in the church/christian community pecking order, but is that the motivating reason I choose to go?

I go because I need to! When Jesus saved me, it was all about me — not about Him. Jesus saved me knowing that I had little desire for Holiness and little capacity for love or compassion. The Holy Spirit needs to continue the sanctifying work that Jesus began. He needs me to become Christ-like. He gives each of us opportunities to surrender our self-centered absorption.

This is exactly what selfless, anonymous servanthood is all about. Cleaning toilets, serving meals and doing dishes is an opportunity to focus solely on the needs of

our pilgrims. When Suzanne goes into prisons, she is very richly blessed, but her focus is on the residents of the prison. Only because her focus is on the residents is she richly blessed. Only then does she experience Christ's love and grace flowing through her. Focus is a tricky thing to maintain. Our human motivations sometime sneak up and sidetrack us, like the "Drunken Monkey Syndrome" can interfere with our prayer time or Bible study time. We intend to focus on one thing and find that our sense of focus has drifted elsewhere. If we choose to serve with the idea of "What's in it for me?", the answer is "not much". If we choose to serve Jesus because of what He has already done for us — WE ARE CHANGED, WE ARE BLESSED — we become more free to discover who Jesus wants us to be.

Suzanne and I invite you to servanthood in the kitchen and or snack room. We invite you to trust Christ outside of your comfort zone and sign up to be a "weekend kitchen or snack room coordinator". We ask you to sign up with a focus on the pilgrims! We encourage you to begin your servanthood by committing to pray regularly for the pilgrims, so that your focus will clearly and consistently see nothing but that how very, very much Jesus loves you and me.

Members of the Emmaus community supply the snacks for each of the Walks. Recently, we have been asked to consider providing healthier snacks and have listed some possibilities below. The churches listed are being asked to provide the following items:

Baked Goods/Dessert Items: cakes, cupcakes, pies, cookies, etc. Some could be sugar-free, low carb or low fat. Please mark these so they can be identified as such. Nashville UMC, Hollands UMC, Horne Memorial UMC, Community UMC (Butler), Benson UMC (Beacon Reunion Group), ALL other churches.

Baked Goods/Breakfast or Brunch Items: coffee cakes, tea breads, rolls, etc. Some could be sugarfree, low carb or low fat. Please mark these. Millbrook UMC, Apex UMC, Wake Forest UMC, Christ Community UMC (Clayton), Glendale Heights UMC.

Crackers and Accompaniments: crackers, cheese, cheese balls, spreads, peanut butter, meats (pepperoni, smoked turkey, etc.), meat and cheese trays. Consider lower fat cheeses, reduced fat, low-sodium crackers and spreads. Please mark accordingly, unless labeled. St. Luke UMC (Sanford), Turner Memorial Baptist Church, Fremont UMC, White Memorial Presbyterian Church.

Salty Snacks, Dips and Nuts: chips, pretzels and party mixes. Again consider those that may be higher fiber, low-fat or low sodium. (Stacy's makes higher fiber, low

sodium baked chips and snacks for example) Label, if needed. Low-fat and low carb dips are also needed. Plain (unsalted and no-fat) nuts — especially almonds, walnuts or pecans — toasted or plain are good snacks for those who need to watch fat and sodium. Sunrise UMC, First Church (Cary), St. Luke (Goldsboro), White Plains UMC, Reconciliation UMC.

Fruit and Fruit Dips/Spreads: fruit trays, individual fruits, trail mixes and dried fruits. Laughing Cow Cheese and other low-fat cheese spreads are good on apples, pears, etc. Benson UMC (JOY Reunion Group), Pleasant Grove Church (Cary), Wesley UMC (Raleigh), Mt. Sylvan UMC (Goldsboro).

Vegetables and Dip: veggie trays and individual veggies that can be eaten raw. Consider low-fat, low-carb dips and spreads. Elevation UMC, Gateway (Fuquay-Varina), Olive Grove Baptist Church (Creedmoor), North Raleigh UMC.

Candies: All kinds, including mints and hard candies, M&M's, chocolates and home-made. Please include selection of sugar-free candies. Fuquay-Varina UMC, Trinity UMC (Kinston), Wesley UMC (Raleigh), St. Francis UMC (Cary), Ebenezer UMC, Garner UMC.

Drinks: regular and diet soda, bottled teas, juice and other drinks, especially healthy alternatives. Edenton Street UMC, St. Andrews UMC, Walnut Grove UMC, Westminister UMC (Kinston), ALL sponsors of Pilgrims.



Jim and Ruthie Borrell

Advisory

Greetings Heart of Carolina Emmaus Community! We pray that you are having a blessed year. Our Emmaus community is growing as we welcome new Pilgrims into the fold. Our new database is nearing its launch, which means we should have a new, functional tool with which to fill our conference room teams. So please stay tuned to find out how to use this new tool. We thank Pat LiVecchi for all his hard work in helping to make this database conversion a reality.

Team Selection has changed somewhat over the past few years, as we have grown from a new small community to an established larger community. We have the luxury of asking people to serve several times at table positions, thus giving our teams a wealth of experience and knowledge. A change that has been made beginning with the women's Walk 107, is the way we introduce first timers to the conference room team. Traditionally, HOC Emmaus has asked many first timers to serve

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as Assistant Table Leaders and also give one of the ten lay talks. But the Upper Room guidelines recommends that first timers serve as Assistant Table Leaders and not give a talk. The lay talks are given by team members who have had at least one team experience. So the change has been made so that HOC will be in compliance with the Letter of Agreement with the Upper Room.

And speaking of serving on a team, we use our database to keep contact and service records up to date. So, if you have moved, have a new telephone number, have a new e-mail or changed your name, please contact us so we don't lose you in the system! After the new database is launched, you will be able to modify your contact information by yourself.

If you see folks in and around your church and HOC Community who are serving our God and you think would make good team members, please send their names to us. With over 3,600 in our community, input from our community is so very helpful as we prayerfully consider folks for service on an Emmaus team.



Al
and Susie
White

Apostolic Hour, Follow-up

We have had a great Emmaus year so far, with the Walks full and the Apostolic Hours (Candlelights) packed. That is a testament to the communities prayers and hard work to make Emmaus be the hands and feet of Christ.

As we welcome you who have just done your Walks, we ask you to prayerfully consider what Christ is calling you to do. To many of you it will be to go back to your home church with a renewed spirit. The Holy Spirit may also be calling you to help Emmaus give others the experience you were blessed to receive.

Apostolic Hour or Candlelight is a place where you can help. Our committee sets up the church before Candlelight and then cleans the church after the pilgrims leave. We are usually out of the church by midnight to 12:30 a.m. If you are in-

terested in helping our committee, please go to the Holland's kitchen area after Candlelight and share some snacks with us as we wait for the pilgrims to finish their time of reflection, before returning to Short Journey.

Candlelight is often remembered as a touch of heaven and giving each Walk that experience is what we are all about.



Kim
and Freda
Davis

Agape, Altars

As we wondered what path we would take with our recent empty-nest, we were humbled and blessed to be elected to the Emmaus board. The Lord does provide! Altars and Agape is an exciting work area for us!

The Altars and Agape work area is responsible for collecting, sorting and delivering all the wonderful weekend agape, as well as changing the chapel altars. We always need

the tried and true agape, along with new and creative items too. We do try to coordinate the agape "surprises" with the Walk themes ... which of course, are the Father, the Son and the Holy Spirit. Supplying agape for the Walks is a wonderful way for groups and individuals to serve our community.

Your help in the agape room is always appreciated, but there are only certain "times" we have to change the altars, sort letters and fix packets. Please sign-up at Gatherings or e-mail us at fredadavis@embarq-mail.com for a time to serve.

Sixty-one items of agape need to be brought to each Walk. Be sure to look for the "leftovers" at Closing and use them for the next Walk.

Altars and Agape are also responsible for the letters ... again, sorting and packaging for delivery. When you sponsor pilgrims please help us ensure that those special letters are given by Saturday and please remember to number the letters as directed in the guidelines you will receive as a sponsor. Also, please remember no "singing" cards or gifts can be delivered on the Walk weekend.

We look forward to serving with all of you!



The following five Heart of Carolina members participated in the Run for Habitat 5K race sponsored by Garner UMC and the Power of Seven churches from the Raleigh District. L to R are: runners, Rev. Bob Redmond, pastor of Garner UMC; Chris Kelly; Rusty Rains; Brenda Calhoun and race official Stephanie Veren.



HOC Walk to Emmaus #104

First Row: Renee Rains, Lisa Randall, Lois Beal, Denise Calloway, Faye Cress, Ross Carter, Robin Keith, Darcy Knight, Cathy Hoyle

Second Row: Joyce Horn, Dawn Allen, Darlene Lumpkin, Laura Karshner, Kim Twisdale, Marcia Lancaster, Frances Vaughn, Gerri Strum, Stephanie Veren, Kay McCorquodale, Janie Floyd

Third Row: Alice Kunka, Brenda Calhoun, Annie Harris, Gloria Taylor, Renee Habersetter, Laura Gustafson, Barbara Walton, Lori Millette, Lauren Wooten, Patti Alphin, Rosa Fleming, Teresa S. Cobb, Fay Compofelice

Fourth Row: Cindy Parker, Lyn Matthews, Ellen Ward, Romayne Babcock, Sarah Wyant, Julie Fredriksen, Kris Keller, Robbie Sneed, Tracy Agnew, Karen Medina, Margaret Swinehart

Fifth Row: Helga Bogardus, Terry Simpson, Kathy Jones, Lisa Wells, Josie DeBenedetto, Libby Harris, Tammy Lack, Gail Meyers, Valerie Reed, Daniel Pantoja, Chris Blaylock, Barbara Dowdy, Natasha Fasion, Ann Kirkman, Terry Murray, Annie Lee Tart

1. Your thumb is nearest you. So begin your prayers by praying for those closest to you.

2. The next finger is the pointing finger. Pray for those who teach, instruct and heal. This includes teachers, doctors, and ministers. They need support and wisdom in pointing others in the right direction.

3. The next finger is the tallest finger. It reminds us of our leaders. Pray for the president, leaders in business and industry and administrators. These people shape

our nation and guide public opinion.

4. The fourth finger is our ring finger. This is our weakest finger, as any piano teacher will testify. It should remind us to pray for those who are weak, in trouble or in pain.

5. And lastly our little finger. Your pinkie should remind you to pray for yourself. By the time you have prayed for the other four groups, your own needs will be put into proper perspective and you will be able to pray for yourself more effectively.



HOC Walk to Emmaus #105

First Row: Fred Gossert, David Tyree, Joel Watson, Colon Davis, Bob Eckel, Keith Bowler, Scott Ruppert, Ron Helms
 Second Row: Jason Jackson, Gary Braswell, Tim Woody, Ricky Hall, Wayne Floyd, Leo Montgomery, Brant Mitchell, Ray Murphy, Daniel Jenks, Joe Toothman, Dean Edwards
 Third Row: Dave Amon, Chris Gross, Caleb Durham, Mark Fredriksen, Jim Drake, Robert Nash, Darryl Rodgers, Larry Brown, Jack Hart, Jay Strum, Greg Gardner, Jason Woodall
 Fourth Row: Calvin Dickenson, Curt Miller, Vince DeBenedetto, Glenn Allen, Jeff Nash, Pat LiVecchi, Pat Klootwyk, Ray Teague, Steve Pritchard, A.J. Long, Bill Bell
 Fifth Row: Norm Findley, Wayne Hicks, Gary Allred, Jay Clark, Charles Wade, Mike Crusenberry, Randy Pridgen, Jason Darden, Rob Lee, Rod Poole, Kim Davis, George Cannefax, Kirk Long, Vince Revels, Bill Blair, Rex Scott, Keith Stewart



HOC Walk to Emmaus #106

First Row: Lorie Rollins, Debbie Gossert, Lois Beal, Rhonda Beal, Bill Young, Kim Gross, Caren Helms, Ronna Bowler, Wendy Mitchell, Lewanna Stout
 Second Row: Lynne Harris, Vicky Lynn Tant, Deborah Nash, Karen Rogers, Cherie Gallagher, Melanie Gardner, Carrie Ruppert, Victoria Shields, Sandy Scarlett, Connie Long, Beth Crutchfield, Geraldene Champion
 Third Row: April Darden, Melody Troncale, Sarah Norris, Janette Scott, Malene Blair, Betty Aiken, Patti Owen, Missy Mills, Nancy Dickson, Ruth Cooper, Paula Sutton, Melody Secrest, Kelly Busch
 Fourth Row: Marie Bouvier, Beverly Allen, Melody Boomhower, Cindy Lister, Julia Al-liger, Molly Beck, Deanna Cheatham, Jeannie Lee, Vicki Wood, Kristi Andrews, Carol Pridgen, Barbara Braswell
 Fifth Row: Connie Montgomery, Wendy Rietvelt, Mona Sauls, Vicki Cannefax, Martha Wade, Rebecca Dickenson, Dudley Rose, Stephanie Jackson, Marsha LiVecchi, Angela Stephenson, Steph Lewis, Arthur Wall

Chrysalis Update

This year in the Heart of Carolina Chrysalis Community, many changes have been taking place. These changes were much needed and they are renewing the light of God that radiates from Chrysalis as an experience and as a ministry that changes the lives of many young people.

It was unfortunate that this past January we had to cancel the January Flights, but once again the power of God proved to be victorious. Instead of Flights, we had a week-end long Hoot and this experience was not only well done, but it was life changing. We had about 16 participants that had never before experienced Chrysalis, and many have since shown interest in participating on a Flight! This is awesome news, but it means that we have a lot of work ahead.

The September Flights are scheduled to resume as normal and the Board of Directors is in the process of selecting Lay Directors. But making these Flights happen is not all up to the Chrysalis board, the task of having Flights ultimately depends upon the community! We are in need of your support!

Now, you may wonder, "Well, how can I support Chrysalis?" There are many ways that you can support this ministry. One way that you can begin is by praying about someone to sponsor. The application deadline for the fall Flights is June 27! That date is fast approaching and we need you to be in prayer for the upcoming caterpillars. Another way that you could help is that you can come and serve behind the scenes during our Chrysalis weekend. We will need about 72 volunteers to come and work and we would love for people from the Emmaus community to come and join us!

Please be in prayer for the Chrysalis community as we undergo the changes that need to take place and always fly with Christ! If you have any questions, please feel free to contact any of our board members.

Time to Think About the Flight

By Brianna White

Enjoytheride2011 has logged on.

Ivegotasavior has logged on.

Ivegotasavior: Hey! So I was thinking that it is about time we start thinking about the Labor Day weekend Chrysalis Flight. We really need to get more youth from the church involved.

Enjoytheride2011: So true! I think I'm ready to sponsor someone that weekend. How do I know that the person I want to sponsor is truly ready for this experience?

Ivegotasavior: Well, first of all, you need to make sure they're at a good spot in their walk with the Lord. Once you feel led to sponsor someone, you should pray and make sure this is something that both of you are honestly ready for. Then approach the candidate and have them pray about the weekend, and make sure they're emotionally and spiritually ready themselves to go.

Enjoytheride2011: I feel that Sarah is ready for the full Chrysalis experience. Not only does she attend church and youth group every Sunday, but you can tell her heart is in the right place. You can honestly tell she gets something out of the lesson each week and just strives to learn more about our Lord. I believe she would benefit from this weekend tremendously.

Ivegotasavior: That sounds great! (: Just remember to get in the application as soon as possible. There is now a deadline on the application for Chrysalis — JULY 27TH. If we don't meet the minimum by this date, we won't be able to hold the Flight, and we don't want several youth to miss out on the experience of a lifetime! So make sure to get her application in as soon as possible! (:

Enjoytheride2011: Okay. Let me make sure I've got all this straight. I need to continue praying for Sarah that this experience will benefit her, and pray that this is the correct time for her to attend. Then I need to get her to fill out the application and get it and the deposit in to the registrars by JULY 27TH.

Ivegotasavior: That's right! Oh and don't forget about behind the scenes. It's so much fun being able to serve all the caterpillars. It's a great way to show agape love. It's also a great way to show thanks and appreciation for those that served you while you were on your Flight. During this time, you can help serve meals and fill the snack table. You can also deliver agape, make placemats for the meals, and so much more. It's a great way to give back to the community and get reconnected with the Chrysalis group. Although you're not in the conference room, it's still a part of the Chrysalis experience and a completely new look on the whole weekend. So can I expect to see you there?

Enjoytheride2011: Wow! Sounds like a WHOLE lot of fun! I can't wait to take part behind the scenes. I'll definitely be there! (: Is there anything I need to do to prepare for working behind the scenes?

Ivegotasavior: Great! The only thing you need to do is fill out an application, with your parents permission and signature, and bring it with you to Camp Chestnut Ridge that Saturday morning! Can't wait to see you there!

Ivegotasavior has logged off.

Enjoytheride2011 has logged off.