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Community Spiritual Director Stuart Milton pastorstuart@walnutgroveumc.com

Book Table, Photo Joel & Pam Watson pamwatsonbumc@bellsouth.net

Apostolic Hour, Follow-up George Peacock gmpeacock@bellsouth.net

Chrysalis Tim & Melody Boomhower melodyboomhower@yahoo.com

Gatherings Steve & Carol Durham caroldurham@yahoo.com

Kitchen, Snack Room Mel Thomas mthomas84@triad.rr.com

Luggage, Transportation Ronnie & Kathy Jones jrkmjones@windstream.net

Newsletter, Reunion Groups Steve & Suzanne Cook spcooksteve@aol.com

Prayer Chapel Trip & Kathy Alden alden@email.unc.edu

Registration Royce & Becky Thigpen rgthigpen@embarqmail.com

Set-up, Clean-up Steve & Marie Wood wood0812@aol.com

Training Brad & Stephanie Lewis stephanie.lewis@honeywell.com

Agape, Altars Kim & Freda Davis fredadavis@embarqmail.com

Worship, Music Martin Armstrong marmstrong@nccumc.org

Advisors Keith & Lynda Stewart lyndapage@msn.com

Evangelism LuAnn Charlton lcharlton@hbumc.org

“Come Take a Walk With Me”

“Come,” He said, “and take a walk with me.” There’s so much to teach, so much to see. You’ll learn about priorities and prevenient grace. I’ll thrill you and chill you, and show you my face. The priesthood of believers will be explained to you. You’re a partner with Jesus and you represent Him, too! God’s justifying grace says to come as you are. Receive His extravagant love and your life will go far. A life of true piety will transform you heart. God sees the whole plan, He’s there from the start. I’ll teach you to study and learn about the Good News. I’ll renew your mind, refresh your spirit, and transform your views. I’ve left many means of grace to remember; baptism, communion and ordination of ministers. I’ll call you to action as my feet and my hands. A Christ-centered life calls for a ministry plan. My child, you have obstacles I need to remove. Devote yourself to me, confess your sin, and your life will improve. My sanctifying grace will restore and equip you. Don’t give up, persevere, and your growth will continue. Go to work, my disciple, the people need to be fed. The world is starving and has need of “Living Bread.” Work for justice, show mercy, as the world needs my love. Be a channel of grace and give gifts from above. I’m counting on you, pilgrim, to show people “The Way”. Everyday, from now on, you’re in your FOURTH DAY!

By: Debbie Lawson HOC EMMAUS WALK 107

Service Announcements

Luggage & Transportation

We would like to thank the Emmaus Community for their help at each walk carrying luggage back and forth. When we have a lot of help, it reduces the number of trips each person has to make. This is very important because some pieces are extremely heavy and the stage area fills up quickly with incoming luggage. This is not a glamorous job but we greatly appreciate all who help with luggage and most especially with those who help with the transportation.

DeColores, Ronnie & Kathy Jones

Newsletter & Reunion Groups

Please contribute articles or other news worthy items that you feel would be a blessing to the community. You may reach us at newsletter@carolinaemmaus.org or at sbencook@aol.com ALL COMMUNITY MEMBERS: Please go to www.carolinaemmaus.org website and click on reunion groups to verify that your reunion group is listed and that the information is up to date and correct. Corrected information should be emailed to Suzanne Cook at sbencook@aol.com.

DeColores, Steve & Suzanne Cook

Satellite Gatherings In Durham, Wake Forest, Crossroads & Kinston

Durham Gathering
meets monthly **7:00 PM** at:
Mt. Sylvan UMC
5731 N, Roxboro, Rd
Durham, NC 27712
on the **2nd Friday** of the month,
except on walk weekends

Wake Forest Gathering
meets quarterly **7:00 PM** at:
Wake Forest UMC
Hwy 98 Bypass & S. Main St.
on 3rd Fridays 2010 Dates are:
Feb. 19th, May 21st & Aug. 20th

Crossroads Gathering
meets monthly, **4:00 PM** at:
Brogden UMC
(between Goldsboro & Mt. Olive)
on the 4th Sundays
Contact: James Thompson

Kinston Gathering
meets monthly **7:15 PM** at:
Westminster UMC
Gathering Cover Dish
At 6:30
4th Friday of each month
except walk weekends

2010 Kairos Dates to Remember

Men' Kairos Walk No. 32

NC Central Prison – Raleigh, NC
August 4th –7th
Contact: Jack Bigler (jbigler@bellsouth.net)
(919) 779-6131

Youth Kairos "Torch" No. 4

CA Dillion Youth Development Center – Butner, NC
May 21st – 23rd
Contact: Mark Gustafson (mellgus@bellsouth.net)

WALK DATES 2010

September 23-26, 2010 ...HOC Men's Walk 113

Lay Director: Jim Borrell

Spiritual Director: Julia Alliger

October 14-17, 2010 ...HOC Women's Walk 114

Lay Director: Debra Carver

Spiritual Director: Suzanne Cobb

Follow Up at Gathering ...October 22, 2010

HOC CHRYSALIS NEWS

The HOC Chrysalis Community would like to thank everyone who made donations to our trailer fund. At the March Board meeting we found out we have enough funds to purchase one new trailer and there is a possibility that we may get a trailer donated sometime this summer. So, before our

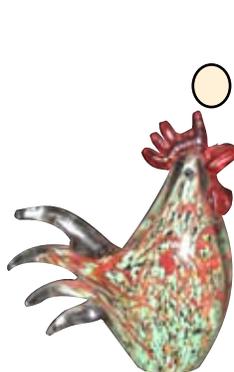


May Board meeting, we will have one shiny new trailer that will be much larger than the leaky one we currently own. So we are extremely thankful and grateful. God is good! We had a great "Hoot" after the

MLK Flight's and are looking forward to a summer of fun filled worshipful Hoots each month. Be sure to go to the HOC Chrysalis website for dates and locations. www.gbgm-umc.org/hocchrysalisv
We still have room on the Labor Day Flights so please get your applications in as soon as possible. Remember the deadline is July 28, 2010. Let's

make sure we have full flights for both boys and girls. We have a lot of exciting things in the works for the future and we are extremely excited about what God is doing in our community. We will keep you informed as details become available. We are working on establishing a database for the Chrysalis Community that will be very similar to the one currently used by the Emmaus Community. This will be extremely helpful to the Team Selection process once it is in place. Please be in prayer for the upcoming flights and your 2010 Board of Director's. It is our honor to serve as the HOC Emmaus liaisons to Chrysalis.

DeColores & Fly with Christ,
Tim & Melody Boomhower



Great recipes
from
Denise Massey

Thimble Full of Theology

Ray Broadwell once said: “Correct doctrine is important for the simple reason that wrong thinking leads to wrong living.” Here is the theology question of the day. **Do we sin because we have to or do we sin because we want to?**

Few of us really appreciate the spirituality of 19th century saints. Strong’s Exhaustive Concordance catalogues the reference location of every occurrence of every single word in the King James version of the Bible including words like “a”, “of” and “the”. This amazing work was done without computers. I can scarcely imagine the tedious determination required. During this period of church history, reading the family bible out loud was a nightly activity, in most Christian homes. Lacking that biblical focus and bombarded with so much worldly information, I suspect that we have lost some of their doctrinal understanding.

Well, why do we sin—by nature or desire? The old hymn *Rock of Ages, Cleft for Me*, written by Augustus M. Toplady in 1776, has the answer embedded in the first verse: *“Let the water and the blood, from thy wounded side which flowed, be of sin the double cure; saved wrath and made me pure”*. The answer is that we are born with a sin nature and therefore we have no choice but to sin. We are helpless to help ourselves. Jesus said to Nicodemus “Ye must be born again”. When we accept Jesus as personal savior based upon his sacrifice on the cross we receive a new nature so that we are no longer sinful by nature. Thus, one cure has been applied requiring yet another. Our remaining problem is that we are still sinful by habit. “Go and sin no more” is a tough commandment to keep. It is, however, the nature of the Holy Spirit to keep it and He can keep it in us, as well. The first cure takes place instantly but the second cure takes a lifetime. Faith in Jesus Christ is the first cure and obedience to the Holy Spirit is the second cure. We must learn day by day that walking humbly with our God, doing justice and loving mercy is more gratifying than satisfying the sin urges. Even the apostle Paul was never completely free than temporal things. He set a very good example for us, yet he struggled.



DeColores,
Walk humbly in Peace

“Thimble Full of Theology” is not intended to be taken as doctrine, but merely food for thought and encouragement to study.

DYING TO SELF... (a meditation, author unknown)

When you are forgotten, neglected, or purposely provoked and you don’t sting and dwell on the hurt, the insult or the oversight, but your heart is at peace, being counted worthy to suffer for Christ – THAT IS DYING TO SELF.

When your good is spoken of as evil, when your wishes are crossed, your advice disregarded, your opinions ridiculed, when you reach out and the door is closed in your face and you refuse to let anger rise in your heart, or even defend yourself, but take it all in patience and with love – THAT IS DYING TO SELF.

When you lovingly and patiently bear any disorder, any irregularity, any impunctuality, any interruption or any annoyance; when you stand face-to-face with folly, wastefulness, spiritual insensibility and endure it as Jesus endured – THAT IS DYING TO SELF.

When you are content with any food, any offering, any climate, any people, any clothing, any shelter – THAT IS DYING TO SELF.

When you never care to refer to yourself in conversation, or to record your own good words and when you can truly love to be unknown – THAT IS DYING TO SELF.

When you can see your brother prosper and have his needs met and you honestly rejoice with him in spirit and feel no envy, nor question God, while your own needs are far greater and in desperate circumstances – THAT IS DYING TO SELF.

When you can receive correction, reproof, encouragement, advice or exhortation from “one of less stature than yourself” “and can humbly submit inwardly as well as

outwardly, finding no rebellion or resentment rising up within your heart – THAT IS DYING TO SELF.

Dear Father, Son and Holy Spirit, bring me to a place of humility before the cross so that I willingly die to myself in order that I may live in, with and through you alone . Amen.

Dying to Self (Anne Lotz)

“If anyone would come after me, he must deny himself and take up his cross and follow me.”

Matthew 16:24, NIV

The power in your life and mine that results in blessing is in direct proportion to the extent that you are willing to die to . . .

your own will,
your own goals,
your own dreams,
your own rights.

It’s what Jesus meant when He challenged His disciples, “If anyone would come after me, he must deny himself and take up his cross and follow me.” However, before you get too hung up on the cross, don’t forget -- after the cross comes the resurrection and the power and the glory and the crown! Jesus kept His focus on the joy of abundant blessing as He “endured the cross, scorning its shame, and sat down at the right hand of the throne of God” (Heb. 12:2, NIV). Because Jesus was willing to die, He was blessed by God with a position of power and authority at His right hand.

If blessing is in direct proportion to a willingness to die to self, how blessed are you?

Blessings,
Anne Graham Lotz

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“Lord, Watch Over My Child”

Linda and I were married in April 1972 – Yikes, 38 years ago! We didn’t want to start a family right away – maybe after 5 years or so. Well, when we wanted to have a family... we couldn’t. All the tests from specialists couldn’t tell us why we could not get pregnant. We then pursued adoption. After 12 years of marriage and several years adoption-processing we were parents of a 10-day old girl. Answered prayer! – there would be a little VonDerGathen.

As an infant, our daughter was happy to play alone and didn’t want to be held or cuddled. Through elementary school, adolescence, middle school & high school, she struggled academically and even more so socially. She experimented with drugs/ alcohol and in 1998, at 15 years old, attempted suicide and was admitted to UNC Neurosciences Department in Chapel Hill. While visiting her at UNC, she would look right through us with hate – for allowing her to be placed in the locked-down facility. Our church family and many, many others kept us surrounded in prayer. The UNC doctors didn’t know if the childhood diagnosis of ADHD was accurate now. They thought it was more of a Bipolar behavior but were unsure as the body changes in late teens and early adulthood and they couldn’t be certain until she was in her mid 20’s.

There were times when we did not like our own daughter. But this is what we signed up for; no matter what. Her impulsive behavior got her arrested for theft, drug possession, multiple car accidents and speeding. She was always attracted to the wrong crowd. By her 21st birthday she had her first child and 18 months later, a second. At least they were with the same father (if that’s a bright spot). Through all of this she was living “off & on” at home. We loved her – but it seemed only out of parental duty.

Another low point in her life came in January 2008 when the father of our grandchildren took his own life with a gunshot. Our daughter discovered his body, with the kids following only seconds behind her. She said “life sucks so bad that I should do the same; take my own life and end this misery”. She couldn’t turn her life around. Linda and I were always a phone call and short drive away. Crisis management, anguish and simple persevering was our life style.

The nineteenth century humorist Josh Billings said cleverly, “Consider the postage stamp: its usefulness consists in the ability to stick to one thing till it gets there.” Dr. David Jeremiah adds; that as Christians we can apply these witty words to our goal of living for Christ until the day he returns. Do we always know what life holds? Of course not. Do our undertakings many times become difficult and discourage us? You bet! But we have to remain steadfast in purpose. There were

certainly many times I wanted to rewind and change a decision.... But again, that’s not what we signed up for. Our old buddy Moses.. he persisted to the banks of the Red Sea with the Egyptians on his “six”. I wonder if he doubted God when he saw the water up ahead & the enemy to his rear.. Wonder if he thought “dude, I didn’t sign up for this – but he remained faithful !!!”

Through years of turmoil with our daughter, I’d thought many times, “well, I guess this is as good as it’s going to get”. “Oh ME of little faith”!

This is a lifelong process, achieved through perseverance and the intentional work of staying connected to God’s persistent love and staying open to His will for our lives.

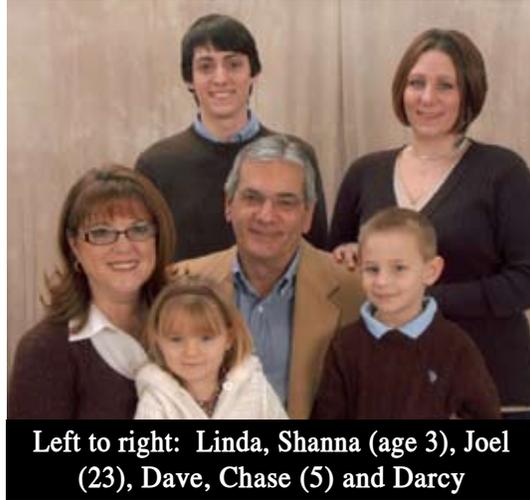
APART FROM CHRIST, WE ‘CAN’ DO NOTHING. Since the father’s suicide, our daughter’s downward spiral accelerated. Life, for her, seemed to have no meaning. She found, in her kids, barely enough purpose to survive, but she did survive!

In February ‘09 we got a call from “Child & Family Services” saying that our 5 year old grandson wandered onto Sunset Lake Rd. The police were called. He was able to tell the police where he lived. But when the officers returned him home, Our daughter opened the door to her trailer and then CFS was called-in because there was no water,

no electricity, no trash pickup, no toilets flushed, no dishes washed, or floors vacuumed. CFS would not allow the kids to be put back in that environment, so Linda and I were given immediate custody.

When the State got involved and took away her kids, her spiraling vortex hit bedrock. Linda had been praying fervently through all of this but I was just trying to survive it and keep from shaking the life right out of our daughter. With her children now taken, the only way to get them back was to adhere to the state’s programs & requirements.... This was her first real goal in life! Instead of running from God, she was now seeking Him and His help.

About 6 months ago (while meeting the county’s guidelines) she started attending church with us. We’ve ALL been praying to God continually, asking her to invite Christ to work with her through her obstacles. I’ve also opened up a huge void within myself and asked God to TAKE UP RESIDENCE within me!



Left to right: Linda, Shanna (age 3), Joel (23), Dave, Chase (5) and Darcy

A year ago this month, Child and Family Services took her kids away from her due to the living conditions of her home... now she operated a “cleaning” business.

God sure has a sense of humor!

“Lord, Watch Over My Child” continued

During a very recent sermon at church, she raised her hand and witnessed to the congregation that after her children’s fathers death, she was taking a long shower and with the water beating on her face she pleaded “out loud” for God to help her remove the guilt and burden about his death and for His direction in her life. When she stepped out of the shower she said the weight immediately had been lifted.

Everyone in church knew her “life-story” and after her witness most of us were in tears. After over 25 years, she was on God’s Path – not her own. She was trying to run her life. When she surrendered herself, & gave it to God to place His yoke, Just a couple months ago our daughter rededicated her life to Christ. And, she’s since opened up her own home cleaning business... Wow!

One of life’s lessons that Linda and I have learned is that ALL relationships require an investment of time and attention if they are going to grow and deepen. We now know that we must invest in our friends, our church family, our extended family and most certainly in our immediate family! The persistence we need for those relationship comes only from staying personally close to Christ. I learned that I spent years in turmoil; unable to provide direction for my daughter because I; myself was lost. God knows I tried. Linda tried. Darcy tried. It took a long time for this bonehead to encounter Christ, and surrender my will. I hadn’t accepted the total security that comes with the empowerment of the Holy Spirit. It’s in God’s time – NOT DAVE’S!

Contact with other Christians was (and is) a HUGE part of keeping our focus on God and His purposes. My faith and the quality of my walk have been strengthened by so many special friends in the body of Christ – at work, at church, in the Emmaus Community and our reunion group.

Our Reunion Group provided that mutual support, encouragement and accountability. They “prayed us through” our ordeal. If it were not for our weekly meetings I don’t know how I would have handled those times where we were at wits-end with our daughter. I fear I would have just drifted off on my own plan. I still grow through my Praise Team small group, worship, and special Christian friends that God surrounds me with, but I know without a doubt that come Monday night, I’ll meet with three other guys and we will share our faith-walk one week at a time.

I have to share one more thing. I mentioned to our daughter that I was asked to write this article. She read it, then said “Dad, I’ve hung in there too when there were easier escapes”. She also wrote in last years’ Christmas card; saying that Linda and I have been her “Life’s Training Wheels”.. ISN’T THAT WHAT GOD’S WORD IS FOR US !?

Life’s Training Wheels?

Look to God in all you do,
Dave VonDerGathen

A Fourth Day Story

Pack Your Bags! In 2004, we were asked to attend the Walk to Emmaus. Neither of us had ever heard of the Walk to Emmaus but we packed our bags and enjoyed 72 hours of God’s amazing love. Since our walk, we have been blessed to pack our bags again for return trips to the Short Journey Center. Now we get to be God’s means of showing His amazing love to others.



In addition to serving the Heart of Carolina Emmaus community, we have packed our bags to share God’s amazing love around the world. Sometimes God has asked us to pack our bags separately, but on three very special missions we have packed our bags and traveled together.

In 2006, God told us to pack our bags for Sri Lanka. The deadly tsunami had devastated this island country and the world showed up for a while to help. We traveled there a year and a half afterwards in order to build houses and show God’s love. The people we met there told us that only the “Jesus people” continue to come and help them. How humbly to be used by God to bring glory to Jesus!

In 2007, God told us to once again pack our bags. Our destination was Ramallah Israel in the West Bank. How unbelievable to actually be allowed to show God’s love to Muslim children. God totally paved the way for us to go into a village school and make crafts and just play and love on these sweet children. The only images of Christians that anyone in this village knew were media-driven and negative. God used us to change that image and to bring glory once again to Jesus.

In 2009, yep you guessed it....God told us to pack our bags. This time we were sent to the mountains of Morocco to love on the Berber people. The Berbers live away from the main society in the mountains of Morocco. They call themselves the “free men” but they have never been told of the love and sacrifice of Jesus. They truly are not free until they know and surrender to their Savior. God used us once again to show Jesus’ love to those who live in the dark.

We have been asked to pack our bags for years now. Our Fourth Day has been very exciting and busy. We have been blessed to know God’s amazing love and we want others to receive this blessing.

We are ready for the next call of “Pack Your Bags”.

Are you?

DE COLORES!!!
Brian and Wendy Rietvelt
HOC Walks NO. 70 & 74

Register Yourself in the HOC Emmaus Community Data Base – (How To)

HOCE's community database is now online! We're asking all community members to sign up, log in, and update their information. Read the directions below then click on the "Community Database" link to proceed. The new site will open in a new window so you can refer back to the instructions if needed. Please contact Pat LiVecchi if you have any questions or problems.

Community Database

Welcome to the Heart of Carolina Emmaus community online database.

1. Site Registration

- A Click "Register for Site"
- B If you walked in any community other than Heart of Carolina Emmaus, you must be registered by an administrator.
 - Click the "I need assistance" button and give us your name, city, email, and original walk information. Someone will get back to you.
- C People who walked in the Heart of Carolina Emmaus community will be given an opportunity to search for their record and self register.
 - You must enter your first name (nickname) and last name as they appear in our printed directory.
 - You must enter your walk number and select your walk gender as well.
 - Enter a valid email address
 - Important: Check the "change Email in Database to this Email" box. Many of our records have no email address or an incorrect one. You must match the value in the database when you log on.
 - If you are unsuccessful in finding your record, click the "I need assistance" button and give us your name, city, email, and original walk information. Someone will get back to you.
- D If all else fails, please send an email with your Name, address, city, state, zip, phone, email and original walk information to plivecchi@nc.rr.com.

2. First Logon

- A Logon using the same email you registered with and the temporary password you get by email.
 - If you don't receive one, send an email to plivecchi@nc.rr.com.
- B If you don't see a blue bar with words on it underneath the IMS logo, look for a scroll bar on the right of the logo. Scroll down to uncover the blue bar.
- C On the blue bar, click "You" --> "Change Your Password"
 - NOTE: The system will allow family members to share an email address, but they MUST use different passwords so the system can select the correct member record when you logon.
 - Enter your preferred password twice and click "Change Password"

3. Updating your Information

- A On the blue bar, click "You" --> "All about You"
 - On the second blue bar, click "Your Information"
 - Please review and correct your personal information on the left side of the screen.
 - If your church is not in the list, click "Communicate problems with status" and let us know your church name, city and state.
 - If you make changes, click "Update Your Information"
 - When you are done, click "My Information is Correct"
 - On the second blue bar, click "Your Experience"
 - This will list your original walk and the teams you served on.
 - We do not have good records of this information, so we need your help updating it.
 - Click "Problem With My Experience"
 - Please enter one line for each walk you have been on, starting with your Pilgrim walk:
 - * walk number (if it was in a different community, enter "Other")
 - * position: PIL, ATL, TL, AML, ML, ALD, LALD, LD, ASD, SD, BR
 - * Talk: talk name (you can use talk number or an obvious abbreviation)
 - Click "Send Message" when you are done.

4. Updating your reunion group

- A If your reunion group has members from several churches, on the blue bar click "You->All about You" and change your church to ***UNKNOWN***.
- B On the blue bar click "Church Admin->Reunion Groups"
 - If your reunion group is not in the list, click "Add Reunion Group" and create it.
 - If it is in the list, click on the magnifying glass to select it.
 - If your name is not in the list, click "Add new member" and add yourself.
- C If you changed your church, don't forget to change it back!

Gathering at White Plains UMC – March 26, 2010



Sonya Snyder
Moderator

Deb Murphy,
4th Day Speaker

Tim Catlett,
Homily Clergy

Recipes Just For You

If you have a great recipe that you would like to share, please e-mail it to Suzanne Cook at sbencook@aol.com

Short Journey Chicken Pot Pie...

Ingredients: Makes three Pies

4 Boneless Chick Breasts

1 Package frozen Peas & Carrots

2 Baking potatoes (already baked)

Deep Dish Pie Shells (2 per pie = 6)

Cream of Chicken soup (50 oz. can)

1. Boil chicken breasts until cooked. Let cool and cut up into bite sized pieces or shred.
2. Put Cream of Chicken soup in a large mixing bowl
3. Add Chicken Breasts pieces
4. Add Peas & Carrots
5. Cut up Baking Potatoes into bite size pieces and add to mixing bowl
6. Mix thoroughly and put into deep dish pie shells. Use one shell for the bottom of the pie and the second shell as a top. Do not try to mold or press the shells together; they will mold during baking
7. Bake at 350 degrees in preheated oven until top crust is browned to your liking
8. Let cool for at least 20 minutes before cutting

Short Journey Ice Cream Delight...

Ingredients:

Ice Cream Sandwiches

Whipped Cream (Coolwhip)

Oreo Cookie Crumbs (or choose any topping - be creative)

2 Inch Pan

1. Place ice cream sandwiches flat in a pan
2. Put whipped cream over top of sandwiches
3. Cover whipped cream with favorite topping(s)
4. Place more ice cream sandwiches on top of topping
5. This step is optional, add more topping
6. Place in freezer
7. Best if made one day prior to serving – cut dessert so each serving is the size of one half ice cream sandwich
8. Special note: Great on the go snacks if placed in individual sandwich bags and kept in the freezer

Three Bean Chili...

Ingredients:

Minced Garlic

Olive Oil

Marinara Sauce

Red Kidney Beans (drained)

Pinto Beans (drained)

Garbanzo Beans–chick Peas (drained)

Shredded Cheddar Cheese

Canned Kernel Corn

Fresh Zucchini

Two cups Chili Powder

Chopped Carrots

Several dashes of bottled hot pepper sauce

- 32 Oz. cans of each will serve 25-30 people

 1. In a large pot, add beans to marinara sauce, bring to a boil
 2. Reduce heat and simmer, covered for 10 minutes
 3. Stir in carrots, corn, and chopped zucchini
 4. Add hot pepper sauce and spoon into bowls
 5. Top each bowl with 2 tablespoons of cheddar cheese

**Sin keeps us from prayer,
& prayer keeps us from sin**