



Walk to Emmaus®

THE UPPER ROOM

Spring Issue, Vol. 8, No. 2

HOC EMMAUS WALK #100

Greetings, Heart of Carolina Emmaus community! We ask you to join us in celebration of HOC Emmaus Walk #100 which is being



Jim and
Ruthie
Borrell

held April 17-20th! We are so thankful to the faithful work of the body of Christ in our Emmaus community that has led us to celebrate this centurion mark. We celebrate the good work of the Holy Spirit through the HOC Emmaus community.

We would like to share with you the focus of our HOC Board of Directors retreat this year. We spent some time reflecting on scripture that is fundamental to the work of our Walk to Emmaus community:

“Just as each of us has one body with many members, and these members do not have all the same function, so in Christ we who are many form one body, and each

belongs to all the others.” —
Romans 12:4-5

We reflected upon a timeline for staging a Walk to Emmaus and we saw the importance of each work area. Did you know the timeline starts more than one year in advance of each Walk? Each work area from our HOC board is a necessary and integral part. Although our Emmaus community is one body, we couldn't function without each member working to fulfill the job our Lord is calling us to do. He works in our community helping us determine who He has called to lead the team, to serve on the team and who will be there as pilgrims. Through prayer, we discern the team selection process. Through prayer, we guide sponsors to search out the people God is calling to attend Walks as pilgrims. This time before each Walk is a time of listening to our God.

During the period of team formation, the Walk Lay Director and Spiritual Director seek God's wisdom on how to proceed with training and they continue to pray for those whom God is calling to attend

as pilgrims. This is a time of listening to our God. During training, the team prays for discernment and wisdom for their talks, for their service as Table Leaders, Music Leaders or Spiritual Leaders. The Assistant Lay Directors might even pray for one more hour in the day! The Lay Director continues to pray for guidance in how God wishes the Walk to unfold. This is a time of listening to our God.

During each walk, we call on the community to pray for the pilgrims and the Walk team. After the Walk, we ask for prayers for our new Fourth Day pilgrims.

The Board of Directors retreat was concluded by sharing a prayer bookmark for our bibles that we can reference everyday. We pray 6 days per week, each day for different work areas that support our Walk to Emmaus community. We want to share that bookmark with our community and invite every Fourth Day pilgrim to join us in prayer for all we do as servants of our Lord in the HOC Emmaus community.

Here's our weekly prayer list:

- Monday: Chrysalis, Team Selection Committee, Training,

Registration

- Tuesday: Evangelism, Newsletter/Reunion Groups, Gatherings, Book Table/Supplies
- Wednesday: Worship/Music, Set-up/Clean-up, Prayer Chapel, Agape/Altars

- Thursday: Luggage/Transportation, Kitchen/Snack Room, Apostolic Hour/Follow Up
- Friday: Community Spiritual Director, Community Lay Director, Advisory

- Saturday: Walk Teams/Pilgrims, Fourth Day, HOC Community

As Community Lay Directors, the first thing we ask of our new Fourth Day pilgrims at Closing is that they pray for our community and our board of directors. We ask you, the community, to join with them and your board of directors in daily prayer. We ask you pray for God's will be done in all we do as a community.

But, you know, we think you are already praying. We know your prayers have helped us reach the 100th HOC Emmaus Walk! Shall we join together to pray for the next 100 Walks?

DeColores!



March Gathering

(top) Members of the St. Luke UMC Praise Band are Kevin Showalter, Chasity Raif, Jennifer Vaillancourt, Pam Gunter, Kandice Pedley, Mike Hall, Jay Locklear and Todd Showalter. The worship service was led by Bryan Sexton (right) of Hebron UMC. Jim Borrell (not pictured) gave the Fourth Day Talk in place of Ted Beemer.



HOC Emmaus Standing Rules Change

At the last Heart of Carolina Emmaus board meeting, an amendment to the standing rules regarding the newsletter was proposed, voted upon and approved. Per our by-laws, we must present the proposed change to the community in the newsletter. We invite any comments from the community within thirty (30) days of the newsletter issue date. If there are no objections raised, the amendment will be considered adopted. If objections are raised, at the next regular board meeting the Board will review the amendment in light of the objection(s). The Board can either withdraw the amendment or vote on it. If voted upon, it will require a three-quarters (3/4) majority to be adopted. The adopted, or withdrawn amendment, will then be published in the following month's newsletter, with a brief summary of the objection(s) and/or change(s).

Let it be noted that the reason for this standing rule change is the high cost of sending newsletters out to the community. Below is the current standing rule:

A newsletter will be sent to all members. A voluntary contribution of five dollars (\$5.00) per year is requested of each member/couple who receives the newsletter.

Below is the amendment to the standing rule:

The HOC Emmaus newsletter will be available on the HOC Emmaus web site, as well as at the following Emmaus functions: Apostolic Hour, Closing and Gathering. We encourage all HOC Emmaus community members to provide copies of the newsletter to those who cannot access them through the aforementioned means.

Gathering News!

Mark your calendars! We will have a SPECIAL HOC Gathering time in December this year. We will gather as a community on Friday, December 5th for a special time together during the Advent Season. This Gathering will be held in place of the normal 4th Friday Gatherings of November 28th and December 26th.

2008 HOC Board

Community Lay Directors

Jim and Ruthie Borrell
borrellje@yahoo.com

Community Spiritual Director

Stuart Milton
smilton@nccumc.org

Book Table, Photo, *Secretary

Si and *Stephanie Weeks
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Snack Room, Kitchen

Fred and Debbie Gossert
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Newsletter, Reunion Group, Directory

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Set-up, Clean-up

Russ and Melody Secret
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Training, *Treasurer

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Worship, Music

Will Jackson
wiljack5@nc.rr.com

Agape, Altars

Ronnie and Kathy Jones
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Advisory

Ray and Deb Murphy
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Remaining 2008 Walks

Walk #101

Men, July 17-20

Walk #102

Women, July 31 - Aug. 3

Walk #103

Men, Oct. 2-5

Walk #104

Women, Oct. 23-26

Note

Gathering Date Change

Dec. 5

(Nov./Dec. combined)

Incorporating Fourth Day into Marriage

MY FOURTH DAY

My name is James McLawhorn, Heart of Carolina Emmaus Walk #77. I sat at the Table of Luke and attend Edenton Street UMC.

My name is Kathryn McLawhorn, Heart of Carolina Emmaus Walk #78. I sat at the Table of Mary and attend Edenton Street UMC.

Teresa Little, our sponsor at the time, and long-time friend, asked us to talk about how we have incorporated our Fourth Day into our marriage. In order to do that, I would like to go back to the beginning of our fifteen year marriage. You see, James and I met in a Sunday School class in this very church. We had both grown up in Christian homes where church attendance was a given. When I moved to Raleigh after college, it was only natural for me to attend church. I quickly found a home at Edenton Street, similar to the church in which I had grown up. A few years later, James and I met in a Sunday School class. He persistently pursued me over the next year. Despite some well-intentioned co-workers who would place jewelry circulars in his office chair, he did not scare easily. We married in 1992. He might tell a different story, so that is why I asked to speak first!

All of this background is just to say that our marriage began on a Christian foundation. Through the years, church attendance and participation has been a part of our being. It is not viewed as an obligation, but as a privilege. When our children were born, now 12 and 7, church became a part of their everyday life as well. We would like to think that our Christian faith and values are evident in our home and that we set good examples for our children, recognizing that there is always room for growth and improvement.

Teresa had to work on us a few years before we were ready to commit to an Emmaus Walk. We were very involved with church in Sunday School, choir, bible studies and in other areas. In fact, on the first night of the Emmaus Walk, we might have privately put ourselves in the category of "those who think they need it the least." Boy, were we wrong! Much like a new house needs to be built on a solid foundation, we began our lives together with a Christian background. Just as a house needs to upgrade and expand to meet the changing needs of the family, it is also necessary to grow in our Christian walk over time, so that our church participation does not just become another routine. The Emmaus Walk taught us that. We would like to be able to say that over fifteen years, we have kept Christ at the center of our home and family but in reality, often Christ has slipped into the background as we let work, school obligations, sports and other activities dominate our attention. The Emmaus Walk gave us a fresh, renewed perspective of what our priorities should be. We found that making Christ our first priority does not short-change any of the other aspects of our life. It enriches and sustains all aspects of our life, individually and as a family.

When James and I had the obligatory counseling sessions with the minister before we got married, I remember one question he asked that has stuck with me all these years. He asked what Christ-like qualities we saw in each other. I can still remember the answer I gave. But the point is not to sell you on

James' good points (he is already spoken for!). The point is that we reflect Christ's qualities; and what I saw in James fifteen years ago has evolved and changed with his faith journey, just as I would hope and expect the same for myself.

The talk during the Emmaus weekend on Christian action reminded me of the scripture the minister used in our wedding ceremony. It is the parable of the talents in Matthew 25. I will not read the passage, but at the end of the minister's message, he challenged us to use the talents that God has given us for His glory.

I know I have used some talents and I am still trying to discover others. I have tried to find church and community areas where I can serve, and James is always supportive. With children, being on committees, going to meetings and being involved can often present logistical challenges. It is not unusual for us to meet in a parking lot and hand off the kids as we shuffle between activities. But we recognize in each other the need to serve and the desire to grow in our faith, so we work together to support each other's needs. When I attend bible studies or coordinate guppy bag work nights, James steps in as cook and chaeuffer. When I chose to take several years to help with each child's Sunday School class, James did not complain about the empty seat beside him in our adult Sunday School class. Our son is now in middle school youth group and I plan to be involved in that, as much as he will allow, without his mom cramping his style! It is a balancing act that requires us to keep Christ as the central focus.

It has been almost three years since our Emmaus Walk and we fall short of our minister's challenge and the call to live our lives in the Fourth Day over and over, but God is great and gracious and patient; and together, James and I can hold each other accountable and strengthen each other in our faith journey.

• • •

Kathryn has already told you a little about our Christian faith. I acknowledge that I attended church and Sunday School regularly for most of my life, however, my idea of being a "good Christian" was just that, to faithfully attend church and Sunday School, and then otherwise stay as inconspicuous as possible. I did join the chancel choir shortly after getting married, but I really thought that was mostly an outlet to satisfy my love of music. I now understand this was the beginning of God's calling me to service. You see, He didn't start me out with the hard stuff. He chose something that he knew I enjoyed and would be open to try.

Sometime after the birth of our son, He began working on me in other ways. I had never participated in formal bible studies and I didn't read my bible faithfully, but I had heard other Christians speak positively about their experiences in bible studies. Soon I began to hear a clear, distinct and persistent voice

telling me, "it's time." With some apprehension I gave in, but I wondered what would I have to contribute? What would others think of me when they realized I didn't have a lot of biblical insight to offer to the group? But God had other ideas, and through the Holy Spirit, I began to study His word and deepen my relationship with Him. It was during this time that our Senior Pastor, Roger Elliott, preached a sermon on how you can "know about Jesus" but not "know Jesus." This concept perplexed me. I thought "what more is there than to go to church, study the Bible, and know the facts of Jesus. Wasn't this what I was supposed to do?"

It was on my Walk, however, that I came face to face with what it means to have a personal relationship with my Lord and Savior, Jesus Christ. You see, it took a lot of work to get me to say "my" Lord and Savior. That's a little scary. I had always talked about "our" Lord and Savior. I was more comfortable with the universal view than I was the personal one. But during the Friday talk on "Preventive Grace" I once again sensed God speaking to me, telling me it was no longer good enough to just know about Him, but it was time to get personal. I committed myself to a deeper relationship with Him on my Walk, and my life has never been the same.

Since 2005, my life has been filled with more bible studies, regular involvement with Wake Interfaith Hospitality Network, a mission trip to Mississippi, serving on church committees, talking with my family, friends, and others about my faith, and of course direct involvement with the Emmaus community. In fact, this past summer, I had the privilege to serve in the Conference Room for the first time since my Walk. Emmaus was, and continues to be, a major and significant part of my faith Walk. As anyone who has served on a Walk knows, it is an experience that is truly blessed and endorsed by God.

While God has presented me with these opportunities, without the love and support of Kathryn, it would be much more difficult for me to serve God. Her unwavering faith, and belief in service to Him, allows her to be understanding of and willing to support my need to fulfill God's callings in my life. You see, she believes and understands too. She also understands my need to grow in my faith through service to Him, and because of that, I am able to do so with her support and a clear conscience.

The love and support of a christian wife is truly a gift from God. I have never doubted Kathryn's love for me, or her support of my faith and the growth of my personal relationship with God. As the Apostle Paul wrote in 1st Corinthians, Chapter 7:14 - For the christian wife brings holiness to her marriage, and the Christian husband brings holiness to his marriage. Otherwise, your children would not be holy, but now they are holy.

Don't you wives realize that your husbands might be saved because of you? And don't you husbands realize that your wives might be saved because of you?

There has never been any doubt of the influence my wife has had on my faith during our marriage and my Fourth Day. I pray that God blesses you all in the same way.

DeColores!

WORK AREA REPORTS

Keith and
Lynda
Stewart



Luggage, Transportation

(Sing to the tune of "Twinkle, Twinkle, Little Star")

Bring the bags in one, two, three.
It's so easy. You will see.
Tote the bags from here to there.
Pilgrims will not have a care.
"DeColores" we will sing,
Praying to our God and King.

Vans are needed Sat' day night.
Drive them left and drive them right.
First they drive and then they rest.
Our van drivers are the best!
Driving vans is lots of fun.
So is serving God's own Son.

Back on Sunday ... bags to pack.
On the truck and in a stack.
'Round the side and to their spot.
Some are heavy. Some are not.
Bags are tagged so all can find.
And no bags are left behind.

Join us for more fun with Luggage and Transportation. We can be contacted at lyndapaige@msn.com or at (919) 242-6278.

Registration

We pray that you have each been renewed in your Walk with Jesus by your celebration of Easter on Resurrection Sunday. It is so impor-

Roy and
Paula
Pittard



tant for us to keep our faith renewed and strengthened. We hope that you are prayerfully considering sponsoring persons on the Walk to Emmaus. The letter of agreement from the Upper Room, who sets the standards which we follow, states that "husbands and wives are encouraged to make an equal commitment to participate." The rule does not mean that Emmaus primarily focuses on married couples. However, the rule does reflect a concern and hope about the effect of Emmaus on marriages and families. First, the equal participation rule guards against the Emmaus experience becoming a divisive influence in a marriage. Second, when the rule is followed, Emmaus can indirectly strengthen the spiritual bond in a marriage and family. So sponsorship of married persons involves approaching both husband and wife together and encouraging them to make an equal commitment to participate, especially on the same set of Walks. In this way they can grow together as a Christian family while actively supporting the Emmaus movement and the church as families, not only as individuals.

Please remember that our community requires that sponsors have the HOC sponsorship training prior to sponsoring someone. The three page application form is available on the web site and also at Gatherings. It is very important that

you use the current form as it includes the sponsorship covenant that is required, as well as more information about the pilgrim's needs. This form has been in use for two years. If you are unable to find a current one and cannot print one from the web site (<http://rtpnet.org/~emmaus/>), please let us know and we can e-mail you one or mail it to you.

May God bless you as you consider sponsoring those with whom you want to share this spiritual life-changing Walk.

Snack Room, Kitchen

Please consider signing up to help serve a meal to the pilgrims. What a wonderful form of agape. We especially need help with Friday break-

Fred and
Debbie
Gossert



fast and lunch on each Walk weekend. Sign-up sheets are available at each Gathering and Follow-up. You can also contact us directly at debfredg@aol.com or at (919) 844-4701.

Also, we rely on the community to provide the snacks for the weekend. Please bring the snacks with you to Send-off and put them in the agape room. We always seem to be in need of more vegetable trays, fruits and cheeses. Snacks are assigned by each church and you can find the 2008 snack room assignments on the community website.

Thank you for your continued support of the Heart of Carolina Emmaus community through your service in the kitchen and snack room!

2008 Snack Room Assignments

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 below 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): Fuquay-Varina UMC, Fremont UMC, Gateway Church (Fuquay-Varina), Benson UMC, Elevation UMC, all other Churches.
- Baked Goods (breakfast/brunch items - coffee cakes, tea breads, rolls, etc.; some could be sugar-free, 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, sugar, or low-sodium crackers and spreads - please mark accordingly unless labeled): White Plains UMC, Ebenezer UMC, St. Luke UMC (Sanford), Hayes Barton UMC, North Raleigh UMC.
- Salty Snacks, Dips, and Nuts (chips, pretzels, party mixes; again consider those that may be higher-

fiber, low-fat, 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, pecans (toasted or plain) are good snacks for those who need to watch fat and sodium: Edenton Street UMC, St. Francis UMC (Cary), Reconciliation UMC, Mt. Sylvan UMC, Lebanon UMC, Highland Baptist.

- Fruit, Fruit Dips and Spreads (fruit trays, individual fruits, trail mixes, dried fruits; Laughing Cow cheese and other low-fat cheese spreads are good on apples, pears, etc.): Hollands UMC, Horne Memorial UMC, Wesley UMC (Raleigh), St. Luke's UMC (Goldsboro).
- Vegetables and Dip (veggie trays and individual veggies that can be eaten raw; consider low-fat, low-carb dips and spreads): Turner Memorial Baptist, Garner UMC, Community UMC (Butner), Pleasant Grove Church (Cary).
- Candies (all kinds, mints and hard candies, M&M's, chocolate, home-made; please include a selection of sugar-free candies): First UMC (Cary), Olive Grove Baptist (Creedmoor), Sunrise UMC, St. Andrew's UMC (Garner).
- Drinks (regular and diet soda, bottled teas, juice, other drinks; especially healthy alternatives): Nashville UMC, White Memorial Presbyterian, Walnut Grove UMC, Trinity UMC (Kinston), Westminster UMC (Kinston).

Altars and Agape

We all know what altars are. They are a very special part of our worship service in many different ways. We kneel at the altars to pray to

Ronnie and
Kathy
Jones



God and receive his love and grace. We come to the altar presenting our children for baptism, we vow our love, honor and respect to the person God has chosen for us to share our life, and we celebrate the last supper remembering this represents Jesus' body and blood given for us to wipe away our sins.

So, what is agape? Agape is love - God's love for man, divine love, spontaneous and altruistic love. In the Emmaus community we show our love in many ways. Service behind the scenes, such as kitchen help, in the snack room putting out snacks, carrying luggage, cleaning toilets and distributing agape are all forms of spontaneous and altruistic love we show our pilgrims. All agape items given by reunion groups are a very special show of love that means so much to the pilgrims. The letters given by family members and friends expresses to them a love that cannot be denied. God's love surrounds the pilgrims every minute of every day and the community acts of agape serve as a reinforcement of that love.

The agape items given by reunion groups are greatly appreciated. We all understand how important each item is to the pilgrims and we want to thank you for everything you do

and for all the hard work. Serving in the Agape and Altars area during a Walk is very rewarding and we hope many of you will consider joining us for this very special service to the pilgrims.

Extra agape does accumulate after each Walk and our storage is limited. We leave all extra pieces of agape out at Closing so reunion groups can retrieve them and maybe reuse them at a later date. Please have someone in your group check and see if there are any for you. We are asking each reunion group to label their agape with a contact name, telephone number and Walk # that it was for so that we can contact you to see if you want the left over pieces and how we can get them to you.

Again, Ronnie and I would like to thank the Emmaus community for helping make this special love, agape love, possible for the pilgrims.

DeColores!

Book Table, Photo, Supplies

Spring is in the air and for many of us some SPRING CLEANING comes along with it! Should you find yourself cleaning out books,

Si and
Stephanie
Weeks



please remember the Sunday morning agape book table. Emmaus books, as well as age appropriate books for the Chrysalis flights, are GREATLY appreciated. You will find a collection bin at Short Journey during Walk weekends, as well as at the monthly Gathering.

If you are interested in helping with the book table or supplies, please contact us at snweeks@nc.rr.com or at (919) 552-7458.

DeColores!

Gatherings

Staying connected to new and old friends in the community is an important part of the Emmaus experience. The monthly Gatherings

Stephen and
Carol
Durham



are worship services that provide an opportunity to stay connected or reconnect. On the fourth Friday of each month the Heart of Carolina Emmaus community gathers for worship, praise singing, Fourth Day inspiration, fellowship and snacks. All Gatherings this year are scheduled for White Plains United Methodist Church in Cary. Directions can be found at www.wpumc.com/map.

Gatherings are open and are a great time to invite family and friends who have not attended a Walk. They also provide community members with a wide range of opportunities to use their spiritual gifts by sharing Fourth Day testi-

Continued on back page



HOC Walk to Emmaus #98

First Row: Dave Vondergathen, Lee Edmark, Len Harris, Lee Edmonds, Scott Humphrey, Randy Cribb, Eddie Massey
 Second Row: Cary Disney, Lane Sauls, Paul Mraz, Roy McDonald, Charles Rollins, Marty Benson, James Pennington, Leo Montgomery, George Laing, Chris Dunn, Todd Lynch, J.B. Helms
 Third Row: Fred Gossert, Al Siffer, Russ Secrest, Gerry Hubbell, Lance Rogers, Bill Atkinson, Barry Stallings, Ray Broadwell, Fred Kastner, Brad Lewis, Todd Bellingrath, Graham Mercer
 Fourth Row: David Driggs, Bobby Price, Scott Hansen, Pat LaVecchi, Wayne Lamm, Rudy Hillman, Ron Gurganus, Ralph Williams, David Pate, Steve Cook, Woody Fairbrother, Andy Reeder
 Fifth Row: Leon Mooring, Ronnie Jones, Todd Showalter, Jerry Pegram, Lee Duncan, Keith Stewart, Steve Wheatley, Kim Davis, Bill Roberts, Lee Booher, Haywood Smith, Leo Runyon, Ron Pearson, Michael J. Glasgow, Tim McWilliams



HOC Walk to Emmaus #99

First Row: Debora Murphy, Debra Carver, Bill Young, Freda Davis, Becky Stafford, David King
 Second Row: Susie Winton, Julie Pennington, Alice Colbert, Michelle Disney, Cheryl Humphrey, Vickie Cribb, Jenni Talton, Judy Patton, Lynne Harris, Alice Fairbrother, Jennifer Rogers, Dawn Morris
 Third Row: Nicole Wheatley, Susie White, Cheryl Stephenson, Patsy Thomas, Tara Sauls, Kay Thompson, Pattie Mercer, Sally Lynch, Tammy Loy, Judith Stephens, Carolyn Langdon, Peggy Driggs, Kathryn Massey, Sonya Snyder
 Fourth Row: Connie Montgomery, Danielle Furlough, Pat Humphreys, Sarah Calhoun, Rochelle Whittle, Tabitha Pate, Rebecca Barnes, Sherri Lamm, Steph Lewis, Laura Huerta, Carol Durham, Glenda Bowen
 Fifth Row: Charlotte West, Linda Pearson, Carmen Diaz, Chris Williamson, Nicole York, Katy MacDonald, Stephanie Weeks, Gwen Collins, Arthur Wall, Susan Hales, Debbie Love, Molly Beck, Deloris Sager, Betty Stevens, Teresa Milton, Deidra Smith

WORK AREA REPORTS

Are You a Servant?

WOW! What an accomplishment for this community, as we are in the middle of Walk #100. It is exciting to reflect back on those that have walked before. Those that are still making a difference in the lives of new pilgrims.

We immediately think of those that we see Walk after Walk working, praying, serving as team members, sponsoring new pilgrims and the list goes on and on.

What has happened to those that we do not see? Are they as the model describes being a stronger leader and disciple as they serve in their church and community? I pray so! There are so many within our community that continually work making a difference in the lives of youth, seniors, those that are less fortunate than we are, and those that have the ability to teach and listen. Just simply being a disciple day after day.

I recently ran smack dab, face to face, with one of those servants. I was in Washington, D.C. just last weekend for a trade show, and in my spare time I did the tourist thing. Well, there close to the Washington Monument, a group of youth had assembled and were sharing with their audience. I thought to myself, that looks just like Mary McLaurin standing, supporting and encouraging this group. You know what, it was her. I got a big hug and a "what in the world are you doing here".

You know, God is good and he uses people like Mary to work as a team member on a particular Walk or to just go to Washington to spread his word.

DeColores!
 Colon and Donna Davis

Continued from page 3
 mony, leading the community in song, moderating the service, sharing favorite snack items, setting up and/or cleaning up. Members may choose to participate as an individual, with a group of friends, as a reunion group, with a praise band or as an entire church. For more information about roles, please see the website at www.rtpnet.org/emmasus/gatherings.

The 2008 Gatherings occur on Fridays at 7:30 p.m. on April 25, May 23, June 27, July 25, August 22 and September 26. There are no Gatherings in October because of Women's Walk #104. This year there is one exception to the fourth Friday pattern. The November and December Gatherings will be combined and occur on Friday, December 5th.

As we approach the summer months there are lots of opportunities to serve, particularly on May 23 (this is Memorial Day Weekend), June 27 (snacks needed) and July 25. So check your calendars and see when you can serve. Contact us for details. We are excited about you sharing your time, talents and energies for the Glory of God.

An e-mail reminder about the Gatherings will be sent to hocemmasus@yahoo.com. So if you would like to have a reminder e-mail, please be sure you are subscribed to this email listserve. Subscribing information can be found at www.rtpnet.org/emmasus/hoc_maillist.

NAME! oh yeah ... our names are Stephen and Carol Durham. We attended the HOC Walks to Emmaus #80 and #81, where we sat at the Table of Matthew and Martha respectively. We attend Hillsborough First Baptist Church and live in Hillsborough. If you are interested in assisting with Gatherings in a small way or to take care of the majority of the event, we are ready to serve alongside you. Please contact us at stephen_m_durham@yahoo.com or (919) 906-3783 (cell) or carol-

[durham@yahoo.com](mailto:stephen_m_durham@yahoo.com) or (919) 906-2653 (cell) or at (919) 732-3327 (home).

DeColores!

Spiritual Director

Like most people, I rarely lack things to occupy my time. I am regularly asked to be involved in a full range of wonderful ministry and

Stuart
 Milton



mission activities. I am invited to serve in various ecumenical activities, United Methodist connectional missions, and of course the local church where I serve has meetings to attend, visits to make, and sermons and classes to prepare. Truth is, we all have a lot of demands on our time and sometimes it is hard to decide where to place my priorities and balance all the demands.

Thankfully, I have found that, in the midst of the demands of ministry, there is a place of refreshment and renewal. That place is the wonderful activities within the Heart of Carolina Emmaus community. While there are times when it seems that I can't add another thing to my schedule, I always find Emmaus events rekindle my spirit. Monthly Gatherings give me a chance to worship and receive nourishment from the Blessed Sacrament. Worship at Apostolic Hour is refreshing and the expression on people's faces are priceless. The testimonies at Closing help remind me that God's grace is still very real and God is still in the business of changing lives. Serving on a weekend team is a true blessing as God touches women and men in ways that are not always seen when on the local church level. The people in the community are always a blessing to be near and I never

come away from an Emmaus event without being touched in some way. That is why I choose to be involved in the Emmaus movement.

I encourage the clergy who have been on the Emmaus Walk to become more involved and experience the renewal which is one of the reasons for the Emmaus movement. If you do not know how to get involved, contact me at pastorstuartwg@yahoo.com or at (919) 732-5722 and together we will find a place you can get plugged in. If you are a lay person, I encourage you to consider sponsoring your pastor on a Walk. I do so with a caution to make sure you invite and wait on God's timing. (Do not pressure your pastor to attend. You may simply offer testimonies to what your Emmaus Walk has meant in your life and then allow her/him to respond when ready.)

Emmaus is a true blessing in my life and I know it can be in the lives of others. I encourage my sisters and brothers to be involved and watch God's grace renew and refresh you.

Community Training

Ever wondered why we carry out our Emmaus weekends the way we do? Come to Community Training to learn about the "whys" of Emmaus! Community Training is chock full of all the information YOU need to be a great Fourth Day pilgrim, sponsor, team member or "behind the scenes" volunteer!

Saturday, July 26th
 Millbrook UMC
 1712 E. Millbrook Rd.
 Raleigh, NC 27609

Schedule
 9-9:30 a.m.: Gathering Time and Refreshments
 9:30-11:30 a.m.: Community Training
 11:30 a.m. - noon: Break and Refreshments
 Noon - 1 p.m.: Board of Directors Training