



Walk to  
**Emmaus**  
THE UPPER ROOM<sup>®</sup>

Fall Issue, Vol. 9, No. 3

**Peace to you, friends, in the name of Jesus Christ**



Keith  
and Lynda  
Stewart

In Matthew 9:37-38, Jesus teaches his disciples "The harvest is plentiful but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into His harvest field." Later on, in Matthew 28:19, Jesus commands his disciples to

"Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit."

In both of these lessons Jesus is teaching his disciples the need for witness and evangelism. His point, of course, is that once we are "born of the Spirit", we are compelled to share that spirit with those around us. Near the conclusion of your Emmaus weekend you were told (at least twice) of the three-fold purpose for the Emmaus experience:

(1) To strengthen your personal re-

lationship with Jesus Christ, (2) To Christianize your environment, and

(3) To grow strong leaders in our area churches.

As we examine these three goals, we will notice that the first goal deals mainly with ourselves. The second goal deals with both ourselves and others. And the third goal deals mainly with others.

As we continue in our Fourth Days, let's continue to focus on all three of these goals. Let's not forget to continue our personal spiritual

development, especially through Bible study, meditation, and worship. Let's continue to change our environment so that we are influenced by and so that we influence others with solid Christian values. And let's continue to work diligently in our own churches to make them the most effective tool that they can possibly be for making disciples for our Lord.

"And they asked each other 'Were not our hearts burning within us while he talked with us on the road and opened the Scriptures to us?'"



**July Gathering**

At the July Gathering, held at White Plains United Methodist Church in Cary, the music was led by Craig and Marla Ham (top), the Fourth Day Witness was Beverly Allen (top right) and the Clergy was Julia Alliger (bottom right).



**HOC Emmaus Board Adoption**

Donations received at any Heart of Carolina Emmaus function that are earmarked for anything other than for scholarships or Chrysalis and that do not have prior approval from the HOC Emmaus Board of Directors will be deposited into the HOC Emmaus general fund and be used to offset general operating expenses. Any donations earmarked for an approved special fund in excess of the approved amount for that fund will be deposited into the general fund. Any donations remaining in an approved special fund after expiration of that fund or after all required and approved disbursements are made from that fund will be transferred to the general fund prior to the special fund being closed and made inactive.



Thanks for the support you have given us over the last three years as your newsletter board representatives.  
Colon and Donna Davis

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# WORK AREA REPORTS



Kim  
and Freda  
Davis

## Agape, Altars

Grace and peace to you! Remember that 61 items are needed for each Walk. As you prayerfully consider sponsoring pilgrims for the fall Walks, remember the other forms of agape you received on your Walk. Please consider serving with us behind the scenes. We will happily find a time that suits your schedule, as well as a job that blesses you. Contact us through the Heart of Carolina web site. Many thanks to all of those who have served with us during the past Walks!



Steve  
and Carol  
Durham

## Gathering

Our names are Stephen and Carol Durham. We attended the Heart of Carolina 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.

Staying connected to new and old friends in the community is an important part of the Emmaus experience. The monthly Gatherings are worship services that provide an opportunity to stay connected or reconnect. On the fourth Friday of each month the HOC Emmaus Community gathers for worship, praise singing, Fourth Day inspiration, fellowship and snacks. Most Gatherings are held at White Plains United Methodist Church in Cary. Directions can be found at [www.wpumc.com/map/](http://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 testimony, 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, a group of friends, a reunion group, a praise band, or as an entire church.

Moderator works from a script and keeps the Gathering moving smoothly through welcoming, announcements and introductions.

Fourth Day Witness is a person's witness to God's presence in his or her life and to developments in his or her walk with the risen Lord. The witness may stem from an experience, a spiritual learning, a reflection on a stretch of his or her spiritual journey, or a challenge to live more fully in holiness and service. The Fourth Day Witness is not a sermon, teaching or exhortation. Nor is it an "Emmaus talk" or a nostalgic remembering of one's Emmaus weekend. The Fourth Day Witness is a first-person sharing that will cause others to reflect on God's presence and call in their own lives and will inspire them to live more fully in grace as disciples. While the Fourth Day Witness should come from the heart, it should also be thoughtful and well-prepared. Source: Walk to Emmaus manual.

Music leader(s) provide musical leadership in community songs from the HOC Emmaus songbook — allowing all to sing loud and joyously in preparation for worship and with special music during worship. All projected songs MUST display the CCLI # (Christian Copyright Licensing International number) on the last slide. CCLI is a Christian music clearing house. Songs that are classified as "public domain" do not require copyright notices or CCLI numbers.

Clergy lead the community in prayer, worship with a short homily and in the celebration of holy communion.

Again this year, there is one exception to the fourth Friday pattern. The November and December Gatherings will be combined and occur on Friday, December 4th. Bring your favorite Christmas treat to share at the snack table.

An e-mail reminder about the Gatherings will be sent to the [hocemmaus@yahoo.com](mailto:hocemmaus@yahoo.com). So if you would like to have a reminder email please be sure you are subscribed to this email listserv. Subscribing information can be found at [www.carolinaemmaus.org/hoc-yahoo-group](http://www.carolinaemmaus.org/hoc-yahoo-group).

Gatherings are the 4th Friday of the month and there are lots of opportunities to serve.

## YOU ARE NEEDED!

Please consider serving at a Gathering through moderating, sharing your Fourth Day Witness, or leading worship through music or as a clergy. It is wonderful and very helpful if you always bring a snack to share. Many hands make light work for set-up at 6 p.m. and clean-up after the fellowship. The clean-up crew continues fellowship by going to Mimi's Café in Cary for dinner afterwards. By the time we order and eat, we shut the place down. Please join us. Please contact Stephen or Carol Durham at [stephen\\_m\\_durham@yahoo.com](mailto:stephen_m_durham@yahoo.com), at (919) 906-3783 or at

[caroldurham@yahoo.com](mailto:caroldurham@yahoo.com), (919) 906-2653 cell or (919) 732-3327 home. We are excited about you sharing your time, talents, and energies for the Glory of God.



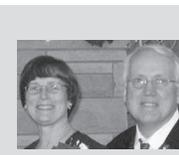
Si  
and Stephanie  
Weeks

## Book Table, Photo

Should you find yourself doing a little cleaning out, 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 green collection bin at Short Journey during Walk weekends, as well as at the monthly Gathering.

Also in your cleaning out, if you come across basic craft supplies, donate them to the green bin. You probably remember the creativity that went into the posters, skits, songs, etc., and an assortment of supplies can be put to good use.

If you are available the Thursday afternoon of a Walk around 3 p.m., please join us at Short Journey to help set the supplies. Or if you are available around 2:30 p.m. on Sunday of a Walk weekend, join us as we reorganize and repack supplies. To help with the book table or supplies please contact us at [snweeks@nc.rr.com](mailto:snweeks@nc.rr.com) or at (919) 552-7458.



Al  
and Susie  
White

## Apostolic Hour, Follow-up

As our term on the board of directors comes to an end, we would like to thank the Heart of Carolina Community for your support and help. We have been honored to serve on your BOD. It has been a great experience that we will always look back on with pleasant memories.

We wish to thank our committee and all who served with us to help make Apostolic Hour a life-changing event in many lives.

Please continue to support the new board of directors and continue to make HOC a shining example of Walk to Emmaus.

Your help is always appreciated and needed to help clean-up after the pilgrims leave the church to return to Short Journey. We meet in the kitchen after Candlelight; have a time of fellowship until the pilgrims leave, and then clean the church. We always try to leave the church cleaner than we found it. We need to all thank the members and staff of

## Upcoming Walks

Women's #109  
October 15-18, 2009

Men's #110  
February 11-14, 2010

## WORK AREA REPORTS

Hollands UMC for their support and grace to allow us to use their fine facility.



Brad  
and Steph  
Lewis

### Training

As many of you know, sponsorship training is required prior to sponsoring someone on a Walk. Once you have taken the Heart of Carolina Emmaus sponsorship training you do not have to take it again. We will offer sponsorship training starting at 6:30 p.m. prior to the Gathering on December 4th. If coming to the Gathering is not a possibility for you, we want to let you know that we will also be offering sponsorship training prior to the Apostolic Hour on October 17th starting at 7p.m. Of course, if you or your church or a reunion group is interested in separate training times, you can always contact us (Brad and Steph Lewis) at (252) 442-2726 or by e-mail at stephanie.lewis@honeywell.com. Thanks and look forward to seeing you at training!



Steve  
and Suzanne  
Cook

### Snack Room, Kitchen

"... for I have learned, in whatsoever state I am, therewith to be content. I know how to be abased and I know how to abound ... I can do all things through Christ which strengtheneth me." Phil 4:11-13. I love this verse of scripture because it tells me that the apostle Paul had a very large comfort zone. Yet when we read about his life we are most keenly aware of his distress and suffering. How can there be such comfort in great suffering? How did Paul get such a large comfort zone?

I think that he willed to serve and never bothered to keep count of the cost. Paul never had the attitude of "let someone else do it." His choice of "selfless service" cost him dearly, but his payback was many times greater than the cost. His payback was that after each act of service and each experience of suffering — Paul had a larger comfort zone — Paul became most Christ-like — Paul experienced more of the sunshine of God's smile.

Emmaus servanthood is needed in order to create the "experiencing Christ" environment that so richly blesses and abundantly meets the needs of our pilgrims. Yes, pilgrims are blessed by behind the scenes servanthood. Is your Fourth Day ex-

perience less needed than the pilgrims Third Day experience? Your Damascus road experience is history: your journey of service is before you. Do you choose to be like Paul or do you choose to live in a small, isolated comfort zone. Christ has touched your life and He can set you free from the confines of that little zone. Sign up to serve in the kitchen, snack room or area of your choice; then trust Jesus to walk with you through your service experience.

Members of the Emmaus community supply the snacks for each of the Walks. The churches listed are being asked to provide the following items:

**Baked Goods/Dessert Items:** cakes, cupcakes, cookies, etc. Some could be sugar-free or low fat. Please mark these. 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, breads, rolls, etc. Some could be sugar-free or low fat. Please mark these. Millbrook UMC, Apex UMC, Wake Forest UMC, Christ Community UMC (Clayton), Glendale Heights UMC.

**Crackers and Accompaniments:** crackers, spreads, meat and cheese trays. Consider low or reduced fat cheeses, low-sodium crackers. Please mark accordingly. 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 low-fat or low sodium. Label, if needed. Plain (unsalted and no-fat) nuts — toasted or plain. Sunrise UMC, First Church (Cary), St. Luke (Goldsboro), White Plains UMC, Reconciliation UMC.

**Fruit and Fruit Dips/Spreads:** fruit trays, individual fruits, and dried fruits. 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 dips and spreads. Elevation UMC, Gateway (Fuquay-Varina), Olive Grove Baptist Church (Creedmoor), North Raleigh UMC.

**Candies:** All kinds, including mints, hard candies, 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, tea, juice and other drinks, especially healthy alternatives. Edenton Street UMC, St. Andrews UMC, Walnut Grove UMC, Westminster UMC (Kinston), ALL sponsors of Pilgrims.



Trip  
and Kathy  
Alden

### Prayer Chapel

In his book, *Treasures of the Transformed Life*, John Ed Matheson says, "Prayer is not just a list of things we want; it is actually a means to partner with God in His work."

So, when you sign the 72-hour prayer vigil, you are agreeing to partner with God in His powerful instrument, the Walk to Emmaus. God has chosen each of us to participate with Him as He ministers to the pilgrims and the team members on each Walk. Whether or not we can actually attend any of the services or work behind the scenes, we are still partners with our Maker for the Walks.

Even now, you can be praying for team formation and for each pilgrim who will be called to attend the fall Walks. Even though you do not know their names, God knows who will be on each Walk and has planned special blessings for each one.

Remember that sign-ups for the 72-hour prayer vigil and for the speakers' prayer chapel are available at Gatherings and at Sponsors' Hour. Please participate in praying for the Walk and for specific speakers.

For each Walk, there are one or more designated weekend coordinators for the prayer chapel. The role of the coordinator is to be present for the Walk weekend, guiding the community members in prayers for the team and the pilgrims. Individuals, couples, or even reunion groups may elect to serve as prayer chapel coordinators. Detailed instructions are available and it is recommended that anyone who desires to volunteer as prayer chapel coordinator should first participate with someone who is more experienced in this role. If you are interested in praying with any of the speakers during the fall Walks or serving as prayer chapel coordinator for any of the upcoming Walks in 2010, please contact Trip or Kathy Alden at 362-7713.



Royce  
and Becky  
Thigpen

### Registration

These are busy times. But in your hurry, please remember those that God may be calling YOU to sponsor for the Walk to Emmaus.

We would ask you to prayerfully consider those around you that may be blessed by attending the Walk. Keep in mind the purpose of the

Walk to Emmaus; to grow church leaders and to Christianize our world. When you have discussed the Walk with these persons and are ready to sponsor, please use the application on the Heart of Carolina web site. You can find the three page application under the "Sponsorship" tab on the home page (one page for the candidate to complete and two for the sponsor). This also gives you a guide as to who would be a good candidate for the Walk to Emmaus and what your responsibilities would be as a sponsor. It is now interactive so you can type in the information and print it off. How easy is that! Our mailing address is a part of this application.

Just remember that the HOC Emmaus Community requires sponsorship training. Sponsorship training information is available at most Gatherings and from any board member. GOOD SPONSORSHIP is vital to the Emmaus movement, and it is the most important job in Emmaus.

Should you need assistance, please feel free to contact Royce and Becky Thigpen at 2434 Pauls Path Rd., Kinston, NC 28504 or at (252) 522-4831.



Will  
Jackson

### Worship, Music

In conjunction with 12 Walks conducted by Heart of Carolina during years 2008 and 2009, we will have used 23 different clergypersons for Sendoffs and Apostolic Hours. Music for those same two functions has seen 20 other persons involved in leadership roles. I am very grateful for this level of participation. Only once has there been a hitch, and when it occurred, volunteers quickly filled the gap.

Sally Bates has been the only repeat clergy participant. Her schedule at Duke Chapel does not permit her to assist on a team, so she has graciously allowed her name to be called upon once a year for alternate service within the Community.

Thanks to those who suggested names for both clergy and music leadership. Some of the clergy suggested could not be used since Sendoff and Apostolic Hour require that the clergy be elders or elder equivalents in other denominations or non-denominational churches. However, I remind you that probationary members and local pastors can serve on clergy teams for Walks.

This report, along with attendance at a couple of board meetings, concludes my work as Worship Coordinator. Thank you all for your support, and I wish the Community well in all future endeavors.

# REMEMBER WHEN

