



Walk to Emmaus®

THE UPPER ROOM

Summer Issue, Vol. 7, No. 3

From the Lay Directors

Greetings and happy summer! When we close the HOC Walks, we say "The Walk to Emmaus is not just a spiritual retreat. Its impact can



Ray and Deb
Murphy

and will continue for the rest of your life." Allow us to remind you about your Fourth Day and the ways we carry the experience into the rest of our lives.

Piety

Giving our Hearts to Christ

Group Reunion — The Emmaus Group Reunion is a small accountability group of two to six persons who usually have participated in the three-day Walk to Emmaus, and who want to continue their pursuit of a life lived wholly in the grace of God. These small follow-up groups help pilgrims translate the message conveyed on the Walk to Emmaus weekend into a daily walk with Christ. With the regular support of a few faithful friends, the gift of God's love in Jesus Christ becomes a lifestyle of Christian discipleship through the threefold discipline of piety, study, and action. Group reunions meet at regular times, usually weekly for an hour. The meeting consists of persons' sharing the stories of their walk with Christ during the past week. Members listen to one another, celebrate the grace of God in each person's life and reinforce each one's core commitment to living in union with Christ in all facets of daily life. Members express that reinforcement through gentle accountability, encouragement and support of one's stated discipline and plans.

Study

Giving our Minds to Christ

A mature Christian is an informed Christian — informed about the

mind and heart of God by knowing scripture. A Christian knows about the world and its needs and works toward gaining the best insights on how to alleviate the hurting world's agonies. Human beings rise above the animal world of simple instincts when they become knowledgeable, and use that knowledge to help build God's kingdom. Study, like piety, can be approached in an intentional, systematic way, resulting in a deepening of your relationship with God and an empowering of your Christian discipleship.

Action

Giving Our Hands to Christ

Group Reunion: Reunion groups provide a natural launching pad for mission in the community. Reunion groups also support acts of agape for Emmaus and Chrysalis weekends. Shared engagement in service to others deepens friendships and opens up avenues for Christian action. Some groups, where members relate to the same church, find a shared ministry within their congregations. Other groups choose to serve together in the kitchen or make it their mission to set up facilities for Emmaus weekends. Many groups spend time making table agape, creating banners and writing general agape letters to support their own and other Walks to Emmaus. Some Emmaus groups take on ministries in their local communities.

As valuable as group activities and a sense of common mission can be, Emmaus groups must remember that these efforts are "extracurricular." Always make time for the primary work of the group — reviewing the service sheet and reflecting on Christ's presence and call.

Sponsorship

Do you remember how much your Walk to Emmaus meant to you? It would not have been possible without the prayer and sacrifice of your sponsor. The responsibilities of being a sponsor are many and cru-

cial to the effectiveness of the experience. You can share God's love with someone you know by sponsoring him or her during an Emmaus weekend. Check the website for registration forms. Pray now for those you might want to sponsor.

Local Church Involvement

The sole purpose of the Emmaus movement is to strengthen disciples within the ministry of individual congregations. Emmaus is in partnership with the church to inspire its leaders to become more effective and intentional in their ministry. Although the Walk to Emmaus is a unique and powerful instrument through which faithful people are renewed and inspired, it cannot provide the well-rounded programs such as education, evangelism, missions and stewardship that are provided by an individual congregation. One way to act in Christ's service is to become involved in some facet of your local church's ministry.

Emmaus/Chrysalis Celebrations

- Local Gatherings (Cary, Durham, Kinston, Freemont)
- Regional Emmaus/Chrysalis Celebration in Lexington, SC (November 9-10, 2007)

Board of Directors (BOD):

We also want to encourage you to take the time to prayerfully consider the nominations for the 2007-08 Heart of Carolina Board of Directors. This is a working board with members serving three-year terms. They are each responsible for a work area that supports the Walks and the community. They work to ensure that the HOC Emmaus Community follows the Emmaus model as set forth by the Upper Room. Please, pray for the HOC Board, the voting and the remaining WALKS for 2007.

We are blessed and highly favored to serve with you in the Heart of Carolina.

DeColores!
Ray and Deb Murphy

Emmaus/Chrysalis Celebration

November 9-10, 2007
8:00 a.m. - 10:00 p.m.
(both days)

Lexington UMC
309 E. Main St.
Lexington, SC
(Columbia)

Wesley Hall, Kitchen,
Asbury Hall, Sanctuary
Rooms 154-155, 204-205,
MC003, MC005, MC007,
MC009, MC011, MC013

Mark your calendars now
for this event!

Watch your Mailbox
for the HOC
Board of Directors Ballot

WORK AREA REPORTS

2007 HOC Board

Community Lay Director

Ray and Deb Murphy
qofe@earthlink.net

Community Spiritual Director

H. William Green
wgreen@fumc-cary.org

Book Table, Photo, Supplies

Jim and Ruthie Borrell
borrellje@yahoo.com

Apostolic Hour, Follow-up

Al and Susie White
walsusie@aol.com

Chrysalis Council, *Secretary

Si and *Stephanie Weeks
siweeks@nc.rr.com

Evangelism

Karl and Jeanie Newschaefer
pastorneuneu@aol.com

Gathering

Randy and Alice Brunk
rgbrunk@earthlink.net

Snack Room, Kitchen

Fred and Debbie Gossert
debfredg@aol.com

Luggage, Transportation

Keith and Linda Stewart
lyndapaige@msn.com

Newsletter, Reunion Group, Directory

Colon and Donna Davis
coldavis@bnprinting.com

Prayer Chapel

Phil and Lyn Triplett
lytriplett@hotmail.com

Registration

Roy and Paula Pittard
lpittardjr@nc.rr.com

Set-up, Clean-up

Buddy and Charlotte West
buddy.west@ncmail.net

Training, *Treasurer

Danny and *Faye Cress
djress@earthlink.net

Worship, Music

Alice Kunka
alicekunka@nccumc.org

Agape, Altars

Dave and Linda Amon
laamon@hotmail.com

Advisory

David and Lee Heathcoat
davidheathcoat@earthlink.net

Luggage and Transportation

There is always a need for servants in the area of Luggage and Transportation. This is a great and joyful way for you and your



Keith and
Lynda
Stewart

Reunion Group to get involved. To help with luggage, just show up at Send-off with a servant's heart and ready hands. We start tagging and lugging as soon as the pilgrims arrive. Be sure to sign the service sheet on the stage. These sheets are used to help determine conference room teams.

We are in need of vans and drivers for transporting precious cargo on Saturday Walk nights. If your church has a van and you can drive, please contact us at lyndapaige@msn.com or at (919) 242-6278, or you can sign up at a Gathering.

We have started tagging our luggage with the number of bags, as well as with the name and bed number (1 of 4, 2 of 4, etc.). We also are labeling the sidewalk with chalk to indicate the bed number for luggage placement for pick up. Thanks to all of God's servants who so willingly give their hands, feet and backs in assisting with our pilgrims' needs.

DeColores!
Lynda and Keith

Registration

We are thrilled with the number of applications we are receiving, and we hope that you will prayerfully consider sponsoring more men. As of June 18th, we have women scheduled into April of 2008, but don't have enough men for a full walk for July.

We are pleased that most of you are using the new application forms which are available to be downloaded and printed from the Heart of Carolina Emmaus web site (<http://rtpnet.org/~emmaus/>). They are also available at Gatherings. Please note that the application includes three sheets — one for the prospective pilgrim to complete and two for the sponsor. Our name and address is on the sponsors part of the application form.

Please remember that HOC sponsorship training is required for every sponsor, prior to the processing of the application.

HOC Financial Aid (Scholarship Fund)

Remember what a blessing it was

for you to attend the Walk to Emmaus? There are persons who would love to attend, but are financially unable to do so. Those of us who experienced God's love in a powerful way on our Walk want everyone to have the same opportunity to attend. But due to many past requests for financial assistance, our Financial Aid Fund (formerly named Scholarship Fund) is almost depleted. If you are sponsoring a candidate, please ask for financial assistance ONLY if a financial need exists. Some sponsors pay the entire cost of their pilgrim; many pay at least the application fee. If you, as a sponsor, are unable to do this, please check with your reunion group or with your church. Many churches have funds available for this purpose.

Please consider donating to our Financial Aid Fund. Contributions can be made at our Gatherings, Apostolic Hours, Send-offs and Closings or by contacting our treasurer, Faye Cress at (919) 552-0713. We will also gladly accept donations mailed with applications. Be sure to designate on your check or envelope that the funds are for the Financial Aid Fund.

In His Service,
Roy and Paula Pittard

Snack Room and Kitchen

We want to thank each of you who have so willingly volunteered to be God's hands and feet and serve in the kitchen and/or snack room in



Fred and
Debbie
Gossert

the past. We know you have been blessed by serving the pilgrims, the team and by making new friends while working side-by-side with your Emmaus brothers and sisters.

We will have the kitchen and snack room sign-up sheets available at each of the Gatherings and Walk follow-ups. You may also sign up by contacting us via telephone at (919) 844-4701 or by e-mail at debfredg@aol.com. The snack room sign-up sheets have been updated and now have a new look thanks to the assistance from our new snack room committee!

Remember the great snacks you had on your Walk? We would appreciate it if you could bring a snack and/or drink to supply the snack room for each Walk weekend. We are especially in need of more fruit, vegetables and homemade baked goods. Sponsors, please remember that you are also asked

to bring a snack and a drink as part of your sponsor duties. The snack assignment information is listed below for your church. Cash donations are also welcomed if you do not have time to shop or bake. We can use the funds to purchase items as needed.

2007 Snack Assignments

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

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

We are happy to officially announce our committee members for the snack room and kitchen. We are very thankful for their dedication, hard work and commitment!

Snack Room Committee

- Lee Heathcoat
- Freda Davis
- Beth Harrison

Kitchen Committee

- Jan and Lee Edmonds
- Ann and Jon Sands
- CJ and Bill Hart

DeColores!
Debbie and Fred Gossert

Newsletter and Directory

It is amazing that when the spring season comes about, we become "antsy" to start planning every little detail for summer. When do the



Colon and
Donna
Davis

kids get out of school, when can we take a family vacation and when can we have some ME time? Or someone at work scheduled time off the same week that I wanted off ... you know the routine.

Remaining 2007 Walks

Walk #95, Aug. 9-12

Walk #96, Sept. 20-23

Walk #97, Oct. 11-14

WORK AREA REPORTS

Those few examples seem to fit quite a few of us. How do we work through our faith planning? It seems that we get caught up in the same kind of issues with church. We have choir practice, church meetings and mission trips. We cut trips short or plan around them so that we can be a part. We want our presence and involvement to make a difference in our church and its ministry, because it feels good and that is what God expects.

Donna and I have been so amazed by the talents and commitment of our Emmaus Community. There is continuous behind the scene activity, not just during the Walks. Some of that is talked about in this issue — with team selection, planned Walk dates, Gatherings, registration and food preparation. The list goes on and on.

In the spring/summer, one important part of Emmaus starts developing. It is the nomination

and voting of new board members to serve the community. Sometimes this can be a laborious task because of previously mentioned situations. Again, we already have all that we can do. NOT! Have you forgotten your weekend? Look around and ask, is their anyway that I can share my experience with others.

Thank you for all that each of you have done to make Donna and I feel a special part of this community of believers.

DeColores!
Colon and Donna Davis

Gathering

Clear your calendar for the fourth Friday of each month (unless there is a scheduled Walk) and come to White Plains UMC in Cary at 7:30 p.m. Join other community members for worship, fellowship,

singing, renewal of friendships and yes ... SNACKS!

Wait there is MORE! Are you wanting to have some fun and serve in the community? Did we hear a YES! Then Gathering offers you this wonderful opportunity. At each one, service areas needed include: set up and clean up, moderator, Fourth Day speaker, clergy, music and snacks/refreshments.

This is a quick and easy way to serve the Lord and the community. Flexibility in this opportunity allows for individuals to fill one of the areas of service. Or another option to consider is for your Reunion Group, your church's Emmaus Community or the people from the Table on your Walk to do all areas.

Contact us at (919) 387-2061 or at gbrunk@earthlink.net for more information.

Randy and Alice Brunk

From the Chrysalis Board

On behalf of the 2007 Chrysalis Board, I bring greetings of peace and joy to each of you. We are looking forward to the upcoming Labor Day Flights (Sept. 1-3). As God has promised and in His faithfulness, we continue to watch as he "raises them up" — the team members, the behind-the-scenes staff, the potential candidates for next year's board, the supportive Emmaus board and community and all the ingredients needed to execute Boy's Flight #60 and Girl's Flight #61.

Now, prayerfully join us. Whom will He send? Whom will you sponsor? Remember, ages 15-24 are eligible to attend. To fulfill our mission, in addition to sponsoring, you or your reunion group could:

- Provide agape - 60 pieces for each Flight (contact Ashley Coates at (919) 414-7441).
- Provide scholarship money (contact Judy Parker at (919) 778-2438).
- Provide a van or driver (contact Jessica Watt at (919) 261-0819).
- Assist with luggage or clean-up (contact Cindy Pike at (252) 459-3271).

Did you know that your behind-the-scenes help at Chrysalis is reported to the Emmaus Board?

Please keep in mind, our camps are located between Chapel Hill and Mebane. If you live close by, participate in the Durham Gathering. Or if you don't mind the drive, you could easily be utilized behind-the-scenes for an hour, a day or the entire weekend.

Remember, Christ said, "Bring the little children unto me." Well, our youth are no longer little children. However, I can't see Jesus discrimi-

nating based on age and we are each charged to "bring them up in the way they should go." Look around, pray, sponsor an evangelism visit to your church's youth group (contact Ray or Elaine Teague at 563-6063), encourage the participation of your youth and send them to Chrysalis and their parents to Emmaus. What a wonderful gift! Christian work and service they can share for a lifetime!

NEW THIS YEAR: FALL APPLICATION DEADLINE - Sunday, August 19th.

Fly with Christ!
Carolyn Patton
HOCC 2007 Lay Director

Important Chrysalis Dates

- August 11th - Behind the scenes training and Hoot
- August 19th - Fall Flight registration deadline
- September 1-3rd - Boys Flight #60 and girls Flight #61
- September - Hoot announcement coming soon
- January 6th - Winter Flight registration deadline
- January 19-21st - Boys Flight #62 and girls Flight #63, girls Journey #3 and boys Journey #4

www.gbgm-umc.org/hocchrysalis/

You are invited to Behind the Scenes Training

Where: Asbury UMC, Raleigh

When: Saturday, August 11th,
1-3:30 p.m.

Why: To prepare to serve on
September Flights

Need more information?

<http://www.gbgm-umc.org/hocchrysalis/>

A Church's Walk to Emmaus

Benson UMC is excited and thankful to be opening their eyes and recognizing Him these days!

Since Walk #77 in February of 2005, the Benson Beacons Emmaus reunion group has grown from four to 30 members. Our pastor just completed the Walk and four more members are ready for their Walks. We are also praying for our first Chrysalis butterfly. Benson has a congregation of about 115 active members.

In His time, when He saw our church in need, God was faithfully there to "walk along with us" (Luke 24:15). He began showing us how to walk closer with Him. He had always been there, but we were "kept from recognizing Him" (v.16) because of our own divisions, spiritual blindness and self-centeredness. We found ourselves "standing still, faces downcast" (v.17). Maybe you have been in a situation like that before?

Then, He began to "open the Scriptures to us" (v.27) and show us HIS ways through small groups, bible studies, prayer teams, men's group growth, youth programs and especially, Emmaus. We experienced a hunger to go to His table and "take of His bread" (v.30). Our reunion group had new vitality. We met often and stepped into sponsorship roles as more of our church members wanted to become Pilgrims. Opportunities for church revitalization were revealed to us. Soon, "our hearts began to burn within us" (v.32). Strengthened through Christ's agape love, and covered by His prevenient grace, we "recognized Him" (v.31). We boldly proclaim His holy name in our community and destinations beyond, saying "It is true the Lord has risen and has appeared" to us, His witnesses (v.34).

We count it as a rich blessing to be part of this, His loving and caring Heart of Carolina Emmaus family! Thank you all for your prayers and support. Through you, we saw and felt Him walking with us "along the way" (v.32). Praise be to our faithful and loving God for accompanying this one small church on its road to Emmaus.

— The Benson Beacons



Team Selection Committee

Selection of conference room teams for each Walk is the responsibility of the team selection committee. The past Community Lay Directors serve as chairs for this committee and have the responsibility of managing the team selection database. The current Community Lay Directors and Spiritual Director also serve as members. In addition, other committee members represent particular geographic areas in the HOC Community. We are currently trying to identify contact persons within local churches, so that we can be in better touch with all churches that make up our community. If you serve in this capacity in your local church, e-mail us at davidmheathcoat@earthlink.net or call us at (919) 467-4278 with your contact information. This would allow committee members to be better informed about prospective team candidates and their involvement in Emmaus and in their local church.

The team selection process is “bathed in prayer,” just as the Walk is. The board prayerfully selects lay directors and spiritual directors. Six months before a Walk, the lay director and spiritual director for the

Walk meets with the team selection committee to develop a prioritized list of candidates from those eligible. Lay directors begin praying soon after answering the call to serve, by praying that God would lead them in identifying the persons needed to serve the pilgrims for that Walk. Committee members pray for God’s direction before and during the selection meeting. When all works as intended, the result is God’s team that will best serve God’s purposes.

A primary attribute that is looked for in a prospective team candidate is servanthood — a desire to serve God and others selflessly. These persons will be effective instruments for God to use and will be focused on being channels of God’s grace to the pilgrims.

It is also important for a candidate to learn about Emmaus by working behind the scenes. The Upper Room describes this service as “learning your way into the conference room.” It is also an opportunity to get to know persons in the community. It is not about earning our way — it IS all about loving the people he has entrusted into our care on a Walk.

— David and Lee Heathcoat

HOC Walk to Emmaus #93

Top Row: Terri Blanc, Kathleen Snyder, Donna Davis, Valeria Caviness, Lois Beal, Texas Harreld, Paula Pittard, Lois Mason, Teresa Holloway, Clarie McKeown, Debbie Roberts, BJ Woodall

2nd Row: Linda Chamberlin, Terry Ng, Renee Gamble, Kelly Lewis, Ellen Ward, Pat Mace, Shirley Danuski, Lisa Jensen, Sue Haney, Kathryn Surlles, Susan Kilgore, Carla Holder

3rd Row: Eleanor Armstrong, Betsy Smith, Dilcy Burton, Jill Simpson, Susie White, Cathy Butler, Barbara Walton, LaTasha Ledbetter, Jeannine Montgomery, Peggy Williams, Gayle Buchler, Nancy Cashion, Suzanne Botts, Neal Wingfield

4th Row: Michele Temple, Ellender Mills, Heather Jefferies, Monica Nichols, Pat Whatley, Roberta Byram, Katie Welch, Karen H. Morant, Patricia Emerick, Richard Stone, Kay Thompson, Andra Cook

5th Row: Ruthie Borrell, Traci Alvelo, Christina Hull, Michelle Disney, Virginia Moulton, Ginny Jordan, Candy Whitley, Kim Miller, Lynda Stewart, Debra Carver, Rhonda Beal

Walk #94 Team

Lay Director
David Heathcoat

Assistant Lay Directors
Lee Edmonds, Lead
Jim Gregory
Dave VonDerGathen
Howard Whittle

Table Leaders
Ricky Hall
Gary Petty
Brian Rietvelt
Jon Sands
Burt Smith
Keith Stewart

Assistant Table Leaders
Steve Cook
Steve Durham
Lee Edmark
Bill Hart
James McLawhorn
George Peacock

Music Leaders
Dean Edwards
Mike Cash

Spiritual Director
William Green

Assistant Spiritual Directors
Gary Allred
Karl Grant
Will Jackson
Bob Shields

Board Representative
Ricky Hines

Walk #94 Participants July 26-29

Sam Andrus
Jim Boehm
Jeff Briggs
Ted Camlin
Ray Clinebelle
Allen Dyer
Scott Edwards
Bob Elliott
Greg Evans
Lennie Furlough
Andrew Heathcoat
Jim Holland
Michael Holloman
Calvin Horne
Scott Jennings
Ken Joyner
Matt Knowles
Bob Leland
Kirby Lewis
Jack Littleton
Jeff Meixner
Jim Morgan
Joshua Price
Eli Rojas
Jerry Rosser
Chris Sawyer
Shelton Seward
Harry Sugg
Shannon Suttle
Bill White
Chris Wilson
Talmadge Wilson
Randy Wise

Walk #95 Team

Lay Director
Patti McAnally

Assistant Lay Directors
Becky Stafford
Deb Murphy
Nancy Gregory
Susanne Young

Table Leaders
Ann Sands
Renee Rains
Amanda Sands
Kathy Barnes
Suzanne Cook
Jane Fako

Assistant Table Leaders
Heather Smit
Barbara Verhaeghe
Cheri Gallagher
CJ Hart
Lynne Harris
Debbie Corr

Music Leader
Terri Hollowell

Assistant Music Leader
Melody Boomhower

Spiritual Director
Alan Swartz

Assistant Spiritual Directors
Roberta Byram
Vernon Brown
Claire McKeown
Randy Blanchard

Board Representative
Carolyn Gurganus

Walk #95 Participants August 9-12

Cindy Barefoot
Terry Barnes
Mary Boehm
Judy Bowen-Andrus
Jill Brown
Ann Buckingham
Vivian Carper
Cooper Davidson
Donna Dyer
Margaret Eaton
Jeri Eckel
Lea Edmondson
Scarlet Edwards
Cindy Elliott
Belynda Evans
Sandra Forsythe
Veronica Garrett
Ruby Hart
Maria Hobbs
Deborah Ireland
Sherry Jennings
Nicki Knowles
Laurie Lee
Iris Maples
Martha McLamb
Heather Meixner
Janet Morgan
Lori Parker
Cindy Sanes
Amy Sawyer
Sandra Stubbs
Amanda Turner
Connie White
Sandy Wise
Sheryl Wolfe
Nancy Worth