



Walk to Emmaus[®]

THE UPPER ROOM

Fall Issue, Vol. 8, No. 4

Greetings Heart of Carolina Emmaus Community

As we wind down this year, we are asking our community to face some critical issues. First, we have now grown to be a large community with over 3,600 Fourth Day Pilgrims.



Jim and
Ruthie
Borrell

We have made so much progress for God's Kingdom over the past decade, but we are now facing some growing pains. Timely and informative communication across the large geographical area that we serve has simply become more difficult. We are working on a new data base system and web site that will help us keep in touch, but that is not very personal. So, we ask you community, for your suggestions. Discuss this with your reunion groups and your Emmaus friends. Please e-mail us at borrellje@yahoo.com with your thoughts and ideas.

Second, although our volunteer service and attendance at Fourth Day functions and Gatherings has been wonderful, our record of sponsorship this year is not so wonderful. While the quality of sponsorship has been very high, the num-

ber of Pilgrims has been much lower than in recent years. We have struggled with the men's Walks in particular and the very real scenario of having five walks per year (three women's and two men's, instead of our normal seven) is quite possible for 2009.

We have spoken to our Upper Room representatives as to why sponsorship has declined and one of the key reasons they give for unbalanced participation in women's/men's Walks is not complying with the Equal Commitment Guidelines. These guidelines state that we, as sponsors, are called to approach married couples as a unit in sponsorship. Although we can certainly sponsor one spouse when we are certain the other will not attend, we must talk to both so that they both understand and support each other's participation in the Walk to Emmaus. As sponsors, we must be patient. If you feel that both spouses will eventually attend, then encourage — strongly! — that the couple waits and attends as a couple. Have faith they will attend in God's perfect timing. We — Jim and Ruthie — are examples of that patient sponsorship. Our sponsors had us wait until we were both ready to go.

Emmaus is supportive of marriage, and we have seen the positive

affect a shared Emmaus experience has on marriages. And we do not want one spouse's participation in Emmaus to cause any kind of discomfort in the marriage. We have also seen a much lower rate of participation in Fourth Day Activities in couples where only one spouse has attended. The bottom line is this: as God leads you to sponsor, always approach the couple first. Make sure your sponsorship is done with the best interest of the marital relationship in mind.

Third, reunion groups, reunion groups, reunion groups! Of the tools Emmaus gives us for our Fourth Day, this one is truly key for the success of our faith walk. Find one, join one! Help others find one, too!

Our continuing prayer for the Heart of Carolina Emmaus Community comes from Philippians 1:4-6: "Whenever I pray, I make my requests for all of you with joy, for you have been my partners in spreading the Good News about Christ from the time you first heard until now. And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Jesus Christ returns."

Thank you for your partnership!

DeColores!
Ruthie and Jim Borrell

Important Chrysalis Announcement!

We regret to report that we have received and accepted the resignations from both the 2008 Heart of Carolina Chrysalis Community Lay Director and the Chrysalis Community Spiritual Director. Because this greatly affects the infrastructure of our Chrysalis Community, the Chrysalis Board of Directors voted to cancel the January Flights. This decision was made at the suggestion of The Upper Room International Chrysalis/Emmaus and with the full support of the HOC Emmaus Board of Directors.

But, there is plenty of good news, too! The Chrysalis Community will instead be hosting a weekend Hoot! The Hoot will be during Martin Luther King weekend in January 2009. More information will follow on this great weekend of fun and Christian fellowship.

And in response to the resignations, the Chrysalis Board of Directors met this past Saturday to plan for our future. Dana Caldwell was elected the interim Chrysalis Community Lay Director and Stuart Milton will fill in as Chrysalis Community Spiritual Director. We all thank Jessica Watt and Lee Pittard for the leadership they provided as Chrysalis Community Lay Director and Chrysalis Community Spiritual Director respectively.

The Chrysalis Community will re-launch for the Labor Day 2009 Flights.

Fly With Christ!
Dana Caldwell, HOC Chrysalis Community Lay Director
Stuart Milton, HOC Emmaus Spiritual Director
Jim and Ruthie Jim Borrell, HOC Emmaus Community Lay Directors

2009 Walks

Men's Walk #105
Jan. 29 - Feb. 1

Women's Walk #106
Feb. 12-15

Women's Walk #107
April 16-19

Men's Walk #108
Sept. 24-27

Women's Walk #109
Oct. 15-18



Matt Poole and Brad Smith lead music during recent Chrysalis-led Gathering.

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
siweeks@nc.rr.com

Apostolic Hour, Follow-up

Al and Susie White
walsusie@aol.com

Chrysalis Council

Pam and Joel Watson
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Evangelism

Karl and Jeanie Newschaefer
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Gathering

Stephen and Carol Durham
caroldurham@yahoo.com

Snack Room, Kitchen

Fred and Debbie Gossert
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Luggage, Transportation

Keith and Linda Steward
lyndapaige@msn.com

Newsletter, Reunion Group, Directory

Colon and Donna Davis
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Prayer Chapel

Trip and Kathy Alden
alden@email.unc.edu

Registration

Roy and Paula Pittard
lpittardjr@nc.rr.com

Set-up, Clean-up

Russ and Melody Secrest
russ@secrestbuilders.com

Training, *Treasurer

Danny and *Faye Cress
djress@earthlink.net

Worship, Music

Will Jackson
wiljack5@nc.rr.com

Agape, Altars

Ronnie and Kathy Jones
jrkjones@windstream.net

Advisory

Ray and Deb Murphy
ray.murphy@earthlink.net

Gathering News

We will have a special HOC event in December. We will gather on December 5th for the Advent Season. This will be held in place of the November 28th and December 26th Gatherings.

WORK AREA REPORTS

Si and
Stephanie
Weeks



Book Table, Photo

What a wonderful time of the year to enjoy God's beautiful creation! We hope this article finds each of you enjoying these autumn days. Below are a few ways that you might like to help behind the scenes:

1. Unpacking and packing: Before each Walk we unpack all the supplies, then after the Walk is completed, we pack everything and store it in our storage closet. If you are available on Thursday's around 3:30 p.m. or Sunday's about 2 p.m. we can use your help!

2. Book table: We have books available for purchase during each Walk weekend. If you are available Saturday mornings for an hour to display these books, then this is a great way for you to serve!

3. Agape book table: Each Walk features an Agape book table stocked with books donated by the Heart of Carolina Community. You can bring books either to monthly Gatherings or to Short Journey during Walk weekends. Just put your donations in the "Agape book" box.

We put out Agape books early Sunday morning of each Walk. If you are available around 8 a.m. on Sundays to display these books, this is a fun way to serve our Pilgrims.

To help in the Book Table and Supplies area, please e-mail us at snweeks@nc.rr.com.

Si and Stephanie Weeks

Roy and
Paula
Pittard



Registration

Fall has arrived and the weather is beginning its change. What a blessing that God bestows upon us with the varied seasons of the year in addition to His presence with us every day. God wants to further bless many lives with His love as is shown on the Emmaus Walk. Please prayerfully consider sponsoring those persons in your midst that you know would welcome this blessing from God. We continue to especially hope you will consider sponsoring more men.

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/>) and

are also available at Gatherings. Please note that the application includes three parts: one for the prospective pilgrim to complete and two for the sponsor of which one is the sponsor's covenant. Our name and address is on the sponsor's part of application form.

We ask that you remember the Upper Room and Emmaus International guidelines of the equal commitment rule for sponsoring couples. This rule states "the Walk to Emmaus is a commitment a couple makes together, even though the Walk weekends are separate. Their participation as a couple is intended to assist them as they grow spiritually together. It is the intention of Emmaus to strengthen the family as well as the church community. We would like to share our own personal story of this. It was in the 1990's when we were first approached by our pastor. There was not mutual agreement to go on the Walk and the subject was dropped. We were approached again in 2001 by another pastor and his wife. There was still not mutual agreement, and so the subject was dropped again. We continued to be loved and occasionally encouraged, as were other persons. Early in 2002 we were asked again just as a followup and this time there was agreement to attend. Having been the person who wanted to go all along, Paula has no regrets about waiting until Roy was ready to go. Our already good marriage has been richly blessed by our Walks and by our continued growth in our walk with Christ including in Emmaus activities, our church activities and our personal spiritual Walk together. We fully support the equal commitment rule.

HOC Financial Aid

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 opportunity to attend, but due to many requests for financial assistance, our Financial Aid Fund (formerly named Scholarship Fund) is in need of more funds. 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 since 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.

Roy and Paula Pittard



Russ and
Melody
Secrest

Set-up, Clean-up

Do you have a servant attitude? Do you remember the wonderful feeling you had when you experienced God's love and grace through other Christians on your Walk? Remember when you were informed that servants from the Heart of Carolina Emmaus Community cooked and served your meals, made Agape gifts for you, and cleaned your toilets? And much of that work was done "behind-the-scenes, unknown to the Pilgrims until they were told at Closing. That anonymous servanthood is what the Walk to Emmaus - and Christianity - is all about. We don't serve others for our own glory, but for the glory of God!

There are many servant opportunities in our community in the form of "work areas", in fact over 100 volunteer servants from the HOC Emmaus Community are required to put on each Walk. One of the work areas is Set-up/Clean-up. This work area is coordinated by board members Russ and Melody Secrest and we are responsible for cleaning Short Journey Center on Sunday afternoons just prior to the end of a Walk. We straighten the tables and chairs and dust and vacuum the dormitory rooms, agape room, snack room, chapel, auditorium area and conference room. We also clean the bathrooms, and yes, we clean the toilets and showers. Our goal is to leave Short Journey Center cleaner than we found it at the beginning of the Walk on Thursday!

As Christians, we are taught to have a servant attitude, as Jesus showed us during His life here on earth. As members of Christ's church, we have committed to further God's kingdom with our prayers, our presence, our tithes and our offerings. Can you imagine what would happen if no one signed up to help on a Walk? Likewise, can you imagine what this world would be like if Christians did not show God's love and grace through their offering of service to others? Won't you please consider "giving back" some of the love and grace you received on your Walk by becoming a servant on the Set-up/Clean-up work area? It only takes a couple of hours on the Sunday afternoon of a Walk weekend, and really, there is no better way to help new Pilgrims experi-

WORK AREA REPORTS

ence God's love and grace — that same love and grace that you experienced on your Walk! Please contact Russ or Melody Secrest (russ@secrestbuilders.com or msecrest@nc.rr.com) to volunteer your time on the Set-up/Clean-up team for one of the upcoming Walks.

Russ and Melody Secrest



Keith and
Lynda
Stewart

Luggage, Transportation

Tag and Tote
(Sung to the tune of "Row, Row, Row Your Boat")

Tag ... tote ... find the bed
Meet and greet as well
Help the Pilgrims settle in
Before they hear the bell

Load ... drive ... sit and wait
The trip is quite a ride
The songs and laughter, tears and talk
God is there to guide

Lug the bags or drive the van
Serve as God will lead
We need workers for each Walk
YOU can fill the need.

Please join us for some fun at Short Journey as we move luggage on Thursday Send-offs at about 6:30 p.m. and on Sunday Closings at about 2:30 p.m. We also need vans and drivers for Saturday Apostolic Hours. Share the joy of service. For more information contact us at lynchdapaige@msn.com or at (919) 242-6278.

Keith and Lynda Stewart



Ronnie and
Kathy
Jones

Agape, Altars

We all know how important agape is for a Walk. I want to take this time to thank all the community members that, through reunion groups, etc., generously give of their time and money to supply agape. It is greatly appreciated by the pilgrims and your agape chairmen. Your help makes our job easy.

I would like to ask all sponsors to remember to read the information given them concerning the letters they request for the pilgrims. One main concern is that sometimes the

letters turned in are not numbered in any way. It is very important that each letter has a number (example: S-1, S-2) in the upper right hand corner. This way we know that they have been put in the order that is best. Also, if a pilgrim gets more than 12-13, the ones not numbered are the ones we pull or if numbered, then we don't pull the wrong one by mistake, such as from a spouse. Please remember, a pilgrim is supposed to have at least 12 letters numbered and marked with an S, signifying sponsor. They can get more, but the numbered 12 are the ones they are given during the Walk and the rest are given afterwards.

One last request, we have been told by the Upper Room that pilgrims are not supposed to get the musical cards that are now so popular for various reasons. So sponsors, please stress in your request for letters that there are no musical cards.

Thank all of you in advance for your help and cooperation.

Ronnie and Kathy Jones



Fred and
Debbie
Gossert

Snack Room, Kitchen

Decolores Brothers and Sisters in Christ:

"Whoever serves me must follow me; and where I am, my servant also will be. My Father will honor the one who serves me" — John 12:26

As you can see from this newsletter, there are many opportunities for you to serve God. The snack room and kitchen gives you a wonderful opportunity to not only serve others, but also to meet and work along with your brothers and sisters in Christ — the opportunity to be God's hands and feet serving the pilgrims and team on upcoming Walks. This is a wonderful time to bring your reunion group, family, church family and Walk table sisters or brothers together to serve behind the scenes in the snack room and kitchen. Sign-up sheets will be available at the Follow-ups after the Walks, at the Gatherings or you can e-mail or call us to sign-up.

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 fruits, 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 for your church can be

found on a handout at each Gathering or you can go to the Heart of Carolina Emmaus web site.

Sponsors, if you know your pilgrim would like a special creamer, snack, drink, etc., please include those items for placement in the snack room for all to share. Your pilgrim will be delighted to see this little act of agape and will place a smile on their face. If you are not a baker, shopper or cannot work behind the scenes, you are welcome to make a cash donation to the snack room to purchase items for the Walk weekend as they are needed.

We have been truly blessed by all of the love, support and dedication that the HOC Emmaus Community has given us over the last three years as we have held this board position. We are also so thankful for all of the hard work, support and commitment of our snack room committee: Lee and David Heathcoat, Freda and Kim Davis and Beth and Ricky Harrison; and to our kitchen committee: Jan and Lee Edmonds, Marie and Steve Wood, Ann and Jon Sands and C.J. and Bill Hart. We have learned over these three years that God always provides and there is no greater example of this than the work of the Body of Christ in this Emmaus Community.

Remember the Walk weekends are all about the pilgrims, giving them a closer walk with Christ, and not about us. May we let our light shine on them being God's hands and feet and in prayer for each HOC Emmaus Walk weekend. May each of us be the best Christian, servant, witness and disciple we can be for them and the

HOC Emmaus Community using the gifts God has given us.

Fred and Debbie Gossert



Al and
Susie
White

Apostolic Hour, Follow-up

Thanks so much to all that have helped with Apostolic Hour this last year. The Apostolic committee appreciates your commitment and dedication to offering the "candle-light experience" to those who are on the Walk.

There are many ways through Emmaus and associated programs to be Jesus's hands and feet.

Chrysalis is an Emmaus program for youth. Kairos is a program to take an Emmaus type experience into the prisons. Torch is similar to Kairos and is for youth who are in juvenile detention. Torch is just starting in North Carolina and is holding its first Walk this month. All of these great experiences of God's Holy Spirit require help interacting with the pilgrims and behind the scenes in support. Please try helping out in any of these life changing experiences as you proceed in your Fourth Day. Jesus is our example and is asking us to become servants to others. Please contact any board member for ways to help in these areas.

Al and Susie White



HOC Community at the recent Gathering held at White Plains United Methodist Church in Cary.



HOC Walk to Emmaus #101

1st Row: Ray Murphy, Don Corr, Phil Triplett, Chris Paphitis, Mike York, Martin Armstrong, Roy Jernigan, Tom Stephens, Jack Buckley, Jim Jones, Bud Davenport
 2nd Row: Matt Ashburn, Alex Garcia, David Hollowell, Dave Amon, Tim Jackson, Sherrill Denning, Keith Kinton, Bruce Elwell, Jason Smith, Sandy Matthews, Brett Guenther, Max Brau
 3rd Row: Vincent Manley, Don Johnson, Tripp Dawson, Bill Wandrack, Joe Buckner, Bob O'Keef, Bob Vernon, Craig Tant, Spence Cardwell, Frank McCorquodale, Eric Britson, Bill Band
 4th Row: Mark Gustafson, Donald Pearson, Al White, Don McFerren, Rex Scott, Allan Yelverton, James Gamble, Tyler Bing-Lawson, Michael Hall, Steve Wood, Steve Carter, Ken Wall, Randy Beasley, Richard Anderson, Ted Beemer, David Tyree



HOC Walk to Emmaus #102

1st Row: Deenie Greer, Pam Watson
 2nd Row: Wanda Aheron, Dave Amon, Jean Milleison, Barbara Jackson, Terry Barnes, Linda Amon, Dennis Draper, Marie Wood, Susan Buckner, Kara Roberts, Carol Beasley, Mel Thomas
 3rd Row: Susanne Young, Teri Zabriskie, Patty Garcia, Sabrina Paphitis, Elizabeth Polk, Amy Brau, Jennifer Rosa, Michele Clark, Christy Loreman
 4th Row: Paula Sawyer, JoAnn Harrington, Lewanna Stout, Anita Metz, Autumn Crisp, Susan Strum, Dennis Lamm, Christie Sanner, Marsha Lovick, Martha Hatch, Kathy Scott, Jenny Elwell
 5th Row: Andrea Hubbell, Beth Yelverton, Shelby Davenport, Suzanne Cook, Kristie Wall, Libby Berry, Marsha LiVecchi, Farah Davis, Terry Hobbs, Ann Stephenson, Lynn Triplett, Kim Wandrack, Casey Robinson, Terri Hollowell, Sheila Dunn, Belinda McFerren

Meet our New Emmaus Board Members



Steve and Suzanne Cook have been attending the Benson United Methodist Church for the last 30 years. They have a son, a daughter and two teenage grand-daughters. Both work in a small printing company.

Steve was on HOC Walk #80 and served on conference teams #90 and #94. He was a member of Kairos teams #26 and #27 and on Kairos outside team #9. Suzanne was on HOC Walk #81 and served on conference team #91. She served on Kairos outside teams #8 and #9. She is scheduled to serve on conference team #102 and Kairos #29.

Suzanne is treasurer of the Benson UMC and treasurer of the Benson United Methodist Women. Steve is chair of the Evangelism Committee and teaches Sunday School. Because they sing in the choir, both are grateful that the Lord only requires a "joyful noise."



Kim and Freda Davis are active members of Fremont United Methodist Church, where they both teach Sunday school. Kim teaches the nursery/preschool class, while Freda teaches the third through fifth graders. They are both active in reunion groups. Kim went on HOC Walk #34, followed by Freda on Walk #35. Kim can be seen most often behind the scenes carrying and loading luggage, but did serve on his first team on Walk #98. Both serve on the Snack Room Committee. Freda has also been blessed to serve in the Prayer Chapel, as well as in the conference room. They have also worked in the kitchen. They both enjoyed serving on the Selection Committee.

Kim has farmed for the past 32 years and Freda has taught at Fremont Elementary for 26 years. They have been blessed by 30 years of marriage and two beautiful daughters.



Steve and Carol Durham were on HOC Walks #80 and #81. Their reunion group is the Hillsborough United Methodist Church branches. They have attended First Baptist Church in Hillsborough since 1980. They teach Sunday school, serve on committees, and most recently, led the 28-week Companions in Christ spiritual formation group.

They have been married for 32 years. Their life has been enriched by two adult children. They enjoy activities at their church, time with their family, kayaking, camping and reading. Steve does computer support for the Department of Transportation. Carol is a professor of nursing at The University of North Carolina at Chapel Hill School of Nursing.

Since February, we have been serving as Gathering coordinators on the Board of Directors.



Brad and Stephanie Lewis attend Nashville United Methodist Church in Nashville. They attended HOC Walk #87 and #88 respectively. Brad is a member of the Staff Parish Committee at their church and is active in addressing general maintenance needs at the church and for church members. Stephanie teaches a children's Sunday School class and offers tutoring in Math to children in the community. Brad and Stephanie work together with the Pathfinders Youth Group at their church. Through this work they have both traveled with the youth on beach retreats, spring retreats at Camp Chestnut Ridge and gone on the Appalachian Service Project (ASP) over the summer. They have both served behind the scenes for Emmaus Walks in the kitchen, at Candlelight and as Assistant Table Leaders.



Royce and Rebecca Thippen were married in 1978 and have three children. They attend Trinity United Methodist Church. They teach or have taught Sunday school for several years. They are members of the United Methodist Men and Women respectively. They went to Short Journey for the Emmaus Walk in 2001. Becky went on Walk #47 and Royce on Walk #50. They have both been back and worked behind the scenes and on several Walks. They are both very involved in the Kairos Community and have been for several years.

Not pictured, Clergy Member Lu Ann Charlton