



Walk to
Emmaus
THE UPPER ROOM

L.O.V. Emmaus Community

Limestone-Ohio Valley Emmaus Community

Winter Issue

L.O.V.E. COMMUNITY NEWS

February 2009

While they were talking and discussing, Jesus Himself came near and walked with them.

Luke 24:15

Upcoming Events:

- Gatherings, 4th Tuesday:
-February 24th
-March 24th
- Monthly Gatherings at the Washington United Methodist Church, 7:00 pm. If possible, please bring a snack to share.

Board of Directors:
February 24th, 5:45 pm
March 24th, 5:45 pm

From Our LAY DIRECTORS ...

I would like to again thank each and everyone for all their support this past two years. It has been a privilege to serve as your Community Lay Director and I look forward to serving in other areas in our Emmaus Community as God opens new doors for me.

God has blessed all of us with His Great Joy and will continue to do so as long as we put Him first in our lives. Don't forget to pray on your knees for the up and coming Walks. We need God to guide us in all that we do. Thanks again for the love you share.

DeColores!

Georgjean Shelton, 2007-08 Lay Director

To all of you beautiful folks in the LOVEmmaus Community: Happy New Year 2009! I would like to thank each of you for your faith, prayers, sponsorship, and support for the four great Walks that we were able to witness and experience in 2008. Great job! I would like to commend our outgoing Community Lay Director, Georgjean Shelton, for a job well done. You have been a wonderful example for each of us. Thank you!

To our Board: For your prayers and dedication in furthering the Walk to Emmaus - and for supporting, honoring, and adhering to the The Upper Room's guidelines and edicts. You did good! Our appreciation to Alan Leonard and Janice Edgingfield for accepting the awesome responsibility of being our Lay Directors for the upcoming spring Walks. We will support you with our prayers, servanthood, and love.

Each of us has had our heartaches... and sometimes heartbreaks in the past year, but most often we have been showered by God's many wonderful blessings. It is my hope that each of us will be in prayer for our great country and our new leadership. May God continue to bless our great country and our wonderful Emmaus family.

God Loves You ... and George Smith Loves you!

DeColores!

George Smith, LOVE Community Lay Director

UPCOMING DEADLINES!

Are you *thinking* about sponsoring a Pilgrim for one of the spring Walks? Quick! Right now – whose name pops into your head when you think of offering someone the opportunity of a life-changing experience in their relationship with God? So - stop thinking about it and ACT! Don't let this person miss the blessing because you didn't take the time. There's no time like today!

We have to have at least 15 Pilgrims signed up for a Walk **six weeks before** the Walk begins or the Walk will have to be cancelled. That means by **March 19th** we need at least 15 Pilgrims signed up for the Men's Walk scheduled for April 30-May 3. And we'll need at least 15 women signed up by **April 23rd** in order to have the Women's Walk on June 4-7.

Yes, you can still submit a Pilgrim's application after those dates right up until two weeks before a Walk – but only if we didn't have to cancel the Walk in the first place. So, please don't wait for someone else to get those applications in. If God has laid a name on your heart, ask _____ (fill in his or her name in the blank) now and get the application, plus the \$15 deposit, turned in right away. Your Pilgrim – and you – will both be so blessed!

AGAPE

Hey Emmaus Community!

Just a short note to let you know it is time to be planning and making Agape for the upcoming Walks. The Men's Walks are in May and September and the Women's are in June and October. We have an awesome task ahead of us to top the Agape made for the 2008 Walks. This is a challenge that I throw out to you. Let's go beyond what we made for 2008. "2008 was great, but 2009 will be even better!" (Please don't pay any attention to the grammar).

Just remember that no individual names may be put on any Agape. You may use your Share Group name, church name or where you meet but that is all. Thank you for following that simple rule.

Another thing to remember is that for bedtime Agape (Pilgrims only), you need 30 individual items that are alike (color may vary). If you wish for everyone to receive it (Pilgrims and team), then you need 60 items. Please bag or box these and write on the container how many pieces there are. If you want these to be given at a certain day or time, you may specify that also.

Agape letters need to have person's name, team member or pilgrim, a specific night or 4th day packet on it. The Pilgrims only receive letters in their 4th day packet. Team members may have letters every night.

If 2009 goes as fast as 2008 did, the Walks will be right upon us. So let's get started and share wonderful Agape. That is what God wants us to do all the time.

Bren Frogde, 2008 Agape Coordinator

From The

GOOD SHEPHERD

With all of our lives so busy and so precious few spare moments you may ask, "WHY A SHARE GROUP??" I've pondered this question and the only way I can answer it is to tell you a little about my group. All of us, except two, attend the same church, Sunshine United Methodist, and all of us, except two, in one way or another were involved in Walk #7. My group consists of the following Pilgrims from Walk #7. Phil Brown, Ken Applegate, John Nickell and myself, Tom Tavis. Also involved in Walk #7 was George Smith who was on the team. Now for the other two individuals: they are Rick Morgan and Barry Rodbell.

As part of our group's outreach we decided to expand our horizons and add the two Ohio boys to round out our group. We have been meeting every Thursday at 7am at Bob Evans in Portsmouth since Jan. 2004. Gets back to that "when Emmaus meets, Emmaus eats" thing.

When we went on our Walk all of us knew each other but we really didn't know each other. Through the Walk and the time spent in our Share Group I can honestly say we now know each other pretty good. The old axiom of "let's do together what we cannot do alone" definitely applies to a Share Group. From our Share Group our Church has organized a Men's group. Our men's group is about to embark on our fourth mission trip to Mississippi to rebuild homes and lives damaged by Hurricane Katrina. Would this have happened without a Share Group?? I doubt it.

The group has become a second family that holds each of us accountable for our actions and service to our Lord and fellow man. If one of us has a problem we all have a problem. When the storms that occasionally enter our lives appear, each of us knows we can count on the others to help as needed.

Having a Share Group will keep you involved in Emmaus. Who would have thought that our group would enjoy cooking meals for the Pilgrims and team on numerous Walks? You want pressure?? Fix a meal for 60+ women! We knew men would eat anything but now women tend to be a little fussy (or so we thought). In reality they are so glad to have someone else cook they, too, will eat anything that is served.

In closing, let me encourage you to find or start a Share Group. It will cost you a little time but the joy and friendships you develop are PRICELESS.

DeColores!

Tom Tavis, Good Shepherd

Les Grooms Jailed for Christ

Les Grooms, Pastor of the Augusta Presbyterian Church, served on the Kairos prison team February 5-8, 2009. This was Walk #18 at the Ross County Correctional institution. Les also served on Walk #13 at that same institution.

A Kairos Walk is similar to the Emmaus Walk except that it is held in a prison. The Walk begins on Thursday afternoon and ends Sunday night. At Walk #18, there were 42 inmates who participated. There were seven tables with six inmates at each table. Each table has a Table Leader and an Assistant Table Leader as well as a Clergy. There is also a Table Servant who does not sit at the table or enter into the discussion but is constantly filling up cups and replenishing the cookie plates.

The day begins at the Trinity United Methodist church in Chillicothe 5:00 a.m. with breakfast. The team then travels to the correctional institution where the activities begin at promptly 7:00 a.m. The day usually ends after 8:00 p.m. when the team travels back to the Trinity church for a team meeting and a night of sleeping on the floor.

The team takes in ten thousand dozen home baked cookies and the cookies are usually gone by Sunday afternoon.

Les also did the Justifying Grace talk at the Emmaus Walk in Chillicothe Friday, February 13. Les and his wife, Kay, are also planning to help serve breakfast at the Chrysalis Flight in Portsmouth on February 16.

GIVE THANKS!

Dear Emmaus Community,

When we think of the time we have served as volunteer chaircouple, it brings to mind how very blessed we are to have such willing and faithful servants. The following is a "Thank You Prayer to God". We hope you will be blessed by the words as you begin 2009.

Dear God,

I want to thank You for what You have already done. I am not going to wait until I see results or receive rewards. I am thanking You right now.

I am not going to wait until I feel better or things look better. I am thanking You right now.

I am not going to wait until people say they are sorry or until they stop talking about me.

I am thanking You right now.

I am not going to wait until the pain in my body disappears.

I am thanking You right now.

I am not going to wait until my financial situation improves.

I am thanking You right now.

I am not going to wait until the children are asleep and the house is quiet.

I am thanking You right now.

I am not going to wait until I get promoted at work or until I get the job.

I am thanking You right now.

I am not going to wait until I understand every experience in my life that has caused me pain or grief.

I am thanking You right now.

I am not going to wait until the journey gets easier or the challenges are removed.

I am thanking You right now.

I am thanking You because I am alive.

I am thanking You because I made it through the day's difficulties.

I am thanking You because I have walked around the obstacles.

I am thanking You because I have the ability and the opportunity to do more and do better.

I'm thanking You because FATHER, You haven't given up on me.

DeColores!

Tim and Sally Teegarden, Volunteer Chaircouple

FROM THE REV:



Another Christmas has come and gone and another New Year is here. I hope each of you have a healthy and prosperous 2009 as you trust in the Lord and live out Philippians 4:4-9. If you will so live, nothing, I mean nothing, will separate you from the love of God in Christ Jesus.

Articles in newsletters are one way to keep in touch. I remember the first article I wrote. It was really a note to a blue-eyed, copper haired girl I knew in grade school at Berry, KY. I wrote, "Ruth, I like you, will you be my friend?" She gave me a smile that seemed to say yes but then, my family moved away that summer. I went to camp meeting down in Florida year before last and guess what – she was there! One thing led to another and, wonder of wonders, two families, 11 children and 63 years later, we got married! Last June 20th, family & friends from all over the country gathered at Ruggles Camp Ground in Kentucky. Her three sons gave her away, four of our daughters sang and my brother Dave read the vows. I've been telling you folks, "Wonderful things happen when you go to church – angels appear!"

Weddings cause families to grow - sometimes geometrically! Ruth has 6 children, 3 girls & 3 boys, and 16 grandchildren with three on the way. I have 2 boys & 3 girls and 6 grandchildren and 2 great grandchildren. From 13 to 38 + 9 in-laws - "whoopee"! Just think, membership in the family tripled in 15 minutes. That's the way it works in the Church. You become a Christian, join the Body of Christ and YOU ARE A BRIDE - Jesus' - think about it - we belong to Jesus just like a bride and bridegroom belong to one another.

Our community experienced a great year in 2008 as over 80 pilgrims grew closer to the Lord, some for the first time. Think of the "ripple effect" among team members and the churches in which all of us participate - like yeast in flour. Let's pray for another great year in the L.O.V.E. Community as we help one another and reach out to others for Christ!

DeColores!
Jim Finch, Community Spiritual Director

KEEP THE FAITH!

Faith, hope and love are the dominant themes of the Bible. And, since "all scripture is inspired by God" 2 Timothy 3:16, it is with both temerity and humility that I write this article on Christian faith. My purpose is simply to describe what Christian faith means to me. The most concise statement of what faith means to me is: the belief (or confidence) that the Word, the Power and the Promises of God are absolute truths.

Why is faith so important to Christians? Because it not only enriches and gives direction to our earthly lives, it provides us a path to Heaven and Eternal Life!! We just have to be smart enough to pursue it. The Bible tells us this is so. Ephesians 2:8 states "For by grace, you have been saved through faith". Is there anything more important? Redemption (the forgiveness of our sins) and Salvation (the saving of our souls) are gifts from God. These gifts are ours when we have faith that His promises are true. Our victory over sin and death and the path to eternal life are achieved through our faith. 1 John 5:4 states, "and this is the victory that has overcome the world – our faith".

So how do we come by this all-important faith? First, Romans 12:3 states that "God has dealt to each one a measure of faith". So we are ALL born with this gift. We can either build on this innate gift or we can ignore it. Although we were born with a "measure of faith", it alone will not permit us to experience the Glory of God. We must take this gift, nourish it and integrate it into the way we live our lives.

How do we accomplish this? First, we must open our minds and hearts to God's Love, Word and Promises. Unless we are receptive to God, we are lost from the start. Although God earnestly wants a strong relationship with each of us, He wants us to initiate the effort to build and nurture that relationship. Next, we must study and meditate on His word. Romans 10:17 gives us this instruction: "so then faith comes from hearing, and hearing from the Word of God". Studying God's Word, the Bible, is then the best way to increase our faith. Sunday school, Bible study, discussing the Word with Christian friends and prayer are other ways to strengthen our faith through a better understanding of God's Word.

It is also essential that we live a life that reflects our faith. This life of faith begins by letting the love of Jesus into our hearts and then following God's and Jesus' commandments – the most important of which is to love God with our total being and love others as we love ourselves. Adopting these rules for living will enable us to truly live a life that pleases God, a life of faith – "the just shall live by faith".

The most often referenced scripture on faith is probably Hebrews 11:1: "Now faith is the substance of things hoped for, the evidence of things not seen". What is the "substance of things hoped for"? We all have our expectations resulting from our interpretation of this phrase. Mind is quite simple, but all-encompassing: THE SUBSTANCE OF WHAT I PERSONALLY HOPE TO ACHIEVE THROUGH MY FAITH IS ETERNAL LIFE IN THE PRESENCE OF GOD AND HIS SON, JESUS. Accounts of how Noah, Abraham, Isaac, Jacob and others demonstrated their strong faith are also presented in Hebrews Chapter 11.

In summary, our strong faith is our ticket to Heaven. It is a promise of God! It is by our faith in God's promises and His grace that we receive redemption, salvation and eternal life. God and His Son, Jesus, do it all! All we have to do is to have faith!

We build this faith by studying, understanding and believing His Word. Of course, we must live our faith by loving our neighbors as ourselves and as God loves us. I close with a scripture which summarizes the "hoped for" results of our faith: 1 Peter 1:9 ... (you are) ... "receiving the goal of your faith, the salvation of your souls". KEEP THE FAITH!!

This original article written and submitted by Wayne Frye

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L.O.V.E. Community Board of Directors

Community Lay Director	George Smith
Assistant Community Lay Director	Alison Dunn
Secretary	Bren Frogde
Treasurer	David Lewis
Community Spiritual Director	Jim Finch
Kitchen	Kay Grooms
Communications	Karen Hughes
Music	Phil Brown
Good Shepherd	Tom Tavis
Agape	Linda Naylor
Chrysalis Representative	Acynda Spriggs
Registrar / Membership	Nicole George
Sponsorship	Michael Starkey
Volunteer Coordinators	Tim & Sally Teegarden
Facilities Set up/Clean up	Bill Shelton
Worship	Janice Edingfield
Logistics Coordinators	Dan & Brenda Reed
Social Coordinators	R. C. & Shirley Miller
L.E.A.D.	Roger Cheesbro
Ruggles Liaison	Stella Hull

Upcoming Walk Dates:

Men's #17: Apr 30—May 3, 2009

Women's #18: June 4-7, 2009

www.lovemmaus.org



L.O.V.E. COMMUNITY

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