



Walk to  
**Emmaus**  
THE UPPER ROOM

*While they were talking and discussing, Jesus Himself came near and walked with them. Luke 24:15*



**L.O.V. Emmaus Community**

Limestone-Ohio Valley Emmaus Community

Winter Edition

L.O.V.E. COMMUNITY NEWS

February 2010

## Take the CHALLENGE!

The new year has brought a new excitement and commitment to my life. The joy of seeing God working in my life and the lives of those around me has given me renewed enthusiasm for service. I look forward to having you all help me fulfill the position to which you have entrusted me as Lay Director.

There is a thrill to seeing the Spring Walks planned and hearing the names of those willing to serve on the teams. Immediately I began to scope out our church pews, my breakfast crowd at Bob Evans, and the people working out at the health club. Who is God directing me to as a potential Pilgrim for this year's Walk?

Take the challenge - let us lead as many as possible to experience God's love and grace through the Emmaus experience.

Your Lay Director,  
Phil Brown

## COMING UP!

- \* Gathering - 2/23/10
- 3/23/10

NOTE: Gatherings are at  
Washington United  
Methodist Church at 7:00 pm  
- Board of Directors meet  
at 5:45 pm

Bring a snack & stay to eat  
after we meet!



Love, God

## CHANGES

Happy 2010! Like our Lay Director, Phil Brown, I, too, am excited about the challenges and blessings God has in store for us in this new year!

You'll notice in this edition of the newsletter a few format changes. They're not "set in stone", so you may see other slight changes in future editions or a return to the past format. Just thought I'd experiment a little so I hope you'll extend an umbrella of grace and I'll try not to make it too confusing.

As always, if you have an idea for an article you'd like to submit for future editions, please let me know. We welcome your input and, as space permits, we love to publish articles, poems and "funnies" submitted by members of our Emmaus Community. You can contact me at [mkhughes5@sbcglobal.net](mailto:mkhughes5@sbcglobal.net) - please type the word "newsletter" in the subject line. If you don't have email, you can call me at 937-695-0124.

We serve an awesome God and I can't wait to see how He plans to use us in 2010, can you?!

DeColores  
Karen Hughes, Communications Chair

## Be a FRIEND, Be a SPONSOR!



Hello Emmaus Community!

Here we are again starting a new year in the glory of God. It's time to be thinking about who we can sponsor, to see the Amazing Grace of the Lord through a 72-hour whirlwind of love.

Our Walks this year are set to be on these dates:

MEN: April 29 - May 2 & Sept. 2 - 5

WOMEN: June 10 -13 & Oct. 7-10

We all need to remember we have to have at least 15 Pilgrims six weeks before every Walk to be able to set the Walk in "stone". That means we have to have at least 15 Pilgrims signed up for the Men's Walk by Thursday, March 18<sup>th</sup> and by Thursday, April 29<sup>th</sup> for the Women's Walk. After that we can accept more applications up to two weeks prior to the dates of the Walks.

Keep these dates on your calendar and on your prayer list (very important). GOD BLESS all in the Community and while praying for the Walks, don't forget to pray for us - the "new kids" on the block (as Board members) who are just starting a new year, with new commitments in our community!

Your new Sponsorship Chair  
Jeremy Rutledge

*"The best thing to give  
to your enemy is forgiveness;  
to an opponent, tolerance;  
to a friend, your heart;  
to your child, a good example;  
to a father, deference;  
to your mother, conduct that will make  
her proud of you;  
to yourself, respect;  
to all men, charity."*

Francis Maitland Balfour  
(1851 - 1882)





## THANK YOU!

Dear Community, it has been my privilege to serve the Community as Kitchen Coordinator for the past three years. I had the wonderful opportunity to watch 12 groups of Pilgrims come through the kitchen during that time. Better yet, many of you came back and worked in the kitchen, giving me a chance to make many new friends. To any and all who have helped in any way during these past three years I want to once again offer a **HUGE THANK YOU!**

You have a great gal to work with these next three years - my friend, Collette McGinnis. I trust you will continue to offer your support and help as she serves the Community as Kitchen Coordinator.

God bless you all and DeColores!  
Kay Grooms

## BLESSINGS & OPPORTUNITIES!

Dear Emmaus Community,

Many times we look at the word "volunteer" and think of it in worldly terms. For example, should I volunteer to do the dishes? Should I volunteer to make food for basketball team? But, when it comes to Emmaus, the word "volunteer" takes on a whole new meaning. So, here is our take on the meaning. After reading this, you might want to make up one of your own.

**V**ery anxious to help  
**O**pen to opportunities  
**L**iving as a servant of God  
**U**nderstanding others' needs  
**N**eeding to model Christ's love  
**T**alents being shared  
**E**mmaus is an avenue  
**E**ach one of us a part of God's family  
**R**eady when God calls

DeColores 

Tim and Sally Teegarden  
Volunteer Chaircouple

## "Ketch-up" with the Kitchen!



I want to thank Kay Grooms for the past three years of service to the LOVE Community. She has shown us all how to serve in love at each Women's and Men's Walks. She not only has purchased items to make the meals much easier but has organized the entire production. In accepting this chair for the next three years, I knew that following Kay was going to be difficult and easy! How's that for a contradiction? She has shown all the kitchen workers such graciousness and patience. How will I do in those difficult categories? Only with God's help, I assure you! Kay has made my term very easy for she has organized the set-up, the meals, and the tear-down of the kitchen. Thank you, Kay!

Now, once again, you can serve the Pilgrims and the Team with the Agape of Kitchen. It is a great way to begin your journey in the Emmaus Community. It states in *Day Four-The Pilgrim's Continued Journey*, that food has traditionally been considered an expression of love and fellowship. Three of the Gospels tell of Jesus, after his resurrection, meeting and eating with his disciples.

I have had the opportunity of serving on many Women's Walks and women love having meals served to them. Most women have not been pampered in such a way. Men love the food and you can see the fellowship growing during their meals, as well.

I look forward to getting to know many of you as we share the joy of serving the Pilgrims in the coming year.

Colette McGinnis  
Kitchen Coordinator

## LEAD, EDUCATE and DO

Dear Community, I want to let you know the L.E.A.D. Committee will be back on track in March. And just in case you were wondering, L.E.A.D. stands for "Learn, Educate and Do". This committee is important to help keep the new and past leaders informed of the guidelines and goals of the Emmaus Community. We all are to be about the work of Jesus.

God Bless!  
Georgjean Shelton  
L.E.A.D. Committee Chair

## From the GOOD SHEPHERD . . .

Dear Community, It is my honor and privilege to have the opportunity to serve you as The Good Shepherd. My share group is a very important part of my week. It helps me to stay focused on my Christian walk, and allows me to share my successes and failures with other Christian men. I would like to encourage you to join a share group or even start one of your own.

So please feel free to contact me if there is anything I can do to help you. The Lord Himself told us in Matthew 18:20: "For where two or three are gathered together in my name, there am I in the midst of them."

The Good Shepherd, Mike Burke

## What's YOUR LOVE language ?

Greetings, LOVEmmaus Community!! Here is the second installment from the book, "**The Five Love Languages**" by Dr. Gary Chapman. As a quick review, Dr. Chapman through years of marriage counselling, identified what he calls "five love languages." The big theme that runs through the entire book is that each of us has a primary love language that has developed in us based on how God wired us in the beginning, and the experiences of our lives. Other people seeking to show us love must speak in our language, or we do not recognize it as love. There is a communication barrier, so to speak, and we can completely miss the love intended behind the act. Dr. Chapman tells us that we must be tuned in to the primary love language of the one we are trying to love. Think about the implications of this as we try to love each other as the body of Christ!

The first love language described by Dr. Chapman is **Words of Affirmation**. One way to express love emotionally is to use words that build up. Proverbs 18:21 tells us that, "*The tongue has the power of life and death,*" and Proverbs 12:25 states, "*An anxious heart weighs a man down, but a kind word cheers him up.*" Verbal compliments, or words of appreciation, are powerful communicators of love. Another form of affirming words is encouraging words. Encourage means "to inspire with courage." We all have areas where we feel insecure. The under-developed potential within your Christian brother or sister, spouse or child may be awaiting your encouraging words. Another aspect of Words of Affirmation is to use kind words delivered in a kind way. Remember all the different feelings your mother could put into the way she said your name? You knew by the tone of her voice whether you wanted to run and see what she had found, run and hide, or dare not run and hide

because of the even more dire consequences that would occur! It is the same with Words of Affirmation spoken to others; our tone is an important part of the communication.

Now, what does this have to do with Emmaus? Well, think about all the opportunities to offer Words of Affirmation in the Community and on the Walks! Opportunities to compliment, to encourage, to share words of kindness with other people. I think as much as anything, Emmaus **creates** the venue for these opportunities so that we can share Words of Affirmation.

That means it's time to do a self-check!! When was the last time you offered a compliment, words of encouragement, or just sat and talked kindly with a friend? Although it might not take a lot of preparation, if that person's love language is Words of Affirmation, it is a conversation they might take with them into eternity. Wow! What an awesome opportunity...and a tremendous responsibility! Pray that God would use your words to show love to another of His children!

De Colores!

Linda Naylor, Your new Music Director



### A Valentine from God



For God so lo**V**ed the world, that  
He g**A**ve His on**L**y begotten Son,  
that whoso**E**ver  
believeth **I**N Him should no**T** per**I**sh, but  
have everlasti**N**g life**E**.

John 3:16



## LES GROOMS GOES TO PRISON FOR THE **THIRD** TIME!

In most cases, this sounds like I am a three-time loser and I will be in prison for a long time but really, I am a three-time winner. On January 28-31, I will be entering the Ross County Correctional Institution for the third time as a member of a Kairos team.

There are about fifty on a Kairos team. The program is patterned after the Emmaus Walk only it is in a prison. In the conference room, there will be seven tables with six inmates (we call them residents) at each table. Each table will have a Leader, Assistant Leader and a Clergy.

There will be a Table Servant sitting close to the table but not at the table. The job of the Table Servant is to see that everyone at the table always has a cup of something to drink and ample cookies to eat. When we go to chapel, the Table Servant cleans up the table and makes sure that everything is neat and proper. The Table Servant never enters into the discussion at the table.

There are talks given just as at an Emmaus Walk and there are also poster parties. The talk that I am giving this year is "You are not alone." The residents can really get into the poster parties.

There are many working behind the scenes at a Kairos event. There is the Cookie Team headed by the "Cookie Monster". All of the food has to be transported in from the Trinity United Methodist Church. There is a large group at the church that furnished the food for the weekend.

Our team takes into the prison ten thousand dozen home-baked cookies and the first night, everyone in the prison, including the warden, gets a bag of two dozen home-baked cookies.

I got involved with Kairos as a result of serving as Spiritual Director on Emmaus Walks for the Greater Scioto Emmaus Community. Many of the Kairos participants are also Emmaus participants.

The conference room is always full because there is a waiting list for Kairos. Some of the residents have been on the list for up to five years. Last year on the first night, one of the inmates had to leave the conference room and within an hour, there was someone there to replace him.

Last year, I was one who came in at the eleventh hour. One of the Clergy had to drop out at the last moment, and I was called and put on the team at the very end of the training period. Always be ready, for you never know when the Holy Spirit will be calling you.

Les Grooms  
Community Spiritual Director

# L.O.V.Emmaus Community

Limestone-Ohio Valley Emmaus Community

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

Community Lay Director . . .	Phil Brown
Ass't Comm. LD . . . . .	Michael Starkey
Secretary . . . . .	Bren Frodge
Treasurer . . . . .	Tom Tavis
Comm. Spiritual Director . .	Les Grooms
Music . . . . .	Linda Naylor
Worship . . . . .	Janice Edingfield
Good Shepherd . . . . .	Mike Burke
Agape . . . . .	Elizabeth Reed
Sponsorship . . . . .	Jeremy Rutledge
Volunteer Coordinators . . .	Tim & Sally Teegarden
Communications . . . . .	Karen Hughes
Logistics Coordinators . . . .	Tim & Linda Ratcliff
Social Coordinators . . . . .	R. C. & Shirley Miller
Chrysalis Representative . . .	Rebecca Bisotti
Registrar / Membership . . .	Alice Bailey
Facilities Set-up/Clean-up . .	David & Brenda Reveal
Kitchen . . . . .	Colette McGinnis
L.E.A.D. . . . .	Georgjean Shelton
Ruggles Liaison . . . . .	Stella Hull
Team Selection Chair . . . . .	Alan Leonard
Team Selection Chair . . . . .	Theresa Mallory
Past Board Chair . . . . .	George Smith



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## MARK YOUR CALENDAR!

### WALK DATES FOR 2010:

Men #19: 4/29 - 5/2

Women #20: 6/10 - 13

Men #20: 9/2 - 5

Women #21: 10/7 - 10



[www.lovenmaus.org](http://www.lovenmaus.org)

Limestone Ohio Valley Emmaus  
Maysville, Kentucky



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