



Walk to
Emmaus
THE UPPER ROOM

L.O.V.Emmaus Community

Limestone-Ohio Valley Emmaus Community

Easter Issue

L.O.V.E. COMMUNITY NEWS

March

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

Luke 24:15

Upcoming Events:

- Gathering March 22
- Gathering April 26

Next Community Gatherings at 7:00 p.m.
The Maysville Church of the Nazarene
156 Maple Leaf Rd.

If possible, bring a snack to share.

Board of Directors
3/29/05 at 7:00 pm
4/26/05 at 5:45 pm

Inside this issue:

<i>How Can I Be Involved?</i>	2
<i>Thoughts from the</i>	2
<i>Registrar . . .</i>	2
<i>From the Kitchen...</i>	2
<i>Accountability</i>	3
<i>From the Spiritual Director</i>	3

The BEST Day of My Life!

Today, when I awoke, I suddenly realized that this is the best day of my life, ever!

There were times when I wondered if I would make it to today; but I did! And . . . because I did I'm going to celebrate!

Today, I'm going to celebrate what an unbelievable life I have had so far: the accomplishments, the many blessings, and, yes, even the hardships because they have served to make me stronger.

I will go through this day with my head held high and a happy heart. I will marvel at God's seemingly simple gifts: the morning dew, the sun, the clouds, the trees, the flowers, the birds.

Today, none of these miraculous creations will escape my notice. Today, I will share my excitement for life with other people.

I'll make someone smile. I'll go out of my way to perform an unexpected act of kindness for someone I don't even know. Today, I'll give a sincere compliment to someone who seems down. I'll tell a child how special he is, and I'll tell someone I love just how deeply I care for them and how much they mean to me.

Today is the day I quit worrying about what I don't have and start being grateful for all the wonderful things God has already given me. I'll remember that to worry is just a waste of time because my faith in God and his Divine Plan ensures everything will be just fine.

And tonight, before I go to bed,

I'll go outside and raise my eyes to the heavens. I will stand in awe at the beauty of the stars and the moon, and I will praise God for these magnificent treasures.

As the day ends and I lay my head down on my pillow, I will thank the Almighty for the best day of my life. And I will sleep the sleep of a contented child, excited with expectation because I know tomorrow is going to be the best day of my life, ever!

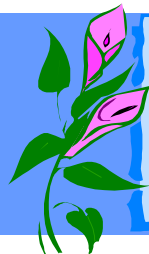
Thank you to Brenda Frodge for sharing this article!

Sponsorship: Our responsibility to our wonderful L.O.V.E. Community

Sponsorship is one of the most important aspects of *The Walk to Emmaus*. Please do not take its responsibilities lightly or carry them out casually or haphazardly. Sponsorship requires extensive prayer, diligent thought, and careful planning and follow-through on the many responsibilities.

Before sponsoring someone, we encourage you to study the Sponsorship Handbook (available at each monthly gathering), particularly Pages 12 & 13. If you have questions or concerns, please don't hesitate to contact myself, Cyndi Frodge, or Stacy Downing.

Remember, God Loves You!
Bro. George Smith—Sponsorship Chair
Sponsorship@LOVEmmaus.org



Easter Greetings



How can I be involved?

Are you looking for a way to become involved in the L.O.V.E. Community? Not sure how? Well, look no further! The L.O.V.E. Community has many opportunities in serving God. The Community has two upcoming Walks and we need volunteers to be God's hands and feet.

Here are just a few ways you can become involved: Assist in the pre-walk or post walk cleanup, Participate in the 72 hour prayer vigil for each walk, assist in the kitchen with food preparation and cleanup, a photographer for the group picture, sponsoring a pilgrim, and donate agape for the Walks.

Still interested? Fill out a volunteer card and tell us how you can serve God. Be sure to sign up at the Gatherings for the upcoming Walks. God is always looking for someone to put their faith into Christian Action.

*Donnie & Walene Bennett
Volunteer Coordinators*



A Note from the Registrar . . .

To the right is a list of our pilgrims for the next Emmaus Walk #10, to be held on May 5-8, 2005. There is still time to get your pilgrim in, so please send in the registration form with the \$15 deposit. Sponsors and pilgrims will be receiving an information letter by March 14th about Walk #10. If you know of any individuals do not receive a letter or is unable to attend, please let me know as soon as you can.

There are a few openings for the Women's walk #10 being held on June 2-5, 2005.

Have a Great Day. God loves you!

*DeColores,
Cyndi Frodge*

- Mike Adkins
- Shellie Baker
- Dan Bennett
- Amos Bolar
- Jack Bullock
- Mike Burke
- John Gump
- Ken Harmon
- Rod Hieneman
- Danny Mercer
- Homer Norman
- Lee Pertuset
- Gabriel Reed
- Barry Rodbell
- Allen Winters
- David Wirth



Hello From The Kitchen!

Spring is coming and it is time to think about the upcoming Men's and Women's Walk (May & June). We have been blessed with share groups fixing meals for the weekend.

If you feel this is something your share group or friends would like to do, sign up for a meal. Menus for meals will be available. This is one way of being the hands and feet of Christ.

*God Bless! DeColores,
Pat Welti*

Thoughts from the Community Lay Director . . .

The Board of Directors of the L.O.V.E. Community meets monthly to conduct the "business" of the community. One item of business that is addressed every year by the new board is the covenantal agreement from the International Emmaus of The Upper Room. This agreement sets forth the path we must follow as an Emmaus community, including agreeing to conduct the Emmaus community as The Upper Room intends. This is accomplished by adhering to *The Upper Room Walk to Emmaus Handbook*.

The Upper Room's Walk to Emmaus has been an original copyrighted script since at least 1981. Our L.O.V.E. Community Board of Directors is charged with maintaining this covenant or promise to The Upper Room. The Bible is full of God's promises or covenants. God covenants with Noah, with Abraham and with David. Then in Jeremiah 31:31 we read: "The time is coming," declares the Lord, "when I will make a new covenant with the house of Israel and with the house of Judah...I will put my law in their minds and write it on their hearts." God presents the new covenant in Christ Jesus.

A covenant is a promise, an agreement, but it holds us accountable. As the L.O.V.E. Community prepares to renew its agreement with The Upper Room, we ask the entire community to join us as we promise to uphold the directives of the Walk to Emmaus.

To quote a representative of The Upper Room, ". . . Sometimes I believe the most important thing we learn in the leadership development of serving in this movement is how to be obedient to a higher authority. Ultimately I am talking about God, but under that I am talking about being obedient to what was given to The Upper Room long before we came on board and understanding that everything that is presented is there for a reason and that when we change any part of it, we change the dynamics, which then can, if left unattended, change the results for the pilgrims." Carleen Alderman

The Walk to Emmaus was designed as a spiritual renewal program intended to strengthen the local church through the development of Christian disciples and leaders. I think I can speak for hundreds of people in our community as I thank the obedient leaders who developed the Walk to Emmaus. May we as a community honor them and keep this covenant.

*De Colores,
Stacy Downing
Community Lay Director*

~Accountability~

For the next several newsletters, I want to lift portions of the small book, published by the Upper Room, entitled *The Group Reunion*. This book is available at our Gatherings for a small fee of \$3.00. It is packed from the first page to the last with valuable and helpful information about small groups.

"The Emmaus group reunion is a small accountability group of two to six persons who have usually 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."

Further down the page, it continues, "The group reunion then becomes a dynamic means of support and maintenance of meaningful contact with Christ and other Christian friends for the long haul. The spiritual companionship of the group reunion encourages us in our practice of the means of grace—the ways Christ instructed

and modeled for us to stay in touch with Him, to share His life and mind, and to grow in His love and likeness."

This chapter closes with a very important paragraph. "Emmaus groups that effectively support Christian growth do not come about by our human effort alone. We certainly do our part: we get together, practice our discipline, and go to the meetings. But it is the Holy Spirit who opens our hearts to God and to one another, who makes us spiritual friends, who weaves us together and prompts us with ways to watch over one another in love. The Holy Spirit connects us with others like ourselves who are ready for such a group and whose gifts will blend. For this reason, forming groups requires earnest prayer and openness to God's little surprises. Sometimes the last persons we would have chosen for our groups show up there and turn out to be the best for us. And sometimes the first persons we would have chosen simply do not work out."

The Group Reunion, Walk to Emmaus, the Upper Room

DeColores,

*Colette McGinnis—The Good Shepherd
GoodShepherd@lovenmaus.org*

From the Spiritual Director . . .



Hello Beautiful Emmaus People!

As a youngster, my earliest memories centered on attending church with my parents and participating in various memorable activities such as church socials (playtime with friends!!) and vacation Bible schools (crafts and singing!!). In those early formative years, I saw Sunday school teachers and various members of the Dyer Cumberland Presbyterian Church in the small West Tennessee town of Dyer as extended family.

While I was privileged to grow up in this environment, during my teenage and early young adulthood in the 60's and 70's, I fell, to some degree, under the spell of the predominant philosophies of the time. The ideas of: do your own thing, forge your own path, and take care of yourself first, were popularized through the media, especially music, which really caught my fancy.

As a Sophomore in college, I was cruising in my 1964 1/2 Ford Mustang one Saturday evening. It had burgundy exterior, chrome reverse wheels, black interior, 289 cubic inch V-8, 3-speed in the floor, bucket seats, dual exhausts, cutouts, and glass pack's. (I'd sure like to go on visitation in that little car today!) I ended up at a local nightclub. As I sat at a table surveying the crowd, and listening to the band, a blanket of loneliness suddenly enveloped me. I felt like a square peg in a round hole. At that time God spoke and said, "Michael, you will not find the happiness you are looking for here." The directive was so clear and distinct that I immediately stood up, walked out of the place never to go back. After that decision, God opened a series of doors leading me to experience once again the security and joy that only He could give. Less than a year later I was invited to join a singing group with four other college-age young adults from my home church. In our first singing engagement as I was singing a solo part in the song "Is It Any Wonder" I was brought to my knees (and experienced literal tears) before the Lord in my heart. No one in the audience or the group knew what happened to me in my spirit in those brief three minutes, but I knew the burden of sin had been forgiven and lifted, and I would never be the same again. I was back home! By His Grace God continues to "lead me home" again and again as I move forward in sanctification and holiness of heart.

As a disciple of Christ we have a story to tell! As a disciple, it's a necessary part of our responsibility to consider "the journey of Grace" God has lovingly led us on. It's good to write it down in its simplest form, committing the details to memory. Not only will it be a record for your children and grandchildren, etc., you will be amazed how God expands your spiritual horizons through it. O yes—don't be surprised if God doesn't open many doors for you to share some part of your wonderful spiritual journey, especially your Walk to Emmaus!

DeColores,

Michael Canada—Community Spiritual Director



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Limestone-Ohio Valley Emmaus Community

**Upcoming Walk
Dates Announced!
Walk #10**

Men: May 5-8, 2005
Women: June 2-5, 2005

Walk #11

Men: September 8-11, 2005
Women: October 6-9, 2005

www.lovemenaus.org

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

Community Lay Director	Stacy Downing
Assistant Community Lay Director	Roger Cheesbro
Secretary	Judy Day
Treasurer	Kay Moran
Community Spiritual Director	Mike Canada
Kitchen	Pat Welti
Communications	Rebecca Smith
Music	Sharon Snider
Good Shepherd	Colette McGinnis
Agape	Donna Tavis
Chrysalis Representative	Debbie Shoemaker
Registrar	Cyndi Frodge
Sponsorship	George Smith
Volunteer Coordinators	Donnie and Walene Bennett
Facilities Set up/Clean up	Stella Hull
Worship	Tim Naylor
Logistics Coordinators	Tom and Shirley Joshe
Social Coordinators	Jim and Wanda Bowman
L.E.A.D.	Georgjean Shelton
Ruggles Liaison	Stella Hull



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L.O.V.E. COMMUNITY
P.O. Box 454
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**A
HAPPY EASTER
TO ALL**