



Walk to
Emmaus
THE UPPER ROOM

L.O.V. Emmaus Community

Limestone-Ohio Valley Emmaus Community

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

Luke 24:15

Upcoming Events:

- Gathering November 25
- Gathering December 30 (December Gathering is changed to 5th Tuesday!)
- Also on December 30th, The Sunshine Community Choir will share their Christmas Cantata—"Hope Has Come!"

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 Meeting at 5:45 p.m.

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"Blessed are those who hunger and thirst for righteousness, for they will be filled."

(Matthew 5:6)

How hungry are you? The extent of your hunger often determines how much food you consume and how often you will nibble, snack or feast. If I have in mind to eat a nice meal at a nice restaurant, I certainly try to avoid any snacks during the day in order to save room for all the delicious food. When I want to have a pizza or a hamburger, I tend to indulge in a snack or two before dinner. My taste buds also help play an important role of what I think it would take to bring satisfaction to my hunger and thirst. You probably are like me in your search for satisfaction of the hunger and thirst signals. Sometimes I am not satisfied when I am finished eating. At other times I feel very content for the amount of food consumed; yet, many times I have eaten too much and have that stuffed feeling.

In my strength alone I can easily fail, but with the power! of God I can remain strong.

The same may be said of the spiritual hunger that Jesus tells us in Matthew 5:6. The amount of hunger and thirst that I have will determine how much I desire to consume of God's righteousness. If I nibble and snack

around on the delicacies that the world has to offer, then I find that I neglect what God has to offer. I am already full and have little or no hunger or thirst for the righteousness of God. The banquet table that God offers is spread out before me and is full of delicacies for a healthier life-style. In order for me to have a greater spiritual hunger and thirst, I must choose wisely how I spend each day feeding my spirit and soul. The choice selection process is the spiritual battle that goes on within and I must confess it is very hard at times for me to remain victorious. With my sinful human nature constantly wanting to interfere, I must put full trust in God to help. In my strength alone I can easily fail, but with the power! of God I can remain strong. Consuming the righteousness of God brings a contentment within and at the same time a desire for more of God. May we all feast at His table.

DeColores,
Charles
(Charles Mallory, Community Spiritual Director)



A BOUNTY OF GOOD WISHES

Christian Ways to Reduce Stress!

1. Pray
2. Go to bed on time.
3. Get up on time so you can start the day unrushed.
4. Say no to projects that won't fit into your time schedule, or that will compromise your mental health.
5. Delegate tasks to capable others.
6. Simplify and unclutter your life.
7. Less is more (Although one is often not enough, two are often too many).
8. Allow extra time to do things and to get to places.
9. Pace yourself. Spread out big changes and difficult projects over time; don't lump the hard things all together.
10. Take one day at a time.
11. Separate worries from concerns. If a situation is a concern, find out what God would have you to do and let go of the anxiety. If you can't do anything about a situation, forget it.
12. Live within your budget; don't use credit cards for ordinary purchases.
13. Have backups; an extra car key in your wallet, an extra house key buried in the garden, extra stamps, etc.
14. K.M.S. (Keep Mouth Shut). This single piece of advice can prevent an enormous amount of trouble.
15. Do something for the kid in you every-day.
16. Carry a Bible with you to read while waiting in line.
17. Get enough exercise.
18. Eat right.
19. Get organized so everything has its place.
20. Listen to a tape while driving that can help improve your quality of life.
21. Write thoughts and inspirations down.
22. Every day, find time to be alone.
23. Having problems? Talk to God on the spot. Try to nip small problems in the bud. Don't wait until it's time to go to bed to try and pray.
24. Make friends with Godly people.
25. Keep a folder of favorite scriptures on hand.
26. Remember that the shortest bridge between despair and hope is often a good "Thank you, Jesus!"
27. Laugh!
28. Laugh some more!
29. Take your work seriously, but yourself not at all.
30. Develop a forgiving attitude (most people are doing the best they can).
31. Be kind to unkind people (they probably need it the most).
32. Sit on your ego.
33. Talk less; listen more.
34. Slow down.
35. Remind yourself that you are not the general manager of the universe.
36. Every night before bed, think of one thing you're grateful for that you've never been grateful for before.

GOD HAS A WAY OF TURNING THINGS AROUND FOR YOU. "If God is for us, who can be against us?" (Romans 8:31)



Red Cross Needs Donors and Sponsors

Please take a moment to review the insert from the Red Cross. It will give you an overview of services they offer to our communities worldwide. The Greater Alleghenies Region is in desperate need for more donors, and particularly for sponsor sites.

If you belong to a church or organization who might be able to host a blood drive, please get in contact with one of the coordinators listed.

God not talking to you?

We are so fortunate to have a loving God that we can have a personal relationship with. To actually be able to communicate with one on one. Isn't it wonderful that God is willing to be our friend! We can talk to Him and tell Him our worst fears and troubles and ask Him His advice about our dreams, wishes and desires for the future.

So why aren't we hearing God talk to us? Could it be we are placing Him in a one sided relationship where we are doing all of the talking and not doing any of the listening? Think about how often we do that to our earthly friends and then we may begin to realize that we are not listening long enough to hear anything. Kind of like a drive through prayer service

where we drive up to the first window with our prayer requests and pay our tithes. Then we drive up to the next window expecting to receive our blessings. We place our order and expect immediate service.

When we arrive at the second window and we find that our order for blessings is not ready.

"What do you mean I didn't wait long enough to hear that my order wouldn't be ready until tomorrow, we say." "What do you mean tomorrow? Aren't you an omnipotent God that can do anything? Why can't I have it now? "

(God explains)

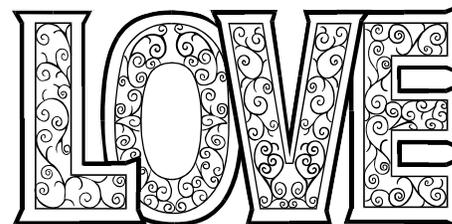
"Oh, so you mean it's not in the best interest of my spiritual health

to have it today? "

(God explains more)

"Yes, I know that if I had waited back at the first window for you to tell all I needed to know, I wouldn't have been surprised and disappointed when I got to this window. But you know I'm in a hurry. I have a lot to do."

Maybe God is talking to us. Maybe we just aren't taking the time to listen.



Isn't God Amazing!

Getting older I am faced with many decisions in my life. The reality of graduation and the responsibilities of "the real world" are starting to sink in. I've been praying about what God's desire for my life is. So far I feel as though I have come to an intersection and all the roads are closed. I haven't quite figured out which detour I am supposed to travel. I know that God will answer my prayer, and lead me into the right path, but at this point I am becoming very apprehensive.

God has worked throughout my life in so many ways the number is enormous. He has used various people and countless situations to teach me how to grow in Him and with Him.

Through my walk with God I've learned that without him I am weak and can do nothing. My walk with Him hasn't been a bed full of roses.

Yes, God and I do wrestle, and we wrestle often. There are many times that I think I can do it on my own, but then God points out to me that I am feeble without him.

I don't always understand why God puts me through certain obstacles, I know that there is a reason.

Yet, sometimes it takes me a while to pick up on the message he is portraying. This may be due to the blonde color of my hair. Although I know the real reason is that God isn't ready for me to understand. God works in ways that he knows is best for us; not what we think would be best.

Even throughout my struggles and the detours in my life I know that if I let the Lord in His will, will happen. I am trying to let the Lord lead and not worry, but that can be hard. Yet, when reminded of this scripture I suddenly began not to

worry. "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." Matthew 6:34.

The Lord is my best friend. Who else cares about the things I care about? Or, has given their Son's life for me and forgives me from every sin I have ever committed?

God will move in your life with out you even knowing it. He is amazing. God knows what you want before you ask, and what you need before you realize something is wrong.

***God's love never fails!
Isn't that amazing!***

Fly with Christ,
Debbie Shoemaker
Girls Chrysalis #25

**PEACE
ON EARTH**

***God will move in your life
without you even knowing it.
He is amazing!***



L.O.V.Emmaus Community
Limestone-Ohio Valley Emmaus Community

**URGENT PLEA— ARTICLES
NEEDED FOR NEWSLETTER!!!**

Articles are needed from one and all for the newsletter. Please send any newsletter suggestions and articles to:
Newsletter@LOVEmmaus.org

Additionally, look for an email shortly with instructions on how to sign up for an email copy of the newsletter. This will help save trees, as well as cut down on expenses & postage costs.

All other email inquiries can be directed to
Info@LOVEmmaus.org

www.lovemmaus.org

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