



Walk to
Emmaus
THE UPPER ROOM

L.O.V.Emmaus Community

Limestone-Ohio Valley Emmaus Community

Fall Issue

L.O.V.E. COMMUNITY NEWS

October

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

Luke 24:15

Upcoming Events:

- Gathering October 25
- Men's Reunion-October 28
- Gathering November 22

IMPORTANT NOTE:
All future Community Gatherings will now be held at 7:00 p.m. at Washington United Methodist Church

If possible, please bring a snack to share!

Board of Directors:
10/25/05 at 5:45 pm
11/29/05 at 7:00 pm

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Keeping the Feeling Prayer Shawl Ministry

During one of the 'mountain top experiences' of Women's Walk #10 one of the lovely ladies asked me, "How do we keep this feeling?" I gave her a pretty good 'theological' answer. Some time later the Lord put it on my heart to give a good bit more thought to her question. I think the answer I gave her was adequate but if you're like me you always think of the right words to say after the time has passed. I hope it is not too late to share not just with this one lady but with the entire community the words God has put on my heart.

The answer I gave that night was that we would be going over that very topic the next day. Yes, I let her anticipate. My thought was that the next day's talks and activities would show her how important it is to be in a share group, to be involved in your local church, to spend time in prayer, scripture reading, meditation, and other spiritual disciplines, and to remain connected to the Emmaus community. That, I was positive, would help her 'keep this feeling'.

Later on, I don't remember how many days or weeks, the Lord reminded of a lesson I'd learned sometime previously. Feelings lie. I should have told her, "You will not keep this feeling. There will be times when you feel that God is so distant, when you feel that nobody cares. . . when you feel that all hope is gone. Remember the disciples on the road? Before they recognized Jesus, they told Him, "We had hoped." Feelings lie. While we will not always feel the reassuring presence of God, that changes nothing. Jesus told the disciples "I will be with you always." That's a promise – a promise from one who keeps his promises. Jesus Christ is the same yesterday, today, and forever. He never changes. If you felt His love, His presence, His comfort on your walk or at any other time in your life, it is just as real right now as it was then. He loves you the same right now as He has at any other time in your life. He never changes. Will you always *feel* His love and presence? No. Will it ever change? No.

1 Thessalonians 5 tells us to be joyful always, pray without ceasing and give thanks in all circumstances. If we can do this we will know that God is always with us whether the feeling is there or not. Thank you for your question. God has truly spoken to me through you. I pray that someone else will benefit from His comforting words.

DeColores,
Bill Henry
Assistant Spiritual Director
Women's Walk #10

In the fall of 2004, I read about a ministry of outreach to women undergoing cancer treatments. Upon further study, it became apparent that several different groups across the nation were giving prayer shawls as a source of prayer and comfort to people struggling with various health issues. The prayer shawl could provide another opportunity for our church to reach out in ministry.

Within our church was just the right person to begin such a ministry. Olive Hannah, a retired school teacher, loves to make afghans and other items from yarn, even though she is legally blind and crochets by counting the stitches. Without any hesitation she agreed to consider participating in such a ministry. At our next church meeting she presented me with a prayer shawl. Wow, what a blessing to see such an exquisite shawl that could be used in ministry.

As Olive makes each prayer shawl, she prays continually for the person who will receive it. The first prayer shawl was given out in December, 2004 to a lady facing surgery. Since the start of this ministry, thirty-eight prayer shawls have been given to people facing various medical needs. The church's participation involves individuals or small groups praying over each shawl.

It is an exciting ministry outreach for the church and the wonderful stories that we receive back are heart-warming. People are touched and comforted in knowing that God is loving and caring for them through the prayers of others, and the prayer shawl is theirs as a visible reminder of an Almighty God.

Charles Mallory—Sunshine United Methodist Church

IMPORTANT INFORMATION!

1. **PLEASE NOTE:** The location of our monthly gatherings has been changed! Moving forward, all gatherings and board meetings will be held at Washington United Methodist Church on Route 68 south of Maysville. We look forward to seeing you in our new location, and extend a big "thank you" to WUMC for hosting us!
2. LOVEmmaus Logo T-Shirts are still available in a variety of sizes and colors. Shirts are available at Christian Treasures in Maysville (606.563.8449). They will also be available for a limited time at upcoming gatherings. These shirts will make a great gift for your pilgrims, family, and friends. Orders are again being taken for embroidered denim shirts. The cost is \$25 each for sizes S-XL. Larger sizes are also available for a slight increase in cost. If you have ordered a shirt and are waiting to receive it, or if you would like to place an order, please contact Rebecca at newsletter@lovemmaus.org or Stella at Christian Treasures. Thank you!
3. The LOVE Community website can be found at www.lovemmaus.org. The site is a great source of information on upcoming walks, gatherings, and for reviewing our newsletter archives.



LOVE Community MEN'S Reunion at Ruggles

It was announced at the September Gathering that there will be a reunion for the men of the LOVE Community at Ruggles Campground at 7:00 PM on October 28th. If the weather cooperates, the event will be held at the tabernacle at Ruggles and will be moved to the conference room should the weather dictate that move.

The reunion is open to any man that has gone on the Walk to Emmaus or served on a team in the LOVE Community. The purpose of the re-union is to re-ignite our memories, relationships and friendship of our Walk to Emmaus experience, to re-energize the Men of the LOVE Community and our commitment to Christ and to re-joyce in our relationship with Jesus Christ and each other.

Most of us had a special experience on our Walk to Emmaus. Many of us have found it challenging to maintain our commitment and our enthusiasm for service to our Lord. It is our hope that this event will allow us to remember those commitments we made to God and to each other--and to sharpen, encourage and challenge each other to be all we can be in Christ!

We know your schedules are busy--and you likely have something planned for that evening. We ask that, whenever possible, you clear your schedule and join us at Ruggles for what we pray is a special event of fellowship with each other and with Christ. The event will be patterned after our regular Gatherings so you can count on great music, great fellowship and a great time of prayer and communion.

Whether you've attend every Gathering since your Walk or whether you've never attended a Gathering since your Walk; whether you are walking closely with the Lord or find yourself further away from the Lord that you would like to be, this is your re-union and we pray that you'll make every effort to attend.

Call the friends at your table during the Walk. Bring a carload from your church. Contact your roommate from your Walk to Emmaus---but please make an extra effort to join us on October 28th at Ruggles Campground. You will be blessed!

**For additional questions or information,
contact Jim Downing at 606-564-6826 or
downing@maysvilleky.net**



Who Are YOU Saying Yes To?

A parable is told about a young Cherokee brave who is brought before the tribal elders, they are concerned about his aggressive tendencies. One of the elders takes the young man aside and tells him that his anger is understandable, since all humans have within them two wolves. One wolf is good and peaceable, and the other is evil and angry. The two wolves are in constant battle with one another, since neither is powerful enough to destroy the other. The young man asks the elder, if they are of equal power, which wolf will win? And the elder replies, The one you feed the most.

A person can either feed or starve the carnal nature or the spiritual nature. One will win and one will lose. Man has a free will; he is a free moral agent. As such, he can decide, even as a Spirit-filled Christian, whether he will obey the dictate of the flesh or the leading of the Spirit. Whether he lives a consistent, Spirit-filled life is determined by the frequency with which he says "yes" to the leading of the Spirit and "no" to the temptations of the flesh. Some or all of the following traits may characterize the carnality: ignorance of spiritual heritage, unbelief, disobedience, loss of love for God and for others, poor prayer life, no desire for Bible study, legalistic attitude, impure thoughts, jealousy, guilt, worry, discouragement, critical spirit, frustration, and aimlessness.

The way to overcome these carnal traits is to be filled -- continually controlled by -- the Holy Spirit. We are filled by the Holy Spirit by faith, based on His command, recorded in Ephesians 5:18, and His promise, recorded in 1 John 5:14,15.

Who are you saying yes to on a regular basis? The Holy Spirit or the evil one? Remember that we will face trials and tribulations in this life that we have no control over. (just like Job) Sometimes we do influence our trials and tribulations (just like David) What we need to remember is that the evil one always votes against us and Jesus always votes for us, our job is to feed the right dog, thereby voting with Jesus.

De Colores,
Tim Naylor
LOVE Community Worship Director
From: Bill Bright / Cherokee Parable

NEWS FROM WOMEN'S WALK #11

Seven years ago after my "Walk to Emmaus", if anyone would have said I would ever work on a conference room team, let alone be a Lay Director, I would have said they were crazy.

But look what God had in mind for me! He and other people had more confidence in me than I did. I am so glad that they did. To have experienced so many walks in which I have watched Christians recommitting themselves to Jesus and eager to begin studying and searching for ways to be Christ's hands and feet in their churches and in the Emmaus community has been heartwarming and a true source of joy for me.

The 16 pilgrims that completed their Walk to Emmaus this October and are now a part of our LOVE Community have also warmed my heart and soul. Each one is special in a unique way, God certainly knows how to bring people together in a powerful way!

The process of putting together a team was a real growing process for me—I am one of those people who doesn't like to ask others for help, however taking the responsibility of Lay Director definitely required me to step out of my comfort zone. Even when someone had to decline their invitation to serve, it was good to have talked with them. Hopefully a seed has been planted and they will be able to respond differently next time.

Without the team members who served, the community that served in the background in many wonderful ways, and the 16 who said yes to their sponsors this wonderful weekend would not have taken place. I thank God first of all, then all the others that have played a role in making this a wonderful experience for me and more importantly for the glory of Jesus Christ.

Again, thank all of you for your love of Jesus and your willingness to be His hands and His feet.

DeColores,
Kay Grooms—Lay Director, Women's Walk #11

Nurturing the Christian Community in Group Reunions

(Once again, I am copying from the Emmaus booklet called "The Group Reunion.")

The effectiveness of group reunions in supporting members' perseverance in grace as Christian disciples relates to the quality of Christian community nurtured among the participants. Group reunions are little Christian communities within the church and the larger community of faith. One helpful image of Christian community is that of a wagon wheel. The individual spokes of the wheel are the lives of people who connect in Christ, the hub. Like the spokes of a wheel, the closer we move toward Christ, the closer we come to one another as well.

Fostering a Sense of Christ's Presence

The wagon wheel image clearly illustrates how centering the meetings and relationships in Christ enhances the effectiveness of group reunions. One group cultivates a sense of Christ's presence by including an empty chair in its circle—a chair for the unseen Host of the meeting. Another group accomplishes the same pur-

pose by placing a candle on a stand in the center of the group as a symbol of Christ's presence in their midst and in each person's heart.

Showing Love for One Another

Prayer and sacrifice for one another also increase the effectiveness of group reunions. Sharing prayer with one another opens the floodgates of the heart to the free flow of God's love among the members.

Every Emmaus weekend is a reminder of the power of acts of agape and genuine sacrifice in expressing and fostering the love of God among people. Simple acts of compassion, words of encouragement, or notes of support go a long way toward confirming the authenticity of the group members' stated commitments to one another's spiritual welfare.

If your small group is struggling, remember, Christ is counting on YOU! And you are counting on CHRIST!

*DeColores
Colette McGinnis—The Good Shepherd
GoodShepherd@LOVEmmaus.org*

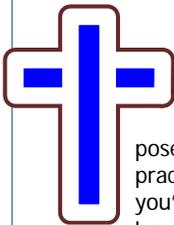
News from Men's Walk #11

The Men's Walk went very well and there were good experiences for all who were there—team and pilgrims alike. I would like to thank all who worked to make the weekend a success. God wants us to put forward our best and our best is when we move aside and let Christ work through us.

*Decolores,
Bill Shelton
Lay Director, Men's Walk #11*



From the Spiritual Director . . .



Hello beautiful Emmaus people!

There was a young man in the late 1930's who walked several miles through a blizzard to propose to a young lady. After his proposal, she, being a very practical-minded person replied, "I'll consider it after you've saved \$1000." Six months later walking hand in hand in a park he asked her again. "How much money have you saved?" she asked. After a long pause he replied, "About \$75 dollars." She looked up at him, sighed, smiled, and said, "Oh well, I guess that's close enough!" Oh, the power of love to take us past all kinds of obstacles!

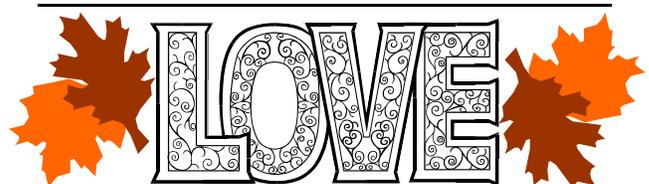
This is what the writer of Hebrews is talking about when they wrote, "Let us consider how to stimulate one another to love and good deeds, not forsaking our own assembling together as is the habit of some, but encouraging one another; and all the more as you see the day drawing near."

As Christians the key to fulfilling God's purposes is learning to act in ways that strengthen fellowship and friendship. Another word for this is "growing up" "maturing". God created us to be social people with Him and others. It's not good for us to be isolated from others or isolate ourselves. The story of Adam, the creation of Eve, and the Fall, is a perfect example.

In my home church there was a balcony designed for overflow. As a young man singing in the choir, I noticed there were those who consistently came in late and left early. In light of scripture, was this action their "own business"? Not if they were about accomplishing God's purpose for fellowship and building friendships! Christian fellowship is about building friendships in the midst of people. The Holy Spirit leads us to have the same attitude of Christ: Fellowship/friendship with others is not about "what's in it for me," rather "how can I be a blessing?"

This passage describes our part in fellowship/friendship. Note the words: "consider, love, good deeds, not forsaking, stimulating, and encouraging." The sense of the words, "stimulate and encourage," is to "stand along side". I never go to a place where people are meeting without a need in my heart. When in a group of people, there are those I simply like to be around because it seems they look for ways to encourage and stimulate others to be the best they can be for the Lord. I sense they are "standing along side" me even though they might not know my need. In the long run this helps me to open my heart to share my need with God. Sometime I'm led to share my need with them or another person. They're doing the same stuff that Jesus did in a crowd. Those people are the one's who are a force in expanding Christ's kingdom on earth. I've found as I commit myself to these principles of fellowship and building friendship no matter how I feel, God finds a way to meet my needs. Oh, the power of God's love in action to help us get past all kinds of obstacles! Let this be our goal as we commit ourselves to fellowship and friendship in our church, Emmaus gatherings, send-off's, small group experiences such as Sunday School, Bible Study, and reunion groups.

*De Colores,
Michael Canada
LOVE Community Spiritual Director
Gulf Coast Emmaus #22, Table of Peter*





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

Upcoming Walk Dates Announced!

Walk #12

Men: May 4-7, 2006

Women: June 1-4, 2006

Walk #13

Men: September 7-10, 2006

Women: October 5-8, 2006

www.LOVEmmaus.org

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

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Ruggles Liaison	Stella Hull



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