



Walk to
Emmaus
THE UPPER ROOM

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



Fall Edition

L.O.V.E. COMMUNITY NEWS

October 2010

WELCOME!



WELCOME!

In 2010, a total of 68 men and women made that 72-hour pilgrimage to Emmaus at Ruggles' Campground and have now joined L.O.V.Emmaus Community. God has truly blessed them and us! WELCOME, new members to the Limestone Ohio Valley Emmaus Community – we hope your 4th days are all that God has planned for you!

New members to our Community this year are:

Men's Walks #19 & #20: Bill Boling, Paul Carter, Bill Davenport, Wes Hart, Carl Mills, Rodney Queen, Mike Seaman, Dave Turkelson, Jim Unger, Greg Barbour, Billy Boling, Brian Burke, Scott Coakley, Steve Cox, Jarred Darnall, Frank Edmisten, Jeason Gilpin, Aaron Haslam, Doug Keith, Ed Lowdenback, Gary McCammon, Nick Staggs, Scott Stewart and Travis Unger

Women's Walks #20 & #21: Ramona Bailey, Terry Barger, Lisa Boling, Kaci Foster, Amanda Gillinger, Charlotte Hart, Cheryl Hart, Florence Kragler, Christi Liess, Cheryl Litzinger, Kristyn Maxfield, Danette Minzler, Amanda Moore, Tonya Newman, Debbie Scott, Breanne Stewart, Joyce Thomas, Kathryn Thompson, Deborah Wells, Jerrylyn Younts, Kim Baker, Angela Biggs, Yolanda Burns, Darla Burton, Sharon Campbell, Jill Cook, Crickett Crase, Lynnette Durbin, Sandra Edmisten, Judy England, Kim Futch, Missy Gardner, Carol Imel, Ruth Imel, Amanda Kiser, Sabrina Lofton, Brenda Miller, Bev Peterson, Sarah Poe, Michelle Ray, Frieda Sammons, Lori Sies, Diane Smith and Rita Thacker

Notes from the Spiritual Director,
Les Grooms



The fourth Walk of the season has ended. I might add that they have been four successful Walks. I have been in attendance for all of the Sponsors' hours, Candlelights, and Closing exercises and I have seen the Holy Spirit working through all of these events.

John Denham, Lynn Eberly, and I make it a practice to help serve the Friday morning meal to the Pilgrims and the team. It is always exciting to see the new Pilgrims after a restful night in the "Ruggles Hilton" as they come into the dining hall. Some have had a great night while others have not.

Candlelight is such a wonderful experience and the Closing experience cannot be better. The Pilgrims' testimonies and sharing Communion together is a great expression of the love of God.

I vividly remember Walk #1. Alfred Rhonemus came to me and asked me if I would be a Table Leader on that Walk and I immediately said yes.

We didn't have the Conference Room then. The Walk took place in what we now use as sleeping quarters. You should have seen what the dining room looked like back then!

We met and we trained and wondered if we would be able to pull it off. On Friday night we did not have the clowns; instead, we gathered around the pond and had a camp fire and one person dedicated his life to Christ that night. We had a representative from the Upper Room, Scoofer Jordan, with us for the weekend.

I remember Julian Frost, "Frosty" to most of us, who was in a skit about being in church and wanting the church service to be over. His line was "Let's hurry up and get church over so that we can beat the Catholics to Frisch's".

We have now had Walk #21 for the women and Walk #20 for the men. We've had to cancel only one Walk because of low numbers. I am about ready to finish my year as the Spiritual Director of the L.O.V.E. Community and it has been a wonderful time.

I will still attend the Thursday night send-offs, the Candlelight, and the Closing ceremonies. I will still sponsor whoever is willing to go and I will still serve on any of the teams if I am asked. Who knows? I may yet be asked to serve as Spiritual Director for the Community another time in the future.

Decolores!



COMING UP!

- * Gathering - 10/26/10
- 11/23/10

NOTE: Gatherings are at Washington United Methodist Church at 7:00 pm

- Board of Directors meet at 5:45

Bring a snack & stay to eat after we meet!

- * New members are our guests at their first Gathering - we'll provide the food

- **Women's Walk #21 Reunion Group meets at 6:00 pm on 10/26 in the Dining Hall (basement)**

(Sponsors, be sure and get your Pilgrims there!)

How can a young person live a Pure life?
By obeying Your Word.
With all my heart I try to obey You.
Don't let me break Your commands.

*Psalm 119: 9, 10
New Century Version*

From our Lay Director ...

How exciting to see the Lord at work in another LOVE Community Women's Walk! Witnessing the joy that this group of Pilgrims expressed was truly a blessing! I want to give a special thanks to all the Sponsors who made it possible to share this Walk with 24 Pilgrims. We look forward to having you, the newest members of our Community, at our monthly Gathering October 26th at Washington United Methodist Church.

I look forward to the Leadership Development Training our Board is involved with. Community, please pray for your leadership team that we will learn and utilize those things that will help us continue to grow.

De Colores
Phil Brown, Community Lay Director

Dear Community,

Today is a beautiful day and God is GREAT! We have completed another Walk or I should say God has completed another Walk. Welcome to the new members, men and women, of the Love Community!

The Log Room was busy as usual and there were many ways for people to be God's hands and feet. Thanks to all who helped. We are still in need of note paper, note cards and envelopes for Agape letters. These can be brought to the Gathering or taken to the Log Room.

Please remember to be in prayer for the upcoming Men's and Women's Walks in the spring of 2011. *Psalm 100: 1-2*

DeColores,
Tim and Linda Ratcliff, Logistics Coordinators

Ketch-up with the Kitchen



From Colette McGinnis,
Kitchen Coordinator



There are countless ways in which this Community always "steps up" and becomes Christ's hands and feet during a Walk. During Walk #21, the kitchen staff went beyond expectations in taking care of the Pilgrims, Team and ME! God never fails us and He sent the right ones for the job on this Walk one more time.

The kitchen is such a grand way to become involved in the Walk and to know that you are making a difference. Three ladies stayed the weekend and worked in the kitchen - and at least 55 others were in and out who cooked, served and cleaned up after the meals.

If you cannot commit to a specific time but would like to serve, come when you can and we'll find you a job.

From the Good Shepherd

Dear Community, I can't stress enough how important a Share Group is to your Christian well-being. So if you're not in a Share Group already, please join one. I would like to welcome the ladies from Walk #21 and strongly encourage you to find a reunion (Share) Group. Remember, Sponsors, it's important for you to help your Pilgrim get connected to a Share Group after their Walk.

If I can be of any assistance, please just ask - you can contact me at www.lovemmaus.org (goodshepherd) or my4thdays@yahoo.com

In Christ's Love,
Mike Burke

BLESSINGS & OPPORTUNITIES!

Dear Community, Well, it's time to say goodbye to our Volunteer Chairperson duties. We have been put out to pasture, but are leaving with thankful hearts. Everyone has been so generous with their time and talents. We will still be handing out volunteer slips at the Gatherings, for those who haven't filled one in or need to update information. We also want to encourage those who recently went on a Walk to mail them in or bring them to the Gathering. It is a great way to give back the blessing that was shared with each of you.

We always say that there is no greater evidence of the "Joy of the Lord" than seeing God's family attending to His work on earth. And so, we will leave you with a little poem that was given to us.

*Pray to know your duty,
And then your duty do;
Just ask that those who need you
May place their trust in you;
Be it your aim to gladden
Some heart by grief depressed;
Forget yourself in others,
And give to God your best.*

De Colores
Tim and Sally Teegarden, Volunteer Chaircouple

And Now ... A Word From Our

Sponsorship Chair ...

Hello Community!

I'm so glad we got through another great Walk for the Lord! I got to come to the opening ceremony on Thursday, and what a crowd of excited Pilgrims this last bunch was! Then I was able to come back to the Closing ceremony just to watch the expression of how the Holy Spirit had been working that weekend. It truly is a wonderful thing to watch how the power of our Lord and Savior can bring a whole group of total strangers together and form them into a strong force to go out and face a lost and dark world.

I do have a purpose to this letter besides just my expression of gratitude to the whole group of those wonderful people who bring these Walks together. I'm here to talk to all the newest members of our Community (and you "old" ones, too). Don't forget how you got here - there was someone who thought about you when the mention of Sponsorship came up. I am here to ask you to keep the Walk in mind this winter and let's fill up the Spring Walks before they even get here.

In listening to these newest members of our Community at closing, I feel they are going to bring lots of new Pilgrims to this amazing 72-hour Walk with the Lord!

DeColores!!
Sponsorship Chair, Jeremy Rutledge



Who Needs Socks Anyway??



WOW!!! What a blessing it was for me to be Lay Director of Women's Walk #21! God just blessed my socks off by putting together a team that was awesome! It was wonderful to see these Christian women having fun serving their God.

When we arrived at Ruggles, God was standing at the gate welcoming each one of us as we drove in for the Thursday night send-off. You could feel God's presence from the beginning of the Walk through the Closing.

There was a lot of laughter, a lot of tears and a whole lot of love the entire weekend. The L.O.V.E. Community came through once again to show the team and Pilgrims Agape love through your gifts, food and your willingness to serve. Your presence at Candlelight and Closing was great.

I am proud to be a member of an Emmaus Community that loves God and shows it in all you do. You can be proud of yourselves. May God continue to bless all of you in your 4th days.

DeColores! Judy Nolte

Thoughts & Questions ...

To the L.O.V.E. Emmaus Community,

I would just like to ask this question: Why do so many people not participate in the Community activities?

I really don't think there are very many people in this Community who can stand up and say "I got nothing out of my Walk to Emmaus Experience". That being the case, why are there so few who appear to want to give back a portion of what they gained? Whenever the Gathering and Walk events take place, it should be SRO (standing room only). The Gatherings are Spirit-filled and as one of my friends said recently "it just seems like everyone loves everyone else and enjoys seeing them".

So why don't the rest of you all come and experience that Spirit and love? Do you remember the special nights of Thursday, Friday, Saturday, and Sunday afternoon of *your* Walk? Wouldn't you like to help others experience that same fantastic feeling? I know I sure do and I am ALWAYS blessed whenever I take part in any of these functions.

I sincerely hope you ponder these words and say to yourself, "Man, oh, man, I want to get back to Emmaus and see what I have been missing". I know there are times when you just can't make it, but surely it CAN'T be every 4th Tuesday evening, and the 72 hours of the four Walks per year. Examine your heart and come back. You won't be one bit sorry.

Blessings to all, Bren Frogde



The Languages of Love

Greetings, LOVEmmaus Community!!

After a long vacation (yes, that was me vacationing from writing newsletter articles!) here is the third installment from the book, "**The Five Love Languages**" by Dr. Gary Chapman. As a quick review, Dr. Chapman, through years of marriage counseling, 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 second love language described by Dr. Chapman is **Quality Time**. One way to express love emotionally is to spend time together. Spending time together does **not** mean being home at the same time, or even being in the same room together...it is not defined as PROXIMITY. Rather, a central aspect of quality time is togetherness which has to do with focused attention.

An important aspect of quality time is quality conversation, focusing on what we *hear* instead of what we *say*. Psychologists will describe this as "sympathetic listening." Stephen Covey believes it is so important that he made it one of his Seven Habits of Highly Effective People, "seek first to understand." Dr. Chapman gives some important pointers in participating in quality conversation:

- Maintain eye contact when your spouse is talking
- Don't listen to your spouse and do something else at the same time
- Listen for feelings
- Observe body language
- Refuse to interrupt

Quality conversation can be challenging at first. Many people will say they have nothing to talk about. In order to develop and extend a quality conversation you might need to begin by noting the emotions you feel away from home, taking notes 2-3 times a day on things you can talk about, and noting events and the feelings associated with them. Make it a goal to talk about 3 things with your spouse each day that happened to you and to them.

One other aspect of quality time is choosing to do quality activities which simply allow you to be together. The emphasis is not on what you are doing, but why you are doing it: to be together, do things together, give each other undivided attention. In choosing a quality activity, it needs to be something that at least one of you wants to do and the other person needs to at least be willing to do it. Both of you know why you are doing it—to express your love by being together! Some activities might take a lot of planning, others might be spontaneous. One of you might be doing something you don't much like for the sake of the other...remember, if quality time is their love language, it is much more than just time to them!

Finally, what does quality time have to do with Emmaus? Well, first I think it shows up in the 72 hours devoted to a Walk. After a Walk, I think quality time is found in the time we put into Share groups and attending Gatherings. We choose to spend time with other members of the family of God. If the primary love language of one of those brothers or sisters is quality time, then we are really speaking Love to them!

DeColores! Linda Naylor

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!

Gathering: Oct. 26th
7:00 p.m. at Washington UMC

*(Women's Walk #21 Reunion
Group meets at 6:00 p.m.)*

WALK DATES FOR 2011:

To be announced



www.lovenemmaus.org

Limestone Ohio Valley Emmaus
Maysville, Kentucky



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L.O.V.E. COMMUNITY

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