



Walk to
Emmaus
THE UPPER ROOM

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



Summer Edition

L.O.V.E. COMMUNITY NEWS

June 2011

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, 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 her and how much she means 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!

(This was written by a cancer survivor. Isn't it amazing how our outlook changes when we realize our time is short and precious?)

How is it with your soul?

From Bill Henry, Our New Spiritual Director

Be a FRIEND - Be a SPONSOR!



Dear Community,

Here we go again, welcoming new members into our little Community of believers. Don't forget to let them all know how welcome they are.

As we have finished up the first half of our year (as far as our Walks are concerned) we still must understand the need to stay ever vigilant in the area of prospective Pilgrims. The Men's Walk isn't too far off now and we all need to be thinking and praying about those around us (families, churches, sports groups, etc.) who would enjoy this wonderful weekend of praising our Lord and Savior.

Again, say hello to those newest members of our Community and be watching out for the next Pilgrim you can sponsor for an up-coming Walk!

God Bless,
Jeremy Rutledge, Sponsorship Chair

NOTE: Application Deadline dates for Fall Walks (a minimum of 20 Pilgrims needed by):

Men's Walk #21 - Thurs., Aug. 25th & Women's Walk #23 - Thurs., Sept. 22nd

If you
can't tell
whether your glass
is half-empty
or half-full,
you don't
need another glass;
what you need
is better eyesight
... and a more
thankful heart.

Marie T. Freeman

COMING UP!

- * Gathering - 6/28/11
- 7/26/11

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!

**WOMEN'S WALK #22
REUNION GROUP**
Meet at 6:00 in the
Dining Hall (basement)

*Sponsors be sure and
get your Pilgrims there!*

New members are our
guests at their first
Gathering - we'll provide the
food (just this once!)

For God has not given us
a spirit of fearfulness,
but one of power,
love and sound judgment.

II Tim. 1:7



Ketch-up' with the Kitchen

Collette McGinnis,
Kitchen Coordinator



We have completed another wonderful Walk and the kitchen was filled with servants sent by the LORD! There were over 30 volunteers that served at different times, and most of them came quite a distance and stayed for several hours.

There was a point in which we didn't think that there would be enough help for the Saturday evening meal but people kept coming into the kitchen, asking to serve. God provided! Debbie Kendle and Debbie Knauff were my right and left hands and even thought for me on several occasions.

It is always such an uplifting site to see the Pilgrims soften and warm as the fire of Christ ignites in their hearts!

There is a new floor in the kitchen and a much-welcomed new refrigerator which makes the entire atmosphere so much more inviting. This leads into the invitation for you to spend some time working in the kitchen on the next two Walks in the Fall. Come one, come all! There are always jobs to be completed and ways to serve.



Dear Emmaus Community,
God is good all the time! All the time God is good!

We would like to thank everyone who helped with the Send-off and the Closing of Women's Walk # 22.

We will still need lanyards for the Fall Walks. We have just a

few short months so please help us out. If you can think of any art supplies for the poster parties, we can always use donations or any items you think Pilgrims might need. These are other ways to be the Hands and Feet of Christ to the Pilgrims on the upcoming Walks.

If you have a Team Manual, please make sure it gets back to us. We will be updating the Manuals. **Board members, if you have a Handbook please make sure that the copyright date is at least 2008. Please let us know so we can order new Handbooks, if needed.**

DeColores,
Tim and Linda Ratcliff, Logistics Coordinators

BLESSINGS & OPPORTUNITIES!

Dear Community, As another wonderful Walk has ended I am amazed at how blessed we are, not only as a nation but as a group of people to continue to still have the option to serve such an awesome and amazing God. He is good all the time! Praise him for the opportunities that He has given us to be his hands and feet, not only during Walk weekends but every day.

Thank you, Community, for stepping up and filling in all the time slots on the Prayer Chart and cleaning spots at the campground! It takes all of us to complete God's puzzle - I'm thankful that you're a piece of His puzzle.

DeColores, Tammy & Jim Unger, Volunteer Chaircouple



From the *Good Shepherd* . . .

I copied this article out of the L.O.V.E. Newsletter available after my Walk. It is as relevant today as it was then:

The following article is just part of "The Group Reunion" book published by the Upper Room for the Walk to Emmaus.

"Two routes are available for joining a group. Either you may seek out a group that is already in process or you may seek out friends to form a new group. Joining a group requires personal initiative and prayer. While persons are ready to assist you, **NO ONE WILL AUTOMATICALLY MATCH YOU WITH A GROUP.**

Group reunions represent a step of faith on the part of people who are taking personal responsibility for their lives as Christians with the help of the Holy Spirit. Emmaus groups form most naturally among friends or among persons who already have some basis of relationship, such as the Emmaus experience, membership in the same church, or simply a common desire to be more intentional about one's Christian discipleship. Each of these is a solid foundation for building an accountability group.

Expect some change in the membership of group reunions. Members move away, secure new jobs, get married, have babies, transfer churches, alter schedules, undergo crisis, and change as persons. The combination of external factors that make some groups possible may change, making the same groups impossible a few years down the road. Sometimes persons may change groups for personal reasons - to start new groups, to join a group with a person who shares similar goals or needs, to get a fresh start apart from difficult past relationships. No one needs to feel obligated to stay in the same group forever.

When you are having trouble joining a group, pray that the Spirit open your eyes to potential companions among the people around you. Call on those persons who can offer assistance: your sponsor, your table leader from your Emmaus weekend, the Good Shepherd in the Emmaus Community, and your pastor or other church staff." *The Group Reunion, Walk to Emmaus, the Upper Room*

Step up, step forward and join or begin a new group!

DeColores, Mike Burke, The Good Shepherd



Did Not Our Hearts Burn Within Us ...?

Luke 24:32

I guess when you know you will be Lay Director of a Walk, you have some visions and ideas how the Weekend will go. Forget all about that because it so far overwhelmed those "human" expectations, leaving me speechless and so very in awe of God's amazing, transforming, uplifting, renewing, heart-stopping, earth-shattering LOVE and SPIRIT that overtook the Women's Emmaus Walk #22!

All of this started on Thursday and only got stronger through Sunday. It is always a blessing to be on a team, meeting the ladies on Thursday evening and to see what the unconditional love and forgiveness does for them before the Walk is completed. And it wasn't just the Pilgrims because the team also experienced it.

On Friday night, after the tabernacle service, the altar was very alive with activity and I knew God was moving. Hey, He had already been moving amongst the team since the first team meeting! There were just so MANY subtle instances that were God-filled. I just pray that I will never cease to be blown away by how our God works.

After the Saturday Noon shedding of excess baggage, the joy filled the tabernacle and the tear-soaked Communion bread was discarded along with lots of sorrows, pain, anxieties, frustrations, etc. The rest of the weekend was just as special and the testimonies from the 20 new members on Sunday afternoon were so touching.

Thanks to each team member who served selflessly and for each and everyone else who made this weekend FANTASTIC! And a special thanks for giving me this honor and privilege of being Lay Director. It truly shows that God doesn't call the equipped (and He may call those who say they will "never" give a talk or be LD), but He surely does give you all you need to succeed if you follow His lead.

Love in Christ,
Bren Frogde, Lay Director, Women's Walk #22

Save the Date!

LOVEmmaus Community
ANNUAL PICNIC

Tuesday, August 23rd

at

Ruggles Campground

Fun, Food, Fellowship, Family!

You won't want to miss this!

Details in next Newsletter



Speaking through Serving ...

Greetings, LOVEmmaus Community!! We're finally getting to the fifth 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 fourth love language described by Dr. Chapman is Acts of Service. Acts of service means doing things your spouse would like you to do. You seek to please by serving; you express your love by doing things for your spouse.

"Chores" done with a positive spirit can be an expression of love. Even the types of service can be different dialects...it is important to find the acts that make your spouse feel loved. Examples include cooking a meal, setting a table, washing dishes, vacuuming, cleaning a commode, getting hairs out of the sink, removing the white spots from the mirror, getting bugs off the windshield, taking out the garbage, changing the baby's diaper, painting a bedroom, dusting the bookcase, keeping the car in operating condition, washing or vacuuming the car, cleaning the garage, mowing the grass, trimming the shrubs, raking the leaves, dusting the blinds, walking the dog, changing the cat's litter box, and changing water in the goldfish bowl.

Acts of service take thought, time, planning, and effort. Paul told us to, "Serve one another in love." Jesus gave us a beautiful example when He washed the feet of the disciples.

Requests can give direction in love, but demands stop the flow of love. Acts of service must be chosen, not demanded. It is interesting to note that what we do for each other before marriage is no indication of what we will do after marriage. A spouse's criticisms about your behavior provide the clearest clue to their primary love language.

The heart of Emmaus is Acts of Service, but these acts are often anonymous to the casual observer...and this is intended by the very tenets of the Emmaus movement...to serve anonymously. But the Acts of Service are there, from time spent in prayer and team meetings, to cleaning and preparing the campground or planning, cooking, serving and cleaning up after meals, as well as many other activities before, during and after a Walk. In addition, many Acts of Service are required to run the Community and host Gatherings. To those people whose primary love language is Acts of Service, an Emmaus Community can certainly speak their language!

DeColores! Linda Naylor, Music Coordinator



Summer!



L.O.V.Emmaus Community

Limestone-Ohio Valley Emmaus Community

LOVE Community Board of Directors

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Team Selection Chair	Donna Tavis
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Past Board Chair	George Smith



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Emmaus
THE UPPER ROOM®

MARK YOUR CALENDAR!

WALK DATES FOR 2011:

Men #21: Sept. 8 - 11

Women #23: Oct. 6 - 9

ANNUAL PICNIC:

Aug. 23rd @ Ruggles



www.lovenmaus.org

Limestone Ohio Valley Emmaus
Maysville, Kentucky



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L.O.V.E. COMMUNITY

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