

## Save the Date

### EMMAUS

#### Women's Walk #166

October 10-13, 2013

Suzy Welch, Lay Director  
Jane Thompson, BGC

#### Men's Walk #167

November 7-10, 2013

Kevin Baker, Lay Director  
Lupe Schroer, BGC

#### Women's Walk #168

November 14-17, 2013

Cindy Killian, Lay Director  
Betty Henderson, BGC

### SPRING 2014

#### Women's Walk #169

April 3-6, 2014

#### Men's Walk #170

April 24-27, 2014

#### Women's Walk #171

May 1- 4, 2014

### CHRYSALIS

#### David Gaylor, Jr.

*Community Lay Director*

#### Girl's Flight #35

February 20-23, 2014

Alison Hammond, Lay Director  
TBA, BGC

#### Boy's Flight #36

March 13-16, 2014

Gerald Killian, Lay Director  
TBA, BGC

BGC - Background Coordinator

## Just Pedal

† Bob Rose, *Community Lay Director*

At the beginning of this year I asked the board to consider a new emphasis on building Reunion Groups, improve Sponsorship and increase those involved in our Background ministries. The board has worked very hard to involve this community and we have dealt far too much with technology issues. New systems...new problems, we have had our share. We have our website up and running now with an easy-to-use format and a lot of information from upcoming events to finding the proper form. Our primary way to communicate in this community is by email. I will be the first to agree that this is not perfect especially with texting, Twitter and Facebook bombarding our in-boxes also. Would you say overload! Our best method of communicating is still one-on-one with those we take the time to share life... share a cup of coffee or just listen to someone going through a tough time.

We have our fall season of Walks upon us and all the activity getting ready for the new pilgrims! This is a blessed time whether you are on a Team or preparing to work in a Background position. There is a sense of anticipation.....yes I know we are "not to anticipate" but I am still a slow learner. You may have heard that statement somewhere on the campgrounds during your walk!!

Let me ask you a question. What is the true focus of our preparations? You are now thinking to yourself, is he daft? The Walks, of course. But I feel that our emphasis should be expanded beyond the three days of an Emmaus Walk. In Kairos we are told the "heart" of that ministry is the Prayer and Share Groups (in Emmaus we would say Reunion Groups) by this they mean that everything should move participants to want to be a part of these groups. With Emmaus, I'm not so sure we do that, myself included. If you are a sponsor, do you actively work with your new member to find a Reunion Group? If you are a Team member, are you open and inviting to those on the walk to join you at your group? If you are on a Team are you yourself a part of reunion group?

★ How can we tell others what a blessing a Reunion Group is in our lives if we don't practice it? We have written articles, you have heard it on the Walks but until you are a part of a sharing group of brothers and sisters it won't make sense to you. If you are presently in a Reunion Group you can testify to this fact, that this time with your Christian brothers or sisters is life changing.

## ...Just Pedal, FROM PAGE 1

If I were to grade us on the results of our initiatives of building Reunion Groups, improving Sponsorship and increasing participation in our Background ministries, I would give us a "C". You have seen the emails, our pleas to work background, fill prayer slots on the prayer vigil and to sponsor pilgrims. We all have so many gifts and talents to share but we don't want to over extend ourselves...to stretch ourselves...to step out in places we are not familiar. This is where God shows up, this where his power changes lives. This is the place we become malleable...in His hands.

We are called to change lives for Jesus Christ and anything else is secondary. But God is so good that in the process of helping others, we are changed. I am reminded of the story where God and I are riding a tandem bicycle. At first, I have control of the handlebars and our paths are short, direct and make perfect sense to me. But somewhere along the way I realize that my way is not working and I give the control of our bicycle to God and His paths are more circumvent and a whole lot more fun. He brings others to us with whom we share our lives and in turn, our gifts. When we are anxious about the direction of our lives we hear that soft voice that tells us to .....just pedal. We are not perfect but we will continue to JUST PEDAL!!

DeColores,

Bob Rose

Community Lay Director

Cursillo #55, Diocese of S. VA

Table of Mark

*To everything there is a season, a time for every purpose under heaven: A time to weep, a time to laugh, a time to mourn, and a time to dance. -Ecclesiastes 3:1-4*

## Fourth Day Testimonies

† New Fourth Day Pilgrims

### Some Discoveries In My 4th Days:

*One thing that God has helped me with through prayer and work is being less judgmental in my life. This has given me more peace in my life and in all of my affairs. God is the ultimate judge and I have decided to get out of His way and focus more on living my life trying to please Him.*

*I help facilitate a 12-step support group. We have recently been focusing on step 11 ( Through prayer and meditation seek a better relationship with God). The Holy Spirit has given me the strength to speak more boldly on this topic and follow that guide in my life.*

Otis Dowdy

Walk #165, Table of Peter

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## ...Fourth Day, FROM PAGE 2

*DeColores! I am humbled and honored to have been asked to write about my Fourth Days! Of course we all know that everything happens in God's timing and my Emmaus walk has been no exception. I came to Emmaus brokenhearted with my light dimmed by expectations of everyone around me. Today I feel free to be able to serve in the capacity that I find favor and blessings in.*

*"In all your ways acknowledge him, and he will make your paths straight (Proverbs 3:6 NIV)." There was a lot of praying and seeking before I stepped into the unknown (Emmaus)... In certain areas of my life I felt like I was not serving God to the capacity that He wanted me to. I knew that I needed to be changed, but I didn't know how others were going to react. It was not only a change for me, but also for my family. We seek in our daily day to have a stronger walk with the Lord and I needed help to break the everyday chains that the world has put on me. This was the first in a long time that I was able to focus and reflect on God, my relationship with him, and where he needed me. Today, I feel like I am in the place that I am needed in at this point in time.*

*"Listen to me in silence, O coastlands; let the peoples renew their strength; let them approach, then let them speak; let us together draw near for judgment (Isaiah 41:1 ESV)." How wonderful was that first night of just listening to Christ and drawing near to Him in a time that can never happen again. Too many times I have let everything come in my way of taking out the time and going to a quiet place to be with my Maker. I make time for other things; what many would consider something that they don't have time for is the time that we need to realize that we need to take time out, schedule it, and make that appointment. Today, I realize that things are going to continue with or without me; when I take the quiet time out to spend with just me and God, I am stronger for it in ALL that I do.*

*We are all members of the body of Christ each to do a different function for the Kingdom (Romans 12). Too often we get so caught up with the church inside the four walls that we divide ourselves and don't let God's light shine through us on the outside. We came from different denominations with different needs and different gifts. We left as one accord being able to use our gifts to further His Kingdom. It is not about who is willing to volunteer the most for that does not allow each member to use their gifts. We are stealing the joy from someone else who can draw closer to Him and not able to feel blessed in the process. No matter where you are, be the light that people can see God when they see you. I was that person who did not say no and I felt miserable. Today, my family has made many changes that enable us to serve, help others serve, and lift up the name of the Lord in all that is done for His Kingdom. We (my family) are able to reach many who would possibly never be reached because we no longer are defined by the four walls but as members of the body of Christ using what God has given us to His glory.*

*My Fourth Days are not taken lightly. It is now until this rented body is taken back and I spend eternity in Heaven. The journey has not and will not always be easy. The devil tries to come and darken the light, but this little light of mine is going to shine from here until I am able to see the Ultimate Light! God Bless!*

**Holly Crowe**

**Walk #164, Table of Anna**

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*Since my 4th day I have been working through a divorce and yet God continues to be a presence in my life...when I will allow him to. My sin has prompted God to reach out and touch me to remind me that we serve a jealous God and yet my addiction was not to remain the master of my soul. God had to take away my marriage of 33 years, my home and my job for me to see that He must be the focus of my life and since then I have been working hard to stay connected to God. I'm involved with Celebrity Recovery and have just completed my 12-step study group and have agreed to serve in a support role for Monday night set up at the CR held at the Church of the Holy Spirit. The fellowship, love and healing I have found there have been a true source of strength for me as I walk through this valley. I continue to stay involved in my church choir, bible study, prayer meetings and worship. Daily I read scripture and pray to ask God to help me do the next right thing. I also pray for my wife of 33 years for God's peace, prosperity, courage and wisdom as she begins her new life as a single woman. It's not all peace for me as I have struggled with fear and anxiety but when I give it up to God and surrender to His will for my life...it helps. God has shown His presence in my life in many ways, spiritually, financially, morally and as long as I don't try to do my will and just listen for His still small voice then I do just fine. When I try to drive the bus it goes in the ditch every time. But God is good and He has provided for my every need, opening doors and showing me the path as long as I listen and pray for Him to guide and direct my path. I am over 13 months sober from my addiction and give God all the glory. Thank you for your ministry and if I can help in future walks please let me know.*

**Hunt Ozmer**

**Walk #165, Table of Mark**

# NEW Emmaus Information Systems



† Mark Orr

## There Is A Hole In My Bucket.

With the addition of our new family member Ethan James Orr we have been adjusting to so many new things, new sleeping schedule, new eating schedule, new responsibilities – one new thing, we have been listening to nursery rhymes and songs.

One of my favorite is There Is A Hole In My Bucket. It tells of Henry's predicament and Liza's solution. It goes like this....

“There is a hole in my bucket dear Liza, dear Liza.  
There is a hole in my bucket dear Liza, a hole.

Then fix it dear Henry, dear Henry.  
Then fix it dear Henry, fix it.”

This is what it has felt like as your board has been working hard to patch the holes in our informational systems which include our **website** open to all and our member's only **database** for many months. Technology is supposed to make our lives simpler and I feel that as we use the new systems this will happen but the transition has been trying to those involved. We have fixed the problems we know about and will continue to make improvements.

Our community website [www.swvaemmaus.org](http://www.swvaemmaus.org) is active and up and running. This site is a replacement for our old web page we lost over a year ago to a virus. You will find many useful tabs and links including - Forms, Media, Prayer Vigil, Reunion Groups, Sponsorship, Upcoming Walks, and more. There is no need for a user id or password for this site and is open to everyone.

On the Emmaus website you will also find a link to the new Database - [http://swva.inetmember.com/Default\\_CMS.aspx](http://swva.inetmember.com/Default_CMS.aspx). The active link: “Log on to Database” will give you the database information. This is a protected site for members of the SWVA community. You will need a User ID and Password to access this site. Here is where we lost some information from the old site, another hole in the bucket. The old site had useful information-Member contact information (phone and email), Prayer request, community newsletters, announcements, and information by e-mail. Your information, user id and password can be changed after you log in.

Your Emmaus experience including your Walk information, talks you have given and where you have served in the background is saved here. You can do on-line applications and send to our registrar. Better and more complete information here will make team selection and our communication with the community much more effective. If you have stopped getting the community emails chances are we do not have your current email address or our emails are going to your SPAM folder.

This system will be our best source of information for Lay Directors, Background Coordinators, and Your Board. Being a new system we have several holes in our bucket. It will take some time to work out the issues we will be working hard to fix the holes. We need you to log on and verify your information.



## ...Website and Database

FROM PAGE 4

**The most FAQ is “How do I log in to the database?”  
The issue is usually User ID and Password related.**

**To simplify this there are 3 ways to try:**

1. If you had access to the old website and remember your User ID and Password use them they may have transferred.

OR

2. Your User ID may be either your E-mail address or your first.last name for example. Jsmith@Yahoo.com or (John. Smith). We have set a default password as {swvaswva}

OR

3. On the sign in page use the problem tab and we will reset your User Id and Password by e-mail.

Once you have your username and password write them down and save in a secure location.

The Database will only operate on Internet Explorer 9 and it does not work with Apple Products (Macs and Ipads). We are working with the developer on this hole and hope to have it fixed soon.

There are several places to notify our web servants simply click on the HIGHLIGHTED tab and describe your issue, we will get back with you by e-mail.

You can not damage this database or the new web site so please use them, surf and explore them. The more you use them the more efficient and accurate the Data will be.

*Thanks in advance for your help on these new systems and let us know if you have problems.*

DeColores!

Mark Orr, *Web Servant*

SWVA Walk to Emmaus #81

Table of Mark

## Birth of SWVA Emmaus

† Helen Deyerle

**The conception** of the Southwest Virginia Emmaus (SWVA) community happened in 1988 after candlelight at an Emmaus weekend in Alabama.

Perhaps as a gift from God, we knew instinctively that this small relatively rural area in the mountains of Virginia must follow the Emmaus weekend model as outlined by the Upper Room. In order to know how to implement the manuals we attended Emmaus trainings at Lake Junaluska, North Carolina and participated as team members on weekends in Kentucky and North Carolina. (Yes, team meetings were a challenge but we did it.) To say the least, the Upper Room was very supportive of our decision.

Initially our community was small...5-6 people. In order to have reunion groups we sponsored pilgrims into other communities. Rosters from other nearby Emmaus communities were gleaned for names of people from SWVA. Our numbers were growing. Soon we doubled in size... 10-15 people in the SWVA Emmaus community.

The actual birth of SWVA Walk to Emmaus was in the spring of 1990.

The Spiritual Directors for #1 and #2 were the International Spiritual Directors for the Upper Room Walk to Emmaus. The Lay Director for #1 was from Northern Virginia. The first two weekends had conference room team members from Maryland, West Virginia, North Carolina, Tennessee, Northern Virginia, Richmond and ‘a very small group from SWVA’. (Yes, these Spiritual Directors flew in for team meetings and previewed their talks.) The outside teams were from Alabama, Kentucky, and ‘a small very small group from SWVA’. The Prayer Vigils (all 288 slots) were mailed to communities in Kentucky, Maryland, Alabama, and other communities in Virginia. (SWVA was able to fill very few of the slots.)

SWVA #1 had 30 men sign up. Thirty men attended SWVA #1. SWVA #2 had 36 female pilgrims.

# SWVA Database

† Web Servants

## Welcome to the SWVA Online Database

LOG INTO DATABASE

### UPDATE YOUR INFORMATION

Please follow the steps below, which should only take 10 minutes or less, to log in and update your latest contact information and areas of Emmaus service. If you have any difficulties signing in or updating your information please let us know by clicking the button labeled "Problems?" below the sign in entry fields (preferable) or [send an email to the SWVA WebServant](#).

### TO LOG IN:

- This Database will presently work with Internet Explorer 9. We are working to use other browsers which should be in a future version. If anything does not display properly please notify the SWVA WebServant indicating what browser you are using, the page you are displaying (menu item selected), and a description of the problem you encountered.
- Click "LOG INTO DATABASE" button above. This will bring you to the IMS Sign In page. If the IMS Sign In page does not come up try closing all copies of the browser and retry.

### IF YOU HAVE PREVIOUSLY REGISTERED:

- Enter your email address and password into the Email Address and Password entry boxes in the left panel of the IMS Sign In page.
- Click the "Sign In" button.

IMS INTERNET MEMBERSHIP SYSTEMS Emmaus and Chrysalis Data Management Systems

Southwest Virginia Walk to Emmaus

The Walk to Emmaus Please Sign In

User ID  
Password

Sign In  
Forgot Password?  
Problems?  
Register for Site  
Prayer Vigils

Communities on IMS

- Alabama
  - New Covenant Emmaus
  - New Life Emmaus
  - Servant Heart Emmaus
- Arkansas
  - Heart of Ozarks Chrysalis Community
  - Heart of Ozarks Emmaus Community
  - Near The Cross Emmaus
  - Noahs of Ark
- California
  - Cornerstone Chrysalis

### IF YOU HAVE NEVER LOGGED IN BEFORE:

- Click "Register for Site" button in the left hand panel of the IMS Sign In page.
- Enter the information requested and click on the "Register" button.
- The temporary password is swvaswva.
- Enter the email address you provided and the temporary password listed above in the Email Address and Password entry boxes in the left panel of the IMS Sign In page.
- Click the "Sign In" button.
- Immediately change your password and update your contact information (see below).

IMS INTERNET MEMBERSHIP SYSTEMS Emmaus and Chrysalis Data Management Systems

Southwest Virginia Walk to Emmaus

Welcome to Site Registration

If you have made your walk with this community, and you remember your walk number, simply fill in the requested information and we will Email you a temporary password which you can use one time and will be prompted to change it. We will verify on First and Last name. Walk number and Walk gender. Email Address is so we can send the password back to you.

If you made your walk in another community and would like to be a part of this community's Website and Database, click "I Need Assistance" button and provide your contact information, church, where you walked, etc. and a password will be Emailed to you.

If you need assistance, click "Need Assistance" button. This will initiate an Email screen to our administration area. To help us help you, please give us as much information as possible...Decolores!!!

I am a member of this community

First Name Last Name Walk Gender Email Address change Email in Database to this Email

Answer

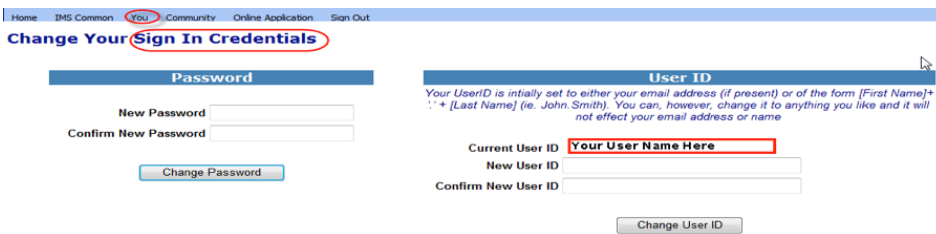
Register

I Need Assistance

# ...Database, FROM PAGE 6

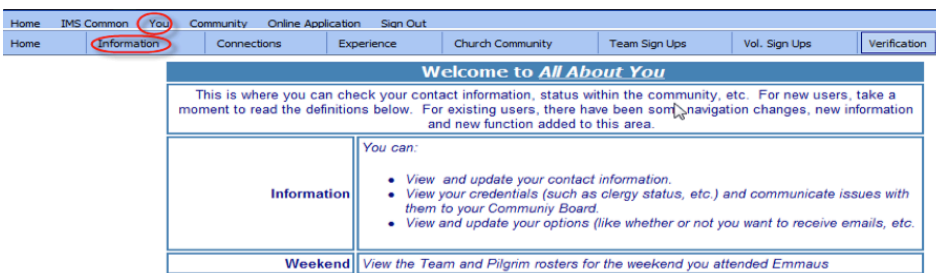
## CHANGE YOUR PASSWORD and UPDATE YOUR CONTACT INFORMATION as follows:

- Go to “You” → “Change your Sign In Info” and change your password.
- Click the “Change Password” button.
- Go to “You” → “All About You” → “Information” → “Contact Credentials”
- Click the “Update Your Information” button.
- If your walk does not come up email the SWVA web servant. We have added walks for the last 3+ years - back to Walk 127. Other walks will be added later.



## IMPORTANT! ALL MEMBERS OF THE COMMUNITY WILL BE ABLE TO SEE YOUR CONTACT INFORMATION UNLESS YOU TAKE THE FOLLOWING ACTION:

- Go to “You” → “All About You” → “Information” → “Options”
- Put a check mark in the “hide contact information” box.
- Click the “Save Changes” button.
- Once you do this, only your name will be seen in the community directory. Your contact information such as address, phone numbers, email address, will be hidden from the community at large, although the Board of Directors and Site Administrators will still be able to see it.



## PROBLEMS

If you have problems accessing or using the database, use the “Problems?” buttons (preferable) located below the sign in entry fields on the home page and on other database pages to report the problem to the administrator, who will contact you if necessary. You can also [send an email to the SWVA WebServant.](#)

# Sponsorship...It all starts with you, listening to the Lord!

† Allen Moyer



In my years as a leadership consultant, I've often pondered and used various definitions of leadership...the choices out there are many. Let me share a definition that has been meaningful to me. "Leadership is seeking to make a difference in the lives of others by sharing a vision, motivating, and equipping people for success." Given that premise, how do we measure leadership success? The question I like to ask myself is "Did I train my replacement?" Said differently, did I teach, encourage and equip someone to "fill my shoes"...after all, I won't be around forever (I am getting older...sigh)! This applies to me/you/us on a variety of fronts. As parents, we love, nurture and yes, discipline our children and grandchildren to prepare them (mentally, physically and spiritually) for the difficult life battles they will face in a sinful world. As workplace leaders we oftentimes are called upon to literally help select and train someone to "backfill us" and perform our job, perhaps to a level of success that may dwarf our past accomplishments. And then, I come to the most important reality: as a Christian don't we have a responsibility to help train other Brothers and Sisters to be the emerging and future leaders of the Church? That logic and train of thought leads us to the conclusion that the Emmaus experience is a vital stepping stone in the process of Church leadership development. I cannot think of a greater or more fulfilling calling for us...whether we be clergy or laity. May I suggest that the "time is now" for you to step to the forefront...to prayerfully consider how and with whom you can share the encouragement and joy of Emmaus!

Given this challenge (think of it as a personal application of the great commission), let me offer some general guidelines on how to proceed:

- Pray...pray...pray (expectantly) regarding who the Lord would have you consider for Emmaus. Act sooner than later...timeliness is helpful for Walk planning!
- Once you have a pilgrim who has said "yes", take time to prepare them...answer their questions (but protecting some of the special "gifts" so as not to spoil their surprise)... "pump them up"! The reality is that we want them to be hungry...even to "anticipate" what the Lord will reveal during their 72 hours. Testify how the Lord lifted your heart during your weekend!
- Reassure your Pilgrim that you will be available to meet any family needs during their weekend (you want the Pilgrim focused on events at camp, not the home-front). Make sure that the spouse knows you are on "standby" and how to contact you!
- Day of the Walk start: Treat your Pilgrim to a nice dinner. Get them to camp on time for registration and a cabin visit. After send-off, be sure to remain and pray over their cross!
- During the walk, pray more; make agape; meet beverage and "treat" needs; SERVE joyfully anywhere you can in background (the Coordinators always need help somewhere!...just ask). BE THERE for Candlelight and closing...WITHOUT FAIL. Your pilgrim needs to see your smiling face!
- Deliver your Pilgrim back home and reassure them that you want to hear more and stand ready to assist them in Fourth Days
- Post-Emmaus: Follow-up! Call...email...write a card...share lunch...TALK...Encourage! Be a true Brother or Sister in Christ!
- Bring (not just invite) your Pilgrim to a Community Gathering
- Help your Pilgrim find, join or even start a Reunion Group (vital to sustain growth during Fourth Days)
- Stay in touch...continue to be the "hands and feet of Christ" to your Pilgrim

Which brings us full circle. You have the "basic checklist" above...now proceed with prayerful diligence as you seek to figuratively "train your spiritual replacement"! The Lord will do HIS part...will you and I?

***DeColores! With your timely assistance and servant's hearts, we will have three FULL Walks this fall!***



# Reunion Groups

† Reunion Group Committee

These things are present in Reunion Groups: encouragement, prayer, accountability, laughter, support, love, commitment, tears, challenges, service, and the presence of the Holy Spirit.

Whether you just went on a Walk or have been apart of a Community for a long time, Reunion Groups are for you. If you were in a group previously, or tried a group and it wasn't the right fit, a Reunion Group is for you. If you are shy, or love to share your joys and sorrows with a few close friends, Reunion Groups are for you. If your pain is so deep you are afraid to speak it, the people in the right Reunion Group will let time together, and God's intervention through them bring healing. And of course a Reunion Group is for you if you just want to make Agape!

Please get in touch with us so we can connect you up with one of the groups listed below. We have a number of people who would love to help you form a new group and stick with you through the process. Sponsors and Table Leaders are also responsible for helping you into a group after your Walk. And we can help them help you. It's the best thing that happened to me 10+ years ago!

The process is easy, the rewards are life changing! DeColores!

For more information please contact a Reunion Group Committee Member listed in last row under each group in **Yellow;** 'Assist w/ Starting' .....

Name of Reunion Group / Person	Primary Contact	Phone	Email	Meeting City	Meeting ZIP	Meeting Times
<b>Men's Groups</b>						
2nd Helpings	Mark Dayton	(540) 819-8045	markdayton@ieee.org	Roanoke	24012	Sat. @ 9am
Dick Ungerer	Dick Ungerer	(540) 821-3769	dickungerer@aol.com	Moneta Dairy Queen, West Lake	24121	Thurs. @ 8am
Good Old Boys Reunion Group	Mark Orr	(540) 537-5367	brooksyd1@aol.com	Roanoke	24018	Friday @ 8am
Hardees-Gus Nicks	Ray Deyerle	(540) 309-7583	ray.deyerle@gmail.com	Vinton	24179	Wed. @ 6:30am
Just a Bunch of Guys	Larry Ceola	(540) 588-4350	larryceola@cavalierauto.com	Troutville, VA	24175	Wed. @ 6:30 PM
Men at Bonsack UMC	Perk Hazlegrove	(540) 966-5002	perkh@comcast.net	Bonsack	24012	Thurs @ 7pm
Men at the Mission	Dave Benson	(540) 797-6046	davebenson2005@gmail.com	Roanoke	24013	Tues. @ 6:30am
Parkway Wesleyan	Jimmy Mayhue	(540) 798-1997	divinephd1@verizon.net	Roanoke	24012	Thurs @ 4:00pm
Phil Brown	Phil Brown	(540) 344-9117	attorneybrown@verizon.net	Roanoker Restaurant	24015	Thur. @ 11:30am
Wirtz - Bojangles	Dave Burgess	(540) 420-1048	cburg66857@aol.com	Wirtz - Rocky Mount	24151	Fri. @ 8 am
Assist w/ Starting Men's Group	Jimmy Mayhue	(540) 798-1997	divinephd1@verizon.net	To Be Decided		To Be Decided
<b>Women's Groups</b>						
Alana Thompson	Alana Thompson		athomp11@aol.com	"New Group"		
Amazing Love	Jennie Robertson	(540) 563-5730		Williamson Rd Roanoke		Mon. @ 5:45pm
Apple of God's Eye	Jenet Robertson	(540) 312-8011	jenetrobertson@verizon.net	Home Roanoke	24014	Thur. @ 6:30pm
Barbara Roberts	Barbara Roberts	(540) 589-3813	b007rob@yahoo.com	Various		
Bonsack Chicks	Lillian Lowe	(540) 977-2628	bill_24012@yahoo.com	4720 Phyliss Rd, Bonsack		Thur. @ 6:30pm
Branches of the Vine	Tracey Bennett	(540) 725-2105	tdb659093@cox.net	Home, SW Roanoke		Tue. @ 7:00PM
Daughters For The King	Connie Masching	(540) 977-5865	jcmasching@cox.net	Home, North Roanoke		Fri. @ 8:00AM
Dogwood	Ethel West			Home Vinton	24179	Tue. @ 5:45PM
For His Glory	Jackie Boitnott	(540) 864-5387	budejcke@juno.com	New Castle	24127	Wed. @ 6PM
Hands of Hannah	Jane Hazlegrove	(540) 353-2384	janehazle@gmail.com	St. John Lutheran Roanoke	24018	Thurs @ 5pm
Holly Stutsman	Holly Crowe	(540) 864-5099	hollycrowe2529@yahoo.com	Salem, Va	24153	Starting New, Friday
Land of 1000 Hills Coffee	Belinda Miller	(540) 314-1775	bandbrmiller@bellsouth.net	Daleville	24175	Thurs. @ 9:30 AM
Linda Bristow	Linda Bristow	(540) 977-1243	n2glamer@msn.com	troutville	24175	Thursday PM
Nancy Woodson	Nancey Woodson	(540) 580-4985	nanceywoodson@aol.com	Home Salem	24153	Monday PM
Open Hearts	Debbie Day	(540) 874-9797	dday626@yahoo.com	Troutville Baptist Church	24175	Thur. 5:30PM
SALT	Gina Rexrode	(540) 772-1239	gexrode79@yahoo.com	Grandin Court Baptist		Tue. @ 6:00PM
School Marms	Sue Brown	(540) 344-9117	brown2415@cox.net	McAllisters at Towers	24015	Tues. @ 3:30 PM (Varies in Summer)
Treasured Gems	Lisa Witt	(540) 330-7242	lisa@swiftprint.net	Tanglewood Panera Bread		Wed. @ 5:30pm
Assist w/ Starting Women's Group	Jane Hazlegrove	(540)353-2384	janehazle@gmail.com	To Be Decided		To Be Decided

# Candlelight Moment

† Gina Rexrode



Wednesday, September 4, 2013 I was given the honor of attending the most beautiful candlelight I've ever been a part of. And to think I almost missed it. I wasn't going to go, I didn't even know the family. I told my boss "I don't think I'll go tonight", he said "that's OK there will be others there, not to worry".

On the way home I began to pray "Lord, am I doing the right thing? I don't even know him". Right away the Lord said to me, "But he knows me as you do". It was suddenly clear I had absolutely no reason not to go, and every reason to go! I went there to spread the love of Christ & ended up finding the love of Christ myself.

My morning prayer always closes with "Lord show me what you would have me do for you today."

At night I begin with "Lord, did I do all that you asked of me today?"

That Wednesday night his answer was loud and clear, "Yes my child". I continue to be honored as a part of the SWVA Emmaus community.

Sometimes I travel by myself, but never alone to Emmaus events, for you see we all have a "Mutual Friend". Thank you for much grace and never ending support by this community. You might say "I'm just a friend of a friend."

DeColores,

Gina Rexrode  
Walk #148  
Table of Ruth

# Pastor's Corner

† David Burgess, *Community Spiritual Director*

A farmer caught a young boy sitting under his choice apple tree, staring up at the delicious fruit. The farmer asked the boy, "You aren't trying to steal one of my apples are you young man?" "No sir", he replied, "I'm trying very hard not to".



Only prayer can deliver us from temptation. Perhaps the thing that sets the Emmaus Community apart from other Christians is our faith in prayer.

The upcoming fall walks are upon us and much prayer is needed. Pray for our finances, pilgrims, teams, background workers and for each other.

Remember, "The prayers of a righteous man availeth much."

In His Service,

Pastor David

# Team Selection

† June Whitlock, *Team Selection Chair*

With one teaming down and two more beginning in preparation for the November Walks, I want to encourage each of you to visit the website to update your contact information.

Up-to-date information is used by the Team Selection Committee, future Lay Directors and Background Coordinators to prayerfully consider who will be part of each team. This information is crucial as new teams will be forming in the months ahead.

[www.swvaemmaus.org](http://www.swvaemmaus.org)

# Banner Agape

† Jane Hazlegrove

When we first came out to Camp Jaycee on our Pilgrim Walk, didn't the wall hangings and banners have a special meaning? Even when I am there now, I love to see certain ones. As with each background task we have a manual that tells us when certain ones are put up. It's not written in stone, but now that you are behind the scenes it's easy to understand the rhythm of each Walk and when certain events happen.

Our Community has been blessed with very talented and artistic individuals and reunion group seamstresses, and what you see at camp is their labor of love and praise for our Lord. One or two have been added in the last several years, and many have been repaired. Some unfortunately are very old and need to be replaced.

Please join me in this fun task! I would love to have 5 or 6 brand new banners or hangings to bless each one of us, and that will show our new Pilgrims God's grace. Plus, there are many that can be repaired or revived so they will shine again.

I need people to help with this project as I am only mediocre on the artistic end. What that means is I know when something looks bad and not so sure what to do about it! So if you have an idea for a banner, or if you want to help with the actual creating and repairing, I hope you'll, call me. We also have several banners that are used for Worship times in all locations at camp. If this appeals to you specifically let Linda Rickabaugh or me know.

I will be at Camp on Thursday, October 10th to participate in Walk 166 and I plan to take time looking over each banner earlier in the afternoon. Then we can meet, talk about ideas, and start to work sometime before and during the next Walk which is November 7th.

Call, text or email me! We can have fun doing this special act of Agape.

Jane Hazlegrove  
540-353-2384  
janehazle@gmail.com

# Emmaus Worship

† Linda Rickabaugh

Do you remember the Worship Altars in the Pilgrim's Prayer Chapel on your Walk to Emmaus? What about Candlelight Saturday night or Closing Worship on Sunday with your new Emmaus family? Do you remember sharing Holy Communion each of the three days of your Walk to Emmaus? Would you like to bless future pilgrims and be blessed by setting up pilgrim worship altars, hanging banners, including preparing for Send Off, Dying Moments and Candlelight?

Not sure what to do? There is a detailed manual for the background worker (s) setting up the 10 worship altars. There are some responsibilities each day but there is also time to help in other background areas during the Walk, like agape, snack room and kitchen.

If you are interested in helping in the Background with Worship for any of the Walks this fall, contact:

## **Jane Thompson**

Women's Walk #166 • October 10-13  
874-9537 • jthompon87@verizon.net

## **Lupe Schroer**

Women's Walk #167 • November 7-11  
525-4981 • lupeandjoey@reagan.com

## **Betty Henderson**

Women's Walk #168 • November 14-17  
293-2888 • eghenderson@gmail.com

For more information about what is involved in serving on the Worship Team, contact Linda Rickabaugh, Board member, 309-4695 or Tiggerbun02@gmail.com.

*God bless you for your willingness to serve God and the SWVA Emmaus Community.*

Linda Rickabaugh

## ...Birth, FROM PAGE 5

Among the pilgrims on SWVA #1 and #2 was a Methodist clergy couple from Shawsville. The couple served faithfully on SWVA Emmaus weekends as well as sponsored people from their local churches. As often happens in the Methodist tradition, the couple was moved to the Harrisonburg area. Again they began sponsoring people from their local churches into SWVA weekends. Soon the couple asked SWVA Emmaus to be supportive of the development of an Emmaus community in the Shenandoah Valley. SWVA Emmaus' first child was born!

Gradually parents of adolescents desired an Emmaus like experience for their children. The Upper Room offered the Chrysalis model for children 15-18 years old. Again our SWVA community was supportive of this initiative. We trained on Chrysalis weekends in Kentucky as well as the training at Upper Room trainings at Lake Junaluska. (Kentucky was the closest community intentionally on the model.) SWVA Emmaus' second child was born.

Several men from the SWVA community heard the call to take the Emmaus type weekend into maximum security prisons. Men from SWVA joined the men from Northern Virginia in Kairos at Augusta Correctional Facility. Soon men from SWVA began Kairos at Keen Mountain and then Wallens Ridge. SWVA Emmaus' third, fourth and fifth children were born.

Simultaneously a large numbers of people from the New River Valley had attended SWVA Emmaus. People from the NRV asked the SWVA Emmaus community to be supportive to birthing a New River Valley Emmaus community. SWVA Emmaus' sixth child was born.

Nestled in the Appalachian Mountains of Virginia is a faithfully group of followers responding to the calling of the Lord, disciplined to live inside the river banks of the Upper Room Emmaus model that has birthed 6 other communities. THANKS Lord for giving us this privilege!

Helen Kerrigan Deyerle, *Historian*  
Alabama Walk to Emmaus #9  
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