



# Monthly Newsletter of THE SHENANDOAH VALLEY EMMAUS COMMUNITY

## UPCOMING EVENTS AND OPPORTUNITIES

### **FEBRUARY, 2011**

- Board Meeting – Thurs, Feb 10, 7pm, Asbury UMC
- Gathering – Fri, Feb 25 7pm, Asbury UMC

### **MARCH, 2011**

- Board Meeting – Thurs, Mar 11, 7pm, Asbury UMC
- Gathering – Fri, Mar 25, 7pm, Asbury UMC

### **APRIL, 2011**

- Spring Men's Walk: Thur, Mar 31 - Sun, Apr 3, 2011
- Spring Women's Walk: Thur, Apr 7 - Sun, Apr 10, 2011
- Gathering – Join us for WALK EVENTS!
  - Send off Thurs night at 6:30/7p.m. Camp Overlook
  - Candlelight Sat night 9:30p.m., Camp Overlook
  - Closing Sun afternoon 4p.m., Camp Overlook
  - DODU/FollowUp – Sat, Apr 30, 9am-12noon, Asbury UMC

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Monthly Gatherings are held on the last Friday of each month at **Asbury United Methodist Church**, located at 205 S. Main Street (Route 11 North), at the corner of Main and Bruce Streets in downtown Harrisonburg. Travel north on Main Street past the church to Water Street. Turn left on Water Street then another left onto Liberty Street. Turn left into the lot behind the church.

Walk through the gate and enter the building through the door on the lower level. Once inside, go up to the 3<sup>rd</sup> floor and follow the "joyful noise" to the group in Slaven Hall. See you there! 😊

#### DIRECTIONS TO CAMP OVERLOOK:

From Washington/Baltimore: I-95 Beltway & Rt.55 to I-81 South to Exit 257 South on Rt.11, Left on Rt.806, Right on Rt.620, Left on Rt.722

From Richmond/Tidewater: I-64 West to I-81, then North to Exit 251, follow Harrisonburg instructions below

From Harrisonburg: I-81 North to Exit 251, Rt.11 North, right on Rt.721, left on Rt.717, right on Rt.811, right on Rt.722

*Visit our local community online at: [sveconline.org](http://sveconline.org)*

## **Men's Fourth Day Renewal**

Friday - Saturday, February 18th & 19th 2011  
Blessings, Lodge, Camp Overlook, Keezletown, VA

## **Women's Fourth Day Renewal**

Friday - Saturday, March 3rd & 4th 2011  
Blessings, Lodge, Camp Overlook, Keezletown, VA

Brochures are ready and available on Camp Overlook web site at  
<http://www.gbgbm-umc.org/campoverlook/other.html>

## **Fourth Day Renewal Retreat**

Ladies, come join Laura Harris-Chwastyk, Sherry Hall, me, and others to "Take Out The Trash" (theme) March 4-5, 2011, at Blessing Lodge for the Women's Fourth Day Renewal Retreat. Contact Camp Overlook for registration.

*Therefore, if anyone is in Christ, he (she) is a new creation; the old has gone, the new has come! 2 Corinthians 5:17*

*In God We Trust, Wanda Miller*

## **Gathering**

Be sure to attend our next gathering on Friday, Feb 25th. We meet at Asbury United Methodist Church in Harrisonburg on the last Friday night of each month. Check [sveconline.org](http://sveconline.org) for meeting room location. PLEASE join us! If we miss you in February, we'll hope to see you on March 25th for team anointing. Blessings!

## **Mini Gathering April 2nd, 2011**

Where: Front Royal United Methodist Church

When: April 2, 4:30 pm-6:30 pm

I would like to invite you to our next mini gathering on Saturday, April 2nd at Front Royal UMC. The first one, Jan 15th was awesome. We had 43 brothers and sisters showed up for breakfast and we shared a wonderful time of music, devotions, and 4th day experiences.

Please RSVP so we can make sure to have enough food for all Dinner, music, devotions, singing, and our first talk to be given by Stacy Lam, "Priorities". If you are able, come prepared to go to the Mens Candlelight Walk. "NOT MANDATORY". We will leave APPROX 6:45 and car pool and or take the bus down to Camp.

*Rob Cairns, 540-635-9608  
[rmcairns555@yahoo.com](mailto:rmcairns555@yahoo.com)*

## **From Our Community Lay Director:**

Spring Greetings to all! I say spring because it is time to start the teaming process. We are well underway with the training of the teams for Walks #73 and #74. It is always an exciting time to see who God has put together to serve the pilgrims. It would be even more exciting to have enough pilgrims committed to the weekends. Please pray that God will lead you to the people He wants to be there for the weekend. Your Board has spent a great deal of time “wrestling” with the possibility of having to skip weekends because of the lack of pilgrims. Finally, after much discussion and prayer, the decision was made to step out in faith and continue planning for all of the walks to occur on schedule. This step of faith also involved paying a “non-refundable” deposit to Camp Overlook to reserve the weekends. But, Brothers and Sisters, it is about so much more than this. It is about our apparent lack of interest in offering the wonderful experience to those who are seeking that very thing. I’m not asking that you just start handing out applications to everyone. I’m asking that you pray for God’s direction in leading you to the people He desires to be there. It just seems like we struggle before each Walk to have enough to actually go through with the weekends. As you know, we have a requirement of 15 pilgrims committed before we will continue with plans for the weekend. Just think for a minute what would happen if we got to the point in the process (2 weeks before the Walk) where we had to tell the Walk Lay Director and Team that we were calling off the weekend due to not having enough Pilgrims. Or what about having to call those who had accepted and telling them it wasn’t going to happen? What message would that send to those who had committed to the weekend? When the training process starts, the team is doing so in faith. Faith in God, faith in the leadership and faith in their Community. Please pray that God leads each of us to the people He desires to be there. Sometimes they are right in front of us. As a Community, let’s all do our part in whatever way we can to see that we are able to continue this blessed experience to all who seek it.

*Doug Purdham, Community Lay Director*

## Reunion Group forms in East Rockingham County

There will be an Emmaus Info & Reunion Group Organization Meeting on Wednesday, March 2nd at 7:30 PM at McGaheysville UMC to include a 10-15 minute Q&A for anyone who would like to learn more about going on the Walk to Emmaus and to facilitate organizing reunion groups for anyone who has walked. The gathering is open to the public for anyone who would like to learn more or who needs help finding a reunion group. For complete details, contact the church office at 540-289-5445 or online.

### Treasurer

Welcome to a new year with the spring walks fast approaching. With the New Year, comes a new budget for our community. Below is our budget for 2011 that our board of directors approved.

Administrative	\$ 1,250
Insurance	\$ 1,050
Child Care	\$ 500
Newsletter	\$ 2,250
Emmaus International	\$ 1,200
Pilgrim Expenses	\$ 12,000
Team Expenses	\$ 14,400
Music	\$ 250
Food	\$ 1,500
Supplies	\$ 1,500

**Total \$ 35,900**

If you have any question about the budget or concerns please feel free to contact myself or any board member. If you would like to make any financial donations to help our community, you may mail them to me or place them in the offering at any gathering or candle light.

The board thanks you for all of your continued support, prayers and presence with the SVEC.

*Decolores,  
Kevin Poeckert, Treasurer*

## **A JOYFUL HEART**

As I write this to all of you, I realize that today is Valentine's Day. We all know the universal symbol for this holiday is a heart. The heart is just as important for Christians as it is for Cupid. I want each of you to take some time and reflect on how Emmaus has affected your Christian heart. Ask yourself, "Did my Emmaus experience strengthen, or, in some way, stretch my heart for God?" I can answer the question for you because Emmaus almost always affects those who participate – not just as a Pilgrim on the Walk- but also as members of the Emmaus Community.

Do you know someone whose heart might be strengthened or stretched? Do you know someone whom God can grow in order to reach more for his Kingdom? If so, share your Emmaus heart by inviting them to participate in an upcoming Walk to Emmaus weekend.

The scripture says: "A joyful heart is good medicine..." Proverbs 17:22a Give someone a good dose of medicine by sharing the joy that God offers through the Emmaus experience. All we have to do is share the joy...and God will do the rest!

*Decolores! Rev. Carrie Talbott  
Asst. Spiritual Director, SVEC Board of Directors*

## **Music**

Calling all musicians! Do you enjoy playing percussion instruments? Are you learning how to play guitar or piano? Do you want to become more comfortable singing in front of a group of people? What better place is there to do try than with brothers and sisters in Christ? If you play "D" and "em" chords on the guitar, you can play "Jesus, Jesus" during candlelight (if you're having trouble switching back and forth – you'll have plenty of practice at candlelight!)

Do you know of someone in the community that may be interested or perhaps needs a little nudge to participate? I am currently looking for volunteers to lead music at candlelight and closing for the women's walk and monthly gatherings. As always, if you (or someone you know) would like to try it out, please send me your contact information, so I can get you on the email list!

*Peace through music, Allyson Shaner,  
540.683.9768, ashaner@embarqmail.com*

## **Registrar**

Hello, My name is Mil Wallen, your new SVEC Registrar. I am excited to be taking over this position, and have a lot of ideas that can help streamline some of our needs. One such item is the new SVEC member database. This tracks all kinds of Emmaus walk information – your initial walk, contact info, walk info, prayer vigil, experience info (previous walks you teamed on) etc. You will soon be receiving an email with login instructions that will allow you to update your information online as well as sign up for prayer vigils and volunteering. We also need Pilgrims for both walks, and remember the qualities of a good Pilgrim:

1. Pastors and lay persons who provide leadership in our church communities
2. Christians who are hungry for something more
3. Less active members who can be rekindled and renewed by God's Grace
4. Those who represent a cross section of the church and will help Emmaus remain centered on our common faith, and open to different perspectives

Both pilgrim and sponsor forms are available for downloads on the [www.SVEOnline.org](http://www.SVEOnline.org) website. Your participation and gifts are needed and wanted, so help make the next upcoming walks a success.

*Your Brother in Christ,  
Mil Wallen*

## **Agape**

It's time to start making agape for the spring walks. This is your opportunity to take part in the upcoming walks. For both the men's and women's walk, we will need 65 pieces of agape. Not only do we need agape items, we also need volunteers to work during the weekends to help distribute agape and work behind the scenes for each of the walks. Mark your calendar now! If you have some free time, email [shelbyh@ntelos.net](mailto:shelbyh@ntelos.net).

*Many Blessings,  
Shelby Haley*

## **Walk Events:**

Greeting and blessings to all! The walks are coming up and I need volunteers for Thursday sponsors hour as well as Saturday volunteers for candle light and serving dinner. If you are interested, please contact me and I will give you all the info you will need to complete the task. Please pray and join me in stepping out of your comfort zone. Contact:: Chaz Evans-Haywood, 540-421-0052, ClerkChaz@RockinghamCountyVa.gov

Men's Walk #73, March 31st - April 3rd 2011

Women's Walk #74, April 7th - April 10th 2011

Send off Thurs night at 6:30p.m.

Candlelight Sat night 8:00p.m.

Closing Sun afternoon 4:00p.m.

## **Opportunities Abound!**

As you read this, God is in the process of preparing the teams and pilgrims He has selected for our spring walks. The teams and pilgrims need your support in many ways. There are numerous opportunities to volunteer including:

- Help to set-up or clean-up for the weekend (Paul Goulart)
- Sign up for the Prayer Vigil (Esther Malloy)
- Provide Agape Gifts or Help in Agape Room (Shelby Haley)
- Provide Food, Snacks, or Ice Cream Social (Sherri Poeckert)
- Attend Send-Off, Candlelight and Closing
- Volunteer to lead Send-Off or Candlelight (Chaz Evans)
- Help set up or clean up Candlelight (Chaz Evans)
- Bake Communion Bread (Mary Jane Tester)
- Offer to assist the Weekend Coordinators
- Help set up chapel for Worship (Mary Jane Tester)
- Serve meals
- Assist with Child Care (Buddy Fitzpatrick)
- Provide music support (Alyson Shaner)

God has given each of us different gifts. What is YOUR gift? How can YOU show His love to the pilgrims? There are so many ways to be part of the "invisible team" on each walk; some only require a small amount of your time but can mean so much to those who receive your gift of service. . If you have not yet experienced the joy of working behind the scenes, be sure to contact any board member or team member to discuss how you can offer your help.

## **Child Care**

Our Emmaus community offers child care during the following events;

All monthly gatherings - 7:00 – 9:00 PM

All walk closings - 3:30 – 6:30 PM

All Day of Deeper Understanding events - 9:00AM – 12:00 Noon

The community is required to have two adults present with the children. If you would be interested in helping with this important part of our Emmaus community, please call me at 540-289-3420 home, 540-432-3700 office or 540-578-2378 cell to volunteer or [jfitzpatrick@tenneco.com](mailto:jfitzpatrick@tenneco.com). I will compile a list of those who volunteer and will call and confirm acceptance BEFORE the events. Thank you for considering this opportunity to serve.

*Buddy Fitzpatrick*

## **Prayer Vigil**

Dear Brothers and Sisters in Christ,

We are about to "send off" two new walks this spring, and so it is time to think seriously about the prayer vigil. I'll never forget the first time I was assigned a time in the middle of the night. I wondered if I would wake up at the appointed time, and if I would be able to sit and pray for the length of time. Boy did I have a surprise. At first the house seemed very still and silent. It was almost depressing. I sat down with my pilgrim list and Bible and got going. After a few minutes, I felt totally refreshed and awake! It seemed as though I was having a conversation with God right in my living room. I will not say I never went back to sleep that night, but it was after my time was up and after I prayed for each person to be getting the sleep they needed on the hill. There is a link on the web site where you can sign up for the prayer vigil or you will have the opportunity to sign up at Gatherings and even the men's candle light. I don't like to nag or beg, especially to take such a wonderful gift. Please sign up early and I challenge you to get out of your comfort zone and try a new time of day!

*Sincerely,  
Esther Malloy*

## **Worship**

It's that time of the year again that we begin preparing for the Spring Walks. I am looking for willing servants who would like to help in setting up God's Worship Settings for the Men's and Women's Walks. We have almost every slot OPEN and there are several different worship settings that are required each day. In addition, we have a great book that shows you exactly what to do and where to find each item.

If you feel led to help serve in this capacity, please either email me at 1lkygma@embarqmail.com or call me on 540-778-3934 and I will be glad to go over the available times and what is entailed.

There is one other area that you can also help if you are looking for some way to assist in worship. We can always use communion bread. Since it can be frozen, if we have any left it can be used for the fall walks. (See recipe below). If you are interested in making communion bread you can just bring it to camp on Thursday evening of either walk and put it in the freezer section of the refrigerator in Ritchie or if you need someone to pick it up and take it to camp for you please give me a call and I will make the necessary arrangements.

*Blessings,  
Mary Jane Tester*

### Emmaus Communion Bread

7 cups plain flour

2/3 stick of butter

1 ½ cups sugar

1 ½ pints of heavy whipping cream

Melt butter and stir in sugar. Add cream. Knead in flour. Roll out (about ½ inch) and cut with a bowl (cereal bowl size). Bake at 350 for about 12 minutes.

This bread freezes well – just wrap individually and store in freezer bags.

## **Supplies**

You can reach me by email: gary.fishel@verizon.net or by phone at 540/269-2372 home, or 540/421-9299 cell.

*Blessings, Gary*

## **Refreshments**

Teaming for the Spring Walks has begun, letting us know that spring will be here soon! I am honored and humbled to serve the Shenandoah Valley Emmaus Community as the Refreshments Representative to the Board of Directors.

Think back to your own walk... Do you remember that awesome candlelight walk on Saturday night? And then the wonderful time afterward with the ice cream and socializing. Now you have an opportunity to serve, as you were served. The refreshments committee needs two small groups to serve the after-candlelight socials, often referred to as the "ice cream social". Fruit, nuts, cookies, etc. are usually included with the ice cream.

Also a few people are needed to help make sandwiches for closing on Sunday afternoon from 2-3PM in the Agape Hill kitchen. Help is also needed to clean up and pack after the weekend. This is an important job that doesn't take long at all if we have enough help. Many hands make light work.

Remember the snack table outside the talk room? A few suggestions for those treats that are so important for each weekend. If you bring a treat in a container that you want returned, please mark it with your name and phone number so that the weekend coordinators and clean-up crew will know how to get a hold of you. Many folks are using the disposable plastic containers with lids, they work well.

If you can help with any of the refreshment activities, please call Sherri Poeckert at 540-234-0847 or e-mail [kcpspp@msn.com](mailto:kcpspp@msn.com).

*DeColores, Sherri Poeckert*

## **Set Up/Clean Up**

Another weekend of walks is fast approaching and with it many opportunities for YOU to be the hands and feet of Christ.

I am in need of volunteers on Tues afternoon, March 29th to help with setting up our camp to welcome our pilgrims on for men's walk and on Sun, April 3rd for women's walk; but especially to help clean up and pack things up after closing on Sun, April 10th. Nancy and I are waiting to hear from you soon!

*Paul Goulart, SetUp/CleanUp Coordinator  
goulartpaul@hotmail.com, 540-405-9035, 540-298-1779*

## **Camp Overlook Request**

The board has been informed that Camp Overlook would like the SVEC to consider replacing all the mattress covers at camp at a cost of \$24.50 each for a total of 120 mattresses = \$2940. SVEC would only need to replace 48 of them now = \$1176. A suggested fund raiser would include praise bands. Please prayerfully consider how we can best help Camp Overlook fulfill this need.

## **Shenandoah Valley Emmaus Prayer Group**

**Eunion\_prayer\_group** has changed our group name. This means that both the group's email address and the group home page location have changed. The group email address: Shenandoah\_Valley\_Emmaus\_prayer@yahoogroups.com.

The group home page location can be found at: [http://groups.yahoo.com/group/Shenandoah\\_Valley\\_Emmaus\\_prayer](http://groups.yahoo.com/group/Shenandoah_Valley_Emmaus_prayer)

If you have previous links which point to this group or an address book entry for the group, you should update them, as the old addresses will no longer work. For more complete details about Eunion, contact Roy Nelson or speak with any board member!

Here is the address to post a prayer need on e-union email prayer line: [Shenandoah\\_Valley\\_Emmaus\\_prayer@yahoogroups.com](mailto:Shenandoah_Valley_Emmaus_prayer@yahoogroups.com) .

*Roy Nelson, roynelson@hotmail.com*

## **Rules... what rules??**

This request is primarily directed to those Community members who have been around awhile. Every time I have ever been involved with a walk, I hear of some rules (ie. first time teamers can't give a talk or you can't team 2 times in a row, etc.). I don't have a copy of any rules like this. It is my understanding that there "used to be" some rules/guidelines that were actually written down. If anyone out there has any information pertaining to any type of guidelines like that, please contact me or just send me what you may have. This would be very helpful to your Board and any future Walk Lay Directors.

*Blessings,  
Doug Purdham*

**Upper Room Emmaus of the Shenandoah Valley**

c/o SVEC Treasurer,

PO Box 282

Fishersville, VA 22939

-Return Service-