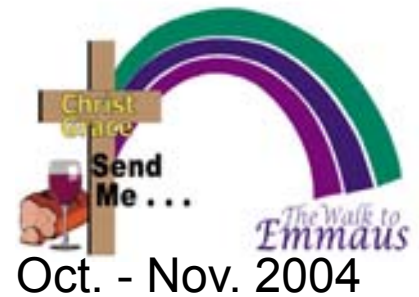


Lansing Emmaus Community

# Footprints

Number 04-5



<http://www.LansingEmmaus.truepath.com>

## In Everything Give Thanks!

Many years ago I claimed this as my "Life Verse," partly, I'm sure, because it was short, and easy to remember. It has proven to be a wise choice and a wonderful guideline. In the MESSAGE, 1 Thessalonians 5:16-19, God's instruction is clear: **Be cheerful no matter what; pray all the time; thank God no matter what happens.** This is the way God wants you who belong to Christ Jesus to live.

Every day it is easy for me to find things to be thankful for. Once in a while I face a situation that is very, very hard for me to be thankful. That's when I have to stop and remember that God told me to be thankful in all things, not just the things that are easy to be thankful for. I confess that there have been times when I have had to stop and force myself to kneel, unclench my teeth, and offer my thanks. Amazingly, I instantly feel a wonderful sense of peace, almost like a warm wave of water flowing over me. My head clears, and panic, fear and disappointment fades.

I give thanks...

- that seven courageous Community members agreed to serve on the LAE Board of Director's for three years, if elected.
- for all the hard work the Team Selection and Nominations/Elections Committee did in order to have an election this year and help build excellent Conference Room Teams.
- for all the Community who prepared to serve on Auxiliary and Conference Room Teams for the LAE Walks.

- for the two Walks that were held.
- for the two Walks that were almost held.
- for folks brave enough to sponsor a Pilgrim.
- for the many years of love and support that Trinity UMC gave to the LAE Community.
- that centrally located Pilgrim UMC in St Johns will serve as our new Community Home Base.
- for all the folks who completed and returned the survey postcard.
- for Roundtable Meetings with neighboring Emmaus Communities.
- for a Multi Community Picnic.
- for attending an excellent Emmaus training session in Kalamazoo.
- for a wonderful home church.
- for Family, Friends, Health, Chocolate, Comfortable shoes, Christmas...and so much more.

Continue to read Romans 12 in THE MESSAGE with me: The body we we're talking about is Christ's body of chosen people. Each of us finds our meaning and function as a part of his body. But as a chopped-off finger or cut-off toe we wouldn't amount to much, would we? So since we find ourselves fashioned into all these excellently formed and marvelously function parts in Christ's body, let's just go ahead and be what we were made to be, without enviously or pridefully comparing ourselves with each other, or trying to be something we aren't.

The amazing grace of Jesus Christ be with you!

Roxi Bass

Community Lay Director

Lansing Area Emmaus Community

## In This Issue:

Here's what you can expect to find:

- 1) Lay Directors report
- 2) Chrysalis
- 3) Gatherings, Handbook insights
- 4) Upcoming Events.

# CARPOOL TO CHRYSALIS CANDLELIGHT

Please plan to carpool to the Boy's Chrysalis Candlelight at Lakewood UMC right after our Gathering on November 13th. If you have not attended a Chrysalis Candlelight, you are in for a special treat! Maps and driving instructions will be available at the Gathering at Trinity UMC. Please help our Community show love and support for this wonderful event! SEE YOU THERE!



## Chrysalis Information

### What is a Chrysalis Flight?

Chrysalis is the name chosen for the youth version of The Walk to Emmaus. This three-day spiritual renewal time provides an opportunity for youth to learn more about faith, to experience Christian love and support, and to make new faith commitments. The point is to inspire, challenge and equip the youth who attend for a closer walk with Christ and for Christian action at home, church, school, and community.

The weekend will be spent with other youth in worship, prayer, fellowship, creative expression, recreation, singing and discussion. There will be talks given by youth and adults which focus on the needs of maturing youth, offer the message of the gospel and friendship and example of Jesus Christ. The talks are followed by discussion, reflection, and expression of how these messages can encourage personal faith. Youth will experience the love of God through prayers and acts of service from a loving support community.

### Who can attend a Chrysalis Flight?

Chrysalis is open to sophomores, juniors, and seniors in high school of any Christian denomination. Have you attended an Emmaus sponsorship training? Well just as you must prayerfully consider who you should sponsor for an Emmaus Walk, it is important to follow the same guidelines when sponsoring a youth. Is it God leading you to sponsor this youth? God knows and calls each of us in His perfect timing.

### Where are the Chrysalis flights held?

Our Flight of Hope Chrysalis Community is supported by the Lansing, Grand Rapids, Kalamazoo, and Jackson Emmaus Communities. The flights are held at different churches in these communities.

### Who makes up the teams?

The teams are made up of youth and adults who have attended either a Chrysalis Flight or a Walk to Emmaus. If you have a passion for youth and may be interested in serving or finding out more about serving on a flight, please contact Nola Payne at 269-624-1531 or e-mail Nola at [payne@tm.net](mailto:payne@tm.net).

### When are the next Chrysalis Flights?

The boys flight will be held November 12 - 14 at the Lakewood UMC on M-50 in Lake Odessa. There are still openings for this flight. The spring flights in 2005 will be, a boys flight February 25 - 27, and a girls flight March 11 - 13. The locations of these flights will be in the next newsletter.

### Does the community participate in the candlelight service and closing?

Yes indeed! The candlelight service begins at 8:30 Saturday evening and the closing begins at 4:30 on Sunday afternoon. Come and be a part of that precious, moving experience in the lives of these youth.

### How can I get an application if I want to sponsor someone for a flight?

You should be able to download an application from the Chrysalis website which is [www.flightofhope.com](http://www.flightofhope.com). You could also contact Becky Wolfinger who is serving as registrar for the Chrysalis community. Her e-mail address is [rebagl@aol.com](mailto:rebagl@aol.com) or her phone number is 517-522-4165.

### If you attend a Chrysalis flight could you also attend an Emmaus Walk when you are older?

The answer coming from the Upper Room is YES, you can attend both.

## **Gather with the Lansing District Emmaus Community**

**Lansing District Emmaus GATHERINGS are held on the second Saturday of each month. Community members are encouraged to attend to meet new pilgrims and renew friendships. So, bring a dish to pass and your table service. Coffee, tea, water, and soda drinks will be available. Childcare will be provided. Family members are invited to attend even though they may not have attended an Emmaus Walk.**

**The GATHERING convenes at 5 p.m. at the Trinity United Methodist Church, corner of St. Joseph Highway and Canal Road (7533 West St. Joseph Highway), Lansing. An evening of music, fellowship, and devotion will follow dinner.**

**Upcoming dates are:  
November 13, 2004  
December 11, 2004**

**See You at the Gatherings!!!**

### **Insights from the Emmaus Handbook Week 3 PEACE**

**Two months ago, we looked at the weekend community being characterized by an atmosphere of hospitality and acceptance and love. Last month, we looked at what the Emmaus Handbook has to say about the Walk to Emmaus being full of occasions of true joy. This month the topic is peace, which comes from a faith in and vital relationship with God.**

**Peace seems like a close relative of joy, for sure! What is that peace that passes all understanding? The motto of the Benedictine monastery I visit several times a year is PAX – Peace. Benedictines are the oldest religious order in the Roman Catholic Church. Born in late antiquity when marauding armies made all civilization vulnerable to violence, Benedictines adopted as their motto the Latin word pax (peace). The central teaching in the 1500 year-old Rule of Benedict is that everyone, including every stranger, is to be welcomed as a blessing and treated as Christ. I can attest to that since I am not Catholic and visit their home many times a year and each time they treat me as if I am Christ. It is a MOST amazing thing! I think there is a lesson here somewhere that so far I have not been able to successfully adopt in my life all the time. One time that this is easier to do is when working as a silent servant, a prayer warrior, a sponsor, or a team member on an Emmaus Walk - every pilgrim is to be treated as we would treat Christ! Oh that we would do that every day with each person whom God sends our way!**

### **WHAT THE HANDBOOK SAYS**

**“When people walk in the Spirit, they enjoy the fruit of peace with God and one another. Team members should consciously care for their relationship with God and other people and practice the peace that comes from faith in God’s love and direction.”**

**“Though the Walk to Emmaus attempts to set forth the essentials of Christian faith and practice that are characteristic of the mainstream of the Christian tradition, the gift of God’s peace indeed “surpasses all understanding.” (Phil 4:7). The team’s job, therefore, is not to set the pilgrims straight on the details of doctrine. Rather, it is to “Love, Love; Listen, Listen”, to leave the rest of God, and to trust the process of the weekend. “Let peace begin with me” should be the personal motto and prayer of every team member on a walk.**

**The team can foster the peace of Christ among the pilgrims by modeling an open and nondefensive spirit, by always speaking the truth in love, and by being quick to forgive...the team members must remember that they have been given the peace of Christ so they can pass that peace to others, and that this peace comes from a vital relationship with God.**

**By Judy McPherson  
Assistant Community Lay Director**

**May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. Amen? Romans 15:13**

**Next: Patience (Oh that ought to be really interesting!)**

Pilgrim U.M.C.  
Lansing Area Emmaus  
2965 W. Parks Road  
St. Johns MI 48879-9286  
Oct. - Nov. 2004

## Upcoming Events

**Nov. 9 *Lansing* Emmaus Board Meeting,**  
Pilgrim U.M.C., St. Johns, MI. 6:30 P.M.

**Nov. 12-14 *Boys' Chrysalis Flight*,** Lake-  
wood UMC, Lake Odessa

**Nov. 13 *Lansing* Gathering,** Trinity U.M.C.  
Lansing, 5:00 pm.

**Dec 11 *Lansing* Gathering,** Trinity U.M.C.  
Lansing, 5:00 pm..

**Dec 14 *Lansing* Emmaus Board Meeting,**  
Pilgrim U.M.C., St. Johns, MI. 6:30 P.M.

**Dec 25** We celebrate the birth of our Lord.

**Feb. 25-27 *Boys' Chrysalis Flight*,** Loca-  
tion to be determined.

**Mar. 11-13 *Boys' Chrysalis Flight*,** Loca-  
tion to be determined.

### **ATTENTION CHRISTMAS SHOPPERS!**

**Since you were not able to do any Christmas shopping at the Booktable during our postponed Fall Walks, we have great news for you! Andy Raymond will set up and sell a great assortment of Lansing Area Emmaus clothing and other products during the November 13th Gathering at Trinity UMC. Please mark your calendars today!**