

# Lansing Emmaus Community

# Footprints



Number 05-2

March - April 2005

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

## **KISS! and TELL!**

**WOW!** We certainly have had a lot of great learning and growing going on in our Community the first two months of 2005!

In January, the Lansing Area Emmaus Board of Directors had their annual retreat. In our Community, the retreat consists of a special time of learning, bonding and the matching of each Board position to each Board member. This year, three past board members gave us a big assist by supporting us with their gifts of service and knowledge. We experienced excellent Team Building training, some fun exercises to help us "team think", and a great study of Romans 12. Snacks, breakfast and lunch were served and cleaned up as we continued on our wonderful learning experience. Thank you Ned, Karen and Edie! .

In February, our Regional Emmaus Representative, Cathi Eberly braved a Michigan winter to provide us with a great Emmaus Experience. Part of our commitment with the Upper Room is that we have training once every three to four years by a National Emmaus Representative. It really helps us stay on track, and stay Emmaus. On Friday evening, the Board had some excellent one-on-one training with Cathi. Then on Saturday, the entire Lansing Emmaus Community was invited to spend the day with Cathi, as she used her vast knowledge and her wonderful sense of humor to guide us toward the Emmaus model. There were several surprises - even for those who have read the guidebook more than once! Dear Community - be prepared! There are going to be some changes in the way we do things on Walks in the near future, to help us get back on the right track. Have no fear! Many of the changes we will hardly notice, and the larger changes we will ease into.

That is where the **KISS!** comes in.

Cathi explained that **KISS!** is short for "**Keep It Simple Servants!**" Over the years, our Community, right along with just about every other Emmaus Community, (Continued on Page 3)

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## Lansing Area Emmaus Board 2005

Name	Position	Phone	E-mail	Expires
Janet Ball	Agape Mailroom	(989)972-7335	<a href="mailto:Jball6@hotmail.com">Jball6@hotmail.com</a>	2007
Roxi Bass	Community Lay Director	(517) 676-4495	rrb323@yahoo.com	2005
Michele Childs	Data Newsletter	(517) 627-8121	childsm11797@msn.com	2006
Cori Feldpausch	Secretary & Supply Trailer	(517)627-6957	<a href="mailto:coriskids@aol.com">coriskids@aol.com</a>	2007
Michon Felton	Gatherings	(517) 669-5687	msfelton@pplant.msu.edu	2005
John Lord	Music, Sponsorship, Candle Light (MSCC)	(517) 676-0595	jalord1@juno.com	2005
JoAnn McCrum	Book Table	(517)468-3480	<a href="mailto:mccrumj1@michigan.gov">mccrumj1@michigan.gov</a>	2007
Judy McPherson	Assist Comm Lay Director	(517) 627-2712	judym@acd.net	2006
Becky Morrison	Community Spiritual Director	(517) 645-7701	revrkmor@msn.com	2005
Bob Pena	Logistics	(517) 482-7358	penar@michigan.gov	2005
Ed Shepherd	Treasurer	(517)543-5318	Eddy@calamur.com	2007
Pat Skinner	Assist. Comm. Spiritual Director	(517) 676-1529	pskinner9@aol.com	2006
Elnora Wallin	Prayer Vigil	(517) 566-8452	owltalker@centurytel.net	2006
Kathy Wilson	Reunion, Member at Large, Chrysalis (MAL)	(517)862-5693	kw543210@yahoo.com	2007
Pam Wyrick	Registrar	(989) 224-2787	ragdoll@voyager.net	2006
Martin Cobb	Assist. Comm. Spiritual Director	(989)236_7724	Revcobb@cmsinter.net	2008

### A Spiritual Message for all Disciples on the Road with Christ

At the last Board Meeting Pastor Becky opened the meeting with Proverbs 11:30, "He who wins souls is wise." And with the first chapter of John, when Jesus began calling the disciples. One future disciple was Andrew who told his brother Simon Peter, we have found the Messiah! On our Walks, we were all touched by Christ in ways that were important for us. We need to be in prayer about who God wants us to invite to a Walk to Emmaus, pastors, members at church, friends, the list goes on... And then we need to be bold, like Andrew, and tell those persons to Come! Look! See! Join us on this journey, for we too have found the Messiah!

(Continued from Page 1)

has slowly added special "things" to their Walk Weekends that are not in the guidelines. Soon, each new special thing or small, becomes part of our Walk schedule. While wanting to do something special for our Pilgrims on each Walk seems like a harmless enhancement, each enhancement takes us away from the original guideline, and soon, we are no longer presenting our Walks the same as each and every Walk should be presented everywhere, every time. Simply put, if we don't follow the Emmaus guidelines, we will no longer be Emmaus.

I would like to challenge the entire Lansing Area Emmaus Community to **KISS!** and **TELL!** Help us **Keep It Simple Servants**, and help us ease into the changes we must make by **TELLING** others why it is so good to get back to the Emmaus guidelines! Your Board of Directors is ready and willing to assist you with any questions or concerns you might have.

Remember . . . **KISS! and TELL!**

Peace and Grace, Roxi Bass, Community Lay Director

#### LANSING AREA EMMAUS GATHERING UPDATE

For the Emmaus Gatherings, we will always have the church open at about 6:00 pm and be ready to start enjoying our PotLuck at 6:30 pm on the second FRIDAY of each month. Fellowship, Friends, Food, Fun, Worship and Holy Communion make a great Emmaus evening

The **MARCH GATHERING** will be held on **Friday, March 11<sup>th</sup>** at **PILGRIM UMC**, just south of St. Johns.

In **APRIL**, we will not have a Gathering because many of us will be involved with the Men's Walk #60 at the CLARE UMC. Please plan to bring a snack to share and then attend the **MEN'S WALK CANDLELIGHT on Saturday, April 9<sup>th</sup> in Clare**. Three weeks later, the **WOMAN'S WALK CANDLELIGHT will be held on Saturday, April 30<sup>th</sup> at MOUNT HOPE UMC in Lansing**.

For both the MAY and JUNE GATHERINGS, we will return to **SALEM UMC** just North of St Johns. For the remainder of the year we will meet at **PILGRIM UMC** on the second Friday of each month.

**Please mark your calendars for GATHERINGS on March 11<sup>th</sup>, May 13<sup>th</sup> and June 10<sup>th</sup> and for CANDLELIGHTS on April 9<sup>th</sup> and April 30<sup>th</sup>.** You can always check our web page at [www.lansingemmaus.truepath.com](http://www.lansingemmaus.truepath.com) for the latest information and maps to participating churches.

See YOU there! Bring a FRIEND!

#### **Addresses:**

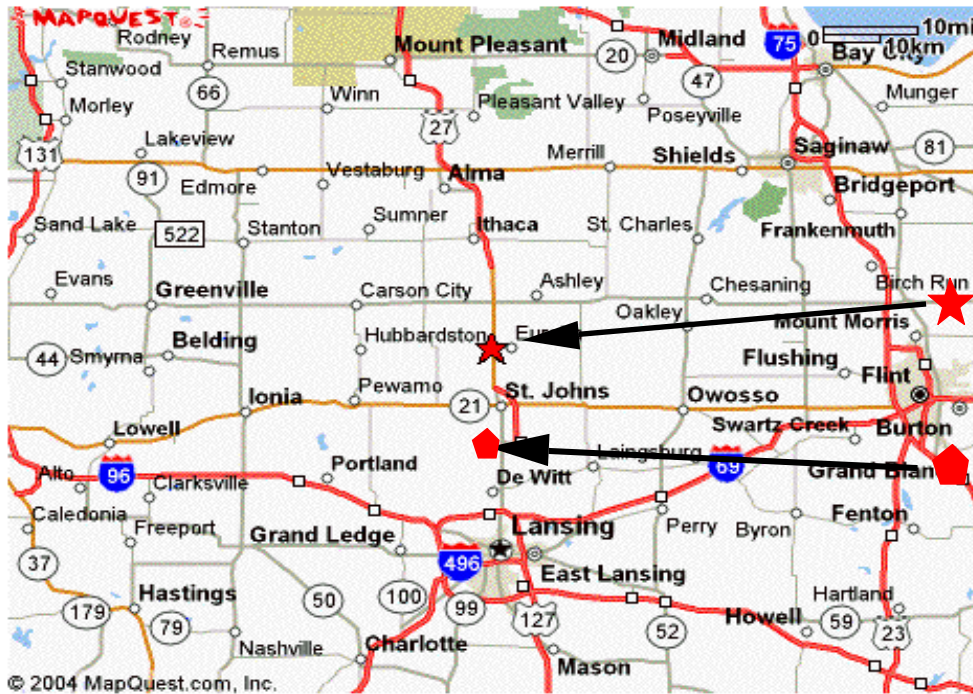
Maps to both churches are on page 4.

Pilgrim United Methodist Church, 2965 W. Parks Rd. in St. Johns.

Salem United Methodist Church, 2307 W. Maple Rapids Rd. in St. Johns.

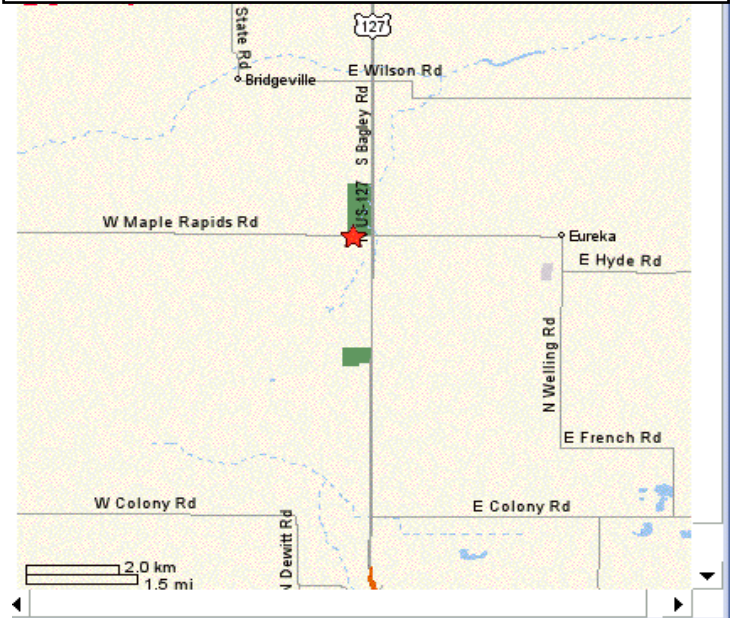
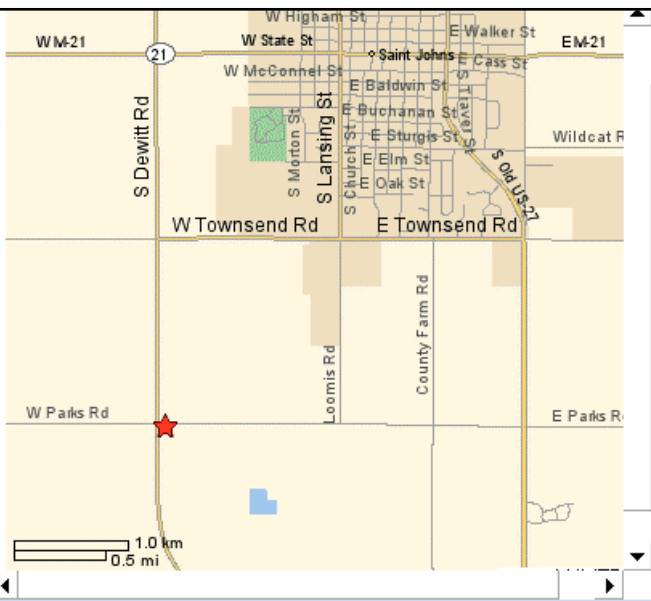
# Directions to

## Pilgrim (♦) and Salem (★) United Methodist Churches



Salem UMC

Pilgrim UMC



**Emmaus Communities are**  
**Sponsorship—from the viewpoint of the Registrar**  
**Based on the Upper Room Handbook!**

The Emmaus experience passes from person to person reflecting the relational nature of God and the manner in which God reaches out to people through people. A Walk to Emmaus experience is an amazing GIFT. However, the Walk to Emmaus is NOT for everyone!

As a good sponsor you should use discernment in recruiting pilgrims, keeping in mind the TRUE purpose of Emmaus--**the development of Christian leaders and the renewal of the church in ministry.**

**A good sponsor should:**

1. PRAY
2. Have participated in a Walk to Emmaus (or other affiliated event such as Chrysalis, Tres Dias, DeColores)
3. Have taken sponsorship training in the last 4 years.
4. Have not sponsored more than 2 pilgrims per year with a few exceptions.
5. Have reviewed the Emmaus library series booklet, "Sponsorship".
6. Use discernment to select an excellent pilgrim candidate.

**NOTE:** Emmaus is not for non-Christians; those w/ incompatible theological, spiritual or dietary beliefs/traditions; those undergoing an unstable time in their lives such as family breakup, job loss, or extreme grief; those who just need to be 'loved'; church hoppers (disgruntled with every church they attend); or those looking for yet 'another spiritual high'.

7. Make an appointment w/ the candidate (and spouse if married) to fully explain the basic elements of a Walk to Emmaus (structured, cloistered, ecumenical, focused on God) and explain Equal Commitment to both spouses. There are no secrets—but many nice surprises—so it is your goal to explain enough to meet their needs, but try not to spoil the surprises which are part of the experience.

8. Provide a current registration form to the candidate and help them fill it out answering questions as necessary. Get the deposit or walk fee from the pilgrim.

9. Complete the sponsorship agreement and sponsor's portion of the application and mail with application & deposit to the Registrar IMMEDIATELY or at LEAST THREE WEEKS PRIOR to walk.

10. Enlist support of the pilgrim's pastor; get 8-12 agape letters (no more & no gifts)

11. Be fully able to commit to the responsibilities of sponsorship by supporting the walk through the 72 hour prayer vigil, send off, sponsors hour, candlelight, closing, transporting pilgrim to and from walk and caring for home issues they might have such as family, pets, plants, home security. **NOTE:** sponsors should not serve as team members on the walk. It is difficult to meet the responsibilities of both roles & your presence in the conference room may interfere with the pilgrim's special interaction with God or distract them from a full and personal response to the walk.

12. After the walk, encourage the pilgrim with 4<sup>th</sup> day involvement — take them to the reunion Gathering, help them find a reunion group, & help them re-enter their church to use their new enthusiasm and energy!

13. Inform the pilgrim of ways to serve the Emmaus community. Remember, you have a sponsor commitment to this pilgrim for at least one year.

14. PRAY

**REMEMBER**

When you sign the sponsorship portion of a pilgrim's application,  
we are taking it on FAITH that you have met these promises of a good sponsor!!!

## Number of Pilgrims registered for the next two Walks, as of March 6, 2005

**Men's Walk #60, April 7-10, at Clare UMC 16** Remember, we are asking God for waiting lists!

**Women's Walk #61, April 28 - May 1, at Mt. Hope UMC, Lansing 25** Pray, Pray, and Pray

### Your Chance to Participate in the Up Coming Men's Walk!

On every Walk we have a hard working group of people called Auxiliary. These brothers and sisters in Christ were once Pilgrims and now they are Community Members. On your Walk, do you remember the great food, the dining room decorations, the clean bathrooms, the boxes of Kleenex, and the group picture? Well, the Auxiliary took care of all of that and more! You always have the opportunity to participate in Auxiliary. The Auxiliary Co-Head leaders for the Men's Walk, being held on April 7-10 at the Clare UMC in Clare are Susie Neff and Troy Bongard. They have openings for you to help on the full week-end, or for part of the week-end.

You can contact: Susie at 989.386.7633 or [sgneff@chartermi.net](mailto:sgneff@chartermi.net) or Troy Bongard at 989.386.0629 or [troy.bongard@cmich.edu](mailto:troy.bongard@cmich.edu) The Team training meeting is at Ithaca UMC, and March 19 at Clare UMC.

**Call, we would love to have you there!**

### Do You Remember?

Remember all the wonderful table agape that you received on your Walk to Emmaus? Well, the time is fast approaching for a chance to gift that feeling of unconditional love to someone else. **Men's Walk #60 will be April 7-10 at Clare UMC and Women's Walk #61 will be April 28 - May 1 at Mt. Hope UMC, Lansing.** Special table agape is needed for both walks.

"Table agape is a wonderful sign of God's inexhaustible love for each one of the pilgrims" quoted from the Upper Room Handbook on Emmaus. The next sentence is something new. Because this is an expression of that love, personal names are not attached. But, Reunion Groups and 4th Day Groups are encouraged to add their group names to the table agape. This lets the pilgrims know that the continuity of the reunion group is a big factor in their continued growth in faith.

Take a little time in the next month to prepare special table agape in your reunion group. And as you do this act of love, pray for those pilgrims that will receive this unique gift -- sent from you and reflecting Christ.

In Christ, Janet Ball, Agape Coordinator

### Trailer Haulers Needed

I am looking for someone to pull the Emmaus supply trailer to and from the Men's Walk at the Clare UMC on April 7-10 in Clare, and the Women's Walk at Mt. Hope UMC, in Lansing on April 28 - May 1. If you have a 1/2 ton vehicle with a 2 inch ball and a 7-pin electrical connector, please contact me at: **517-627-6957, Thank You!!! Cori Feldpausch, Supply Team Coordinator**

### Numbers - From The Upper Room

Ah, numbers! How sweet they are! And such fun! Here are the latest Number of Emmaus Communities, as of 2/25/05. West 36 (three of these are new), North Central 61 (2 in process), South Central 95 (1 in process), North East 35, and South East 73 (2 in process). That is a **Grand Total of 300 (with 5 in process)**. A new Community is starting in Ireland, and that means that Emmaus is now in 30 countries around the globe. Also, we hope that 3 more countries will be added in the next 12-15 months. **And a loud cheer went up to honor God for His marvelous works!** Blessings on each of you and the great work you are doing for the Lord. Dick Gilmore

## Insights from the Emmaus Handbook

### Week 5 Kindness

In past newsletters we have looked at love, joy, peace, and patience relating to the Emmaus experience. This month: kindness. The Greek word is **chrestotes** {khray-stot'-ace}...

a. This word describes "the sympathetic kindness or sweetness of temper which puts others at their ease, and shrinks from giving pain" (PLUMMER)

1) It therefore describes a quality that makes other people feel at ease when with you

2) They know you will be kind, or gentle

b. "It is a beautiful word for the expression of a beautiful grace" (TRENCH)

(Mark A. Copeland) [http://www.ccel.org/contrib/exec\\_outlines/fs/fs\\_13.htm](http://www.ccel.org/contrib/exec_outlines/fs/fs_13.htm)

This is a very important part of what Emmaus is about!

### From the Emmaus Handbook:

*"Kindness is love expressed in specific acts of caring, attention, and undeserved charity. The pilgrims experience the kindness of God through the attention of the team and the Emmaus community to the pilgrims' every need and their extraordinary care for the many details that make Emmaus so special a gift."*

*"Few other programs involve the investment of so much from so many for the sake of so few. Team members must be careful, however, that kindness does not turn into control. Pilgrims do not experience the kindness of God when the team's attention becomes smothering watchfulness. The pilgrims may then feel they are being treated like children or like prisoners who cannot be trusted."*

*"Team and community helpers must also be careful not to call attention to their acts of kindness, even at Closing. The Weekend Lay Director may briefly recognize the persons who have contributed (but not single out individuals) so that pilgrims have the opportunity to express their gratitude. At closing the focus remains upon the pilgrims and God's work in their lives."*

Over and over again, the handbook stresses that it is not about US! We are to be servants showing God's love to the pilgrims. Kindness is one very important way to show God's love and help pilgrims feel comfortable and safe in their experience during their 72-hour experience, while at the same time not drawing attention to ourselves.

Judy McPherson,

Assistant Community Lay Director

**Next month: GOODNESS**

## Did You Know?

### The Emmaus Communities are the sponsors and supporters of the Chrysalis Community

March 11-13, is the next Girls Chrysalis flight. The next Chrysalis Hoot is March 19th from 3-6, at the Lake Wood Community Center in Lake Odessa. We'll have lots of fun, food and fellowship. Any questions please contact Ali Svendsen at 269-760-2297 or email her at [alidale337@aol.com](mailto:alidale337@aol.com) Their newsletter contact is Tammy Smith at [tsmith@ionia-isd.k12.mi.us](mailto:tsmith@ionia-isd.k12.mi.us) Our Emmaus contact liaison is Kathy Wilson.

For registration information on any of the Flights, you can contact Caitlyn Wolfinger at 517-812-8604

### Hooting to see you there!

If you have never attended one the Saturday night Hoots, plan on coming to this one. It is just like the Emmaus Gatherings ... well almost! These kids have soooo much energy it's contagious.

The adults do to, they have to just to keep up with the kids. ;-)

Pilgrim U.M.C.  
Lansing Area Emmaus  
2965 W. Parks Road  
St. Johns, MI 44479

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St. Johns, MI  
Permit # 16

## Upcoming Events

Mar 3-6 Jackson Area Men's Walk  
**Mar 9 Lansing Emmaus Board Meeting,  
6:30 P.M at Pilgrim U.M.C., St.  
Johns**  
**Mar 11-13 Girls Chrysalis Flight at Grass  
Lake U.M.C.**  
**Mar 11 Lansing Gathering, 6:30 P.M at  
Pilgrim U.M.C., St. Johns**  
Mar 31-April 3 Jackson Area Women's  
Walk  
**April 7-10 Lansing Men's Walk at Clare  
U.M.C., Clare**  
**April 9 Lansing Gathering, 6:30 P.M at  
Clare U.M.C., Clare (Note Location)**  
**April 12 Lansing Emmaus Board Meeting,  
6:30 P.M at Pilgrim U.M.C., St.  
Johns**

“Were not our hearts burning within us while  
he talked with us on the road and opened the  
Scriptures to us?” Luke 24:32

April 7-10 *Southeast Mich* Men's Walk  
April 7-10 *Mid-Michigan* Men's Walk  
April 14-17 *Grand Rapids* Men's Walk  
April 14-17 *Mid-Michigan* Women's Walk  
April 14-17 *Southeast Mich* Women's Walk  
**April 28-May 1 Lansing Women's Walk,  
Mt. Hope U.M.C., Lansing**  
**May 10 Lansing Emmaus Board Meeting,  
6:30 P.M at Pilgrim U.M.C., St.  
Johns**  
**May 13 Lansing Gathering, 6:30 P.M at  
Pilgrim U.M.C., St. Johns**

Check the LA Emmaus Web Site for other  
Walk, Chrysalis, and Keryx Dates!

[www.lansingemmaus.truepath.com](http://www.lansingemmaus.truepath.com)