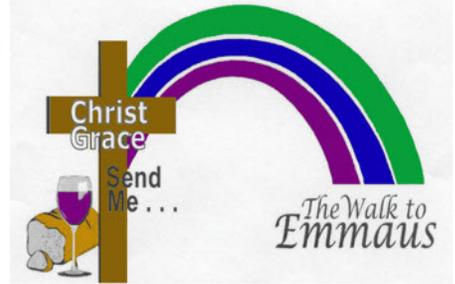


Lansing Emmaus Community

Footprints



Number 09-6

October - November, 2009

Community Lay Director, Russ Fries
(810) 625-5296, r.fries@mlftpd.us

Outreach Coordinator, Sue Neff
(989) 386-7633, sgneff@chartermi.net

Newsletter Coordinator, Harry Wallin
(517) 566-8452 owltalker@centurytel.net

WELCOME NEW PILGRIMS!

Please allow me to introduce myself. My name is Russ Fries and I am the Community Lay Director for the Lansing Area Emmaus Community (LAEC). I was one of the speakers at the closing ceremony. I know how everything went so fast it seems as though the weekend just started. Once it was over everyone really didn't want to leave their new friends. That's how it is with the weekend, but it doesn't have to stop there. As you continue on your Fourth Day journey you will have a lot of opportunities to volunteer your time to be a servant leader of our Lord, Jesus Christ.

First, there are a number of priorities that I'm sure you are getting straightened out, like your prayer time and what is most important. Just remember God wants to be with you. He wants to hear from you. You're very special to Him. That's why he sent his only Son to sacrifice Himself for our sins – so He could be with us, and talk to us. Make some quiet time to listen to that still small voice.

These are exciting times for the LAEC. For the past several years, we have limited our number of Walks to three a year: Men's Spring, Women's Spring and Women's Fall. There have been requests to re-establish a Men's Fall Walk. Because our Walks have been either full (36) pilgrims, or nearly full, the Board has made the decision to attempt a Men's Fall Walk as a test to see if the community will step up and sponsor enough men for the Walk. The one catch is the Board doesn't want set up an entire Walk and then have to postpone it for lack of participation. So, the plan is to have 20 men signed up by June 1, 2010 and to run a Fall Men's Walk. Therefore, women of Walk #74, if you have a spouse, significant other, brother, father, or just a friend whom you feel might be ready for a Walk to Emmaus, get them signed up. Now having said that, there is still one more step: sponsorship training. Sponsorship training is offered once a month, after each gathering. The Sponsorship Training Coordinator can also conduct training at a different time or place if a group of people schedule a time with him. If you have further questions ask your sponsor.

In closing, remember: get to your Group Reunion Meeting and stay plugged in to the Community. The ember that sits away from the fire cools off quickly. There are a number of ways to stay plugged into the Community that are fun and low time involvement. You can attend monthly Gatherings, come to the Candlelight Service, or work as a volunteer on a Walk like the one you were just on. Or, you could become a member of a committee that helps the Board of Directors plan our event weekends. The most important is to become involved in a Fourth Day (Reunion) Group. These groups are usually members of the Emmaus Community that gather once a week, for about an hour and talk about what you have done during the week so Christ will be better known and loved, and how your faith was tested through a failure to share Christ's love with others. For more on these groups and other opportunities talk with your sponsor or drop me an e-mail. I'd love to chat with you about it.

In His Service,

Russ

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✠	Page 6: Board Nominees, Cont'd; A Word from Codee; Help Wanted				

LANSING AREA EMMAUS BOARD 2009

Name	Position	Phone	E-mail	Expires
Rev. Terri Bentley	Asst. Community Spiritual Director			2009
Rev. Greg Buchner	Asst. Community Spiritual Director	989-621-7782	gb@clergy.net	2009
Terrie Eisenmann	Registrar			2009
Ray Francis	Sponsorship, Candle Light, Closing, Gatherings, Music			2011
Russ Fries	Community Lay Director	(810) 625-5296	r.fries@mi.ftpd.us	2010
Scott Lobert	Auxiliary, Kitchen, Site Selection			2011
Sue Neff	Member-At-Large, Outreach	(989) 386-7633	sgneff@chartermi.net	2009
Ed Nierescher	Treasurer (on leave)			2009
Rev. Susan Poynter	Community Spiritual Director	H (989) 427-3289 W (989) 427-5575	susepoy@yahoo.com	2009
Andrew Sass	Immediate Past Community Lay Director			2009
Roger Silverthorn	Asst. Comm. Lay Director, Supply Coordinator, Acting Treasurer			2010
Barb Tyler	Secretary, Agape			2010
Elnora Wallin	Team Selection			2009
Harry Wallin	Data Manager; Newsletter Coordinator	(517) 566-8452	owltalker@centurytel.net	2009

Please Note: Our Spiritual Directors are members of the Board one year at a time, and are eligible to continue on the Board .

YOUR EMMAUS BOARD

Come join us at our next meetings at 7:00 P.M. on Tuesday, October 13, and Tuesday, November 10, at Pilgrim UMC. Board meetings are always open to any Community member who wishes to attend. Do you have concerns or suggestions? Call or e-mail Russ Fries, our Community Lay Director, or any Board member and we'll be sure you get included in the agenda. Please prayerfully consider being a member of one of the Board Committees. All Board members have committees to help them do the work. There is more than one person can do. Join us in service.

NOW WHAT?

By Pastor Greg Buchner, A.S.D.

Well, now that the Walk is over and we turn our attention to all things future, in the midst of the joy and excitement, a lingering question remains, "Now what?" Yes, there are future Walks. Yes, there are Gatherings and Fourth Day Meetings (Reunion Groups.) Yes, the process starts over again. But deep in our hearts of hearts we know that the Christian life is more than Emmaus Walks. We are a Fourth Day Community. So...now what? Well, I'm sure it wouldn't surprise you that I have some suggestions.

1. We might love God and each other a little more. (Matthew 22:37-40)
2. We might rely on God's grace even more. (Ephesians 2:8-9)
3. We might pray for each other a little more. (I Thessalonians 5:17)
4. We might be there for each other even more. (Galatians 6:2)
5. We might ask for and give forgiveness a little more. (Matthew 6:14-15)
6. We might laugh with each other even more. (Ecclesiastes 3:4)
7. We might even thank God a little more. (Psalm 108:5)

Bottom line, none of these things are new to us. When our Community is at its best, we do these things already don't we? But when we're at our worst, I hope this will be our reminder of what we can do when we put our minds to it. Now what? You know what! Let's get it done together.

First Fold

Roger Silverthorn
725 Westwood Lane
Ithaca, MI
48847

Tape

Tape

Last Fold

Tape

3

BALLOT

LANSING AREA EMMAUS COMMUNITY BOARD OF DIRECTORS

This year's nominating committee met and prayed over names to be presented to the LAE board as potential candidates to contact to run for the Emmaus Board. The individuals on the ballot have indicated a willingness to serve Christ by serving on the board for this community, at this time. Ten lay members need to be elected this year to replace the Board members whose terms are ending this year. We have listed the individuals who have agreed to serve in alphabetical order, by last name, and have left one space for write in candidates, although you may write in as many candidates as you wish. Write-in candidates must meet the minimum qualifications for Board Member, and they must agree to serve if they are among the top 10 vote-getters. **Please vote for not more than 10 candidates including any write-ins you choose to add.** If there are more than one Emmaus Community Members in your household, you may photocopy the ballot or use numbers to indicate each member's vote, i.e. 1 for one person's vote and 2 for another person's vote instead of a check mark or an X.

Robert "Archie" Archambault

Deb Bongard

Ryan Cressman

Kathy Dobie

Bob Haddad

Bill Jenkins

Judy McPherson

Ed Milam

Barb Moss

Mike Walker

Write in Candidate's name

If you choose to return this ballot by postal mail, please cut or tear out this page and fold so the address on the other side of this sheet of paper is showing. Please return the ballot postmarked by November 30. You may also vote by stating your choices in an e-mail Roger Silverthorn – rogersilverthorn@charter.net . Please send any e-mail votes by November 30. E-mail votes will be printed out and counted just as the paper ballots are.

BOARD NOMINEES

Here is the information provided by nominees to the Lansing Emmaus Board of Directors starting in 2010

Mike Walker

My name is Mike Walker I took my Walk, Walk #55 at Christ UMC in Lansing Mi. in March of 2003. I sat at the table of James. I attend Potterville UMC. I fill my days with work at GM's Lansing Delta Township plant. I serve on 3 committee's at my Church and I'm in my final term on the Potterville School board (10 years), finishing up in January. I'm married to Tina, my lovely wife of 23 years and we have 2 great kids: Danielle, age 19 and Joshua, age 16. I love the outdoors, fishing, hunting and boating. Telling you my most memorable experience in Emmaus is no easy thing, I'm not sure where to start! I think seeing the face of Jesus in every one of your faces when we gather for fellowship or when we gather to serve is my greatest memory, I love the Saturday schedule during the walk and Closing.

May God continue to Bless you all.

Bill Jenkins

I took my walk #5 at Trinity UMC & sat at the table of Mark, I worship at Trinity UMC. To fill my days I am currently learning to be a nurse. My wife Cheryl fell September 24th and injured her back. She is in a lot of pain but nothing is broken it will just take time to heal. My most memorable experience in Emmaus was on my walk in 91 when I was during a quiet time at the alter & God touch my Heart

God Bless

Ed Milam

My Name is Ed Milam. I took Walk number 104 (Emmaus of Southeast Michigan) at Wyandotte UMC and I sat at the table of Paul. I worship our God at Potterville UMC with my wife Jen our three daughters Kristen (9) Sarah (6) and Rachael (18 months). On Sunday I teach the Senior High Sunday School Class. It is awesome to watch our young people develop their personal relationship with Christ. During the day I work for Pepsi Cola. I am the Install Manager for the Michigan Market. I have worked for Pepsi for 10 years. When I am not working I enjoy coaching football at Potterville High School. I am also involved in the activities my girls are involved in. My most memorable Emmaus moment would be the candlelight service on my Walk. Up to that point in my life I had never felt the love of Christ so strong. It was an awesome feeling to know that this great group of people who did not even know me were there for me. I am blessed every time I think of it. I am looking forward to the opportunity to serve this community. I am willing to follow God's call and step out in faith to a new adventure with the community.

G.L.Y.A.S.D.I.

Barb Moss

Barbara Moss. I took my Walk to Emmaus in May 2000. It was Walk #44 and was held at Lawrence Avenue United Methodist Church. I sat at the table of Martha. My most memorable experience in Emmaus has been spending time with all the Emmaus people. That is what keeps me continuing to serve on walks. I've done mail room, dining room, kitchen, pastry chef, head cook, some trailer restocking, a little bit of snacks (most memorably buying lots of pickled baloney for men's walks), candlelight dinner server, drop-in soloist, assistant table leader, table leader, assistant lay director and I've helped with community mailings and music. I've been in a 4th day group since the weekend after my Walk. I've been to a number of gatherings, candle lights and closings over the years. I've sponsored 4 pilgrims. I still talk with my own sponsor. I've checked out the Michigan Presbyterian Pilgrimage and sponsored my dad as a guest through that venue. Dad in turn sponsored his then fiancé to a Walk to Emmaus and they are together sponsoring a pilgrim in October 2009. I've made agape and given talks. I really like being part of the Emmaus community. I very much enjoy knowing how much God loves me and sharing that feeling with all the others I interact with

in this community and other fourth day groups. My Walk to Emmaus was a life-changing experience and I want to be part of this community for a long time. I attend church at Eastminster Presbyterian Church in East Lansing where my dad, step-mom, sister and brother are members, too. I am employed by Clinton County, Michigan as the County Equalization Director. I'm in Kiwanis. I help with the used book sale for our local library. I'm a US Air Force veteran. I'm single. I have two cats—Spooper and Tinker. I like to sing, play piano, read, swim, ride my bicycle, walk, play with spreadsheets, bake, and enjoy my home after I clean it.

Kathy Dobie

My name is Kathy Dobie. I took my Walk to Emmaus in April 2004, along with my daughter Coty Robertson, at the Charlotte Lawrence Avenue United Methodist Church, Walk #59. I sat at the table of Rebecca. I am a member of the Potterville United Methodist Church where I serve as Lay Leader and participate in the choir. I also lead a women's Bible study on Mondays at noon, The Bible Babes. My husband and I live in Eagle, enjoy golfing and spending time with our first grandchild, Lillian, who was one year old in May. The most memorable experience I have had in Emmaus has been the friendships formed. I look forward to serving on the Board.

Bob Haddad

My name is Bob Haddad Jr. and I took my Walk to Emmaus in April 1996 at Mt. Hope UMC in Lansing. I have been married to Laurie for nearly 27 years. We have four children, Heather 24, Kaitlyn 21, Robert Joseph 15, and Haleigh 13. We have worshiped at Trinity UMC since January 2, 1992. There I have served in a number of leadership and administrative roles. From teaching Sunday School, taking the Youth Mission trips and retreats, to serving as the Team Leader for Finance & Stewardship, a member of the Church Board, SPR Team and Lay Leader. With a strong passion for outreach and hospitality, I've organized teams to host church, district and community-wide events for as many as 600+ people. Professionally, for 25 years, I owned and operated a small chain of successful retail card, gift and collectable stores, a nation-wide message on-hold marketing company, provided business consulting services and recently opened a insurance agency, often running multiple businesses at one time. The joy, satisfaction and memories, I've experienced while serving on an Emmaus Walk, whether cooking, scrubbing pans, setting up or serving in the conference room have been exceptional, however, nothing will replace my first candlelight. I felt like I was as close to heaven as any living person could be. I give God the credit and thank Him for giving me the talents, drive and passion to do all these things. I hope and pray that I bring him glory in all do and who I am.

De Colores!

Ryan Cressman

I am Ryan Cressman. I took my walk in February of 2006 in Mecosta and sat at the Table of Titus. I attend Pilgrim UMC with my wife Sarah and our three kids, Morgan, Corry, and Wes. My days are filled with my work in law enforcement and with my family. My most memorable experience with Emmaus was when God used me to sponsor a friend and his mother called me, happily crying, praising God!!!

Deb Bongard

Hi my name is Deb Bongard and took my walk in October of 2002 at Trinity UMC in Lansing and set at the table of Ruth. My husband Troy & I worship at the Clare UMC where we are very active. I serve as the coffee hour coordinator and on the finance committee and the Emerging ministries committee. Troy serve on the technology committee. I work as an accountant at Michael Engineering in Mt. Pleasant. Of our six kids, three of them are currently living with us and we have one in college. In my spare time I like to read, bead, garden and camp. One of my most memorable experience in Emmaus was when we were having prayer in the sanctuary and I walked

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page 6.

Continued from
page 5.

in and there were like people everywhere covering that sanctuary in prayer. It was awesome. God is good!

BOARD NOMINEES

Robert Archambault

My name is Robert Archambault and I took my Walk to Emmaus in February, 2006 in Mecosta at New Hope U.M.C. I would like to thank the nominations Committee for considering me for this servant hood. It is with prayer and careful thought that I accepted the nomination.

If I am elected as a member of the Board to serve you and the community, I will do my best to serve God and You. I was a member of Grace UMC for about two years serving in Treasury and Trustees. Then transferred to Aldersgate UMC until it closed serving as Trustee Chair, Finance Chair and Treasurer. Last year I had the pleasure to work on the Carson City Keryx walk and am now a member of that Board. Since my Emmaus Walk I have served in several capacities in Auxiliary and Conference Room areas. I serve the Board and the Community as a Trainer. Being part of this Community, serving others has been one of the best highlights of my life and look forward to continued service where I am called to serve.

Judy McPherson

My name is Judy McPherson and I took my Walk in October of 1997 in Mt. Pleasant and sat at the table of Esther. I work for the State of Michigan in the Michigan Department of State as a budget analyst preparing and monitoring the budget for the branch offices where driver licenses and registrations are issued. I live in Grand Ledge and have 3 children and a black Lab, Valkyrie. My children are: Michael, who died in February of 2007 and would have been 40 this October, Rachel (Ali) (30 – Boston), and Patrick (28 – Lansing). I have no grandchildren. I am single, worship at Trinity UMC in Lansing and am in a 4th day group. My long-term ministry is serving as a mentor for women and teens. For 30 years, I was also a Sunday school teacher, youth leader and small group leader (middle school, women). Currently in my spare time I run 6 miles a day, bike, take aerobics, am in Bible Study Fellowship and love to garden. My most memorable Emmaus experience was serving on the board from 2004-2007 as Team Selection Chair, Assistant Community Lay Director, Nominations Chair, and training liaison. I was blessed to have a team of several experienced and committed Emmaus community members when I served, who made doing this important but demanding work possible. I am the Spring 2010 Emmaus women's lay director. Having prayed and asked others to pray about accepting this position, I am honored to have been asked and pleased to be able to commit to a two-year term, if elected.

A WORD FROM CODEE, LAY DIRECTOR OF WALK #74

God's grace surrounded Lansing Emmaus Walk #74! We were so blessed at the Walk, October 8-11, 2009, and during preparation for the Walk beginning in May and June. Twenty-five pilgrims were called by God and an answer to prayer and trust in Him. We know these pilgrims are at the start of their Fourth Day and will often be surprised and energized by where God leads.

It is always a blessing to serve on a Walk in some capacity, an opportunity to grow and affirm our relationship with Christ and connect with brothers and sisters in Christ. I urge the pilgrims from this Walk and our Community to consider serving on one of our Spring Walks: to sponsor someone ready to feel Christ in a fuller way, to pray before and during the Walk, to be hands and feet for Christ, or answer a call to the conference room. The Spring Walks are in Carson City with the Men's Walk on March 4-7 and Women's Walk, March 18-21, 2010.

You might even do some of the important between-Walks work of preparing supplies, agape, and helping with gatherings that are so essential for making Emmaus complete. Or, you could heed the call to serve Christ in your family, church or community in ways that might not have occurred to you before. Get connected with an accountability group. It's the daily acts of saying 'yes' to Christ that add up in unexpected ways.

I want to thank the Lansing Area Emmaus Board for asking me to serve, to have this opportunity to stretch. This has been affirmation of our team cannon that no one is more or less important than any other. All of us coming together to authentically serve most vibrantly reflect Christ's love and grace.

Your sister in Christ, Codee Kirkby

HELP WANTED

Attention LAE Community!

Your Music Coordinator needs your help! Wanted: Singers, Musicians, Instrumentalists!

If you enjoy singing, or play an instrument, please contact Renee Hahn. Looking for: Music leaders / helpers for gatherings, walk weekends, dinner music and entertainment! Please reply to: renee@almaumc.com

Thank you!

Mark and Renee Hahn

Acts 20:24 (NLT) "But my life is worth nothing to me unless I use it for finishing the work assigned me by the Lord Jesus — the work of telling others the Good News about the wonderful grace of God"

EMMAUS MEMBER CALLED TO MISSION

Carrie Bloom is a long-time member of the Lansing Area Emmaus Community. Our database has her working on Women's Walk #2 in 1989, so she has been around from the earliest days of our Community. She credits her Emmaus experience and her Fourth Day experience in the Community with substantial influence in opening her ears to hear her call to mission. Let me share a few of her words with you.

"I feel God's call to go back to the Holy Mountain in Tegucigalpa, to work alongside Jackie (Hicks, the founder of Angel of Mercy Ministries,) as a missionary in this field. Our goal is to serve the people one meal each day. During this meal, there is a time of preaching and evangelizing, a time of praise and worship and a time of healing prayer. Besides helping Jackie with this ministry and using the gifts and talents that God has given, I would be teaching sewing to the teenage girls and women, instructing the community in building a neighborhood watch program, holding a weekly Bible Study for children, teens and adults; get a youth program started, hold a Vacation Bible School, start a youth or adult choir and do arts and crafts with the children."

They also hope to offer education to children who cannot afford it. If you would like more information or offer financial assistance, please contact Carrie. Her mailing address is P.O. Box 461, Dimondale, Michigan, 48821. Her phone is (517) 646-8076, and her e-mail is precious_94@peoplepc.com. She is willing to talk to church groups to share more information about this mission.

THE AGAPE CURE

Dear Brothers and Sister In Christ,

When I was asked to write an article, I wasn't exactly sure what the message was that God would like me share. However, last night while reading Psalm 37, I figured out that I was supposed to share an expression of agape that I have recently experienced in my own life.

I had always thought of agape love as an item left on a pillow, or another place to surprise me on a Walk, filled with love. I was wrong. Agape love can be expressed in so many different ways.

This September my husband lost his job. Why doesn't really matter. What mattered was what I did with myself. I sunk down into a semi-depression, filled with anxiety and worry. I said with my mouth that I trusted God, but my mind and heart were not letting him in. And, then He sent me some wonderful people to remind me that I was not alone. Their gifts of love, prayers, listening, and accountability reminded me that agape love can come in many different shapes and sizes, under many different circumstances.

I was reminded, in Psalm 37, that when I worry excessively I am not letting God support me and carry me through my difficulties. So, does worry still creep in? Yes, it does. But now I remember to pray and lean on those persons that he has placed in my life to allow them to care for me (agape love) as I have cared for others.

Thank you for the love that you share with each other just because God love us.

God Loves You And So Do I,

Barb Tyler

World Wide Agape Coordinator

SIDE EFFECTS OF EMMAUS SERVICE

Have you ever noticed that when a medicine is advertised on television, they are required to list the side effects you may experience when taking it? Sometimes the side effects sound worse than the symptoms that lead you to take medication in the first place.

Working on an Emmaus weekend as part of an Auxiliary Team can in some ways be like a medicine for your soul. Are you in need of renewal? Do you feel sometimes that you are not connected to God or the Christian community? Serving as part of an Auxiliary Team might be just the medicine for you. If you are willing to serve, you will need to be prepared for the side effects. Any time you are filled with the Holy Spirit you will most likely experience these side effects; love, joy, peace, patience, kindness, goodness, faithfulness gentleness and self control.

There is no warning label on the Emmaus experience, but know this: if you take the medicine, and experience God anew, the side effects are always a blessing. Who would not want that? Remember that god loves you and so do we. If you need further information on the fruit of the spirit, see Galatians 5:22-23

Thank you, and God bless you,

Scott Lobert,

Kitchen, Auxiliary, and Site Selection Coordinator

Upcoming Events

October 13 *Lansing* 7:00 Board Meeting, Pilgrim U.M.C., St. Johns.

October 15-18 *Kalamazoo* Men's Walk at Vicksburg U.M.C.
West Michigan Women's Walk at Shelby U.M.C.

October 22-25 *Kalamazoo* Women's Walk at Vicksburg U.M.C.

November 10 *Lansing* 7:00 Board Meeting, Pilgrim U.M.C., St. Johns.

November 13 *Lansing* Gathering. Pilgrim U.M.C., St. Johns. Gather at 6pm, Potluck at 6:30, Worship at 7 P.M., Sponsorship Training at 8 P.M.

December 8 *Lansing* 7:00 Board Meeting, Pilgrim U.M.C., St. Johns.

December 11 *Lansing* Gathering. Pilgrim U.M.C., St. Johns. Gather at 6pm, Potluck at 6:30, Worship at 7 P.M., Sponsorship Training at 8 P.M.

January 12 *Lansing* 7:00 Board Meeting, Pilgrim U.M.C., St. Johns.

January 15 *Lansing* Gathering. Pilgrim U.M.C., St. Johns. Gather at 6pm, Potluck at 6:30, Worship at 7 P.M., Sponsorship Training at 8 P.M.

March 4-7, 2010 *Lansing* Men's Walk #75, Carson City U.M.C., Carson City.

March 18-21, 2010 *Lansing* Women's Walk #76, Carson City U.M.C., Carson City

June 1, 2010 *Lansing* Deadline to have a minimum of 20 men registered for Men's Walk #77

October 7-10, 2010 *Lansing* Men's Walk #77, United Church of Ovid. This is the first time we are having a Men's Walk in several years. Be sure to sign up early!

October 21-24, 2010 *Lansing* Women's Walk #78, United Church of Ovid.

Newsletter Deadline for Next Issue

If you have an idea for a story, please let me know by
November 30, 2009. Contact Harry Wallin
(517) 566-8452 owltalker@centurytel.net

VISIT OUR WEBSITE:

www.lansingenmaus.truepath.com

IMS Database: Link from our Website using Internet Explorer



Pilgrim U.M.C.
Lansing Area Emmaus
2965 West Parks Road
St. Johns, MI 48879

