

Lansing Emmaus Community

# Footprints

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***“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such there is no law.” Galatians 5: 22-23***

Years ago there was a musical “You’re a Good Man Charlie Brown. In one of the songs the Peanuts characters sang about happiness. Here’s what happiness meant to them. Happiness is finding a pencil.....Pizza with sausage....Telling the time..... Happiness is learning to whistle..... Tying your shoe for the very first time....Happiness is playing the drum in your own school band... And happiness is walking hand in hand. Happiness is two kinds of ice cream.....Knowing a secret....Climbing a tree.....Happiness is five different crayons....Catching a firefly...Setting him free.....Happiness is being alone every now and then..... And happiness is coming home again....Happiness is having a sister.....Sharing a sandwich.....Getting along.....Happiness is singing together when day is through.



Happiness is..... We each can add hundreds of things to the items shared in that song. Happiness relies on upon what happens to you. The root word for happiness is simply “Hap.” Hap means luck, good fortune, success, prosperity. At the very heart of its meaning, happiness depends on circumstances and situations....finding a pencil, two kinds of ice cream....getting along. So if all the circumstances are right, then you can be happy. But happiness is not the same as JOY. The Bible mentions joy over 200 times, but it only mentions happiness about 6 times. Joy is much deeper. The root of joy is changeless love. Christian joy never depends on circumstances. Joy is the result of being loved by God. When God’s undeserved grace and forgiveness penetrates through all our layers of self doubt, we begin to feel the joy God wants us to have.

Joy comes from Christ living in us through the Holy Spirit. In John 15, Jesus said, *“I am the vine and you are the branches.”* Joy flows from the vine to the branch.

When we abide in Christ and Christ in us, then we know joy.

True joy is part of God’s nature and God wants to share it with his children. What gives God joy, gives us joy. We can’t have lasting joy until we are living out God’s purpose for our lives in the world. If we want joy we allow Jesus into our heart, but we also have to let that joy flow out to others. When was the last time you shared Christ with someone else? When did you take the time tell of how Christ has been working in your life? We are fast approaching a season that is to be filled with joy, yet for many the season is only one of happiness. When we’ve got the joy of Christ within us then that joy overflows, it can’t be contained, we want to share it. Joy is a lasting fruit and it frees us to love and care for others. Joy frees us to give and forgive.

There is a well know acrostic for JOY. **J= Jesus:** The inner happiness of a Christian’s life is based on the close personal relationship one has with Jesus Christ. **O= Others:** We receive great joy from serving other people and seeing them grow in their relationship with Jesus. **Y= You:** The third source of joy is the recognition of who you are in Christ and living out God’s purpose for your life.

The fruit of the Spirit is JOY. I pray that your joy overflows to others in the days ahead.

God Bless,  
*Pastor Becky*

## IN THIS ISSUE:

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## Hello There!!!

As you all know, we have just finished the two fall Walks and have welcomed over sixty new members to our community. **What a blessing.** I wanted to take a moment to invite all of these members to stay involved and serve within the community. One purpose of the Walk is to create and strengthen Christian leaders for local churches. Our hope is that you will do just that. Another hope is that you will stay connected to the Emmaus community. My area of responsibility is currently with the Facilities and with the Sponsor Hour, Candlelight, and Closing ceremonies. These Walks take a lot of us to be successful. Please make sure you let us know what areas you would consider helping and we will plug you in. The Walk to Emmaus is a great program and is a tremendous tool that God is using to grow his Kingdom. Many new policies have recently been implemented and in doing so, there have been concerns raised. However, as we all recently witnessed, at the end of the day, these Walks are successful and they do what they are designed to do; strengthen Christians for God's use. I heard all of the men and women talk about what a great experience their Walk was and how they are going to take that out into their worlds. **What a blessing!!!**

*Ryan Cressman*, your servant on the Board

Do You Hear What I Hear?  
Encore Emmaus!

DeColores. My name is Barbara Moss, LAE Walk #44, and I'm currently on the board of directors for the community as the music-entertainment chair.

We've had some good music this year at 4, count 'em, 4 walks and all the gatherings, candlelights, closings and the entertainment for each walk. Would you like to hear some of these teams again?

I would. We're inviting anyone on a music team during a Walk Weekend to bring their team to the December gathering with something to share with the group—probably Christmas, but definitely Christian! Let's get those conference room musicians back together. These teams just begin to really groove with each other's talents and harmonies and the weekend is over! The entertainment soloists or groups wow the conference room folks and then just disappear. The community enjoys song leaders at Closing and Candlelight and has to wait for another walk weekend to see anything like that again. Now's your chance to hear Encores from Emmaus Musicians! For Christmas!

Please contact Barbara Moss, 989 224 0815 (home), [lae.musicent@gmail.com](mailto:lae.musicent@gmail.com), [bjmoss@juno.com](mailto:bjmoss@juno.com) or 989 224 5172 (work) if you or you and your team would like to make a joyful noise in December. Friday, December 10, 2010—Pilgrim UMC, Saint Johns, gathering 6 pm, potluck 6:30 pm and Worship at 7 or so.

## Tradition

We live in a world of tradition. The holidays bring traditions to the forefront of our minds. My mind travels back to when I was a child, on Christmas morning, opening the gifts before we did anything else. This was our family's Christmas day tradition. It was a wonderful time of giving and receiving - a real family time. It was the only way I knew to spend Christmas. With my wife's family we have a dinner and open gifts on Christmas Eve. We both celebrate the same thing but in different way. I wonder how these traditions were started.



In Emmaus we have traditions as well. Over the past twenty years many traditions have come and gone. Many of these were set forth at the direction of the Upper Room. They wanted the weekend to be very special without completely outlining or defining what actually was to happen. Because of this the community stepped in, with good intentions and added what seemed like little things at the time, or things that enhanced the feeling of being special. But once implemented on a walk, many of these small developed into an expectation that it should happen the same way on the next walk. That is how a tradition starts.

As I think back to when I took my walk and to some of the traditions that were in place then, I remember that as pilgrims, we were each personally escorted our seat in the dining room for candle light dinner. Another tradition was the presentation of an elaborate wedding cake at the candlelight dinner. Another, even older tradition at Candlelight service, was for the visiting participants to each announce, to the pilgrims on stage, where they were from. These past traditions have served the community very well at the time, but as the Upper Room reminded us these types of traditions can be over the top, creating a "mountain top" experience for the pilgrims. So where does that leave us as a community? What happens when we change and stop doing things the way they have always been done in the past? Well, that depends on how abrupt the change is. The changes recently implemented at the candlelight service were very abrupt and without explanation. As a result many in the community became frustrated and stopped participating. Change is almost always difficult and people naturally resist it.

This year we started yet new tradition. In order to come in line with the Upper Room requirements we have implemented a new position, and reconstituted two time tested positions. For these existing positions, the names were changed and the job duties have been enhanced. The new position is the Weekend Servant Coordinator. This person is responsible for behind the scenes activities. The first enhanced position is the Weekend Food Service Coordinator who is in charge of everything related to the food for the weekend. The second is Weekend Facilities Coordinator who is in charge of everything related to the building on the weekend. These positions have spread out the work load for the weekend and give a greater opportunity to learn leadership skills and still serve the community.

In closing, we all need to keep in mind that traditions will come and go. It's how we deal with change that really matters. Remember grace.

In His Service,  
*Russ*, CLD

## Trailer Talk

My name is Mike Walker, I took my walk in the Lansing Area Emmaus Community, walk #55 in March of 2003 at Christ United Methodist Church in Lansing and I sat at the table of James.

I currently serve as the *Community Supply Chair*.

We are continuously trying to improve the way things are done in this community and that includes the supply trailer. We are looking to standardize the tote sizes, which mean purchasing new or lightly used industrial totes. Lighter weight shelving units will be constructed and installed, to redistribute the load evenly over the axles and throughout the trailer for more efficient towing. One other goal is to great a library for manuals (a master copy of manuals) that will stay with the trailer and be available during the walks and hopefully make it easier to maintain or update all manuals. If you are at the Church on Thursday afternoon or Sunday evening when the doors on the trailer are open you would see totes and supplies packed right to the opening, you would literally have to climb over things or unload quite a few totes to gain access inside.

With that said the community was recently asked (before the women's candle light and with approval from the Board) to support this work, both financially and physically. Those in attendance gave \$780.00. Two community members volunteered their business space, a welding shop to work on the shelves and a workshop to reorganize the totes during the winter. A few more have said they will also help with the work. If you would like to be involved we would like your help to.

Thank you all very much and may God continue to bless you all.

GLYASDI

Mike [matwalk@yahoo.com](mailto:matwalk@yahoo.com)

517 645-0139 or 517 285-4045

## GREETINGS LANSING AREA EMMAUS!

Flight of Hope Chrysalis is a vital part of this Emmaus Community! What is Chrysalis, you may ask. It is the youth version of Emmaus! It is a weekend set aside for youth to grow their friendship with Christ. We are so excited about the upcoming Flights. We need your help in getting the word to the youth of your church about Chrysalis! Please take time to talk to and pray for possible Caterpillars for January and February! Registration is happening now! See

[www.flightofhopechrysalis.com](http://www.flightofhopechrysalis.com) for more information.

### Keep the Chain Strong For Christ

Are you the missing LINK?

**Who:** YOU and/or Your Reunion Group

**What:** Your Church link to Chrysalis

**When:** Your choice

**How:** Make a simple display, hand out brochures, talk to the youth of your church

**Why:** To show youth the friendship of Christ

**More info:** [www.flightofhopechrysalis.com](http://www.flightofhopechrysalis.com)

To be a **Link:** Jen at [milam3ksr@yahoo.com](mailto:milam3ksr@yahoo.com)

Serving in Christ,

Jen Milam

Board Outreach Chair

**Flight of Hope Chrysalis**

## GATHERING UPDATE!

By Karen McLendon

Gatherings for the Lansing Area Emmaus Community are the 2<sup>nd</sup> Friday of each month except for months where there is a Walk, we then gather together for candlelight service. The last two gatherings for 2010 are scheduled as follows:

December 10, 2010 Fellowship – 6:00 to 6:30 – Potluck starts at 6:30 PM – Worship and Sponsorship Training to Follow Dinner, **Pilgrim** United Methodist Church, 2965 West Parks Road, St. Johns, MI 48879.

January 14, 2011 Fellowship – 6:00 to 6:30 – Potluck starts at 6:30 PM – Worship and Sponsorship Training to Follow Dinner, **Pilgrim** United Methodist Church, 2965 West Parks Road, St. Johns, MI 48879.

February 11, 2011 Fellowship – 6:00 to 6:30 – Potluck starts at 6:30 PM – Worship and Sponsorship Training to Follow Dinner, **Potterville** United Methodist Church, 105 N. Church St., Potterville, MI 48876.

March 5, 2011 Men's Candlelight Service - Plan to Gather at 7:30pm for fellowship, followed by candlelight service at the Lawrence Avenue United Methodist Church, Charlotte, MI 48813.

March 19, 2011 Women's Candlelight Service - Plan to Gather at 7:30pm for fellowship followed by candlelight service at the Lawrence Avenue United Methodist Church, Charlotte, MI 48813.

The average attendance at gatherings has been 60 – 70 individuals including children. There is day care available at the gatherings and the gatherings are for family members as well as the Emmaus Community.

The Gathering Team will be meeting soon to look at themes for gatherings next year. If you have any suggestions for themes for gatherings next year, please e-mail your suggestion to me at [lae.gathering@gmail.com](mailto:lae.gathering@gmail.com) or [Karen@mclendon.ws](mailto:Karen@mclendon.ws) and the Gathering Team will be glad to consider your suggestion as we prepare for 2011 gatherings.

On behalf of the Gathering Team, we hope you can attend the gatherings above for fellowship, music and worship. However, if you can't attend regular monthly gatherings, please plan to attend the gathering for candlelight service at the Men's Walk and Women's Walk in March.

**God is Good – All the Time, All the Time - God is Good!!**

## The Emmaus Store

would like to announce that we will be changing our look. You have seen us at gatherings. You have supported us by purchasing and wearing your Emmaus clothing. Now is the time to widen our focus. Starting in February we will be adding Chrysalis items to the NEW Emmaus/Chrysalis Store. Part of our vision is to take the store to the Chrysalis flights. This is going to be a great way to support and connect with more of our community. If you would like to join us in this effort please call Ed Milam @ 517-930-3007.

# Welcome New Pilgrims

Albert Gladstone

Allen Holcomb

Ben Wilson

Brent Wilson

Christopher Bass

Christopher Benjamin

Danny Stoneham

David S. Davis

Dennis Egan

Dennis Olin

Donald Richards

Frank Bongard Jr.

Gary Zehr

Gerald Erskine

Glenn Barrigar

Jerry Mire

John Gunther

John Perez

Martin Bontrager

Menno Haan

Nathaniel Smith

Randy Hager

Richard Leathem

Roger Hall

Russ Westbrook

Terry Hall

Thomas Fisher

Tim Pike

Tyler Wilson

William H. Troub

William McCully

Deborah Aultman

Carole Baker

Sheri Bartlett

Nicole Beckhorn

Melanie Bennett

Sandra Birdsley

Regina Bontrager

Sharon Calligaro

Linda Chambers

Mary Christensen

Dawn Clingenpeel

Rose Mary Davenport

Roberta Delo

Marvelann Erskine

Priscilla Esch

Billie Gladstone

Christine Gorton

Cassaundra Lee Grams

Mary Hall

Darcy Hallenbeck

Linda Sue Ham

Sara Hansen

Sally Lankton

Ruthanne Larry

Erma Leathem

Megan McCully

Patricia Miller

Lisa Phillips

Deb Ruthruff

Paula Shappell

Deborah Teusink

Christine Troub

Linda Van Hoose

Toni Wilson

## And More to Come in 2011

### "Prayer Changes Things"

Greetings brothers and sisters in Christ! My name is Kathy Dobie and I took my Walk to Emmaus in the Lansing Area Emmaus Community in the Spring of 2004, Walk #59, at the Charlotte Lawrence Avenue UMC where I sat at the table of Rebekah. Today I am blessed to serve this community on the Board as your Prayer Chair.

I joined the Board this past January with limited knowledge about what the function of the Board is. I have learned a lot since then and I am still learning what it is all about. One thing I can tell you is that the dedication and faithfulness of those who serve along with me on the board, as well as those in the community, is humbling and inspiring. There is much that needs to be done in order to keep this community vital and active and alive! Praise God!

My grandma Kirkconnell was a faithful follower of Jesus. She had this phrase posted on the dining room wall of her house, "*Prayer Changes Things*". As a child growing up, I didn't think much about it. I realize now that my grandmother, a sweet and gentle woman, was actually a strong and powerful prayer warrior. I am sure that she must have prayed for me many times through the years, times when I was not aware of it. Lord knows I gave her plenty of opportunities! I believe that I benefited from her prayers in ways I cannot begin to know. In fact, I would go so far as to say that I am who I am today due to the people, including my Grandmother, who stood in the gap for me. I thank God for them.

This community is covered in prayer during the Walks and Flights through the prayer vigils and faithfulness of the members. We also have a prayer chain in place through the IMS e-blast system. There have been some "bugs" to work out since implementing (Continued on Page 5)

### What's Cookin'?



DeColores! I'm Barbara Moss, I took my Lansing Area Emmaus Walk in May of 2000, Walk #44 and sat at the Table of Martha. I've been head cook two times and I've been asked for the following recipe. Most recently I cooked for the men of Walk #75, in Carson City. I used this recipe both times I was head cook. It was served Friday evening for supper.

**Chicken and Vegetable Casserole**—single recipe using normal household things.

(I prefer making this in an 8 X 11 pan, which is just slightly smaller than 9 X 13. But if you do get generous with the veggies you may need the 9 X 13 pan!)

Spray the pan with non-stick spray

#### In a large bowl combine:

- 1 can potato soup
- ½ can milk (after you empty out the soup you'll have the can to use, or soy milk)
- ½ regular container of onion rings—reserve other half
- 1 tsp seasoning salt
- (I add about a tablespoon of onion flakes, too—at the walks we add grated onion)
- 1 cup grated cheddar cheese (grate 2 cups, reserve 1 cup)
- 2 cups diced cooked chicken
- 1 (2 or 3) 16 oz bags of frozen California Blend Vegetables (thawed)
- (broccoli, cauliflower and carrots)

Be sure to combine so all veggies and chicken pieces are coated with the other ingredients. (That's why you need the large bowl.)

Put casserole into the prepared pan.

Cover and bake, covered, for 40 minutes at 350 degrees

(Continued on Page 5)

it in June, and we continue to improve it, but many of you have requested and received prayer through this prayer chain. I want to encourage all of you to continue to use the prayer chain, because as my Grandma knew, prayer does indeed change things.

Submit your prayer requests to lae.prayerchain@gmail.com. If you are not getting the prayer requests, but would like to, please sent a request to the gmail account as well.

*“The (Holy) Spirit comes to my aid and bears me up in my weakness; for I do not know what prayer to offer nor how to offer it worthily as I ought, but the Spirit Himself goes to meet my supplication and pleads in my behalf with unspeakable yearnings and groanings too deep for utterance.”*

~ Romans 8:26

I think there is great comfort in these words from Romans. It assures me that even when we do not know the words to say, God knows our heart, He knows our every need and desire. He wants only for us to seek Him with an open and willing heart. Thanks be to God for giving us the victory through His Son, Christ Jesus!

God Bless you this Christmas season and in the coming New Year!

*Kathy Dobie*



Remove from oven and uncover

Top with crushed potato chips, the other ½ container of onion rings and 1 cup of shredded cheddar cheese. Return, uncovered to the oven.

Bake an additional 20 minutes and serve. Should be bubbly and steaming.

I like to serve with some sort of fruit—even applesauce—and a roll or biscuit.

This casserole has fewer starch carbohydrates than many casseroles. A lot of vegetables can be coated by the other things in this recipe. You can stretch it even further with additional chicken. The leftovers are yummy when warmed, covered with wax paper, in the microwave. A classic menu at my house would be this casserole, zucchini muffins, and banana/mandarin orange/pineapple chunk fruit salad. (And, of course, COOKIES)

**Happy Eating.** Here's one of the Graces my dad uses before meals: (I use it too!)  
*Thank you, Lord, for the food prepared for the nourishment of our bodies. Bless us, keep us and save us; for Christ's sake, Amen.*

Greetings to the LAE community and its brand new members from Walk #77. First, thank you for all the prayers that made this walk possible. I firmly believe that prayer is the foundation of every walk we hold but especially for walk #77, the first men's fall walk in many years. Your prayers that started last fall were an essential reason for the success of walk #77, along with the commitment, sacrifice, love and submission to the Holy Spirit shown by so many Emmaus community members. A special thank you goes to the members of the United Church of Ovid for giving up your beautiful church for the entire weekend; what a wonderful agape gift.

To the new members of our community, welcome, I hope to see you at gatherings, sponsorship training and future walks. I look forward to hearing about your fourth day. I pray that all of you are in a reunion group, if you are still seeking a group contact me or Roger Silverthorn but more importantly continue to pray about it. I thank God for the opportunity to be lay director of walk #77; it was an honor to serve.

De Colores  
Gordon Galloway  
Lay Director Walk #77

**Another New 2011 Board Member**

**Amy Clouse (3 yr term)** – Hi, my name is Amy Clouse and I'm excited for the opportunity to serve the Lansing Area Emmaus Community as a board member. My husband, Paul, and I have been members of the LAEC since February 2008. We have three children and our family worships at Edmore Faith UMC. I serve my church as a member of the SPR Committee, a Sunday School teacher, and a Certified Lay Speaker. My husband and I are also devoted members of the Disciple Bible Study Group. I am very passionate about the Walk to Emmaus and enjoy watching new leaders develop and succeed after they take their Walk. God changes many lives through this organization and I consider it a privilege to be a small part of it.

De Colores!

*Amy Clouse*

**Upcoming Events**

**December 10, 2010 LAE Gathering.** Pilgrim U.M.C., St. Johns, MI 48879. Gather at 6pm, Potluck at 6:30, Worship at 7 pm, Sponsorship Training at 8 P.M.

**December 14, 2010 LAE Board Meeting.** 7:00 pm Pilgrim U.M.C., St. Johns.

**January 7-8, 2010 LAE & Flight of Hope Chrysalis.** Mandatory Board Retreat. Cran Hill Ranch in Rodney, MI

**January 14, 2011 LAE Gathering.** Pilgrim U.M.C., St. Johns, MI 48879. Gather at 6pm, Potluck at 6:30, Worship at 7 pm, Sponsorship Training at 8 P.M.

**January 15-17, 2011 Flight of Hope Chrysalis,** Girls flight. Wesley Foundation at Western Michigan University Kalamazoo.

**January 16, 2011 (Sunday)** Girls flight Candle Light Gathering 7:30 pm, Candle Light Service begins 9:00 pm.

**February 11, 2011 LAE Gathering.** Potterville U.M.C., Potterville, MI 48876. Gather at 6pm, Potluck at 6:30, Worship at 7 pm, Sponsorship Training at 8 P.M.

**February 19-21, 2011 Flight of Hope Chrysalis,** Boys flight. Wesley Foundation at Western Michigan University Kalamazoo.

## **More Upcoming Events**

**February 20, 2011 (Sunday)** Boys flight Candle Light Gathering 7:30 pm, Candle Light Service begins 9:00 pm.

**March 5, 2011 LAE** Men's Candlelight Service – Plan to Gather at 7:30pm for fellowship, followed by candlelight service at the Lawrence Avenue UMC, Charlotte, MI 48813.

**March 19, 2011 LAE** Women's Candlelight Service – Plan to Gather at 7:30pm for fellowship followed by candlelight service at the Lawrence Avenue UMC, Charlotte, MI 48813.

**April 8, 2011 LAE Gathering.** Pilgrim U.M.C., St. Johns, MI 48879. Gather at 6pm, Potluck at 6:30, Worship at 7 pm, Sponsorship Training at 8 P.M.

### **Newsletter Deadline for Next Issue**

If you have an idea for a story, please let me know by January 1, 2011. Contact Russ Fries, [lae.cld@gmail.com](mailto:lae.cld@gmail.com)

### **Visit our Website:**

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

**IMS Database:** Link from our Website using Internet Explorer. Log on and sign up to work a walk.

Check us out on Facebook  
Lansing Area Emmaus  
Community



**Still Taking Applications for both  
the Girls' & Boys' Flights!!!**

**Walk # 79 Men's Walk Lay Director – Eric Harger**  
**Walk # 80 Women's Walk Lay Director – Deb Bongard**

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

