

Lansing Emmaus Community

Footprints



Number 10-8

October, November, December 2011

Community Lay Director

Mike Walker

(517) 285-4045 matwalk@yahoo.com

Assistant Community Lay Director

Ryan Cressman

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Team Selection

Judy McPherson

(517)627-2712 mcpersonjudy@comcast.net

Community Spiritual Director

Becky Morrison

(517)645-7701 pumpastor@yahoo.com



Fruit of the Spirit – Self Control

By Pastor Paul Damkoehler, Assistant Spiritual Director

How can anyone *not* like the Christmas season? There is cheery music everywhere, and everything is gaily decorated in festive colors. And then there's the food! Everyone seems to make their favorite cookies and candy and sweets for the holidays. If you have a sweet tooth like I do, Christmas has to be one of your favorite times of the year. Even if Christmas were not the time we celebrate the coming of our Lord, it's such a festive season.

Over the last several months we have looked at several of the gifts God's Spirit freely distributes to Jesus' followers. Paul reminds us in Gal. 5:22-23 that "the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

These gifts are all attributes of God's character. Those who allow Jesus to direct their lives will see some or all of these characteristics manifested in them by God's Holy Spirit. Obviously love would be the first such gift manifested for God is love. 1John 4:16b tells us that "God is love, and whoever abides in love abides in God, and God abides in him." God imparts His own nature to believers through the gifting of the Holy Spirit. It should come as no surprise that children of God are recipients of God's love.

Perhaps the other end of the Galatians verse is more surprising. The last attribute of the gifting of the Spirit is self-control. Why would self-control be so important? Perhaps it's because Adam and Eve did not deny themselves the one good thing God told them they couldn't have in Genesis 3. A lack of self-control brought sin into our world, and it still enslaves much of humanity today.

God provides what we need to live a life that's pleasing to Him, and these attributes (fruit of the Spirit) help us to do that. It shouldn't come as a surprise that self-control is necessary; it helps us defeat our tendency to sin.

At Christmas time, I sometimes struggle with the availability of sweet treats. They're everywhere! How can I resist them? The answer to that question is found in enlisting the help of the Holy Spirit. As we remember that the Holy Spirit resides within us, we can ask Him to give us God's gifts so that we can live faithfully the life God calls us to. Self-control is one of those gifts. It's an essential gift from God to help us break the power of sin in our lives. God's grace to you and happy holidays!

YBIC, Pastor Paul

Pastor Paul

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What you will find!

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Kitchen Update

By Peg Pirhonen, Kitchen Board Chair

Have you ever thought about or been asked to be a Kitchen Head but the thought of selecting the menus, how much food to get, and special diet issues made you immediately dismiss the idea.

The Kitchen Team has attempted to make the opportunity to be a Kitchen Head easier.

A list of suggested menus with the quantity of food needed is now available. Recipes were selected that address most special diet issues or with a little modification are easy to make.

Before the Walk, the Kitchen Team is also willing to meet with you and provide helpful hints to make the event as easy as possible.

If you would like more information, would like to be a Kitchen Head, be part of the Kitchen Crew on an upcoming Walk, or be a member of the Kitchen Team, please contact me at 989-292-0156 or e-mail at pjtravel@hotmail.com.

“Places to Plug In”

December 9, 2011 Gathering

Time: 6:00 PM

Potluck – 6:30 PM

**Pilgrim United Methodist Church
St. Johns, MI**

The Board would like to take this opportunity to invite you to join us at the next Gathering to learn more about the different positions on the board.

Each board member will have information about the position in which they currently serve the Lansing Area Emmaus Community.

This is your opportunity to ask the board members about the different areas in which you can get plugged in and serve God and the Lansing Area Emmaus Community.

We hope to see you there.
DeColores

Upcoming 2012 Spring Walks

Men's Spring Walk

March 1-4, 2012

First United Methodist Church

209 West Green Street

Hastings, MI 49058

Candlelight Service – March 3, 2012

Gather at 7:30 PM – Candlelight 9:00 PM

Women's Spring Walk

March 15-18, 2012

First United Methodist Church

209 West Green Street

Hastings, MI 49058

Candlelight Service – March 17, 2012

Gather at 7:30 PM – Candlelight 9:00 PM

Applications for the walk can be downloaded from www.lansingemmaus.truepath.com

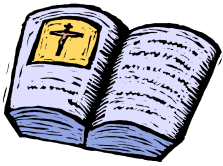
If you have any questions, please contact Deb Bongard at (989) 529-5745 or by e-mail at bongard@voyager.net

Community Reminder: Candlelight & Closing

Please keep in mind that according to *THE UPPER ROOM HANDBOOK ON EMMAUS* Candlelight & Closing are Community events. (Pg. 86 & 93) To be a member of the Community one must have attended a Walk or Flight or other sanctioned 4th day program. Please plan accordingly.

SOCIAL MEDIA VOLUNTEER POSITION

The Data Board Chair is looking for a person interested in serving in the area of Social Media such as Facebook updates. If you are interested, please contact Karen McLendon at 517-648-1221 or at karenlm06@yahoo.com.



The Pilgrim's Three Days

*The following information is from: **The Upper Room, The Walk to Emmaus: Sustaining the Spirit** by William F. Gusey.*

The three days of the Walk to Emmaus belong to the Pilgrims. The team is God's instrument through which God may touch their minds and hearts. In the broadest sense, the principal objective of the Emmaus weekend is to provide an environment in which the Pilgrims may find a joyful encounter with Jesus Christ. To accomplish this, care is taken that there is no infringement upon or control over the pilgrims' freedom to respond naturally to God's call at their own pace and in their own way. It is important that words or actions of the Emmaus team do not, however inadvertently, indicate an "expected" response on the part of the Pilgrims to a given experience during the Walk to Emmaus.

You, as an Emmaus team, are called to give God complete freedom to move in the lives of the Pilgrims during the precious 72 hours for which you are responsible. Those 72 hours are God's time, to be used by God in a way that is infinitely more powerful and lasting than human minds can perceive. You are called to prayerfully seek, discover, and embrace an attitude of mind and heart which will allow those 72 hours to be used most effectively.

The Priesthood of All Believers in Action

During your own Emmaus weekend, you heard the "Priesthood of All Believers" talk. Now, you and the other members of the Emmaus team are going to put it into action—you will be witnesses for Christ. Remember, too, that you will be witnesses by the example of your lives, more by who you *are* than by what you *say*. As you are willing to *be* rather than to *do*, you can become silent with the Pilgrims and become sensitive to their inner nature, the deep within them that God wants

to reach. You are dealing with inner qualities and conditions known only to God, qualities and conditions that the Pilgrims may not wish to make vulnerable to others. Your witness as an Emmaus team happens when the Holy Spirit is the witness, when the Pilgrims see what God has done in your lives, when the deep within you witnesses to them by who you are. Remember, the more Christ-like inner self that becomes apparent as we are formed in the image of Christ does not have to be explained. Emmaus is ministry when the attributes of Christ are manifest in and through the team to become blessings in the lives of the Pilgrims.

May God continue to bless you and thank you for your service to the Lansing Area Emmaus Community.

Mike Walker, Community Lay Director

Gathering Update

By Paula Damkoehler, Gathering Board Chair

Gatherings are held the 2nd Friday of each month except for March and October. Gatherings start at 6:00 PM, Potluck Dinner at 6:30 PM, Worship at 7:00 PM, and Sponsorship Training immediately following Worship. Upcoming Gathering Dates are:

December 9, 2011 – "Places to Plug In"

Pilgrim United Methodist Church, St. Johns, MI, 48879 - Fellowship Starts at 6:00 PM

January 13, 2012 Pilgrim United Methodist Church, St. Johns, MI, 48879 - Fellowship Starts at 6:00 PM

January 15, 2012 – Girl's Chrysalis Flight Candlelight Service, Lakewood UMC, Lake Odessa, MI. Gather at 7:30 PM.

February 10, 2012 Pilgrim United Methodist Church, St. Johns, MI, 48879 - Fellowship Starts at 6:00 PM

February 19, 2012 – Boy's Chrysalis Flight Candlelight Service, Lakewood UMC, Lake Odessa, MI. Gather at 7:30 PM.

If you are interested in serving on the Gathering Team, please contact Paula Damkoehler at (517) 775-5424 or by e-mail at: quiltintwin@yahoo.com.

DeColores

Chrysalis Update

By Peggy Pirhonen, Board Chrysalis Liaison
and Chrysalis Registrar

Are you aware of a young person, growing in their faith that would enjoy attending a Chrysalis Flight?

Chrysalis Flights are for young adults from age 15 – 24.

A Girls Flight has been scheduled for January 14–16, 2012 at Lakewood UMC in Lake Odessa.

A Boys Flight has been scheduled for February 18-20, 2012 at Lakewood UMC in Lake Odessa.

Applications are available and can be downloaded from the Lansing Area Emmaus Web-site: www.lansingemmaus.truepath.com. Click on the Walks and Flight button to get an application.

If you have questions, please feel free to contact me at 989-292-0156 or e-mail me at pjtravel@hotmail.com.

We Need Your Fourth Day Story

By Pastor Greg Buchner

Assistant Spiritual Director, Lansing Area Emmaus

We're a Fourth Day community, and we need to hear from you how your Fourth Day is going! That's why at each gathering time is set aside for folks to share about their journey since their walk.

Why? Well, each experience is unique. Each experience is valued. Each experience may help someone else on their journey. In short, the community needs your story. We even have a template you can follow to make it even easier. So, please, pray. Then pull out your calendars for next year. Check the second Fridays of each month and decide which gathering you would be willing to share your 4th day story during worship. Then give me a call at (989) 834-5958 or by e-mail at pastorgreg@unitedchurchofovid.com and we'll set up a date that is convenient for you.

Thanks much, we look forward to hearing your story.

Thank You

By Peg Pirhonen

I would like to THANK the Community for electing me to the Emmaus Board. I will do my best to represent the Community and address any concerns or issues you might have.

If you have any questions or concerns, please feel free to contact me at gatherings or other events. I will normally be wearing a red glitter hat to make it easier to locate me. Please feel free to call me at 989-292-0156 or you can e-mail me at pjtravel@hotmail.com.

I look forward to serving as your Board Representative.



"The aim and final end of all music should be none other than the glory of God and the refreshment of the soul." ~ Johann Sebastian Bach

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 the Music/Entertainment Chair.

The Emmaus community has a number of musically talented people and each one is appreciated for answering the call to provide worship music, be it for a gathering, in the conference room on the music team, for the Saturday night special entertainment, or in some other capacity.

I would encourage those of you who may be new to Emmaus, or perhaps been a part of the community for some time but not actively involved, to prayerfully consider participating in the area of music. It is a beautiful way to express our love for God and for others. There are so many ways to share your gift and love of music. Please feel free to contact me for more information at gddkld@aol.com, or by calling me at (517) 627-1351.

Blessings!

Kathy Dobie. Music/Entertainment Board Chair

2011 Lansing Area Emmaus Board Members

Board Position	Name	Phone	E-Mail Address
Community Lay Director	Mike Walker	(517) 285-4045	matwalk@yahoo.com
Past Community Lay Director (Cons)	Russ Fries		r.fries@mi.ftpd.us
Community Assistant Lay Director	Ryan Cressman	(517) 290-2145	rycress@yahoo.com
Secretary	Karen McLendon	(517) 648-1221	karenlm06@yahoo.com
Treasurer	Amy Clouse	(989) 304-0336	amy1clouse@yahoo.com
Community Spiritual Director	Becky Morrison	(517) 712-4508	pumcpastor@yahoo.com
Community Assist. Spiritual Directors	Greg Buchner	(989) 621-7782	pastorgreg@unitedchurchofovid.com
	Paul Damkoehler	(989) 304-0336	pdamkoehler@yahoo.com
Agape Board Chair	Amy Clouse	(989) 304-0336	amy1clouse@yahoo.com
Chrysalis/Outreach Board Chair	Open	Open	Open
Chrysalis Board Liaison	Peggy Pirhonen	(989) 292-0156	pjtravel@hotmail.com
Facility Board Chair	Terrie Eisenmann	(989) 506-6837	terrieblue@power-net.net
Gathering Board Chair	Paula Damkoehler	(517) 521-3434	quiltingtwin2@yahoo.com
Kitchen Board Chair	Peggy Pirhonen	(989) 292-0156	pjtravel@hotmail.com
Leadership Development Board Chair	Judy McPherson	(517) 375-1704	mcpersonjudy@comcast.net
Music/Entertainment Board Chair	Kathy Dobie	(517) 719-0576	gddkld@aol.com
Newsletter/Data Board Chair	Karen McLendon	(517) 648-1221	karenlm06@yahoo.com
Registrar Board Chair	Deb Bongard	(989) 529-5745	bongard@voyager.net
Site Selection Board Chair	Terrie Eisenmann	(989) 506-6837	terrieblue@power-net.net
	Peggy Pirhonen	(989) 292-0156	pjtravel@hotmail.com
Sponsorship Hour/Candlelight/Closing	Ryan Cressman	(517) 290-2145	rycress@yahoo.com
Emmaus Store Board Chair	Greg Maher	(517) 930-3007	gregmmaher@yahoo.com
Supply/Trailer Board Chair	Mike Walker	(517) 285-4045	matwalk@yahoo.com
Team Selection Board Chair	Judy McPherson	(517) 375-1704	mcpersonjudy@cmocast.net

**GOD LOVES YOU
AND SO DO WE**

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

Non-Profit Organization
U.S. Postage
St. Johns, MI
Permit #16

Upcoming Events

December 9, 2011 Lansing "Places to Plug In" Gathering, Pilgrim United Methodist Church, St. Johns. Gather at 6:00 PM, Potluck at 6:30 PM, Worship at 7:00 PM, Sponsorship Training at 8:00 PM.

December 13, 2011 Lansing Emmaus Board Meeting 7:00 PM Pilgrim United Methodist Church, St. Johns.

January 10, 2012 Lansing Emmaus Board Meeting 7:00 PM Pilgrim United Methodist Church, St. Johns.

January 14-16, 2012 Lansing Girl's Chrysalis Flight (ages 15-24) Lakewood United Methodist Church, Lake Odessa, MI, Candlelight January 15, 2012 at 7:30 PM.

January 13, 2012 Lansing Gathering, Pilgrim United Methodist Church, St. Johns. Gather at 6:00 PM, Potluck at 6:30 PM, Worship at 7:00 PM, Sponsorship Training at 8:00 PM.

February 10, 2012 Lansing Gathering, Pilgrim United Methodist Church, St. Johns. Gather at 6:00 PM, Potluck at 6:30 PM, Worship at 7:00 PM, Sponsorship Training at 8:00 PM.

February 14, 2012 Lansing Emmaus Board Meeting 7:00 PM Pilgrim United Methodist Church, St. Johns

February 18-20, 2012 Lansing Boy's Chrysalis Flight (ages 15-24) Lakewood United Methodist Church, Lake Odessa, MI. – Candlelight March 19, 2012 7:30 PM.

March 1-4, 2012 Lansing Men's Spring Walk, First United Methodist Church, Hastings. – Candlelight March 3, 2012 – Gather at 7:30 PM. – Candlelight at 9:00 PM.

March 13, 2012 Lansing Emmaus Board Meeting 7:00 PM Pilgrim United Methodist Church, St. Johns.

March 15-18, 2012 Lansing Women's Spring Walk, First United Methodist Church, Hastings. – Candlelight March 17, 2012 – Gather at 7:30 PM. – Candlelight at 9:00 PM.

Newsletter Deadline for Next Issue

If you have an idea for an article or would like to write an article, please let me know by February 1, 2012 and your article will be considered for the newsletter. Contact Karen McLendon at karenlm06@yahoo.com or call me at 517-648-1221.

Visit our Website:

www.lansingemmaus.truepath.com

IMS Database: Link from our Website using Internet Explorer.
LAE Community Home Page: Select "Community Access" and Log In to sign up to work a walk.