

Grace for Today

G.R.A.C.E. Emmaus Community Newsletter

January 2024

Coming Events

Saturday, January 20, Gathering

Grace United Methodist, Palestine
Potluck noon, Worship immediately after

Saturday, February 17, Gathering

1st Methodist Athens, Athens
Potluck noon, Worship immediately after

Spring Walks at Disciples Crossing in Athens

Men's Walk #104, March 7 – 10, 2024
Women's Walk #105, March 14 – 17, 2024

Help find PILGRIMS for these Spring Walks!

Do you know someone who is a good candidate? Prayfully consider being a sponsor! Helpful Information is on the website. See the Pilgrim Application tab.

**For I am about to
do something new. See,
I have already begun!
Do you not see it? I will
make a pathway
through the wilderness.
I will create rivers in the
dry wasteland.**

Isaiah 43:19 NLT

NEW YEAR'S RESOLUTION

Laugh a Little
Louder
Smile a Little
Bigger
Love a Little
Deeper
Pray a Lot
Harder
and Walk
Through Life
a Little Slower



Inside this Issue

- 2-3: Community Lay Director's Corner
- 4: Our Next Walks are Coming Soon and You Can Help!
- 5: Upcoming Event Hosted by the Upper Room Ministries Office
- 6: New year, new challenges, same great God!!
- 7: The Meaning of Grace
- 8: He is Still God
- 9: Trusting the Wisdom of Our Bodies
- 10: A Loving Response
- 11: Reunion Group News
- 12: 2024 GRACE Emmaus Community Board of Directors
- 13: Support for The GRACE Emmaus Community

[Find More on the G.R.A.C.E. Website:
www.graceemmaus.com](http://www.graceemmaus.com)

Community Lay Director's Corner

My name is John Webb and I will be serving the Grace Emmaus Community as your Lay Director for 2024. I attended Grace Emmaus Walk #86 in October 2018, at Camp Gilmont. I sat at the Table of St. Matthew. I worship and serve at St. Paul Baptist Church in Mineola.

This past year has been full of blessings for me and my family. I am thankful for the opportunities that God has provided for me in service to Him and look forward to serving as your Community Lay Director for 2024.

I appreciate having had the opportunity to serve with Chad Bearden as he led our Community with love and grace during 2023. This year I will have the good fortune to serve this Community with the wonderful people on the Grace Emmaus Board. I pray God's blessings on each one that will serve on the Board and for the members of this Community.

I'd like to thank those who have faithfully served on the Grace Emmaus Board and have just rolled off: Rick Rundquist, Bob Wade, Hank Resler, Carla McRee, Diane Smith, and Roger Mann. Mike Johnston will continue to serve as Spiritual Director through March 2024. Thank you for your service, hard work, and dedication to this Board and Community.

Jim Pickens will take over as Spiritual Director beginning in April 2024. Please welcome our newest Board members: Debbie Hays, Betty Buchanan, Brian Jones, Douglas Denmark, Tim Thompson, Bob Holloway, and Martha Walker. The positions they will serve this year can be found at the end of this newsletter and on our website at www.GraceEmmaus.com.

There are so many ways members of this Community can serve. This year you can make it possible for fellow Christians to experience the presence of God's love through our scheduled Walks in March and October. You can sponsor a Pilgrim, you can serve on the Walks, you can assist with the agape dinner, or make agape gifts for the Pilgrims. You can also sign up to pray for Pilgrims through the Prayer Vigils for each Walk. Links to these Prayer Vigils can be found on our website. If you have questions about how to participate, please contact one of our Board members.

I would like to invite you to fellowship with us at each of our monthly gatherings. We try to vary the locations and times throughout our Community to make it possible for everyone to attend. The dates and times are posted on the website. If you have not attended, please know that you are missed! We look forward to seeing you again.

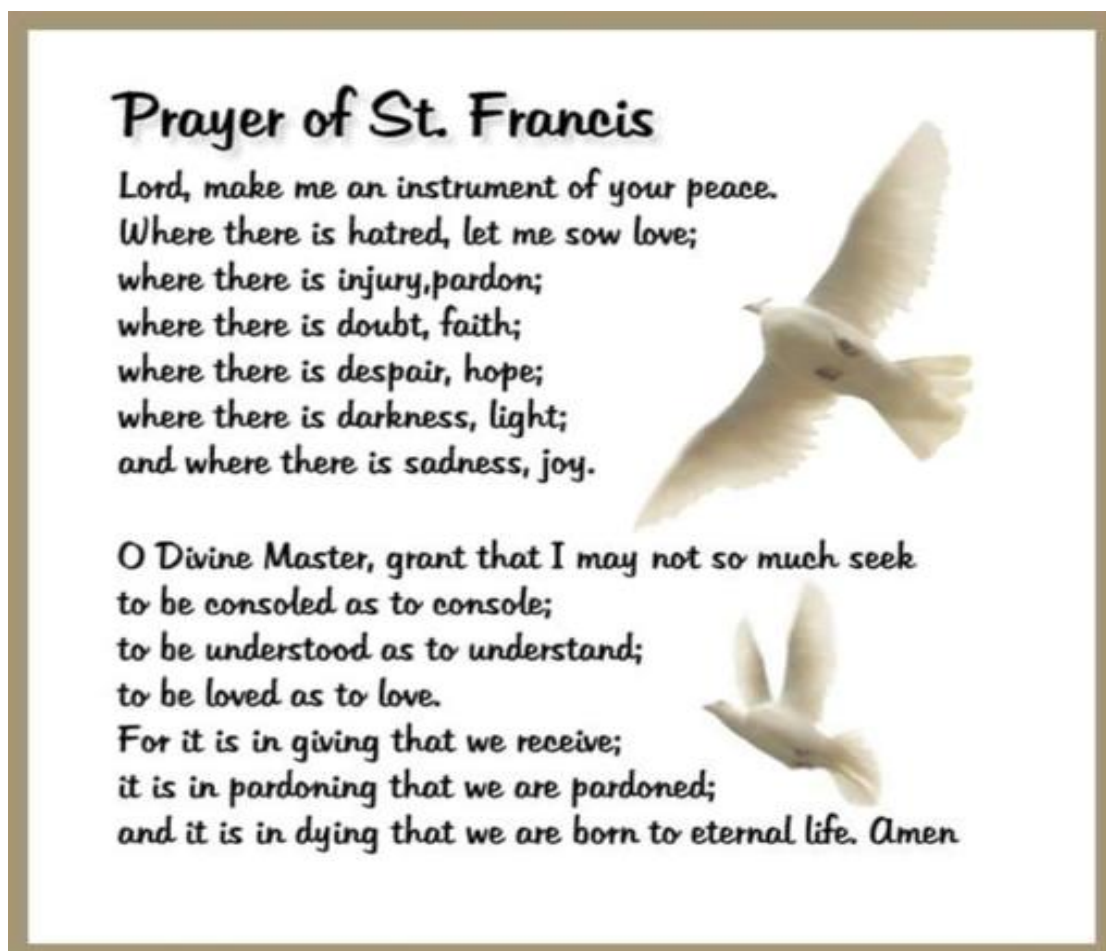
You can persevere in your faith journey by participating in a Reunion group. Many of these groups are listed on our website. If you are looking for a Reunion group, or are interested in starting one, please contact one of our Board members for assistance.

As a Pilgrim you learn that the primary purpose of the Walk to Emmaus is to help equip and build leaders in their local churches and communities. G.R.A.C.E. Emmaus Community helps make this possible through our commitment to be Christians in action serving as the hands and feet of Christ. We are in hope that the Pilgrims of 2023 have a home church and are serving in a leadership role in some capacity.

Our Spring Walks are coming up soon. Information can be found in this newsletter and on our website. We need Pilgrims and Agape. Please pray that God will put someone on your heart to ask to attend. Remember your Walk and how God touched you. There are so many others that need this experience. May God direct you and may you be obedient to Him when He calls.

May your 2024 be filled with hope, love, peace, and joy. May God's blessing and favor be upon you. Let your light shine bright!

DeColores
John Webb
Community Lay Director



[Our Next Walks Are Coming Soon and You Can Help!](#)

- **[Spring Walks at Disciples Crossing in Athens](#)**

Men's Walk #104, March 7 – 10, 2024

Women's Walk #105, March 14 – 17, 2024

Schedule of events during each Walk -

Thursday: Sponsors, please have Pilgrims arrive promptly at 7pm.

Saturday: Servers for the Agape dinner arrive at 4pm.

Saturday: For Gathering, Worship and Candlelight arrive at 7pm.

Sunday: Sponsors pick up Pilgrim's belongings at 3:30, Closing begins at 4pm.

- **[Pray, Pray, Pray for our Walks!](#)**

- **[Pray for Pilgrims!](#)** Do you know someone you would like to share this amazing experience with? Prayfully consider asking them to attend a walk. Pilgrim information is found on our website www.graceemmaus.com -> Applications tab -> Pilgrim Application.

- **[Start making agape gifts for men and women!](#)** Recommended number of identical pieces of agape for each Walk:

- Agape for Everyone – 72
- Dining Room Agape – 64
- Bed Agape – 36

Feel free to make as many sets as you would like! It's not too early to start! **We will also need lanyards for nametags and crosses, and decorated place mats.**

- **[Do you have a Golf Cart or Mule we could borrow for one or both Walks?](#)**

- **[Consider being a server for the Agape Dinner on Saturday evening of each Walk.](#)** Women will serve for the Men's Walk on Saturday evening. Men will serve for the Women's Walk on Saturday evening. All you need are black pants, a white shirt, and a willing heart!

[Mark your calendar to attend the Gathering and Candlelight for each Walk.](#)



UPCOMING EVENT HOSTED BY THE UPPER ROOM EMMAUS MINISTRIES OFFICE

Day Four Restore Year Three: February 3, 2024, at 9:00 am - 3:30 pm

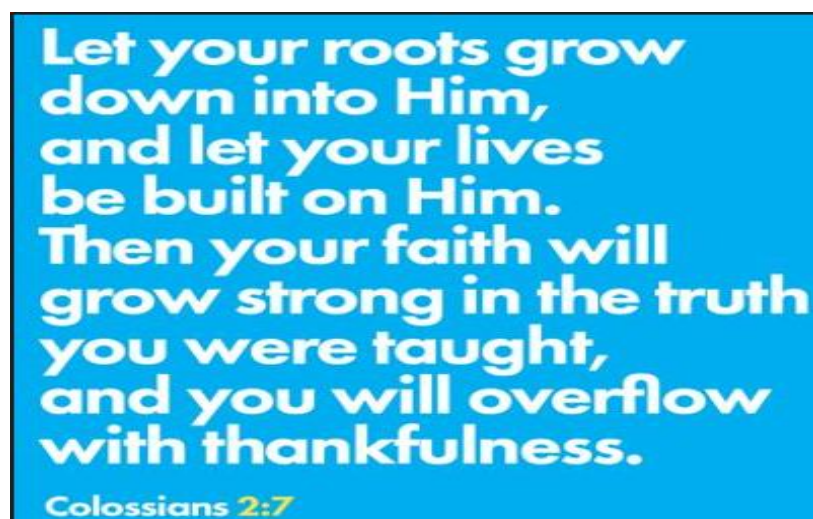
Join worldwide Emmaus Community members for the first offering of “Day Four Restore Year Three”. This is year three of the three-year cycle and is the first hosting of the new materials in the one-day retreat model designed to refresh the spirit and renew the commitment of those who have attended any Fourth Day event.

As we worship, pray, listen to speakers, and share together, participants will experience God’s grace in new and refreshing ways. Together, we will be renewed in our faith and inspired for ongoing leadership and service. This event also promises to be an excellent opportunity for communities interested in hosting Day Four Restore in the future. **Participant Fee \$40**

Register for the inaugural Day Four Restore Year Three virtual event on Feb 3rd [here](#)

Agenda (all times listed are U.S. Central Time)

- 9:00 a.m. Spiritual and Lay Directors openings and devotional table introductions
- 9:30 Spiritual Directors’ meditation
- 10:00 Talk #1 given by the Spiritual Director
- 11:15 Talk #2 given by the Lay Director
- Noon Break for lunch
- 1:00 p.m. Spiritual Practice Exercise - *Loving the World with God in a Fourth Day Lifestyle*
- 3:15 – 3:30 Closing with a Love Feast



New year, new challenges, same great God!! ✨🙏

You may be in a season that makes no sense to you 🤔 You may be in a season of refreshing, having just poured yourself out to the world? You might be searching through prayer and fasting for the Lord's next mission 😞 Are you looking? 👁️ Are you listening? Do you desire to be obedient to the One who went to the cross in your place?

God sends us on missions each day. If we are abiding in Him and obedient we can do so much more than we will ever know or be aware of. There is a domino effect to everything we do. We may never know...

Someone might be changed simply by witnessing our faithfulness. Maybe it's a situation, a word, or watching us walk out a hard season that opens their eyes to what God has been trying to reveal to them. It's not your job to feed the 5000. Your responsibility is to provide the loaves and fish.

To think we may be the only hands and feet of Jesus some ever see...these are important missions!! Lives are touched, things are revealed to us and to others, people are healed, or mended, or given an opportunity to see love in action ❤️ We are reminded through our own faithfulness that God is still faithful too ✨🙏 Who else could give us the strength to continue!!

I get it y'all...the Lord sends us to spaces and places we would prefer not to go. Get out of your comfort zone. There is no growth there.

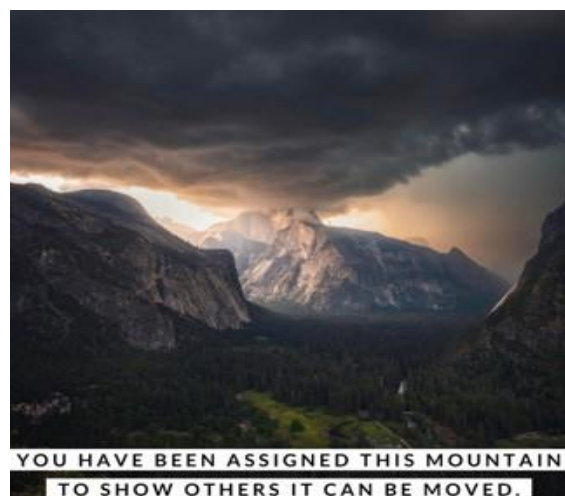
#beKind the world is hurting. And hurt people hurt people. Show them what love looks like 😊 These tasks and trials we go through are not easy, some can be extremely difficult, but they are vital for our own growth and for change in the world.

Fishers of men... who might you be making an impact on!?

"Let us hold on to the confession of our hope without wavering, for He who promised is faithful. And let us be concerned about one another in order to promote love and good works, not staying away from our worship meetings, as some habitually do, but encouraging each other, and all the more as you see the day drawing near."

Hebrews 10:23-25

Liz Webb



The Meaning of Grace

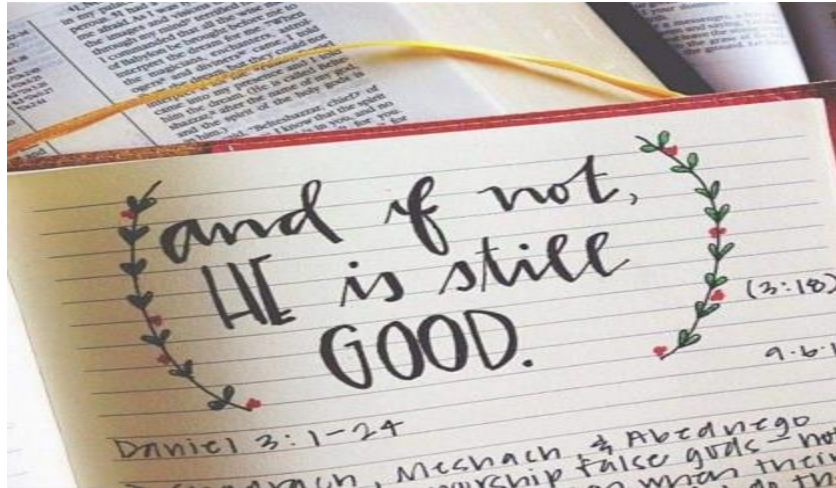
This the transforming love
From Almighty God above
The gift we freely receive
When truly just believe
Giving us the tools we need
To spread the Word His seed
Truly belonging to Jesus Christ
And fully taking His advice
His grace washing our face
From all that brought us disgrace
Professing our faith in church
Like the birds sitting on a perch
Called to a meaningful life
Letting go of every strife
God's will is to raise us up
Despite the sin we brought His cup
Overflowing abundant grace and joy
Then and now for every girl and boy
Making ourselves regularly available to God
To transcend to our holy bod
Loving Him forever more
Along with our faithful Lord
So through all time and space
We know this is the meaning of Grace.

Anonymous



-Betty Buchanan

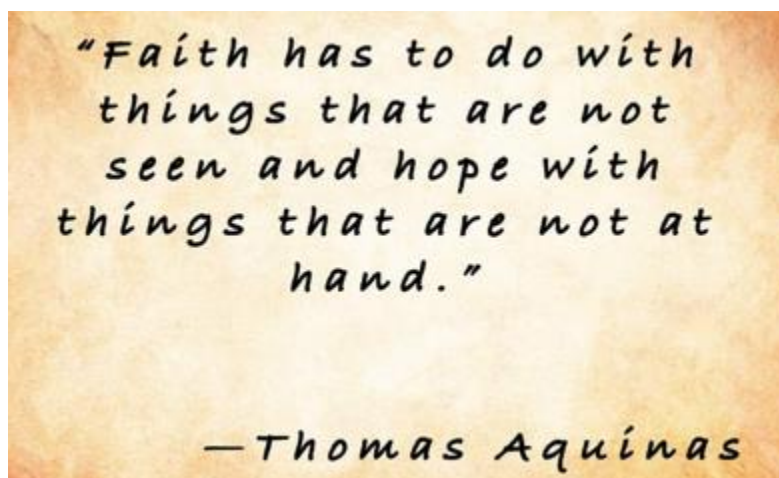
He is still God



Sometimes it's hard to thank God in the midst of turmoil. Sometimes we don't remember because our turmoil is so distracting.

But, remember the 10 lepers in Luke 17:11-19? They cried out to Jesus for mercy when He entered their village. While carrying out the command He gave them, they were healed. Realizing this, only one, yes, just one, returned and, with a loud voice, gave glory to God. He fell facedown at Jesus' feet, thanking him.

Sometimes God heals. Other times He doesn't give us the answer we pray for. Sometimes He requires a waiting period before we receive our answer. Sometimes our prayers are unanswered in our lifetime. Regardless of how He works our circumstances or our situation His ways are good. He is good. He knows the plan. He sees the whole picture. He knows best.



[Trusting the Wisdom of Our Bodies](#)

When wars rage and earthquakes destroy and the persistent news cycle is painful, our trust can be shaken to the core. We can become numb. Be tempted to check out or shut down. But the psalmist reminds us that even as war — global and personal — comes up against us, still we can trust. It's important to notice as we engage the world how our emotions, fears, joys, stresses, and hopes live in and impact and wound our bodies. And equally important is to pay attention to the wisdom of our bodies that can lead us to healing. But too often we have been told to ignore or to silence this wisdom.

When our head hurts, we reach for aspirin.
When we are tired, we push through.
When our eyes are strained from too much work,
we buy glasses with blue blockers.
When our stomach hurts or our chest gets tight, we ignore or minimize.
When our brow is furrowed or tears just behind our eyes, we tell friends and colleagues, "I'm fine."

Our bodies are trying to get our attention.
To remind us to drink water.
To rest or walk outside.
To step away from the computer.
To see a doctor or call a therapist.
To be vulnerable with our friends.
To pray.

Not only do our bodies reflect our emotional and spiritual health. I believe the way we use and form our bodies — even the prayer postures we choose — can also improve our emotional and spiritual health and renew our trust. How can you continue to come before the Lord? On your knees, with hands clasped, or with heads bowed? Standing with arms raised, eyes open, or prostrate on the ground? Dancing or clapping?

Take a moment to feel the wars that are rising in your life... among your family and friends, in your church or city, across the globe whether through news outlets or personal connections to war and

natural disasters. Maybe choose one situation where you feel a particular heaviness, a burden to pray, to know God's abiding presence. I invite you to open your arms and lift your face as if bathed in the light of the Lord.

*Pray,
If war comes up against me,
I will continue to trust in this:
I have asked one thing from the Lord—
it's all I seek:
to live in the Lord's house all the days of my life.*

What if you take a blanket, a pillow, or a prayer shawl to create a prayer posture of cover and protection in the midst of your own burdens or as you pray for others in harm's way?

Pray again the words of Psalm 27.

What if you raise your arms, sway, shout, and dance as the psalmist does? Pray the verses of the psalm in the midst of your situation and for the world.

Finally, I invite you to feel your feet grounded to the floor. Feel the strength of your body, imagine the strength in those for whom you pray. And hold your hands in front of your heart, asking for courage for yourself and for those around the world — soldiers, citizens, first responders, children, and the elderly. Pray again the verses of Psalm 27.

What is the wisdom of your body telling you? What form is it asking you to take?

Though wars rise up against us, we will yet trust in the Lord. May it be so. Amen.

Kara Lassen Oliver
Associate Publisher and
Executive Director of Content
The Upper Room

[A Loving Response](#)

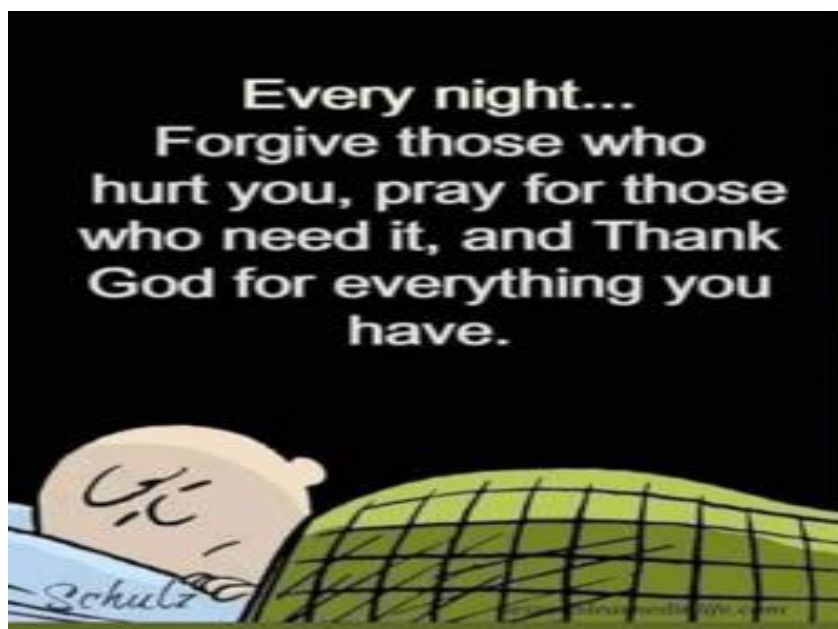
The holidays are now behind us and many of us had a wonderful holiday with family and friends celebrating the birth of our Lord and Savior. That leaves out the ones who had a less than happy holiday. For various and different reasons, Christ was not a part of their holiday, and many may have felt that God was absent or far away from them. Maybe they did not know how to reach out to God or how to pray.

I recently read a devotional about a man whose typo in a text to his wife might have hurt her feelings. Many wives would have been really embarrassed if anyone heard about it, but his wife took it with an understanding attitude and they both had a good laugh over it.

He said, “My wife’s loving response to my awkward words that day makes me think about God’s loving understanding of our prayers. We may not know what to say when we pray or even what to ask for, but when we belong to Christ, His Spirit within us intercedes for us through wordless groans and lovingly helps us articulate our deepest needs before Him. Our Heavenly Father doesn’t ever stand at a distance waiting for us to get our words right. We can come to Him with every need, assured that He understands and receives us with love.”

If you know of friends or family who are not able to feel God’s presence or know how too pray for that presence, share this devotional with them. Roman’s 8:28

Carolyn McCain, Board Publications



[Reunion Group News](#)

The GRACE Emmaus "Canton Accountability Reunion Group" held a special Christmas meeting at the home of Bob and Sherry Holloway. Everyone enjoyed Bob's ribs and then adjourned to the back porch for the regular meeting.

This is a special group where 10 - 16 Emmaus brothers meet every week. There is also a lot of communication during the week among these guys with emails from Bobby Miller starting in the early morning. This communication helps keep us all accountable and aware of the closest to Christ moments that remind us of our discipleship.

A Reunion Group is vital for all Fourth Dayers as we continue our Walk with God. Visit our community website (www.GraceEmmaus.com under the Reunion Group tab) for a list of the Reunion Groups available in our area.



GRACE Emmaus Community Board of Directors 2024

Lay Director

John Webb
johnw3bb54@gmail.com
903-714-6346

Assistant Lay Director

Sandra Grasc
grasch3@gmail.com
903-286-3331

Ex Officio Lay Director

Chad Bearden
cbearden@txfb-ins.com
214-490-9351

Spiritual Director

Jim Pickens
Jpickens316@msn.com
214-476-5558

Assistant Spiritual Director

Secretary

Debbie Hays
dhays55@yahoo.com
903-452-5331

Treasurer

Betty Buchanan
Jimbet85@gmail.com
903-930-2678

Committees

Agape (Banquet)

Deb Miller
debikmiller54@gmail.com
214-537-0627

Babe Chick Training

Brian Jones
bjones171958@gmail.com
469-337-8654

Book Table

Dennis Gage
gagefireandsafety@gmail.com
903-987-3908

Community Trailer

Douglas Denmark
denmark_douglas@yahoo.com
903-917-3454

Gathering Coordinator

Tim Thompson
826sambojr.tt@gmail.com
903-368-8819

Music Coordinator/Trailer

Brad Burton
brad.d.burton@gmail.com
903-920-6662

Newsletter Editor

Martha Walker
marthasgarden55@gmail.com
903-235-0158

Prayer Vigil/ Wall Agape

Bob Holloway
thegapp2@yahoo.com
817-296-2586

Publications Coordinator

Carolyn McCain
cbmccain@hotmail.com
903-335-1460

Reunion Groups

Ken Sides
sideskr@gmail.com
903-724-3003

Sponsorship Training

Kevin Abney
kevinabney01@icloud.com
903-780-2768

NON-VOTING

Registrar

Charlene Burton
cburtonlindale@gmail.com
903-920-6677

Walk Crosses

Elizabeth Minor
mnm-design@msn.com

Dove Name Tags

Jay Edwards
je7255@aol.com

Community Trainer

Brett Walker
brettcall@gmail.com
903-987-3090

Webmaster

Brian Walker
triyourself@gmail.com
903-563-2131

Ministry Manager Data Administrator

Martha Walker
marthasgarden55@gmail.com
903-235-0158

SUPPORT FOR THE GRACE EMMAUS COMMUNITY

The G.R.A.C.E. Emmaus Community wishes to continue to spread the life-changing experience that an Emmaus weekend can deliver. Won't you help us by donating funds for scholarships for both Pilgrims and team members, or the general fund of our community? We are asking you to consider donating \$5, \$10, \$25 monthly or whatever amount you would like to set the donation to. This monthly donation will be debited automatically from your bank account on or about the 15th of the month.

Thank you for your continued support of our Emmaus community.

De Colores

PLEASE COMPLETE THE INFORMATION BELOW:

Name: _____ Address: _____

City: _____

State: _____ Zip: _____

Email Address: _____

BANK INFORMATION

I (We) hereby authorize GRACE Emmaus to initiate debit entries to my (our) checking in account indicated below. The amount will be charged monthly. This authority is to remain in full force and effect until GRACE Emmaus receives written notification of its termination.

Monthly gift amount \$ _____

Date: _____

Signature: _____

Fill out information below or attach voided check.

Depository Name: _____ City: _____

State: _____ Zip: _____

Account #: _____

Transit/ABA #: _____

MAIL INFORMATION TO:

Tyler Emmaus GRACE Community

P.O. Box 132212

Tyler, TX 75713-2212