



G.R.A.C.E. Emmaus Today

June-2021

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Fall Walks

Men's Walk #94, Sept 23-26

Women's Walk #95, Sept 30- Oct 3

Both Walks At Camp Gilmont

Gatherings

July's Gathering will be July 17th @

FUMC=Mineola. Potluck @ Noon

Worship @ 1:00.

Find More on the G.R.A.C.E. Website:

www.graceemmaus.com

Several years ago, I was approached by a gentleman to go on the Walk to Emmaus. I had been asked several times before but always had a conflict that kept me from attending. When he asked me this time, I thought to myself “they’re going to keep asking until I give in” so I did. I am thankful that they gracefully kept asking me and that I went. Walk 66 was one of the most incredible weekends of my life. I truly spent a weekend away from the world as we know it and found my relationship with Jesus that I had put on the back burner while I was chasing worldly objects. 14 years later with walks 94 and 95 coming up, I’m still around serving and working walks and thankful that my friend kept asking me to go.

Our job is to be the hands and feet for our Lord. Sometimes it’s working walks, other times it’s reaching out to folks we know and asking them to go on a Walk. Do you know of anyone who doesn’t deserve to experience the weekend we all had when we went on our walk??? I for one wouldn’t trade my weekend for anything in this world and I bet I’m not alone.

We don’t know God’s timing and for that reason alone, don’t be afraid to suggest going on a Walk to your friends at church, work or even a family member. It’s a great way to share what your weekend meant to you. No doesn’t mean no. It could mean you haven’t convinced them of the joy they’re going to be blessed with. It could be that the Holy spirit is working on them and using them and using you to get them to come or is getting them ready to change their lives. Remember we are here to share the love the Lord has for us with others.

Take time to think and pray for God to reveal someone or some group to share your Emmaus Walk weekend with. Remember the video on your website where you can show prospective pilgrims that explains the Walk.

Blessings to you all,

John Crow



Joy to the world!

I often wonder what it would be like if God appeared to me. "Surely I would be excited," I think to myself. Excited is probably true, but I think terrified would also be true. For those of us with jobs, imagine being at your job, perhaps at your desk, in a car, or doing something that you do often with your time. Suddenly, God appears! Even the most devout Christians amongst us would be fearful at first! The same is true for the shepherds in these verses, and it makes us wonder why God chose to appear to shepherds when He could have appeared to anyone.

Consider the story of the birth of Jesus: his parents, the location, the time. Christ had the most humble of beginnings. It was a choice by God so that everyone could identify with the story. He chooses to appear to shepherds for the same reason: anyone can put themselves in the shepherds' situation and understand it. Also, if God had appeared to a king or someone powerful, the message would have changed and spread in a different manner. Christ was born in the humblest state so that the message would spread to those that needed it the most first, those that would believe it the most first, and those that would spread this joy to the entire world first. It was an intricate plan by God that has stood the test of time.

Prayer

My almighty God, your blessed angels sing your praises and all people hear the good news. Strengthen our hearts, so that we may all spread the good news to those that need it. Heavenly Father, there is still so much work to be done, and I pray that you will grant me the fortitude to never grow tired, and to advance your name in all I do, Amen.

The word agape was used by early Christians to refer to the self-sacrificing love of God for humanity and the reciprocating love toward God and among one another. In simple terms, agape means love, as in the love of God. In the Emmaus Movement, agape acts are special acts of prayer, sacrifice and expressions of Christian love on behalf of a Pilgrim by another Christian.



Sponsorship of another pilgrim is the ultimate act of agape since by prayerfully seeking God's guidance and through self-sacrifice, you are able to bless another individual with the experience of three days in His presence. Agape letters from other communities and the 72 hour prayer vigil are introduced on Friday afternoon and illustrate God's love for everyone through community prayer and sacrifice. On Saturday, the pilgrims become increasingly aware of table agape which is the same for everyone but shows up as a gift for each person, reflecting the fact that God loves us all the same but cares for each of us individually. On Sunday afternoon, the personal agape letters from family and friends communicate God's love for each pilgrim in personal ways that are unique through relationships.

You are encouraged to participate fully in the 72 hour prayer vigil. You and your Reunion Groups are encouraged to make or purchase gifts of agape for our walks. You just have to have a loving spirit and a desire to express Christian love. There is no limit to the type or amount of gifts you can make and it can be anything that pertains to God's love, the healing grace He offers us, how to be His servants, etc.

There are no minimums nor special labeling requirements for agape. If you would like to make Agape for the entire conference room team and all of the pilgrims, 80 items are required for each walk. When making individual table agape, you may want to attach a label with a particular scripture or simple phrase associated with your gift. These gifts are to actually represent God's love and therefore we should remain as anonymous servants. Mark your package of items to indicate if they are for the Men's Walk or Women's Walk, especially if they are brought at the same time. If you have questions, please contact Charlene Burton at 903-920-6677 or cburtonlindale@gmail.com.

SPONSORSHIP

Sponsoring a pilgrim probably is the last thing you have on your mind. We are bombarded by new cases of coronavirus, increased unemployment and unrest in this country which is terrifying. The core values of this country are under attack. Christians and people of faith are under attack.

We all have so many questions about where we are going and when will this stop. I am sure some of you are wondering why this is happening?

One answer is to make our voices heard and to hold on to our faith and each other. To say we have to keep our hearts and minds focused on God seems to be a simplistic solution; an easy fix. What does God want from us? He wants us to persevere against great odds.

No battle is won without cost. The more valuable the prize, the more costly the effort to achieve it. Romans 5:3-5 “Not only so, but we must also glory in our suffering, because we know that suffering produces perseverance, perseverance, character; and character hope. And hope does not put us to shame, because God’s love has poured out into our hearts through the Holy Spirit, who he has given us”.

We need each other more than ever. Think about what your Emmaus Walk meant to you. Did it help lift you up? Were you renewed and strengthened in your faith? Hold out your hand to a friend and offer them the opportunity to journey with Jesus on a walk to Emmaus.

Give someone hope and offer this journey to them.

**De Colores,
Laura Resler
Sponsorship**



From the G.R.A.C.E. treasurer

Thanks to the generosity of the G.R.A.C.E. Community donations continue to come in regularly each month by the ACH, personal checks, and at monthly gatherings. Every dollar received goes back into the community to continue to spread the life changing experiences that an Emmaus weekend can deliver. Donated funds can also be used for pilgrim and team member scholarships, updating equipment, and the general fund of our community. Thank you, for your continued support of our Emmaus community.

Treasurer, Chad Bearden

EMMAUS GATHERINGS

Won't you consider hosting a WALK TO EMMAUS GATHERING at Your home church? We are asking for EMMAUS GROUPS to volunteer to welcome the G.R.A.C.E. Community to their home churches for Gatherings to include Fellowship, Worship and the sharing of a Meal. Please give prayerful Consideration to hosting us at your church. We generally meet on the 3rd Saturday of the month, beginning at noon and ending by 2:30pm. If interested, please contact Rick Rundquist at 903 569-4421 or richardrundquist@cebridge.net.

DeColores, Richard Rundquis



<https://www.upperroom.org/newsletters>

Stay Connected

Sign up to receive newsletters and updates from The Upper Room.

Newsletters Upper Room Daily Reflections (Daily) - Words of wisdom and faith found in the pages of Upper Room Books. From the Center (Monthly, 1st Tuesday) - A monthly email newsletter from The Upper Room with resources for your soul care as a spiritual leader. Academy Bulletin (Monthly) - Updates, news, and special reflections exclusively for The Academy for Spiritual Formation participants, faculty, and leaders. Emmaus eNews (Every Other Month) - Get the latest news and tips for your fourth day journey. Especially for leaders and participants in Emmaus Ministries, including the Walk to Emmaus, Face to Face, and Chrysalis. Upper Room Recommends (Weekly, Thursday) - A weekly email for those seeking resources for spiritual formation and prayer. The email contains excerpts from Upper Room authors, plus book and online resource suggestions for small groups, congregational studies, and individual spiritual growth. My Quiet Spaces (Quarterly) - A quarterly newsletter for women seeking inspiration, tools, and support to deepen their walk with God. Rising Generations (Every Other Month) - Whether you're a church leader or parent, this bimonthly newsletter provides tips and tools for ministry with Children, Youth & Young Adults



A REMINDER OF WALK FEES: STARTING IN 2021

Pilgrim: **\$195.00**

All others: **\$195.00**

Deposit : **\$75.00**

Chad Bearden, Treasurer



Walk to
Emmaus
THE UPPER ROOM[®]

The Upper Room, part of United Methodist Discipleship Ministries, began the three-day ecumenical spiritual-renewal retreats in 1978. The self-supporting ministry grew out of the Catholic Cursillo movement, and took the name Walk to Emmaus in 1981. The goal of Walk to Emmaus is to equip church members for Christian action. Following the three-day experience, participants are joined in small groups to support each other in their ongoing walk with Christ. The movement also includes the [Chrysalis](#) program for youth, the [Face to Face](#) program for adults 60 and older, and the [Journey to the Table](#) program for adults 18 to 35.

Lay Director

John Crow

jwcrow56@gmail.com

903-288-1881

Ex Officio Lay Director

Mike Johnston

revmike.johnston@gmail.com

903-521-0860

Assistant Lay Director

John Epps

j.epps1400@gmail.com

830-444-1400

Spiritual Director

Joe Hall

joehall@mhd.com

903-742-5828

Assistant Spiritual Director

Dan Vickers

dvickerspmp@gmail.com

214-673-6233

Secretary

Paula West

pjwest57@yahoo.com

903-918-9067

Treasurer

Chad Bearden

cbearden@txfb-ins.com

214-490.9351

Music Coordinator and Community Music Trailer

Bob Wade

logiosophia@yahoo.com

903-521-7361

COMMITTEES

(Board Member is chair of designated committee)

Agape (Gift, Banquet, Afterglow)

Charlene Burton

cburtonlindale@gmail.com

903-920-6677

Babe Chick Training

Scott Snyder

scott_snyder@att.net

903-539-1754

Book Table

Diane Smith

dismith125@yahoo.com

903-932-5562

Community Trailer

Rhonda Gorrell

fire322dfd@yahoo.com

575-749-1221

Gathering Coordinator

Rick Rundquist

richardrundquist@cebridge.net

903 569-4421

Newsletter Editor

Ernest Rodriguez

erod7707@gmail.com

903-810-0633

Prayer Vigil/Wall Agape

Boni Demaree

boni@equistarranch.com

903-352-2857

Publications Coordinator

Troy Harley

harley.t4691@icloud.com

903-720-5894

Sponsorship Training

Laura Resler

lfnp2@gmail.com

617-953-4486

Team Selection

John Epps

j.epps1400@gmail.com 830-444-1400

Reunion Groups

Scott Catchott

pastorscottcatchot@gmail.com

903-373-5415

Non-Board (non-voting) Positions**Registrar**

Jim and Betty Buchanan

Betty: 903-930-2678 Jim: 903-930-2360

jimbet85@gmail.com

Walk Crosses

Elizabeth Minor

903-720-1740

mnm-design@msn.com

Dove Nametags

Jay Edwards

je7255@aol.com

Webmaster

Kim Whipkey

903-312-8219

kimwhipkey@gmail.com

GRACE Emmaus Walk 94/95 Registration

Greetings to all. Just a quick note that hopefully will help with getting pilgrims registered for this fall.

First, we will be out of town from August 29th through September 8th or 9th. What this means is, if you are in this time frame to register a pilgrim, we will need the form, with all three signatures (sponsor, pilgrim, pastor) emailed to the registrar at jimbet85@gmail.com. We will be able to process the registrations remotely, and the necessary forms will be delivered back to the sponsor and pilgrim by email. Please send a deposit of at least \$75 to the community address: P.O. Box 132212, Tyler, TX 75713. Remaining balance will be due on Thursday at Walk Registration.

Walks are filling steadily, and there is no rush at this time, but expedience is still a consideration. There are currently 11 men for Walk 94 and 24 women for Walk 95. Remember we cut off at 36, but continue to hold registrations in case of cancellations or for roll over into the next walk.

De Colores,
Betty and Jim Buchanan
G.R.A.C.E. Registrar

May 9, 2021

Prayer Vigil (Prayer Warrior Circle)

Hello, Fellow 4th Dayers! DeColores!

My name is Boni Demaree; I attended Central Texas Conference Walk #398 at Latham Springs in April of 2013: I sat at the table. My husband, Chuck and I attend and serve at Winona FUMC. Thank you for electing me to the G.R.A.C.E. Board of Directors. This year, I will serve as the Chairperson for the walks Prayer Vigil Committee. We often talk about our Doctrine of Prayer. We pray before meals, before bed, before service and offer to pray for one another! Through Prayer we talk to the Almighty God of Heaven and Earth...and He listens! Our quiet thoughts, spoken words, anguished cries and joyful praises enter the throne room of our almighty and merciful God. God is exalted above His creation in every way, yet accessible to us. James 4:8 tells us, when we draw near to Him, He draws even closer to us! Lord Alfred Tennyson once wrote, 'Pray for my soul. More things are wrought by prayer than this world dreams of: Wherefore, let thy voice rises like a fountain for me night and day.' Well 4 th Dayers, we have all been praying throughout this Covid experience, and now are you ready to unite our voices in prayer like a fountain for Walks #94 (Sept 23-26) and #95 (Sept 30-Oct 3)? Prayers for Blessings, prayers for leadership, prayers for sponsors, prayers for servants and prayers for Pilgrims! It is time to get back to the business of Prayer! In Jesus Name, Amen!

Your Fellow 4 th Dayer and servant, Boni Demaree

Prayer Vigil Committee (Prayer Warrior Circle)

Hello Fellow Fourth Dayers and those soon to be, This is Boni Demaree again and I have a prayer that I would like to share. I thank you LORD for being my God and King! I thank you for your Son, Jesus who lived and died for me. I thank you for your Holy Spirit who abides in me still. With each and every day I grow in my relationship with You, may I continue to see, feel and come to know You more. Jesus taught that You drew me to Him and He lived and died to cleanse and restore my soul, to be Your temple, worthy of containing His precious Holy Spirit. That Comforter that goes before me to be my Light, night or day. Who counsels, comforts and guides me all the steps of my way. That Holy Spirit who binds this Family of God and nourishes His Holy Vine; that by your grace, I have been grafted into to be fruitful and a light unto this world. Please forgive my sins and continue to lead, guide and protect me; that my service today, be blessed and bring only honor and glory to your name. In the name of Jesus I pray. Amen



Prayer Vigil, (Prayer Warrior Circle)

Dear Fellow Fourth Dayers,

It is Boni Demaree again! Talking more about “prayer”! I believe it was Jeff Foxworthy who coined the phrase, “Here’s Your Sign!” Well have you ever noticed that when you talk to God and seek Him, when you least expect it...He answers in His own unique way! As I was headed to a BSF (Bible Study Fellowship) meeting, a little on the reluctant side, as I believed I had more important assignments. I was making my argument to Him, explaining how bad the traffic was and how much ‘other stuff’ I needed to get accomplished... when there it was...God’s answer to my question! Bigger than life and totally real.....HERE IS Your Sign! Needless to say, I made it to an illuminating discussion! I had never seen the sign before or since! Can you recall your question and where He provided His answer?

Send it to me, Boni Demaree, Boni @ equistarranch.com

My second book Music (For the Not-So-Rich and Famous), is about how music is a part of my life and probably yours also. This is Part 2 and if you missed Part 1 you can dig up the last G.R.A.C.E. Emmaus Community Newsletter, at www.graceemmaus.com. Or, go to Amazon and buy the book! Thomas Mitchell Shamburger, North East Texas Walk in 1997

Chapter 26 (Part 2)

Music and the Walk to Emmaus.

Music is an important element of the Emmaus experience. Music sets the tone and mood of the group before each class or talk. When the group is singing we are doing something together, making us one. There are times (a formula) when certain songs are sung at certain times. Moreover, there are times when the music loosens up and any song might be heard. The number and types of musicians vary according to who can or will come to the Walk or Gathering. Sometimes, there is a full band with guitars, bass, drums, keyboard, and any other talent that may want to contribute.

My walk had one guitar player. His testimony:

“I was the man! I am the guitar player and music leader,” said the maestro. “God needs me and I am here! Until, one by one, no less than five Pilgrims came up and asked to play my guitar. They were all better than me! Some taught me some great guitar licks. I realized that the Walk was as much for me as it was for them.”

Emmaus Community

Emmaus Communities do not live in a commune or even live together, except on a walk. The Emmaus Community is not denominational and operates under a set of rules maintained by the Upper Room. Anyone who has completed a journey such as the Emmaus Walk is welcome. Each Community elects a board of directors made up of Pastors and Laity (Christians who are not pastors). They see that the rules are followed and manage the operations. They also oversee the Walks.

Serving on an Emmaus Team is another quality experience. The Pilgrims see the results of weeks or months of work. We do not do it for recognition and even ask that we not be “Thanked” for our services. We do it because the Walk experience has made a big difference in our lives and we hope others will benefit from it as we have. The Community is an all-volunteer effort. Most pay their own expenses in order to serve as a team member on a Walk.

There are some who have experienced the Emmaus Walk and are in leadership positions, who are now cringing, wondering what secrets I may reveal from my experience. Have no fear. It would be like telling someone the ending and spoiling a book or movie. However, if curiosity is a motivator for someone to attend a Walk we should all be happy. An Internet search will guide you to an Emmaus Community or group. They are all over the World.

The Secret Society

Since I suggested looking it up on the Internet, I looked it up on the Internet. Comments date back as far as the Internet has existed. Although 90 percent or more have a positive experience, some do not. The Upper Room Board in Nashville has bent over backwards to un-secret

Emmaus. It appears the standard answer of “I can’t tell you, but it is great!” does not sit well with some folk.

My wife’s Walk experience was very different from mine. She wants her morning coffee at 5:30 a.m. The Emmaus model/outline/formula did not provide coffee at 5:30 a.m. She felt somewhat restricted and her closing testimony was: “Now I know what Mitch is doing on those long Emmaus weekends.”

Common complaints are:

“Keeping secrets?”

“Why won’t you tell me what happens?”

“I can’t take my car?”

“Why can’t I have my cell phone?”

“No watch?”

On the other hand, my 84-year-old mother “Lolo” attended a Walk and, “It was wonderful!”

I think it is a trust issue. If you do not trust the people who invited you and those involved in Emmaus, you may have a problem. It causes a conflict when those who are telling you it is the best thing since chocolate cake, and then they will not tell you what happens when you get there. Chances are very good you will get chocolate cake or cupcakes. If you are worried that someone will convince you to drink poison Kool-Aid, you may have faith issues beyond the help of Emmaus.

I put my trust in Jesus. Although I was apprehensive, I was not worried that I would be brainwashed and come out like an Emmaus Zombie (And, there are a few Emmaus Zombies). Personally, I found that unplugging myself from the life I was living and stripping off the cell phone, car, and even the guitar, was refreshing. Letting other people take care of me for a few days was not a bad idea either. Finally, I did not think they would kill me so what did I have to lose?

So, in 1997, my sponsor drove me to Mt. Pleasant, Texas. I waved goodbye to my transportation and went on my own Walk to Emmaus. What happened! “I can’t tell you, but it was great!”

Rewards

Although the Walk was a wakeup call for me, the real rewards came after. For three days you are a Pilgrim on a journey. When you graduate, the Walk experience is now history. What you do with the experience is your business. You can continue life as though nothing happened or make changes. You are no longer a Pilgrim once you have entered the Fourth Day; you are now a part of the Emmaus Community. As a 4th-day, you can do as little or as much in the Community as you want to do. This ranges from: do nothing, or attend a Fourth-Day Gathering, or join a weekly Reunion Group, or even run for a position on the Emmaus Board. You may want to work on a walk for others. As mentioned, my walk had one musician. Musicians are in demand for Emmaus Walks and Gatherings. I was soon asked to participate in the Women’s Walk.

The Right Song at the Wrong Time

The music team remains with the Pilgrims throughout the walk. There are times during the walk that visiting musicians have a part and I find myself in unfamiliar territory as a first time lone musician in a darkened room full of Pilgrims and Fourth-dayers. I am set up on one side with a microphone, guitar and amplifier. The first song goes well with everyone singing. I felt a little more confident. The speaker gives an inspiring talk, leaving us with something to think about. Then there is a prolonged silence. Someone whispers to me, "Play."

I do not have a clue of what to play. I tried to remember what happened on my own walk experience, which was only a week ago. The memory reminded me of my wedding. I know I was there (I saw the pictures), I got married (I still have the license), but I really do not remember what happened.

"What?" I whispered back.

"The saints go out." This meant the Forth-dayers parade out leaving the Pilgrims gathered up front.

I hit a G cord on the guitar and sing.

"Oh when the Saints go Marching in."

Slowly at first, the crowd joins in and after a couple of verses we are all singing and the Fourth Day visitors start marching out of the auditorium, leaving the Pilgrims gathered up front clapping and singing, while I play on.

The women begin dancing as they sing. Laughing and having a blast! I play on until I realize I need to move on. So, I unplug the guitar and march out the door still strumming the guitar and they continue singing and dancing.

I feel most confident and conclude that this Emmaus stuff could be fun!

A lady walks up to me with tears streaming down her face. "Was she so moved?" was my thought.

"YOU RUINED IT!" she cried. "That was the wrong song. This is supposed to be such a sweet solemn time and you ruined it." She walked away sobbing, shoulders dropped, shaking her head.

"Oh when the sun, Refused to shine ..." the Pilgrims continue to sing inside the building. I guess that was not in the formula.

Oh Lord my God, (from "How Great Thou Art")

While I was "working a walk," I had the opportunity to play and sing by myself during a meditative moment in the Chapel. While I quietly played and sang, the Pilgrims were quietly praying and thinking about the events of the day. After the third song I looked up to see a large man standing in front of me. Tears were running down the big guy's face.

I continued to play the guitar as he looked down upon me. I looked up, into his eyes, and listened to what he had to say.

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“My daughter died three years ago,” he said in a cracked voice. “I used to love to sing. I sang in the choir, I did special music... Since her funeral I just couldn’t do it anymore.”

I stopped playing and looked at him. I could tell he had more to say and so I waited.

“My prayer was, ‘Where is the music?’ And then you started playing the first song that was sung at her funeral. I thought it was a coincidence. A voice inside said it was not. Then you sang the second song played at her funeral and I decided to listen to that voice.

It asked the question, ‘Where is your daughter?’

‘In Heaven with you!’ was my answer.

‘Then why aren’t you singing?’ I sat there wondering if there was a song left in me. Then you began playing the third song played at her funeral. I couldn’t believe it. I had to tell someone, so here I am. God is using you in a mighty way.”

We shared the moment quietly then I strummed a G cord.

O Lord my God, When I in awesome wonder,
Consider all the worlds Thy Hands have made;
I see the stars, I hear the rolling thunder,
Their power throughout the universe displayed.
His knees buckled and he collapsed to the floor.

Chorus:

Then sings my soul, My Savior God, to Thee,
How great Thou art, How great Thou art.

Then sings my soul, My Savior God, to Thee,
How great Thou art, How great Thou art!

Now, years later, the big guy gives me a hug every time he sees me. He relates the story whenever he can and he sings whenever the opportunity arises.

All walks are the same. All walks are different. And, the last walk was the best.

Love you all,
Mitch

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

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Tyler Emmaus GRACE Community
P.O. Box 132212
Tyler, TX 75713-2212