



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

**March/April Newsletter 2022**

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## **Spring Walks**

Men's Fall Walk Sept.22-25  
Women's Fall Walk Sept.29- Oct. 2  
Both Walks at Camp Gilmont

## **Gatherings**

May Gathering Saturday May 7th,  
Work day at Camp Gilmont @8:00am .  
June Gathering will be on June18th  
at Winona Methodist church- potluck  
lunch begins at noon, with worship to pm.  
follow at about 1:00pmFind More on the

G.R.A.C.E. Website:

[www.graceemmaus.com](http://www.graceemmaus.com)

## **A WORD FROM COMMUNITY LAY DIRECTOR**

¡De Colores Grace Community!

How exciting for our community to welcome 46 new 4th Dayers from our March GRACE Emmaus walks 96 and 97. We welcome you and look forward to seeing you at future gatherings and walks.

Before I get too involved in my message to you, let me inform you of a change in our next gathering. Our April gathering was moved to a different location. We will meet at the Ministry Center at First United Methodist Church in Mineola, Texas. We will gather on Saturday, April 23, at 12:00 noon for a potluck lunch followed by worship service at 1:00 p.m.

I hope to see all our community together as we will continue to celebrate the resurrection of our Lord and Savior the following Saturday after Easter.

As 4th Dayers, I wish to remind you of the cross you wear and the reminder of what we declared when we accepted that cross. We declared “I am counting on Christ” and then we were told “Christ is counting on you.” As a part of the Body of Christ and being the Body of Christ, we are called to watch and listen for opportunities to act. To act as the Holy Spirit leads and to act in Agape love for God and all of God’s children.

The Holy Spirit leads us if we will just follow. And the Holy Spirit delegates to us to certain calls. But in delegating to us, unlike worldly delegation, where we are given a task and left alone, God delegates to us but remains and never leaves our side.

And as Jeremiah 29:11 says:

11 For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.

So 4th Dayers, keep your eyes and ears open to the call and know you have nothing to fear in your response “Here I am!”

De Colores and God Bless,

**John Epps**

## REMEMBERING HIS SACRIFICE



A medical doctor once gave a detailed description of what happens when someone is crucified: "The cross is placed on the ground and the exhausted man is quickly thrown backwards with his shoulders against the wood. The legionnaire feels depression at the front of the wrist. He drives a heavy, square wrought-iron nail through the wrist and deep into the wood. Quickly he moves to the other side and repeats the action, being careful not to pull the arms too tightly, but to allow some flex and movement. The cross is then lifted into place.

"The left foot is pressed backward against the right foot, and with both feet extended, toes down, a nail is driven through the arch of each, leaving the knees flexed. The victim is now crucified. As he slowly sags down with more weight on the nails in the wrists, excruciating, fiery pain shoots along the fingers and up the arms to explode in the brain--the nails in the wrists are putting pressure on the median nerves. As he pushes himself upward to avoid the stretching torment, he places the full weight on the nail through his feet. Again he feels the searing agony of the nail tearing through the nerves between the bones of his feet.

"As the arms fatigue, cramps sweep through the muscles, knotting them in deep, relentless, throbbing pain. With these cramps comes the inability to push himself upward to breathe. Air can be drawn into the lungs but not exhaled. He fights to raise himself in order to get even one small breath. Finally carbon dioxide builds up in the lungs and in the bloodstream.

Spasmodically he is able to push himself upward to exhale and bring in life-giving oxygen."Hours of this...pain, cycles of twisting, joint-rending cramps, intermittent partial asphyxiation, searing pain as tissue is torn from his lacerated back as he moves up and down against the rough timber. Then another agony begins: a deep, crushing pain deep in the chest as the pericardium slowly fills with serum and begins to compress the heart.

It is now almost over--the loss of tissue fluids has reached a critical level--the compressed heart is struggling to pump heavy, thick, sluggish blood into the tissues--the tortured lungs are making a frantic effort to gasp in small gulps of air. He can feel the chill of death creeping through his tissues...finally he can allow his body to die."

The Bible records this process of death by crucifixion in just a few simple words. How often we take for granted the pain and suffering Jesus endured when He died on the cross for you and me. Let us remember this Easter the sacrifice He made.

**PRAYER CHALLENGE:** Thank Jesus for the price He paid for your sins through His painful death on the cross

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 Babby Carroll @903-424-1641.



**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, Richard Rundquist**

## **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. Contact information: (903)987-3908, email- [gagefireandsafety@gmail.com](mailto:gagefireandsafety@gmail.com)

DeColores, Dennis Gage

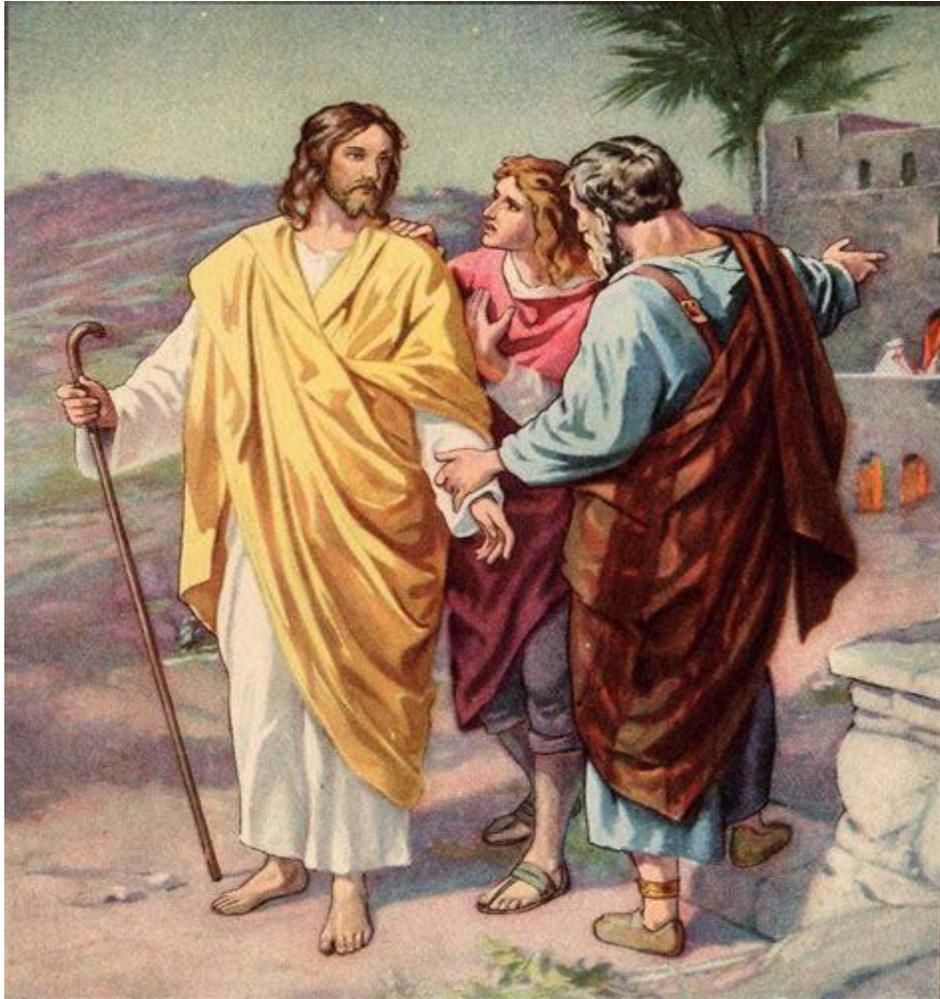


<https://www.upperroom.org/newsletters>

## **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**

**Richard Rundquist, Treasurer**



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.

## 2022 G.R.A.C.E Emmaus Board Members

Board Member	Position	Phone	email
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Chad Bearden	Asst Lay Director	214-490-9351	cbearden@txfb-ins.com
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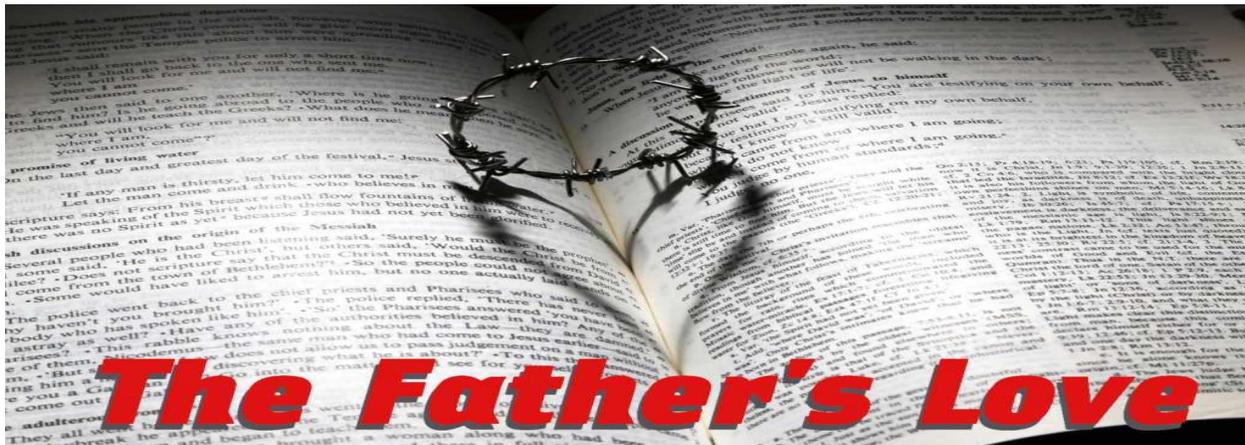
# GRACE Emmaus Women's Walk#97

pg#1

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# GRACE Emmaus Women's Walk#97 pg#2

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My name is Ernest Rodriguez, and I attended GRACE Emmaus walk #88 @ beautiful Disciples Crossing and sat at the table of Luke. My wife, Heather and I attend St. John's United Methodist Church.

It recently occurred to me how important it is for us to be thankful for what God has given us and for the privilege of serving Him.

This led me to consider the men that Jesus appeared to on the road to Emmaus. Here they were, on the way home from a huge event in Jerusalem, and ran into a stranger (Jesus) who asked them why they were so confused and upset. We only know one of their names, and I think this is because God wants us to recognize that we, in our own lives today, are just like these guys; con-fused, upset and anxious about our families and the future of our nation. The other man is us!

Cleopas reports the happenings in Jerusalem. "They have crucified a true prophet of God, and now His grave is empty."

Then Jesus replies with great words for them and us. "How foolish you are, and how slow of heart to believe all that the prophets have spoken! Did not the Christ have to suffer these things and then enter His glory?" This raises the question of why don't we believe and trust all that the prophets have told us. Why do we hesitate to fully commit our lives to Him as He asks? Why do we make excuses for our faith, our beliefs and our principles? Why are we not more involved?

The Bible says, "Then their eyes were opened, and they recognized Him, and He disappeared from their sight."

So I ask you today, "Are your eyes open?"

I pray your eyes see as He sees, and you respond as He would respond! Get involved!

Be a disciple! Be a leader! Be a sponsor!

De Colores,  
Ernest Rodriguez



Thanks to all who participated in sponsorship training last month at the March gathering. We had around 40 attendees. Please let me know if you have any questions going forward about sponsoring a pilgrim on upcoming walks in the fall. Remember, sponsorship is the lifeblood of our Emmaus community. Look forward to seeing everyone at the next gathering in April. If anyone is planning to work on upcoming walks, be sure to go to the emmaus website and submit your application.

**GOD BLESSINGS BE ON YOU ALWAYS. DE COLORES !!!!!**

Scott Snyder

# 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 75713-2211