

# Grace For Today

May, 2010  
Volume 10, Issue 5

G.R.A.C.E. Website  
[www.gracemmaus.org](http://www.gracemmaus.org)

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### NEXT GATHERINGS

Saturday, May 22  
PAYNE SPRINGS UMC  
Fellowship, 5:00pm  
Potluck, 5:30pm  
Worship, 6:39pm

Saturday, June 19  
FUMC TROUP  
Fellowship, 5:00pm  
Potluck, 5:30pm  
Worship, 6:30pm

DIRECTIONS ARE AVAILABLE ON THE  
[GRACEMMAUS.ORG](http://GRACEMMAUS.ORG) WEBSITE

YA'LL COME!!

## DEAR G.R.A.C.E.

Greetings, Brothers and Sisters of G.R.A.C.E. What a beautiful Spring we have experienced. Walks #52 and #53 were very big part of that beautification. Thanks to all of you for your part in making those Walks so successful. As is necessary, we hardly clean up from the Spring Walks when it is time for team selection for the Fall Walks at Camp Gilmont. Have you completed your application to be a team member on either Walk #54 or #55? You can do that by going to <http://www.gracemmaus.org/TEAMAPP.html> and completing an online application for the conference room team or <http://www.gracemmaus.org/OutsideServantTeamApplication.pdf> to complete an application to be on the Servant Team (outside team). We have had problems with online applications in the past but we have made corrections to fix those problems.

Does making an application assure that you will be a team member on the next Walk? No, there are only so many positions to be filled (22-23 Conference Room team members and 8-9 Servant team members). We frequently have more applying than there are positions and there is a required criterion to be followed by the team selection committee. The Upper Room Handbook on Emmaus requires the Team Selection Committee to use the "One-third Rule." This rule means the Team Selection Committee should strive to include on each team with approximately one-third new conference room team members, one-third second- or third-time team members and one-third team veterans. Another important criteria followed by the Team Selection Committee is to honor Emmaus Community Participation. The Team Selection Committee chooses first from among persons who actively support the Emmaus Movement and who practice the Emmaus method. Teams should represent those who seek to live a life of piety, study, and action; who know the value of a support group for living in grace as an accountable disciple; and who are active church members.

The committee also honors participation in Group Reunions and Gatherings as a sign of a person's commitment to the Emmaus method for Christian living. While ideally all team members should be active in a Group Reunion, the Lay Director and Fourth Day speaker must be active in an accountability group, or their witness is false. The committee honors these standards without being narrowly legalistic. Above all, the committee discerns individual gifts for team membership and overall commitment to the aims of Emmaus. I hope that I've shed some light on the team selection processes used to select Walk Teams. Posture yourself to meet all criteria for your best opportunity to be selected for team membership. And please be in prayer for the team selection committees as they meet this month for selection of Teams for Walks #54 & 55, that they may be successful in selecting the best possible teams.  
Grace and Peace,  
Dan Matthews

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**From the Spiritual Director**  
To call ourselves Christian" is to say many things packed into one word. It says that we have hope in life and we are able to acknowledge our mistakes and take corrective action. It means we see others as Christ sees them, full of possibilities. It means recognizing we do not live alone that we are part of a greater self, the Body of Christ. It means we dialogue with our creator to discover the ways and means of life.

Recently, I revisited a book I read some years ago that helped me in my dialogue with God. It is *Coping with Your Anger: A Christian Guide* by Andrew D. Lester. This book spends considerable time helping the reader to understand anger and why it is a gift from God. Dr. Lester looks at scripture to help us understand why we may have grown up believing we should not get angry and why that belief is harmful to our self and our relationship with God. Everyone can benefit from reading his words.

Lester says six things I will share. First, be conscious of our anger. If we suppress or fail to

acknowledge our anger, it can cause us to sin. Once aware we are angry, we can name the event, object and feeling that our anger is expressing. This allows us to interpret and evaluate why we are angry. We must remember that anger is not the problem; it is only a symptom of the problem. We must find the problem-causing event if we are to deal with our anger. We must take responsibility for our anger recognizing that somebody or something else does not cause our anger.

Finally, we must find an appropriate way of expressing our anger. Searching the scriptures yields many possibilities. I think Paul gives the best advice in 2 Corinthians 5:16-21, we are to be ambassadors of Christ seeking to be in a ministry of reconciliation. We need to be full of forgiveness (Mt 18:21-22), and to take action quickly (Mt. 5:25) not harbor/feed/frenzy our anger (Ep. 4:26-27).

It is important to acknowledge that our anger is a result of an attack on our greater self or the idols that we may worship. If we discover that we have placed greater value on "things" rather than our relationship with God, we may respond in anger to an attack on our "stuff". We pray, "Open our eyes illumine me, Spirit Divine."

De Colores  
David Mays  
Spiritual Director G.R.A.C  
Emmaus

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Chrysalis

Mark You Calendars for these Dates:

Girls Chrysalis Flight  
Sept 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> 2010

Boys Chrysalis Flight  
Dec 18<sup>th</sup>, 19<sup>th</sup> and 20<sup>th</sup> 2010

**What is a Chrysalis Flight?**  
A CHRYSALIS Weekend is a three day experience which takes a look at Christianity as a lifestyle. It is a highly structured weekend designed to strengthen and renew the faith of young Christians and, through them, all those with whom they come into contact. CHRYSALIS is an ecumenical, combined effort of laity and clergy toward renewal of the Church.

Those attending the weekend will spend three busy but enjoyable days living and sharing together in singing, prayer, worship and discussions centered around fifteen talks given by both laity and clergy. These talks present the theme of God's grace and how that grace comes alive in the Christian community and expresses itself in the world. CHRYSALIS is the growth stage between caterpillars and butterflies. While on the surface it may look like nothing is happening, the delicate process changes a caterpillar into a butterfly with wings and beautiful colors. This symbolizes that, through dying to self, Christ can transform us into new beings. Jesus Christ can transform us into something beautiful. We must open ourselves to Jesus for this transformation to occur.

CHRYSALIS is the name chosen for the Youth Walk to Emmaus because it symbolizes faith growth in the lives of youth -the spiritual growth that is necessary between adolescence and adulthood it is a crucial time in a maturing faith for discipleship.

CHRYSALIS has its roots deeply planted in its parent movement, the Walk to Emmaus. CHRYSALIS is a three-day spiritual renewal retreat that provides participants an opportunity to learn more about faith, to experience Christian love and support, and a chance to make new commitments in their faith journey. The content of the three days focuses on God's grace, how one experiences Christ as a friend in the body of Christ, and how one is called into discipleship, giving love a needful word.

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Notice

In the cleanup after Walk #53 we found a pair of cloth/leather tan/brown gloves that need a home.

Ditto for a Christian music CD. Identify the CD and I will mail it to you. Don't have to identify the gloves. Ray Carden call me at 903-245-9138

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Prayer Vigil

Thank you to everyone that that participated in the 72 hour prayer vigils for Walks 52 and 53. Your prayers meant so much to the pilgrims and to the teams! Your prayers were a vital part of the success of those two walks!

There are walks going on all over the world every week. Each week I get requests from

many other Emmaus and other “three day” groups asking for prayers. From time to time I will be sharing those with you so that you might also pray for our brothers and sisters who are on Walks elsewhere. You may pray for these whenever you like or you may also go to [www.3dayol.org](http://www.3dayol.org) and sign up for a specific time on their 72 hour prayer vigil. Below is a list of those who have recently requested prayer. Please pray for these during their walks. Thank you and DeColores! Judy Hawn

Anglican Coed Anglican [29 April-2 May 2010](#)  
Cursillo of Cursillo  
California

Ashland Women's Walk 22-25  
Area to Emmaus April  
Emmaus #31 2010  
Community

Atlanta Men's 22-25  
Christian Christian April  
Cursillo Cursillo #71 2010

Auckland Men's Walk to 29 April-  
Emmaus Emmaus #41 2 May  
Community 2010

Auckland Women's Walk [13-16](#)  
Emmaus to Emmaus [May](#)  
Community #42 [2010](#)

Birmingham Women's [13-16](#)  
Cursillo Catholic [May](#)  
Movement Cursillo #121 [2010](#)

Birmingham Men's Walk to 29 April-  
Walk to Emmaus #56 2 May  
Emmaus 2010

Keystone Women's Walk [29 April-2 May 2010](#)  
Walk to to Emmaus  
Emmaus #34 [2010](#)

Keystone Men's Walk to [6-9 May 2010](#)  
Walk to Emmaus #31  
Emmaus

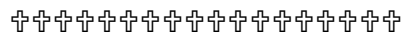
North Women's [29 April-2 May 2010](#)  
Mississippi Discipleship  
Discipleship Walk #25  
Walk



### **Celebrating Mothers, Daughters, Sisters & Friends.**



When detected early, breast cancer is a curable disease. And the two most important things you can do to protect yourself are monthly self breast exams and annual mammograms. In honor of Mother's Day and the Tyler - Komen Race for the Cure®, The Trinity Mother Frances - Ross Breast Center is offering screening mammograms for the special cash price of \$150 during the month of May. Please visit [tmfhc.org/Ross](http://tmfhc.org/Ross) or call (903) 531-5433 or (800) 464-8807 today, to request an appointment.



### **GATHERINGS for GRACE(2010)**

May 22, 2010, Payne Springs United Methodist Church; Fellowship 5:00PM, Pot Luck Dinner 5:30PM, worship 6:30PM

June 19, 2010, FUMC Troup; Fellowship 5:00 p.m., Pot Luck Dinner 5:30 p.m., Worship 6:30 p.m.

July 24, 2010, FUMC Canton; Fellowship 5:00 p.m., Pot Luck Dinner 5:30 p.m., Worship 6:30 p.m.

**Aug. 28, 2010 Grace Community, OJ Campus;** Sponsor training 4:30PM; Pot Luck Dinner 5:45PM; Worship 6:45PM

September 18, 2010, FUMC Athens; Fellowship 5:00 p.m., Pot Luck Dinner 5:30 p.m., Worship 6:30 p.m.

**Nov. 20 2010 Grand Ultreya; Green Acres Baptist Church;** Babe Chick training 4:30PM; Pot Luck Dinner 5:45PM; Worship 6:45PM

### **GATHERING NEWS**

As this article is being written, we have not yet had the Lanes Chapel Gathering. I'm sure God would agree that it will be/was a great success regardless of how many were able to be there or who was able to be there. Someone will be blessed in ways we may never know.

As you can see above, we have a commitment from 1<sup>st</sup> United Methodist Church in Troup to host a local Gathering. We will have more specifics by the next Newsletter. We are hopeful that others will be able to finalize their plans to host a local Gathering. We still need for someone to step up and host a local Gathering in Dec. Sounds like a tough time but what a wonderful time to gather and celebrate the reason for the season. We can't have too many Gatherings. There is nothing wrong with having more than one Gathering in a month. Our target is still to have them geographically separated to assure more community members have a chance to participate.

If you would like to plan a Gathering, contact Burton Love at **903-425-3864(h)**, **903-880-5462(cell)** or [burtonlove@embarkmail.com](mailto:burtonlove@embarkmail.com).

You can also get guidance from any of the other board members. Keep in mind, it is not difficult and there is a lot of help available to make it a success. It is a true blessing when it all comes together.

We look forward to seeing you at one or more of the GRACEmmaus Gatherings in 2010. DeColores







## Everything You Were Afraid to Ask

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### ... But Wanted to Know About Sponsoring...

The purpose of The Walk to Emmaus is to produce leaders for the church. Leadership is developed in serving the Emmaus community and through one's service to the pilgrims one sponsors. Building up the body of Christ and bringing spiritual revitalization to Christians who will in turn bring new life and vision to their churches, homes, workplaces and communities is the aim of sponsorship. The Walk to Emmaus is not meant to convert others to Christ, to fix people's problems or to reproduce one's own religious experience. With that in mind, one needs to prayerfully consider who to sponsor. This would include church leaders, active Christians whose own renewal will mean new energy, commitment, and vision to their churches, those who are the quiet backbone of the church they attend, who desire to renew their commitment, who are hungry for "something more", who want to grow spiritually, who will keep the Emmaus movement theologically sound and those who will help build a sound, balanced leadership base for their communities.

The first rule of sponsoring is pray, pray, pray. When the Holy Spirit leads you to ask a friend about going on the Walk to Emmaus, show how important it is to you by making an appointment. If you are talking to a married couple, be sure to present the offer to both husband and wife. Emmaus involvement is not meant to cause any kind of resentment between spouses. Often times a reluctant spouse will attend in order to be supportive of their husband or wife who is eager to attend a Walk. When you meet with your prospective pilgrim, share your personal experience. Remember there are no secrets in the Walk to Emmaus, only surprises, which are indescribable anyway. Answer any questions you are asked honestly.

No one's name can be added to a Walk Pilgrim list until the entire application is complete. This includes the name of the church your pilgrim attends and his or her pastor's signature. The cost of the Walk to Emmaus at GRACE is \$150.00 Scholarships are available at a 50/50 split. At least \$75.00 must be attached to the application along with a letter stating the reason a scholarship is needed. Mail the applications to

**G.R.A.C.E. REGISTRAR**  
**P.O. Box 132212**  
**Tyler, TX.**  
**75713-2212**

Names are added to the Walk lists by the registrar based on the postmark on the envelope, the completeness of the application and the inclusion of the Walk fee. Don't delay your pilgrim's placement by failing to complete the process. As the sponsor you will be contacted by the registrar of the date to which your pilgrim has been assigned. You will need to check this date with your pilgrim and notify the registrar immediately if your pilgrim needs to be scheduled for a different date.

Gathering the agape letters is another responsibility of the sponsor. As sponsors one of the most perplexing situations arise when we try to explain to someone what kind of letter we want from them for the pilgrims. You may want to use this example letter as a pattern for your requests for agape letters.

### **SAMPLE AGAPE LETTER**

As sponsors one of the most perplexing situations arise when we try to explain to someone what kind of letter we want from them for the pilgrims. You may want to use the following explanation as a pattern for your requests for agape letters.

Dear \_\_\_\_\_,

The "Walk to Emmaus" is a weekend of spiritual renewal with many beautiful gifts and surprises. One of the surprises is the mail that persons attending receive from their loved ones. \_\_\_\_\_ is going to attend a "Walk to Emmaus."

As sponsors, we are responsible for contacting family and close friends and asking them to send a note or letter to \_\_\_\_\_ so that he/she will receive it during this special weekend.

Since it will be a total surprise, we sometimes have to do a little detective work in order to get names and addresses of persons from whom we need help. Perhaps you'd like to pass this along to someone that you know \_\_\_\_\_ would like to hear from.

This letter is an opportunity for you to express your appreciation of \_\_\_\_\_ and what your relationship with him/her has meant and means. You might want to recall some humorous event or some happening that has been special to the two of you. This is a letter of love and **WILL BE READ ONLY BY THE PERSON TO WHOM YOU WRITE.**

Would you help make \_\_\_\_\_'s "Walk to Emmaus" special by doing the following?

1. Write a letter to \_\_\_\_\_ and sign it.
2. Put it into an envelope and seal it.
3. Write \_\_\_\_\_'s name (but not yours) on the envelope.
4. Put the envelope in a larger envelope and mail it to us prior to \_\_\_\_\_ so we can get it to the proper place on time.

This should be a complete surprise to \_\_\_\_\_ so please help make it special by keeping "mum" until it's over.

We hope you'll help us by getting a letter to us. It will be greatly appreciated.

Thank you,

Ask a good friend or a relative of your pilgrim to help you with names and addresses of other family members and close friends. Aim for quality rather than quantity. Each pilgrim will be given 8 to 12 letters to read. Any letters above 12 are placed in the pilgrims' closing packets.

It is important for you to pick up your pilgrim, make sure they have eaten, and deliver them to the Walk site. **At Send Off stay with your pilgrim and help your pilgrim meet others who are attending the same Walk.** Bring your agape (letters, food, drinks, pillow and dining room agape) with you to Send Off. After the pilgrims go to the conference room, **sponsors go to the Sponsor's Hour.** You will have the opportunity to hold your pilgrim's lanyard and cross and pray for them specifically. **Be sure to be at Candlelight and Closing.**

As a sponsor you also have the opportunity to serve your pilgrim's family during the Walk weekend. You may help with their family, pets or even their business. Another way the sponsor serves a pilgrim is after the Walk. **Take them to their first 4th Day activities, including the Babe Chick meeting, 1st Gathering, 1st Candlelight, etc. Help your pilgrim get into a reunion group.**



### **Kairos No. 36**

What An awesome weekend was had by all that attended the Kairos No. 36 Short Course weekend at the Michael Unit in Tennessee Colony. 42 men that have been incarcerated for various offenses against society found the love and forgiveness of Christ through the agape love of the inside and outside teams that served the love of Christ to them April 22-25. Many thanks to all the prayer warriors in our community that prayed for us as are praises and thanks offered up to those that supported us with agape gifts of letters, posters, placemats, cookies, and financial support. That is the true Body of Christ in ACTION. Many

comments from the men at closing reflected that appreciation, some of the conditions of their hearts when they first arrived were closed and hardened for Christ and his followers, but through the love showed by the awesome team that our own Pat Owens from Marshall assembled you could feel the love of Christ and the Holy Spirit used those hardened hearts to mold new believers to soften the hearts of many more inside that cruel prison. The next Kairos weekend will be led by Bruce King of Tyler it is scheduled for October 14-17, 2010 and he is seeking team members send him an email at [drbwing@aol.com](mailto:drbwing@aol.com) I'm sure he would love see where God wants him to use you.

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

## GRACE EMMAUS

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 donate \$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 15<sup>th</sup> of the month.

Thank you for your continued support of our Emmaus community.

DeColores

PLEASE COMPLETE THE INFORMATION BELOW:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_