

## EASTERN SHORE EMMAUS

### DATES TO RE- MEMBER:

• **January 9, 2010 – Gathering @ Craddockville UMC,** 33464 Boston Road, Belle Haven, VA 23306

• **February 13, 2010 Gathering @ First Baptist Church,** New Church, VA

• **Chrysalis Board Meeting,** Tuesday, January 19, 2010, Mears Memorial UMC, 7:00 p.m.

• **Emmaus Board Meeting,** Monday, January 25, 2010, Woodberry UMC, 7:00 p.m.

✠ **“Northern Shore” Emmaus Gathering –** Third Saturday of the month: **Saturday, January 16, 2009,** 6:00 p.m. Covered Dish and 7:00 Praise and Worship @ College Parkway Baptist Church, 301 College Parkway, Arnold MD 21012

✠ If you have noticed errors in the current **roster**, please contact Mary Grace Woodburn, send an e-mail to: [eastern-shoreemmaus@yahoo.com](mailto:eastern-shoreemmaus@yahoo.com), or send a note to P.O. Box 91, Franktown, VA 23354. Please send ANY updated information you may have such as addresses, marriages, or deaths. It is important to the community to keep the information as up to date as possible. Thank you!!!!

The

# The Walk Way

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## Happy New Year!

First, I want to thank you for allowing me to be your Community Lay Director for 2010. I want to again thank Pat for the outstanding job she did as the 2009 Community Lay Director. As I sit here and write this article for the news letter, I can't help but think where did 2009 go? We have a lot of things going on this upcoming year. *First*, there is the all important **Spiritual Leaders training meeting that will be held on January 23, 2009, at Melfa UMC at 9:00.** This training is so vital to our community and it should be noted that this will be the only event of this kind scheduled for this year. Clergy that need to be grandfather-in to be allowed to serve as Spiritual Leaders on walks must attend this event. Please get up with Alex Joyner, Head Spiritual Director, as soon as possible to make sure your necessary paper work is in (as of this writing 12/17 no one has sent the proper paper work in) for this onetime event. *Sec-*

*ondly*, our National Representative will be visiting on February 6. 10:00 at Franktown UMC. All board members are encouraged to attend (Community welcomed too!). *Thirdly*, our leader-



ship teams will soon be making preparations for the upcoming walks. Please start praying now for the teams and the pilgrims that God will send on these walks. *Fourthly*, pray for our Chrysalis Community and that God will send young women and men for flights in 2010. *Finally*, we have our monthly Gatherings. What a Blessing to come together and fellowship with our Emmaus Broth-

ers and Sisters. If you have not been in a while (Make it A New Year resolution) please mark on your calendar the second Saturday of each month at 5:30 (covered dish) or 6:30 (Praise and Worship). The next gathering will be held on January 9, 2010, at Craddockville UMC.

As 2010 begins, my hope and prayer for you is that God's Blessings will be upon you every minute of every day. That all your dreams, hopes and wishes for the year come true. And most importantly you share your faith in Jesus Christ with those who don't know him as their personal Saviour!

In Christ,  
Mickey Mantle Merritt  
Community Lay Director





The cup of salvation!

*“As we continue to grow as a community, including more and more people from more and more churches, one thing that should hold us together is what we experience when we come to the table for communion.”*

Here begins the bread.



## At the Table

How many times have people come back from an Emmaus walk or a Chrysalis flight and said, “I will never look at communion in the same way again”? Usually it’s because they have had a powerful experience of Jesus through one or more of the times we share the meal around the table on the weekend. Maybe they have never seen the bread and cup truly as the body and blood of Christ - God’s love - broken and poured out for us on the cross. Maybe they have never understood the extent to which God would go to bring us back - something we see and hear in the story we tell around the table. Maybe the experience of coming to communion with brothers and sisters who have become very close to them is a foretaste of what is to come in God’s Kingdom.

A few weeks ago I had the opportunity to be part of the Lord’s Supper at a Thanksgiving service in a local Baptist Church as part of a joint service we were

having. Being a United Methodist, the tradition in that church was unfamiliar to me, and I was grateful to have an experienced Baptist pastor leading us through it. You may have had the same experience at Emmaus or Chrysalis. Maybe the Emmaus way of doing communion is very different from the tradition you are used to. Maybe there are things that seem strange.

There’s a lot of history in the Emmaus tradition. It reaches back through Methodist, Anglican and Catholic roots to the earliest days of the Church. At its heart, though, the Emmaus/Chrysalis way is built around a few central acts - confessing our sins before God, hearing the story of God’s love for us as shown through the people of Israel and in Jesus Christ, inviting the Holy Spirit to come among us and to rest on the bread and cup and on us, breaking and sharing the elements, and giving thanks for God’s continuing work.

While it has a particular history - people of all kinds of backgrounds - from Pentecostal to independent Bible churches - have come to love this Emmaus way.

As we continue to grow as a community, including more and more people from more and more churches, one thing that should hold us together is what we experience when we come to the table for communion. I am grateful for all of the clergy and lay folks who are in love with Jesus and who find that love renewed at the Lord’s Supper. Whenever and wherever and however we go to that meal, I hope we never take it for granted.

Alex Joyner  
Spiritual Director



# Chrysalis News

Happy New Year!!!

This new year brings a new beginning. Most people make Resolutions. That takes self-discipline and strength. Maybe some of us want to master a habit, control a sin or lose weight, etc.. We need to be patient with ourselves. When we get frustrated sometimes we wonder where the power of God is. God is using today's difficulties to strengthen us for tomorrow. He is equipping us.

God is always there for us. All of us could use more strength--who isn't trying

to tackle a bad attitude, a bad habit, etc. Even if we didn't make a New Year's Resolution we are all trying to overcome something.

We can't always see the power of the Lord but it's real. We are not alone. We need to rely on the Lord and not struggle alone.

As long as we have hope, as long as we realize that this world is not our home and we recognize that some day all our problems will be solved. That is where we will gather our



strength.

The Lord promised there would be faith and strength and hope to face life's problems. We pray that God will give that strength to those whose anxieties have buried their dreams and the ones, whose burdens are bigger than their shoulders.

Have a wonderful New Year and a New Beginning.

Fly With Christ  
James Armentrout  
Chrysalis Community Lay  
Director

*"We are not alone. We need to rely on the Lord and not struggle alone."*

## Gathering and Walk Dates for 2010

Gatherings for 2010:  
January 9

-- Craddockville UMC  
February 13

-- First Baptist, New  
Church

March 13

-- Trinity UMC, Cape  
Charles

April 10

-- OOTB (Men's Walk)

May 8

-- Christ UMC, Chincoteague

June 12

-- Grace UMC, Parksley

July 10

-- Epworth UMC, Exmore

August 14

-- Guilford UMC, Guilford

September 11

-- Painter Garrison  
UMC, Painter

October 9

-- OOTB (Men's Walk)

November 13

-- Franktown UMC,  
Franktown

December 11

-- Cheriton Baptist,  
Cheriton



Walks for 2010  
(Easter April 4th)

**ES74** Spring Men's Walk -  
April 8th - 11th

**ES75** Spring Women's  
Walk - April 22nd - 25th

**ES76** Fall Men's Walk -  
October 7th - 10th

**ES77** Fall Women's Walk  
- October 21st - 24th



## Eastern Shore Emmaus

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2010

### *Board and Community Positions For E.S. Emmaus Community*

- Lay Director.....Mickey Merritt
- Assistant Lay Director.....Carlotta Pinney
- Secretary..... Marge Blankley
- Treasurer.....Gail Deans
- Community Spiritual Director.....Alex Joyner
- Spiritual Director..... Charles Peterson
- Spiritual Director.....June Charnock
- Music Director.....Ed Gibb
- Pre-Weekend Chairperson.....Gordon Ward/  
Mickey Merritt
- Weekend Chair Person.....Carlotta Pinney
- Post- Weekend Chair Persons.....Sam Whipps
- OOTB.....Bo Kelley
- Manuals & Records.....Allan Burns
- Team Selection.....Jeanne Livingston
- Pilgrim Selection.....Mickey Merritt
- Nominations.....Jim Petro
- National Board Liaison.....( )
- Prayer Chain Coordinator.....Mary Grace Woodburn
- Newsletter Coordinator.....Mary Grace Woodburn
- Newsletter Editor.....Mary Grace Woodburn
- Web Site Coordinator.....Mary Grace (& Jon)  
Woodburn
- Gatherings.....Chip Peterson
- Outreach Agape.....Connie Conway
- Community Agape.....Gordon Ward
- Communion Set-Up/Hospitality.....Pat Krukowski
- Prayer Vigil Coordinator.....Pat Krukowski
- Sales Logo shirts & bags.....Wayne Johnson/John  
Pinney