



The Emmaus Newsletter

Green Country Walk to Emmaus

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UPCOMING EVENTS

- FEBRUARY
GATHERING,
ST. PAUL'S
UMC,
FEBRUARY 9
- MARCH
GATHERING,
ABIDING
HARVEST UMC,
MARCH 9
- UPCOMING
WALKS 157 AND
158 AT BOSTON
AVE, APRIL 6
AND APRIL 20

USING OUR GIFTS

One of my favorite scriptures is found in Genesis. It tells us that God has blessed us that we might be a blessing to others. That is our call as members of the Emmaus Community. We have each been blessed with different gifts, and all gifts are needed to help make the walks the instrument God designed them to be. We pray for the teams during their time of preparation, for the pilgrims God will be sending, for the gifts of service and acts of agape from our community and communities around the world. We pray that all involved will recognize and experience the extravagant generosity God extends to his people. God's love flows down to us and then out through us as we are his hands and feet. In these weeks leading up to Walks 157 and 158, won't you pray about how you will offer your gifts and services on these Green Country weekends?

De Colores, Cindy Cunningham



LIKE US on Facebook!

Next time you're browsing Facebook search for Green Country W2E. Click "like" to be updated on gatherings, candle lights and prayer concerns. "Share" or suggest the page to your friends!

Next Food Network Star

Do you like the Food Network? Do you like to cook? Come help in the kitchen at the next set of Walks to sharpen your skills. We begin in the kitchen at about 6:00 AM. Yes, there are two 6's in a day. At 6:30 AM we pause to receive Holy Communion and reflect on the real reason we are up so early.

Your help is needed from 6:00 in the morning until the kitchen is cleaned following dinner. Come for an hour or for all day. All help is appreciated. We especially need help on Friday's.

We are in need of a Kitchen Manager for the next Women's Walk. If you have previous experience in an Emmaus Walk kitchen we could use your skills to manage the kitchen.

If you think you are interested or if you want more information you can contact me at 918-333-1244 or at daryl_worley@sbcglobal.net.

The Wait is Over!!!

Congratulations to the Sanford family (Tim, Tracy, Mitch and Laura) as they welcome their new son, Jaden Christopher Sanford, into their family!! Tim and Tracy are both serving as Junior Assistant Lay Directors for the upcoming Walks #157 and #158 in April. To read about this wonderful journey, visit <http://bringingjadenhome.blogspot.com>



May God richly bless Jaden Christopher's forever family!!!!!!
DeColores!

Isaiah 43:5

Do not be afraid for I am with you. I will bring your children from the east and gather you from the west.

Praying the Prayer Vigil

Here is a wonderful outline to follow when you find yourself at a lack of words while praying for a Walk...

- Begin by asking God to clear your mind from all outside distractions. Place your thoughts and your spirit with the people and the event you have come to Him to bless.
- Be silent a few moments and begin to feel His presence with you. Pray as if you are talking to your best friend - you are! Ask Him to bless with His spirit the buildings, the grounds, and all things used to bring those present to an awareness of Him.
- Pray for the lay director, if not by name, by duty. They must walk in His spirit for anything they may be called to solve.
- Pray for the assistant lay director(s) in much the same way. Pray for the spiritual director, they may truly be an instrument of His spirit.
- Pray for the assistant spiritual directors in much the same way. Pray for the board representative(s), that they may have the courage to keep the purity of the event and not let personalities keep them from doing what they promised God they would do.
- Pray for the speakers. Pray that they remember Whom they represent, lay down self, and glorify God.
- Pray for the talks - for the message they give, for the giver and for those who hear, that they may hear according to their need.
- Pray for the musicians, that their music may bring God's message and soothe troubled souls.
- Pray for the pilgrims; the ones who can't leave their thoughts behind, the ones uneasy in that setting, the ones who can't sleep, the ones forced to come, the ones looking for magic and not miracles, the ones who are open and receiving, and for all conditions known only to God.
- Pray for the fun and fellowship that it may warm hearts and keep focused on God. Pray for the cooks and all who minister in unrecognized ways.
- Pray for the team assistants that they do not tire. Pray for their renewed strength.
- Pray for the table leaders and assistant table leaders. Pray that their subtle guidance and emptying of self will lead their Pilgrims directly to Christ.
- Pray for all the agape gifts, for all the hands that made them and for the blessings they bring.
- Pray for the sponsors.
- Pray for the special times of the weekend-- you know what they are.
- And lastly, give it all to our Lord and Friend, who sees and knows, asking for His blessing and presence with everyone connected, not only those mentioned, but for families and for changes in the church and community.
- End by praising and thanking God for the opportunity He has given you to talk to Him on behalf of His Children. Amen.

"Pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus".

-1 Thessalonians 5:17-18



A Message from the Music Room:

Why do you sing?

I've never really thought a lot about why I and others like singing.

I'm going to outline a few reasons why people sing, and tell you about my love of harmony singing, but I'd love to hear about your own reasons.

"To sing is to express being alive". There are songs for every occasion: sad songs, happy songs, angry songs, love songs. Singing is a way of giving voice to a strong emotion and sharing it with the world. It can be a means of communicating our feelings to others, but also a way of giving ourselves comfort and solace in difficult times. Do you remember singing in the conference room on your walk and how it made you feel? I know there are times when the message of the song is so powerful that my eyes fill with tears of joy; does that ever happen to you?

Many people realize that singing can make you feel good. But I've also found the opposite: feeling good can make you sing! Often when I'm engaged in something physical and pleasurable like walking or cycling I suddenly notice that I'm singing. It is a natural expression of the way I'm feeling.

Sometimes the last thing I want to do is get up on a stage to sing. But because I have previously committed to performing, I start singing and before I know it, my mood is lifted considerably. Singing should be part of the National Health Service!

Lots of us sing in the shower, while we're working at home, as we're changing the beds. We sing alone in the house or the car. Nobody can hear or see us and we truly let it rip (and think of ourselves as the best singer in the world!).

Personally, I don't like singing on my own. The reason I sing is to enjoy the harmonies, so I need other people. I sing because I love the relationship between different notes being sung at the same time. I love the way that harmony singing creates something which is greater than the individuals involved. It makes a separate thing which can't be done alone, which needs all the participants, and yet no one participant is controlling the final result. This reminds me of how we all can work together as the body of Christ!

So if you are missing that feeling that you had in the conference room on your walk or you want to experience that feeling again in the Emmaus Community then I recommend that you come to the next gathering and we can lift our voices together in praise to our Lord and Savior.

DeColores
Tim O'Hearn



Banner Agape

For many years members of Green Country Emmaus made banners as an act of agape to be presented in the conference room. They were from church Emmaus groups, re-union groups, or individuals. Like most of the banners we see in our local churches, they were beautiful and meant to be kept, but storing them was a problem, and they weren't new and fresh for following walks. It's time to give banners a different twist!

Think smaller: poster board size or smaller would be great. They need to be light enough to be hung easily. Think fresh: the posters should be made for a specific walk and used only for that walk. Think about a theme: favorite scriptures, colorful designs, or encouraging sayings will turn them into a "wall hug".

This community is filled with creative, talented people. If art work and lettering aren't your gift, clip art is a perfect solution. Label the poster with the intended walk number, and the group from whom it comes. What a special way to say "God Loves You!" to the conference room. For more information contact Cindy Cunningham

Class of 2015 – Congratulations!

Please welcome new Green Country Walk to Emmaus Board members:

Cindy Cunningham

Karen Warlick

Tim O'Hearn

Shannon Morgan

Rita Sorrels

Steve Baggett

Stacey Reaves

New officers were elected at the January board meeting:

Cindy Cunningham, Board Chair

Karen Warlick, Secretary

Layne Herring, Treasurer

Please continue to pray for our board members as they serve and guide our community.

GREEN COUNTRY EMMAUS BOARD OF DIRECTORS

Cindy Cunningham	Board Chairperson	918-749-7040
Brenda Nickels	Community Lay Director	918-455-0668
Linda Tucker	Chrysalis Community Lay Director	TBA
Rev. Brian Mangan	Community Spiritual Director	918-371-3250
Gail Stunkard	Agape/Dining Room	918-857-5315
Becky Dotson	Candlelight, Sponsors Hour	918-747-3619
Karen Warlick	Emerging Ministries/Secretary	918-748-9555
Stacey Reaves	Newsletter	918-296-9359
Kathy Crow	Gatherings/Housing	918-542-6712
Daryl Worley	Kitchen	918-333-2292
Steve Baggett	Literature	918-833-4672
Tim O'Hearn	Music, Entertainment	918-492-6815
John Miller	Facilities, Set-up	918-314-1433
Shannon Morgan	Prayer	918-402-8677
Rita Sorrels	Registrar	918-355-1120
Duane DaPron	Reunion Groups/Fourth Day	918-671-3896
Tera Askey	IT	918-633-3469
Layne Herring	Treasurer	918-519-3120
Mark Newman	Chrysalis Community Spiritual Director	918-812-5492
Belynda Clanton	Ex-Officio	918-740-5911



We are looking for
newsletter articles.

If you would like to
submit poems,
devotions, fourth day
testimonials, etc.

please send to:

Stacey Reaves

reavessw@gmail.com