



# GOLDEN ISLES WALK TO EMMAUS

## There is Nothing Secret About Emmaus

September 2015

Emmaus pilgrims can harm the unity of the church by acting as though Emmaus involves secrecy, like a lodge or a mystery cult. The single greatest obstacle to a graceful relationship between Emmaus and the church over the years has been the image of secrecy. Secrets create barriers; they bind together those "in the know" and separate them from those who do not know. The only secret Christians share is a secret we are all called to tell: *"the mystery that has been hidden throughout the ages and generations but has now been revealed . . . which is Christ in you, the hope of glory"* (Col. 1:26-27).

There is nothing secret about Emmaus. Even Candlelight, personal agape letters, and the community's presence at the Closing can be mentioned when Emmaus is explained to a person being sponsored. Our hope is that these events will be experienced afresh as surprises and as gifts. But even when these events are known, little is lost when pilgrims actually encounter the love that these

special events of the weekend communicate. When asked a specific question, pilgrims should give an honest and truthful answer.

Emmaus pilgrims hurt the movement by saying to persons, "Well, I can't tell you what happens." This is not true. We may have difficulty putting into words the experience of the weekend, and we can say more than our friends are interested in hearing. Nevertheless, the weekend contains objective ingredients that can and should be shared with persons who are being sponsored. The objective ingredients of the weekend are described openly in the brochure, "The Upper Room Walk to Emmaus – for the Development of

Christian Leaders," the book *What Is Emmaus?*, talks, discussion groups, meaningful services of prayer and Holy Communion, and acts of love by a support community. (Reprinted from Upper Room Handbook on Walk to Emmaus.)

*It's no secret!*



## Out of the Valley

My sister and I have what is known as BPD or Bipolar Personality Disorder. It can be a heavy burden to bear. When we are on top of the mountain, which is what we call our manic episodes, we are euphoric and feel like we can accomplish anything, even things we wouldn't ordinarily considering trying. However, when we are in the valley, our depressive episodes, we feel like there is nothing that can be done to help us; that no one could possibly understand what we're going through. We talk each other through these episodes, but there have been instances when we were both experiencing them at the same time. To whom do we turn then?

Fortunately, the answer is Jesus. He is always there for us, even when we fail to recognize it. He brings us back to that happy medium between mania and depression. And He does it in such a way that we can still feel like we're on top of the mountain. What a wonderful feeling!

How many of you have ever felt like you've hit rock bottom and that no one could possibly help you? No matter how deep in the valley you may be, Jesus will meet you there and lead you back up to the top of the mountain. All you have to do is ask. Sometimes He works through others, and other times, He comes down Himself. Isn't it great knowing that we have a Savior who is constantly wanting to lift us up?

So the next time you're feeling lost and alone, look up. Your salvation is right there waiting for you!

DeColores,  
Brenda Morris, Newsletter Committee

## Fourth Day Reflections

By my third trip to Turkmenistan, a former Russian republic, where I worked with English teachers and their students, I had begun to expand my Russian language skills beyond simply saying, "Privet" (hello) or "Poka" (goodbye).



After a particularly long day, I closed my eyes and rested against the back seat of the car my friend, Catherine, had just purchased. It was her first car, and she was proud to drive me around in it. However, although she was in her 50's, she was only a beginning driver.

I listened passively as Catherine and our friend, Anna, talked to each other in Russian in the front seat until I heard words that caused me to bolt straight up and look more closely at our path. My tired ears thought they had just heard Anna caution, "No, Catherine! This road is no good!" As I anxiously looked in front of us to see where Catherine was headed, I discovered we had already left the side street we had been on and were now slowly, but confidently, maneuvering down a narrow sidewalk pockmarked with open manholes. Adding another touch of danger to this unusual event, two women walked side by side on the narrow path straight towards us. Catherine slowed down to allow them to pass, but instead, they stopped, smiled, and spoke casually to Catherine, who had, ironically, once been their English teacher. When the pleasantries ended, the women continued on their way and Catherine corrected our course to return to the street.



In Proverbs 4:26, Solomon cautions us to examine where our journey takes us. He writes, "*Give careful thought to the paths for your feet and be steadfast in all your ways.*"



While Catherine's mistake led to an amusing adventure, our story could have just as easily ended badly. I did learn to keep my eyes open whenever I rode with her, which wasn't long because shortly after this, she totaled her car.

The Walk to Emmaus gives all of us 72 hours to reflect on our paths and determine how we should continue to live out the remaining days of our earthly journey.

I pray all of you will have smooth adventures, but should you encounter a bumpy road (or misplaced sidewalk), I have faith God will sustain you until you are able to right your course.

DeColores!

Lori Durham, Newsletter Committee

**Help!**  **Help!**

We are in need of applications on file for both the upcoming spring Walks; Women's and Men's. Applications can be found on our website [WWW.Goldenislesemmaus.org](http://WWW.Goldenislesemmaus.org). At the present time there are 22 applications on file for the Women's Walk and 18 for the Men's Walk. Wouldn't it be wonderful to begin our spring Walks with a waiting list of applications? Let's get busy and get those applications in. No one likes a last minute crunch.

## What is Your Priority?

What does September bring to mind? For me, my first thought is my baby sister's birthday. She is now in her 30s and is faithfully serving the United States Air Force. Hardly a baby any more, but always my "baby sister." I was delighted when she joined the Emmaus family, and when she arranged for our other sister to join the Emmaus family! My next thought is one that likely comes to all people who experienced, or know someone who experienced the tragedy of 9/11/2001. The things we think of reflect our priorities.

September 11, 2001 clarified priorities for many people. Fire fighters, police officers, and others ran into danger while others ran from it. Suddenly coming home late wasn't an issue so much as coming HOME. Prayers and the words "I love you" were spoken more often. Airport security changed forever.

In her talk on Priority, Sherry Peeples provided the following equation:

- Values – what you love and cherish
- + Beliefs – what you believe to be true and right and trustworthy
  - + Ideals – what you want for yourself or others (dreams, hopes)
  - + Commitment – what you are willing to do

= PRIORITY

Take a minute and re-read that equation. Can you identify your values, beliefs, ideals, and commitment?

Lau Tzu had another equation, which was this: "Watch your thoughts; they become words. Watch your words; they become actions. Watch your actions; they become habits. Watch your habits; they become character. Watch your character; it becomes your destiny."

The Bible provides instruction for controlling our thought life. We are told in Philippians 4:8 *"Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things (KJV)."* Let's use that verse this month to guide us to set God-honoring priorities!

Trisa Chancey  
Newsletter Committee

**We are on the Web:**  
[www.goldenisleemmaus.org](http://www.goldenisleemmaus.org)

## Are You Currently Involved in a Reunion Group?

It is a proven fact that Pilgrims involved in Reunion Groups stay connected to the Emmaus Community and support it's Fourth Day Activities. Somehow it just makes it easier when we are connected with a group that holds us accountable. If you are not currently meeting with a Reunion Group, make a special effort to either start one or join one that is already established. A Reunion Group can be made up of as few as three or as many as eight for optimal sharing. The goal is to meet weekly.

A list of all active Reunion Groups can be found on our website: [www.goldenisleemmaus.org](http://www.goldenisleemmaus.org). The groups are divided by area and have a name and contact information of someone who can give you more information. Please take advantage of this tool to help you grow in your walk with Christ and to be a blessing to others.



# Upcoming Events

## COMMUNITY GATHERINGS

- ◆ **Gathering — Sept. 11, at 7:00 p.m.—Brunswick 1st UMC, Brunswick, GA**  
In honor of those who suffered great loss on September 11, 2001, let's make this a **Patriotic themed Gathering**. Wear your Red-White-Blue to show respect and honor for First Responders and for our great country.
- ◆ Gathering — Oct. 2, at 7:00 p.m.— Southside Baptist Church, Nahunta
- ◆ Gathering — Nov. 6 at 7:00 p.m.— Kingsland 1st United Methodist Church, Kingsland, GA
- ◆ Gathering — Dec. 4 at 7:00 p.m. — St. Simon's UMC

If you would like to offer your church to host a Gathering in the future, please contact Gretchen Bell at [gbell\\_31566@yahoo.com](mailto:gbell_31566@yahoo.com) for more information regarding what is required of a host church.

### GOLDEN ISLES WALK TO EMMAUS BOARD MEETING

**GIE Board Meeting October 17th, 9 AM Brunswick FUMC, Miller Building** (Changed to second Saturday in Sept. due to Board Training in Atlanta on 20th)

Emmaus community members are always welcome at Golden Isles Emmaus Board Meetings normally the third Saturday of each month at the Miller Building behind Brunswick First UMC.

This is the day the Lord has made. We will rejoice and be glad in it. Psalms 118:24



### Calling All Sponsors:



When was the last time you checked in with the Pilgrim you sponsored? A Sponsor's duties do not end at the Closing ceremony. Part of our responsibilities as Sponsors is to see that our Pilgrim is continuing to put into practice the ideals set forth during their 72 hour weekend: Are they growing in Christ? Are they involved in an ongoing Reunion Group? Do they understand what is involved in good sponsorship? Are they attending Gatherings? Do they need your guidance in any of these areas? It's time to give them a call.



“That same day two of Jesus’ followers were walking to the village of Emmaus, seven miles from Jerusalem. As they walked along they were talking about everything that had happened. As they talked and discussed these things, Jesus himself suddenly came and began walking with them.”

Luke 24: 13-15 NLT

## Golden Isles Emmaus Board Election Ballot for 2016

Below is a list of Nominees for the Board of Directors for Golden Isles Emmaus, Inc. Five elected members will serve a three (3) year term which will last from January 2016 to December 2018. One elected member will serve a term of two years, from Jan. 2016 to Dec. 2017. Please take a moment to pray for the nominees and cast your vote. If you feel led to make a write-in nomination, there is a place on the right side of the ballot. Please return your ballot at the September or November Gathering, or by mail to Golden Isles Emmaus, 139 Altama Connector Box 355, Brunswick, GA 31525 by November 15th.

### Lay Nominations

Please place an X by the names of six (6) people for which you wish to vote.

\_\_\_\_\_ Carolyn Capps

\_\_\_\_\_ Lori Durham

\_\_\_\_\_ Elizabeth Houston

\_\_\_\_\_ Corey Knox

\_\_\_\_\_ Kathy Marshall

\_\_\_\_\_ Phil Scott

\_\_\_\_\_ Lisa Triola

\_\_\_\_\_ Susan Unkles

### Write-In Nominations

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**DEADLINE FOR VOTING IS NOVEMBER 15, 2015.**