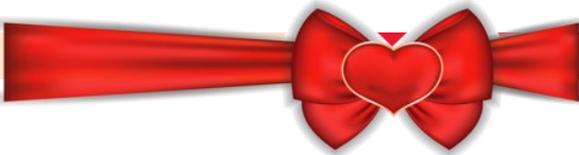




GOLDEN ISLES WALK TO EMMAUS



February 2016

From the Chairwoman's Desk...



Each year, the Golden Isles Emmaus Board of Directors signs a Covenant with the Upper Room International Emmaus Office.

By signing this covenant, some of the things we agree to are to conduct our programs in accordance with Emmaus materials; promote the openness to diversity and theological balance that is reflective of the Upper Room; function as a servant of the church; have an elected board; and keep accurate accounting records.

For their part, the Emmaus office agrees to develop and support our community; uphold the covenant and our community in prayer; maintain regular communication with our community leadership; and continually seek to improve the Emmaus program.

At our February Gathering, I will have a copy of the covenant and members of the board will sign it in front of the community as your representatives.

You are welcome to read the covenant to better understand our agreement with the Upper Room. If you have any questions, please feel free to contact me.

—Melinda Hollington



COME ONE, COME ALL!
The help of the Emmaus Community is kindly requested
on
SATURDAY, FEBRUARY 27
from 9 AM-Noon
at the **LION'S CAMP**
to set up for the Men's and Women's Walks.

The Women's Prayer Union is hosting our 2nd Annual

Hearts for Him Ladies Day
Saturday, February 20, 2016
9AM-12PM

At The Grace Place Church
608 Second St.
(Corner of Reynolds and Second Streets)
Brunswick, GA

This year our keynote speaker will be Annie Akins, who is a recent Emmaus pilgrim. We are also excited to have another Emmaus alumna, Robyn Kicklighter, sing for us again.

There will be coffee and fellowship at 9 a.m. in the Fellowship Hall, and a nursery will be provided for children ages 3 and under. This is going to be a great time with Jesus at the center of it all.

Dottie Short, GIWTE #22, Table of Naomi



Thank You Retiring Board Members!

The Golden Isles Emmaus Community
extends our thanks
and gratitude to the individuals who recently rotated off
the Board of Directors.

Be sure to thank them for their dedication
and hard work over the last three years
when you see them next.



Dan James

Gretchen Bell

Sandra Nobles

Linda Dillingham

Gail Ashurst

Welcome New Board Members!

Lisa Triola—Agape Coordinator

I attended Golden Isles Walk to Emmaus #15 and sat at the Table of Esther.

I am a Paralegal Specialist for the Federal Law Enforcement Training Center and attend the Blythe Island Baptist Church, where I take a leadership role in the Women’s Ministry.

I was born in Atlanta, Georgia, and grew up in North Canton, Ohio. In 1984 I moved to Charleston, South Carolina, for my 1st Duty Station with the US Navy.

I moved to Brunswick in 1992.

I do mission work in Honduras, read, and spend time with my daughters, Jessica Baden and Frances Triola.



John 3:16— “For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.”



Cory Knox—Community Candlelight Coordinator



I attended Golden Isles Walk to Emmaus #12 and sat at the Table of John.

My wife, Penny, and I have three children: Zach 20, Matt 18, and Lizzie 16.

Keeping up with all their activities and our own busy lives working full time jobs has given us a truly blessed and full life through the Grace of God.

We are active members of Blackshear First United Methodist Church.

Lori Durham—Communications Coordinator

I attended Golden Isles Walk to Emmaus #11 and sat at the Table of Martha. I am originally from Cincinnati, Ohio.

I teach 10th Grade English at Camden County High School and am married to John Durham, a Camden County native.

Our daughter, Allison, is a sophomore at the Coastal College of Georgia. In March she will marry Brandon Morales.

Our son, Russell, passed away in 2012.

We are active members of College Place United Methodist Church in Brunswick.



Carolyn Capps—Team Selection Coordinator



I attended Golden Isles Walk To Emmaus #15, where I sat at the Table of Ruth. I am married to David Capps, who attended Walk #12.

We have one son, Bryan, and live in Fernandina Beach, Florida.

I feel blessed to be serving on the Board. It is my desire to be a worthy member and to do the job to the best of my ability.

Phil Scott—Facilities/Gathering Coordinator



I attended Golden Isles Walk to Emmaus #7 and sat at the Table of Peter.

I am married to Jenny, and we live on St. Simons Island. I am retired and attend Brunswick First Methodist.

I like to read, walk, bicycle, and play golf.

Elizabeth Houston—Reunion Groups/4th Day Coordinator

In 1997, I attended South Georgia Walk to Emmaus #32 and sat at the Table of Esther.

My husband, Charles, and I have been active in the Heart of Georgia, Dayspring, and South Georgia Emmaus communities.

I was raised in Savannah and taught for 30 years in several systems in Georgia.

We have two children and three granddaughters who live in Tallahassee, Florida, and San Francisco, California.

I enjoy reading, swimming, supporting literacy, and joining in a variety of ministries.



Susan Unkles—Secretary



I attended Dayspring Walk #41 and sat at the Table of Elizabeth.

I live in Blackshear and attend Blackshear First United Methodist Church, where my husband, David, is the pastor.

We have three sons, a daughter-in-law and two grandsons.

I am an ICU nurse at the hospital in Waycross, and LOVE being Gigi for my grandsons. I also enjoy reading and family time.

1 Corinthians 13: 4-7



“Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.”



Psalms 51:10—“Create in me a clean heart, O God; and renew a right spirit within me.”

Editor's Note: The following message was written by my sister, Teri Curran, in honor of American Heart Month. She is a Radiologic Technologist in the Interventional Cardiology Department at Bethesda North Hospital in Cincinnati, Ohio. —LD

Go Red for Women was just a statement, until it became my cause. My brother, a 50-year old healthy and fit marathon runner, died suddenly on a run before work. He had a massive heart attack. What do you do when your younger sibling dies of a heart attack?

I went to my doctor.

I had no symptoms and felt fine, but my doctor suggested some blood work, a stress test, an echocardiogram and a CT calcium scan. The CT scan revealed I had a large ascending aortic aneurysm. A call to a cardiovascular surgeon resulted in this prognosis: **“If we do nothing, you have 1% chance of survival.”**

1 in 3 women will die from Heart Disease.

1 woman every minute dies from Heart Disease.

This is the #1 killer of women, more than any form of cancer.

The Little Red Dress is a national symbol for women and Heart Disease.

Visit your doctor, ask questions about your heart, eat healthier, don't smoke, exercise routinely, know your numbers, and know your family history.

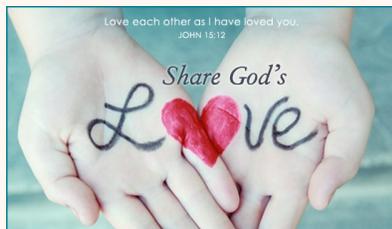
Let's make a difference. Let's raise awareness. Let's save a life.
Let's go Red for Women!

National Wear Red for Women Day is Friday, February 5, 2016.



For more information you can visit the [American Heart Association](#) website or [Go Red for Women](#).

Share God's Love



you an additional challenge.

February is traditionally a month set aside for couples to shower each other with affection and gifts. However, I know of at least three couples who, in just the past year, have been separated from their life-long loves by the death of their spouse. I also know many people looking for the match that God has for them, who are single but don't want to be. Surely each one of us knows people in similar situations.

Here is my challenge: find these people. Send them cards. Buy them flowers. Bake them cookies. Carry a meal to them, or invite them to spend time with you. Invest your time in them. Help them, by your presence, to know that they are not alone or forgotten.

For those who are separated from their loved ones by death, invite them to talk about their loved one. Perhaps they have some memories they would like to share. For those who are looking for someone to love, invite them to talk about specific traits they would like their lifelong love to have, and encourage them to wait for God's best for them.

—Trisa Chauncey
Newsletter Committee

Upcoming Events

COMMUNITY GATHERINGS

- ◆ Gathering — February 5 at 7:00 p.m.— Kingsland First Baptist Church
- ◆ Gathering — April 1 at 7:00 p.m. (Pio Party)— College Place UMC
- ◆ Gathering — May 6—Blackshear UMC

If you would like to offer your church to host a Gathering in the future, or would be interested in sharing a Fourth Day testimony, 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.

Save the Dates! Spring 2016 Walks to Emmaus

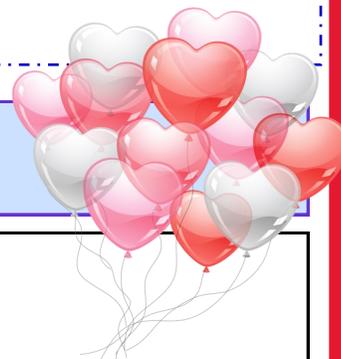
Men's Walk #29, March 3-6, 2016

Lay Director: Dan James

Women's Walk #30, March 10-13, 2016

Lay Director: Cheryl DeZouche

Pray! Pray! Pray!



GOLDEN ISLES WALK TO EMMAUS BOARD MEETING

GIE Board Meeting February 13th, 9 AM Brunswick FUMC, Miller Building

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.

JOURNEY 2016 is coming soon!!!



JOURNEY is the young adult version of the Walk to Emmaus. This is for ages 19-24 and is geared toward college age young adults. These "caterpillars" take their flights in February of each year. Girls go one weekend ahead of the boys. The Journey flights take place at Tattnall Campground.

You can change a young person's life by sponsoring a young adult to go on Journey!!

Girls' Journey Flight #30

February 4-7, 2016

Lay Director, Haley Higgs

Boys' Journey Flight #31

February 18-21, 2016

Lay Director, Bo Davidson

Please go to www.dayspringwalktoemmaus.com to find an application for Journey.

Send completed Journey applications to: Roxanne Durrence at roxannedurrence@gmail.com
OR Mail to: Roxanne Durrence, P.O. Box 2004, Reidsville, GA 30453