



GOLDEN ISLES
EMMAUS

January 2025 Newsletter



First, I wanted to take a moment to welcome in the New Year and to introduce myself to those that don't know me. My name is Angela Dunn, I went on Walk 21 in 2012 and I am your Community Lay Director for the 2025 year. I'm looking forward to serving this community with you.

I'm originally from NJ, but I've been in South GA for 20 years now! I'm a veteran of the US Army and currently work remotely for a home and auto insurance company as a Training Coordinator where I've been employed for 22 years.

It's the New Year and as most of us do this time of year, we typically start new things, be it a gym membership, a diet program, maybe even a new job. How about this year, we start with something that should be simple, something that should strengthen your faith and bring you closer to God.

Here are ten resolutions that can help you grow your faith:

Deepen discipleship

- Commit to reading your Bible. As you read, pay close attention to what God is teaching you, and consider what calling God has for your life.
- Pray more often. If you don't pray often, start by praying at least once each day. If your prayer life needs to be rejuvenated, explore new prayer practices, such as breath prayers. Breath prayers is a phrase designed to be short enough to say within a single breath, allowing for repetition throughout the day. An example might be: (Inhale) I can do all things (Exhale) through Christ who strengthens me. -Philippians 4:13
- **Attend church services regularly.** Connecting with others and participating in worship are vital parts of a growing faith.
- **Join a small group.** This might be a Sunday School class, your Emmaus Reunion Group, a community group organized by your church or a Bible study fellowship.

Get creative

- Write in a journal. Capture your thoughts about life and God.
- Create something beautiful.
- Make a joyful noise. Join in congregational singing with a bit more gusto, or simply sing to the heavens while you are stuck in traffic or maybe while you're cooking.

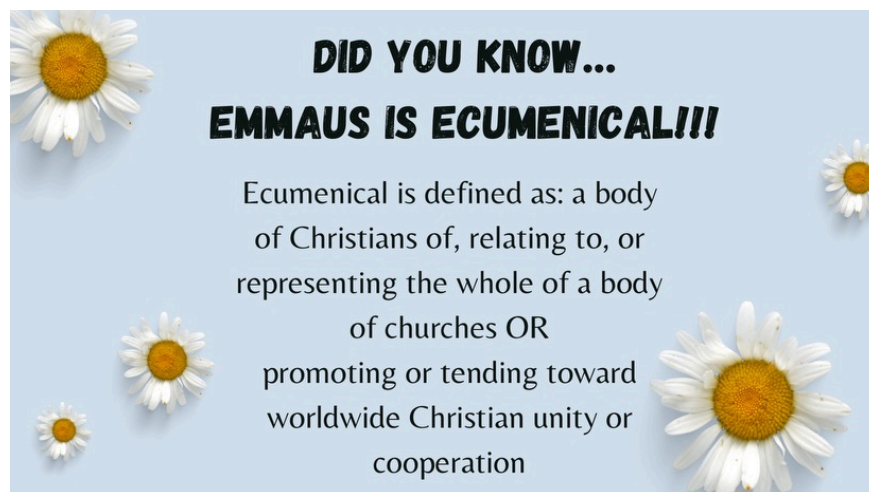
Be present

- Reach out to those you love, make an effort to call, text and email people you haven't heard from in a while.
- Invite someone to church, think about inviting them to join you for a worship service or a church event where they can meet members of the congregation.

Remember that we are planning a Women's Walk for March. If you are willing to serve, please reach out and let us know. The success of this walk depends on all of us.

DeColores!

-Angela



Immanuel – God With Us

Matthew 1:23 – New International Version

²³ “The virgin will conceive and give birth to a son, and they will call him Immanuel” (which means “God with us”).

our Lord and Savior. In that way, He truly is with us everywhere we go.

I remember when my sister Mindy was in high school she performed a skit in which she accepted Jesus. But she still wanted to go places she didn't think Jesus should go. Before she would enter one of those places she would tell Jesus to wait outside. He followed her in again and again. Finally she took a hammer and nails into her hands and pounded the nails into Jesus hands and feet. With each pound she yelled "No, Jesus. I told you to WAIT OUT HERE!" When she realized what she had done she crumpled to the ground, covered her eyes and wept.

I wonder how many places you and I go that we try to keep Jesus out of. There is no place He isn't willing to go.

Mandisa wrote a song called "He is With You." You can read the lyrics here: <https://genius.com/Mandisa-he-is-with-you-lyrics> She lists so many times that God is with you. His is the hand to hold in the worst of times. I heard a story of someone who asked God if they could hold His hand as they faced a difficulty. God said, "No. I will hold yours." When asked why God responded, "Because when things get difficult you might let go. I never will."

The song that captures this most concisely for me is "Emmanuel, Emmanuel." The lyrics are simple (from hymnal.net):

Emmanuel, Emmanuel,
His name is called Emmanuel.
God with us, revealed in us,
His name is called Emmanuel.

Think about those lyrics with me. God *with us, revealed in us*. How will God reveal Himself in you today?

Trisa Chancey – Golden Isles Walk to Emmaus #2 – Table of Mary

COMMUNITY GATHERINGS

January 10, 2025 @ 7pm

Brunswick, Ga 31525

February 01, 2025 @ 7pm

No Meeting

March 22, 2025 (Before Candlelight)

Lions Camp for the Blind

5626 Laura Walker Road

Waycross, Ga 31503

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

Melissa Bender Moreno at mfbmoreno@gmail.com for more information regarding what is required of a host church.

If you are interested in sharing your musical gifts at Community Gatherings or Walks, please contact

Brian Vigue at [904-894-6753](tel:904-894-6753) or bikerbrian@tds.net.

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