



Walk to Emmaus® Newsletter

Vol. 20 No. 8

Greater Dayton Community

August
2008

Chairman's Message

As you may know, I travel quite a lot with my job. My wife gave me a Satellite Radio as a gift a few years ago and I have found it to be a very good companion in my car as I travel and struggle with 'windshield time'. I have been listening to the different news shows, Fox News, CNN, ABC News, etc. The problem is all I hear any more are negative stories about how bad things are. Then I look at the price of gas and hear what is happening in the Stock Market, all of the bad news has a way of getting to me. When things get a little 'over the Top,' I will turn to the comedy channels for a little relief.

If you're like me, you're far more attracted to someone who can laugh or cause you to laugh than to someone as serious as death all the time. We're drawn to this type of Christian because they seem to have a special, personal, and intimate connection with God.

Did you know that a typical child laughs 400 times a day, while an adult laughs only about 15 times? What happens to adults to make them lose their laughter? Do we stop laughing because we got old, or did we get old because we stopped laughing?

In Heaven, I believe our joy will often erupt in laughter. When laughter is prompted by what's appropriate, God always takes pleasure in it. I think Christ will laugh with us, and his wit and fun-loving nature will be our greatest sources of endless laughter.

There's nothing like the laughter of good friends. The Bible often portrays us around the dinner table in God's coming kingdom. What sound do you hear when friends gather to eat and talk? The sound of laughter.

In Scripture, Jesus tells us, "Blessed are you who hunger now, for you will be satisfied. Blessed are you who weep now, for you will laugh" (Luke 6:21). "Rejoice in that day and leap for joy, because great is your reward in heaven" (Luke 6:23). Just as Jesus promises satisfaction as a reward in Heaven, he also promises laughter as a reward. Anticipating the laughter to come, Jesus says we should "leap for joy" now. Can you imagine someone leaping with joy in utter silence, without laughter? Take any group of rejoicing people, and what do you hear? Laughter. There may be hugging, backslapping, playful wrestling, singing, storytelling. But always there is laughter. It is God's gift to humanity, which will only be raised to new levels at the resurrection.

The reward of those who mourn now will be laughter later. Passages such as Luke 6 gave the early Christians strength to endure persecution in "an understanding of heaven as the compensation for lost earthly privileges." In early Christian Greek tradition, Easter Monday was a "day of joy and laughter," called Bright Monday. Only the followers of Christ can laugh in the face of persecution and death because they know that their present trouble isn't all there is. They know that someday they will laugh.

In Proverbs 17:22, it says, "A merry heart does good, like medicine, but a broken spirit dries the bones." (NKJV) The New Living Translation says it even better: "A cheerful heart is good medicine, but a broken spirit saps a person's strength." With the high cost of prescription drugs these days, we can all benefit from some good medicine that's free!

According to a 1988 Health Update published in The New York Times, a group called "Nurses for Laughter" at Oregon Health Sciences University wear buttons that say: "Warning: Humor May Be Hazardous to Your Illness." A family practitioner at New Jersey's School of Osteopathic Medicine, Dr. Marvin E. Herring, said, "The diaphragm, thorax, abdomen, heart, lungs and even the liver are given a massage during a hearty laugh." And Dr. William F. Fry of Stanford University said that "laughter stimulates the production of the alertness hormones catecholamines. These hormones in turn cause the release of endorphins in the brain. Endorphins foster a sense of relaxation and well-being and dull the perception of pain." Neuroscientist, Jodi Deluca, Ph.D., of Embry-Riddle Aeronautical University said, "It doesn't matter why you laugh. Even in small doses, it improves our overall quality of life."

Don't suffer from 'laughter deprivation.' If you suspect you might be suffering from laughter deprivation, let me encourage you to look for ways to laugh more! It might be just what the Great Physician has prescribed to improve your health and bring joy back into your life. Be more child-like and laugh more. Remember, God loves you and that is reason enough to laugh and 'leap for joy'!

De Colores, Don Adams, Community Chair

HOW TO FIND US!

Greater Dayton Emmaus
Normandy UMC
450 W. Alex-Bell Rd
Centerville OH 45459
www.daytonemmaus.org

UPCOMING EMMAUS WALKS

Held at Normandy UMC:

Women's Walk #76 - Sep 18-21, 2008

Men's Walk #47 - Jan 22-25, 2009

Women's Walk # 77 - Feb 19-22, 2009

Women's Walk #78 - Apr 16-19, 2009

Men's Walk #48 - May 14-17, 2009

Held at Christ UMC:

Men's Walk # 46 - Aug 14-17, 2008

CANDLELIGHT AND CLOSING

Candlelight	8:30 PM	Saturday
Closing	4:30 PM	Sunday

GATHERING & BOARD MEETING

Normandy UMC	2 nd Mon	7:15 PM
Dayton Board	4 th Tues	7:00 PM

TRAINING & ORIENTATION

SPONSORSHIP TRAINING

Date: Aug 11, 2008 / 6:30pm

Place: Normandy UMC, Room #214

This is an open invitation for everyone to attend a 45-minute training session before the Gathering. Come and learn the best methods suggested by the National Emmaus Board.

SHARE GROUP ORIENTATION

Date: Aug 11, 2008 / 6:15pm

Place: Normandy UMC, Chapel

This is a great opportunity for new members of the Community to get connected with a Share Group.

Giving Our Hands to Christ

But be sure to fear the Lord and serve him faithfully with all your heart; consider what great things He has done for you. *1 Samuel 12:24*

HOUSING CHAIR

Please check the housing sign-up sheets at the next Gathering for the next Walk and the BIG MOVE from Christ UMC (**scheduled for Aug 20**). We can always use a few more hands. You can also check out the Housing section on the Dayton Emmaus website for additional information: (<http://daytonemmaus.org/deHousing.htm>)

De Colores, Stephen Puderbaugh, Housing Chair



KITCHEN CHAIR



The Kitchen staff continues to need help during the following shifts on Walk weekends:

- Thursday, 9:00am - 12:30pm**
- Friday, all shifts**
- Sunday, 6:00am - 9:00am**

If you would like to volunteer for these needs, please contact Virgil Gallagher (shgaoh@verizon.net) or check the sign-up sheets at the monthly Gatherings.

De Colores, Virgil Gallagher, Kitchen Chair

GOOD SHEPHERD

Share Group Orientation: Next session will be Aug 11th at 6:15pm in the small chapel at Normandy Church. This session is open to anyone who is not currently in a share group or anyone who wants to expand their existing share group. We will cover the guidelines of how to run your share group and have a networking session. **Outreach:** Just a reminder that I am available for outreach. If you would like an Emmaus presentation during your weekend church service, please contact me (937-312-9033).

De Colores, Cheri Spencer, Good Shepherd

SUPPLY CHAIR



A tremendous amount of supplies is required to conduct a Walk weekend. Please consider how you might be able to help with this important task. We need some assistance on Wednesdays (before the Walk weekend) in picking up fresh produce from the supplier and bringing to the church. If you can help, please contact me: (937) 256-4691 or supply@daytonemmaus.org.

De Colores, Rich Hill, Supply Chair

COMMUNITY EMAIL PRAYER CHAIN

If you have prayer concerns or would like to pray for other requests in the Dayton Community, please email (bennercl@notes.udayton.edu) or call 937-879-2118. Please limit your requests to a serious/urgent nature and to the needs of either a member of the Emmaus Community or your immediate family. Also, if you are not receiving prayer chain messages and wish to do so, please call me to confirm/update your email address. Blessings to all who support the prayer ministry.

De Colores, Charles Benner



From the Spiritual Director

STANDING STRONG AND TALL

Years ago, my husband and I planted a rather small evergreen in our front flower bed. Initially when we planted this tree, it was small and frail. In fact it was so frail that we had to insert sticks in the ground to tie it so that it would stand upright. Positioned right next to this flower bed was a firmly cemented sidewalk solidly fixed and immovable.

Recently, I was out doing yard work and happened by that tree and I noticed that the same weak frail tree that was unable to stand on its own was tall, deeply rooted and thriving. But I also noticed something else, that solidly fixed immovable firmly cemented sidewalk was raised. It was being moved from its very foundation. I thought, what kind of force does it take to move the perceived unmovable?

The prophet Jeremiah in chapter 17 verses 7-8 uses a tree to metaphorically share the importance of having oneself firmly planted. It reads “Blessed is the man that trusteth in the Lord, and whose hope the Lord is. For he shall be as a tree planted by the water, and that spreadeth out her roots by the river, and shall not see when heat cometh, but her leaf shall be green; and shall not be careful in the year of drought, neither shall cease from yielding fruit.” (Life Application Study Bible).



This current climate of economic slow down, failing stock prices, and escalating fuel costs, can make one feel weak, lifeless, and limp. Just like that frail tree we planted so many years ago. But what the word of God does is show us how important it is to fix oneself in good soil.

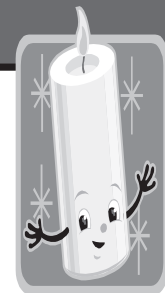
Your life situation can appear immovable, solidly fixed without any hope of relief but those who have deeply planted themselves in the word of God are unstoppable. Nothing will stop you; nothing will prevent you from God’s will and purpose in your life. That deeply rooted seed of faith grabs at the soil of God’s grace and anchors you to His mercy and sustaining love helping you to stand firm and tall filled with the hope and promise of tomorrow. And I got all of that from a tree!

In His Grace and Love,
Mamie Johnson, Spiritual Director

IMPORTANT CANDLELIGHT NEWS!

Due to the fire hazard, safety risks, and liability concerns associated with burning candles in the church buildings, the Board has approved the use of battery-operated candles for our candlelight services. Beginning with Women’s Walk #75 in July, we will use the new battery-operated candles only. To help minimize storage space at the church, community members may purchase their own battery-operated candle. They will be sold at the Gatherings for \$4 each. Be sure to get your new candle before the next Walk!

De Colores, Chris Christoff, Worship Chair



Please remember to pick up a Willing Servant Form at the next Gathering or online at the Dayton Emmaus Community website: <http://www.daytonemmaus.org/deForms.htm>. If your Willing Servant Form is submitted by July 1, 2008, and you meet the requirements to serve on a live-in team, you will be eligible to serve through June 30, 2010.

Pray for One Another



Men's Walk #46
August 14-17, 2008

<u>PILGRIM LIST</u>		<u>TEAM ROSTER</u>		
Jeff Adams	Kettering	Name	Position	Talk
Terry Balduff	Columbus	Charles Benner	TL	<i>Priesthood of All Believers</i>
David Ball	Centerville	Dan Brumfield	ATL	
Tom Bedell	Trotwood	Chris Christoff	MD	
Jeremy Burns	Waynesville	Heth Corl	ASD	<i>Obstacles to Grace</i>
Kelly Burns	Huber Heights	Randy Daniel	SD	<i>Means of Grace</i>
Sean Caesar	Springboro	John DeWeese	ATL	
Mark Davis	Dayton	Dave Evans	ASD	<i>Justifying Grace</i>
Dean Feldmeyer	Wilmington	Virgil Gallagher	ALD	<i>Priority</i>
Gary Foster	Dayton	Mark A. Brown	ATL	
Ken Hendrick	Beavercreek	Desi Harning	ASD	<i>Prevenient Grace</i>
John Hitchens	Tipp City	Paul Hayes	ALD	<i>Grow Through Study</i>
Bryan Holmes	Springfield	Jeff Hinkley	TL	<i>Life in Piety</i>
Greg Hull	Vandalia	Keith Holmes	ATL	
Steven Kraft	Dayton	Steve Holmes	LOG	
Kenney Linebaugh	Wilmington	Jeff Hosner	ALD	<i>Fourth Day</i>
Steve Linson	Springfield	Jim Kear	PS	
Shawn Miller	Middletown	Terry Kierce	PS	
David Murphy	Xenia	Luke Koors	TL	<i>Christian Action</i>
James Popp	Worthington, OH	Dick Kooser	TL	<i>Discipleship</i>
Ted Ramirez	Kettering	Tom Lakes	TL	<i>Body of Christ</i>
Jordan Romberger	Troy	Lex Luther	ATL	
Steve Swoll	Franklin	Lance Moyer	ATL	
Steve Uphouse	West Carrollton	Dave Pappenfus	AMD	
		Wil Phipps	TL	<i>Changing Our World</i>
		Stephen Puderbaugh	BR	
		Bill Srode	ATL	
		Jeff Steely	LOG	
		Neal Stout	LOG	
		Dave Tackett	ASDL	<i>Sanctifying Grace</i>
		Dean Wells	LD	<i>Perseverance</i>
		Kevin Wheatly	TL	
		ALD – Assistant Lay Director		LD – Lay Director
		AMD – Assistant Music Director		Log - Logistics
		ASD – Assistant Spiritual Director		MD – Music Director
		ASDL – Assistant Spiritual Director Live-in		PS – Prayer Servant
		ATL – Assistant Table Leader		SD – Spiritual Director
		BR – Board Rep		TL – Table Leader

Please note the Team and Pilgrim rosters are subject to change after press-time. Prior to the Walk weekend, the Newsletter is updated with the most current Pilgrim / Team rosters and posted on the Dayton Emmaus website:

<http://www.daytonemmaus.org/deNewsletters.htm>

Giving Our Hands to Christ

Like good stewards of the manifold grace of God, serve one another with whatever gift each of you has received. *1 Peter 4:10*

MEN'S REGISTRAR

The LAST Men's Walk of 2008 will be held on August 14-17, 2008 at Christ United Methodist Church. We still have several vacancies for the August Walk. If you're interested in attending the Men's Walk #46 at Christ Church please contact me as soon as possible. ATTENTION POTENTIAL SPONSORS: Our database has less than 50 applications, and some are 3 to 4 years old. If you would like to sponsor a Pilgrim, please get their information to the registrar so Pilgrims can be identified for future Walks.

De Colores, Keith Simpson, Men's Registrar

BOARD POSITION VACANCY

In accordance with procedures, 5 positions on the Greater Dayton Emmaus Board will be vacated at the end of this year. These positions are: **Supply, Housing, Kitchen, Men's Registrar, and Christ UMC Representative**. At the November Gathering, the Community will elect new members to fill these positions for a 3-year term. Each of the job descriptions will be included in the newsletter for your prayerful consideration. If you feel called to serve or if you would like to make a nomination, contact Missy Trumbull (pastchairman@daytonemmaus.org). Thank you!

KITCHEN MANAGER POSITION DESCRIPTION

General Responsibilities:

Recruit Kitchen Managers to manage the preparation and serving of meals
 Ensure meal volunteer sign-up sheets are available at Gatherings (at least 2 Gatherings prior to the Walk weekend)
 Maintain and update all Kitchen manuals (as needed)
 Maintain inventory of kitchen supplies
 Facilitate move of kitchen supplies between Normandy and Christ churches
 Attend monthly Board meetings

Prior to Walk weekends:

Pray
 Confirm Kitchen managers availability
 Work closely with Supply Chair and assist in any way possible (especially with the food delivery on Wed morning)
 If any shifts are short-staffed, make phone calls to recruit assistance (praise God this rarely happens)
 Identify someone to pick-up left-over food after Walk is completed
 At Normandy only: call garbage dispatch (currently Rumke) and arrange for Monday pick-up

Wednesday evening of Walk weekends:

Pray
 Move all kitchen supplies to kitchen area (recruit help from Housing)
 Post list of Pilgrims and Team members with special diets
 Take sign-up sheets and manuals to kitchen

Throughout Walk weekend:

Pray
 Ensure towels and aprons are laundered as needed (recruit Willing Servants)
 Check in periodically to address any issues

Sunday of Walk weekend:


Pray
 Recommended that Kitchen chair manage the last shift to ensure proper clean-up, food-storage, and supply storage
 Left-over food pick-up after 4:30pm (or Monday morning if more convenient)
 Secure possession of all kitchen manuals
 Pray and Give Thanks!

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ADDRESS SERVICE REQUESTED

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 GREATER DAYTON EMMAUS
 450 West Alex-Bell Rd.
 Dayton OH 45459
 www.daytonemmaus.org

These things I
 have spoken to
 you, that my joy
 may be in you,
 and that your
 joy may be full.
John 15:11



To renew your newsletter mailing:

- Complete the following form and address it to Newsletter
- Send to the Emmaus address on the first page of this newsletter (**Attention: Mark Flannery**)
- Get the Newsletter **FREE** online: www.daytonemmaus.org

This is a:

<input type="checkbox"/>	Subscription or renewal	<input type="checkbox"/>	One year \$8.00
<input type="checkbox"/>	Address change	<input type="checkbox"/>	Two Years \$14.00
		<input type="checkbox"/>	Three Years \$20.00

Total Enclosed \$ _____ (checks payable to "Walk to Emmaus")

Name: _____

Address: _____

City: _____ State: _____ Zip: _____