

Heart of Carolina



Walk to
Emmaus
THE UPPER ROOM[®]

Volume 5, No. 1

January 2005

From Your Spiritual Director

A Fresh Start for 2005

How can we make a fresh start for 2005?

S-Stop making excuses. I have to stop making excuses for my sins and failures. I have to stop blaming other people. I have to take personal responsibility for my actions.

T-Take stock. I need to take stock of my life. What have I learned through my experiences? What are my assets? Who can I count on for help and support right now?

A-Act in faith. Where do I need to act in faith today?

Where do I need to take steps of faith to start over? With God, all things are possible. Where in your life do you need most to believe in possibilities?

R-Refocus. I need to change my life. If I want to get going again, I need to rethink the way I think. "Be careful how you think. Your life is shaped by your thoughts. Proverbs 4:23

T-Trust. Living the Christian life is not about trying harder to live right. It's about trusting Christ to complete the work he has already begun in us. God uses people who dare to trust his promises. Beginning today, I

dare to trust God for all his promises to me.

As we make a fresh "start" for 2005, I thank God for our Heart of Carolina Emmaus

Community. Your servanthood, gifts, and dedication are making a difference in the lives of hundreds of pilgrims and their churches. Many people have already made a fresh start in Jesus Christ because of what we together have done as an Emmaus community this past year. We had a great year in 2004. With God's grace and guidance, I believe 2005 will be even greater. Why not start right now by praying about the next person God is calling you to sponsor!

With a Fresh Start,
H. William Green

Lay Director's Corner

Many Blessings in this New Year!

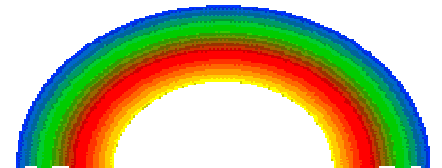
Our prayer for each of you in this new year is for a closer and stronger walk with God and Christ Jesus.

We look forward to a year filled with new opportunities for our Heart of Carolina Emmaus community. We are reminded in

Emmaus that we are to use our minds, hands, and feet serving in a ministry of love. We have experienced God's grace through the prayers and gifts we received on our Walk and we in turn are to share God's grace with others and serve with joy.

May your Fourth Days be filled with God's grace, joy, and peace and may you be an instrument of His grace to all you meet and serve...

DeColores,
Brian and Susan McGuire



DE COLORES

From the Editors-R&R Tracks

DeColores!

It is with great pleasure that we are now serving as the editors for the community newsletter, and coordinators for the reunion groups and the HOC community directory!

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January 2005*

R&R Tracks (continued)

We look forward to serving the Heart of Carolina in any way we can. You may notice a few changes in our newsletter, but it is our hope that it will continue to be informative, helpful, and inspirational.

We are also in the process of updating the community directory and the listing of reunion groups. We will post new groups on the website as soon as possible. But in the meantime, we will include the names of the newest groups in the newsletter. We would like to include in the reunion group list whether or not a reunion group is accepting new members. See the reunion groups column in this newsletter for more information.

We are looking forward to this coming year, and if you have any comments or suggestions, please e-mail us or drop us a line. We are at your service...

Peace,
Rusty & Renee Rains

Donations for Walk Book Table

At every Walk, there is a book table for the pilgrims and the team. Please consider donating your Christian materials (i.e. devotionals, Bible studies, periodicals, books, cassette tapes, video/DVDs, or CDs) you are no longer using. The donated items should be

unmarked and in good condition. Your donation is a wonderful

gift of agape to the pilgrims and the team. Items will be collected at Gatherings and Send-offs or you may contact **David & Lee Heathcoat at 919.467.4278.**

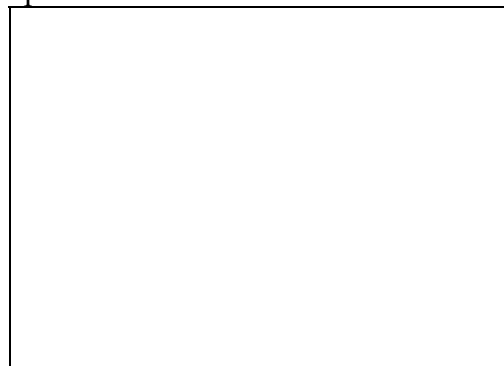


Luggage and Transportation

During a walk weekend, reunion groups are always needed to assist on Thursday evening and Sunday afternoon with luggage. This is a great way for your reunion group to offer behind the scenes help.

Also, if your church has a van that you are authorized to drive, van drivers are needed to assist in the apostolic hour on Saturday evening. This is just another wonderful way to offer behind the scenes service.

If you would like to help, please contact **Ray & Deb Murphy at 919.697.0494** to sign up for a future walk.

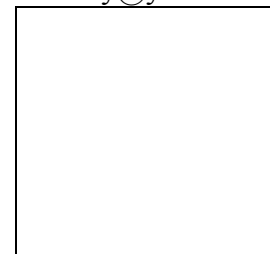


Chrysalis News

Any individuals or groups that would be willing to sponsor a Chrysalis youth on a Flight or Journey (no more than once a year) please fill out a Scholarship Form (available at gatherings) and mail to: HoC Chrysalis Registrar, c/o Frank & Ann White, 2004 Buckskin Dr., Clayton, NC 27520 or you can e-mail the information to: frankwhite5@nc.rr.com

Please Note! Heart of Carolina Chrysalis will host the Annual Spaghetti Dinner Fundraiser January 28th at 5:30 at White Plains UMC before the Emmaus Gathering. There is a suggested love offering of \$4.00 but more will be appreciated—all proceeds go to the Chrysalis scholarship fund. Come out for good food and fellowship and support the HoC Chrysalis Community!

Also, the HoCC Community will be having a Hoot gathering February 25th at Edenton St. UMC at 5:30. Immediately following the Hoot, ESUMC presents **Mark Schultz** in concert! Tickets are \$12.00 and must be purchased in advance. For more information, contact Jason Justice at jasonchemisty@yahoo.com.



From the Heart of Carolina Prayer Chapel

Deuteronomy 4:7 says, "What other nation is so great as to have their gods near them the way the Lord our God is near us whenever we pray to him?"

This verse allows us to realize how fortunate we are that the Lord our God is always with us.

In the Heart of Carolina community, our "nation" is brought into the presence of God as prayer continually blesses us and sustains the Emmaus pilgrims, teams and clergy on each walk. Experience a meaningful time of prayer during an Emmaus weekend.

If you have never worked in the Prayer Chapel, you are missing a wonderful experience.

You are encouraged to sign up and work the Prayer Chapel on an individual basis or as a reunion group. Sign up and experience the closeness of a Heart of Carolina community as God brings us near when we pray.

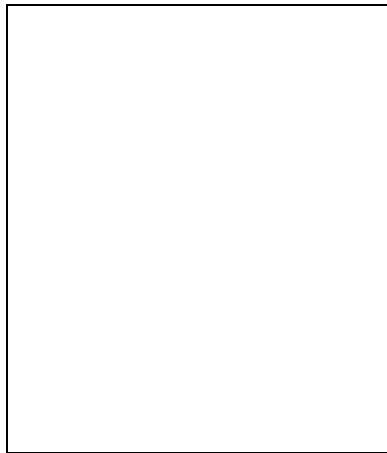
If you are interested in working in the Prayer Chapel, please call **Mark & Cynthia Johnson at 919.557.6821** or contact them by e-mail at mcpjohn@aol.com.



Join the Clean-up Corps!

PLEASE help us with clean-up for the upcoming walks. It's easy work and when we have plenty of help, it doesn't take long! Volunteers need to arrive at Short Journey at 2:30 PM on Sunday before closing starts. If you are willing and able to help, please contact **Buddy & Charlotte West at 919.469.3402**.

Once again, this is a wonderful way to give behind the scenes service during a walk weekend.



Reunion Groups

As you may have found during your walk weekend, it is easier living the Christian life when surrounded by supportive and loving believers. Reunion Groups can help us keep in touch with fellow Christians and make us accountable in our daily walk with Christ.

It's through this intentional act of meeting with other believers that we can keep focused on continually giving our hearts, hands, and minds to God.

There is a list of known active reunion groups posted on the HOC website. If any listing is inaccurate, or if your reunion

group is not listed, please let us know. Also, as we update the

reunion group list, we would like to begin listing the groups as open or closed-that is, whether a group is accepting new members. We want to list all groups, but we also want to make the listing a useful tool for new community members and others who are seeking a group.

The following reunion groups have formed in our community recently and have contacted us:

-SonWorshippers-Wed, 11 AM Angier UMC-Robin White, 919.577.9706-OPEN.

-Yea God!-Sun, 8:30 AM, First UMC, Cary-Charla McKinley, 919.380.1121-OPEN.

-Surrendered-every other Sunday, 12:30 PM, Garner-Missy Hines-919.779.5459, OPEN.

-G.R.A.C.E.-Durham, Wed, 11 AM, Duke Mem. UMC-Susan Cochran-919.619.6034-OPEN.

-He Knows Our Name-Thurs, 6:30 PM-Millbrook UMC, Raleigh, Amanda Sands, 919.266.3941, OPEN.

-Morning Stars-Sat., 7 AM, Chik-Fil-A, (Walmart Plaza), Rocky Mount, NC-Allison Bullock, 252.451.0949-OPEN.

Please contact us if you have updated reunion group info. If you need help finding or starting a group, contact us and we will assist you.

Peace,
Rusty & Renee Rains



Snack Room and Kitchen

We need help in the break room for the upcoming walks! You can sign up to help for part of a day, or you can sign up for the whole weekend. There are detailed instructions available.

If you are interested in helping, please contact **Lee & Jan Edmonds at 919.362.0294**.

Remember the good food and good fellowship you enjoyed in the break room on your walk? Well, it takes many of us to keep this going. So please do your part! Members of the Emmaus community from the following churches are asked to furnish these items as needed:

Vegetables, fruit, & dips

Edenton St., Hayes Barton, St. Francis.

Saltys, salsa, & trail mix

Garner, St. Luke.

Candy & nuts

Fuquay-Varina, Nashville.

Fruit drinks & soft drinks

White Plains, St. Andrews.

Baked goods

Hollands, Westover, Millbrook, Horne Memorial, and ALL OTHER CHURCHES.

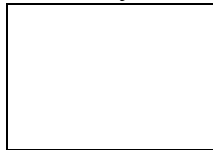
Sponsors

Please bring a snack and a drink.

We are especially in need of more fruit, vegetable trays, and homemade baked goods.

Be advised that cash donations are welcome if you don't have time to shop or bake. We can use the funds to purchase snacks as needed.

Please Note! We are in DESPERATE need of kitchen & snack room coordinators for the upcoming February walks. Please contact us ASAP if you can help. Thank you!



Heart of Carolina Gatherings

Heart of Carolina Gatherings are great opportunities for worship and fellowship. Come along-and bring some friends with you-(even if they haven't Walked yet!)

Gatherings usually take place every 4th Friday **unless** there is a Walk. We also won't have a Gathering on the 4th Friday in March in observance of **Good Friday**.

We meet at White Plains United Methodist Church in Cary, NC, 7:30PM to 9:00PM.

At every Heart of Carolina Gathering, we have people working in front of and behind the scenes. **At the January 28 Gathering, Chrystalis will lead worship.** Chrystalis representatives

will assume the roles of Moderator, 4th Day Speaker, Clergy, Music Leaders, Set-up/Clean-up, and Baby-sitters.

If you feel called to help with a Gathering in the future, call **Becky Stafford at (919)469.4608** or send an e-mail care of becky.stafford@rexhealth.com, or sign up at a Gathering.

Come join us at a Gathering for worship, fellowship, service and FUN!



An Important Message About Sponsorship

The intent of the Walk to Emmaus is to develop and strengthen the leadership in the local church. It equips individuals with some different tools to aid their continued growth in grace and toward becoming the persons God wants them to be, whether serving in visible or invisible roles in the Body of Christ. One of the most effective ways to promote the Walk to Emmaus comes through your living out the changes the experience had made in our own lives. If you expect to interest others, they must see signs of revitalization in your life and your response to God's call to discipleship. Only then can you expect them to listen when you tell them about the weekend.

The strength of any Emmaus community is a direct result of the community's recruiting practices. If the community is committed to recruiting strong church leaders for the purpose of strengthening the local church, the community will be a strong, vital force in the renewal movement. Emmaus is designed to spiritually renew church members, who, in turn Christianize their environments. The church is a vital part of this renewal effort. If strong church members are recruited to attend Emmaus

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Sponsorship (continued)

Walks, the Emmaus community will provide authentic spiritual renewal. On the other hand, if the Walk to Emmaus is looked upon as a hospital where every human ill can be cured, it will have a weakening effect on the entire community.

Sponsorship is the most important job in the Emmaus community and carries with it a great number of responsibilities. Sponsorship requires extensive prayer, diligent thought, and careful planning and follow-up. The Board of Directors of the Heart of Carolina Emmaus community is committed to equipping each member to be good sponsors. In the coming year, you will be receiving more information regarding wise and unwise sponsorship, why you would choose to sponsor, whom to sponsor, and what is required of a sponsor.

In early 2006, each sponsor will be required to complete a training session to better equip them for this role. The Training committee is working to develop a short, informative session that will fully equip you with the skills needed in taking responsibility for each pilgrim God places in your care in the most important of "Behind the Scenes" roles.

In His Service,
Dorothy & Ted Rogers
Training

Team Selection

Please let us know if you are interested in sharing your musical gifts and talents with our Community. As the team selection committee chairpersons, we need to know of those who can serve as music leaders and assistant music leaders on the Walks. If you or someone you know are able and willing, please drop us a e-mail at dking6@nc.rr.com and/or kking6@nc.rr.com. We'll be sure to pass along your information to those who schedule Gatherings, Send-offs, and Candlelights (music leaders are needed at these functions as well.) Also, please let us know if and when you have served on a Chrysalis flight or Kairos weekend. Our team selection database does not include information on Chrysalis or Kairos service, yet we need to consider such service in team selection.

Thanks for your willingness to serve!

David and Kim King



Agape Reminder

Agape that is brought for a walk should *NOT* have anyone's personal name on it, but instead should be from a reunion group, "sister or brother in Christ" or it can be given anonymously. Agape that is distributed is done

so as an act of love and is never done as an act to glorify oneself. Also, please remember that due to the addition of the board representative to the team, your agape amounts in the future should include 61 pieces for each walk.

Sponsor Letters Made Simple!

Agape letters are a very important part of every Emmaus Walk. The following guidelines should help sponsors as they collect letters for their pilgrim.

Each pilgrim should receive 12 letters on Sunday afternoon. These are the letters that the SPONSOR has asked family and friends to write. After collecting the 12 letters, the sponsor should write Sponsor or S #1 through # 12 in the postage stamp area of the envelopes. This will ensure that the main 12 letters are included in the packet. All other letters received will be given to the sponsor to give to the pilgrim after closing.

Non-sponsor letters are those written by church friends, team members, etc. that were not requested by the sponsor. If the sponsor does not collect 12 letters, enough non-sponsor letters will be included in the packet to insure that each pilgrim gets 12 letters.

During send-off and throughout the weekend, boxes marked sponsor and non-sponsor will be in the Agape room. The boxes will also be at the church during

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Sponsor Letters (continued)

Candlelight. Please deposit your letters in the appropriate box.

Everyone please note: there are a lot of moms, dads, Uncle Mikes, and grandpas on each Walk, so make sure that the pilgrim's first and last names are on each envelope. If the recipient cannot be identified, there is no way to get the letter to the intended pilgrim.

If you have any questions or are unsure about anything, please contact us.

DeColores!

David & Patti McAnally

Scholarship Fund HELP!!!

To ensure that a shortage of money might never prevent anyone from experiencing an Emmaus Walk in the HoC community, a Scholarship Fund has been established to provide support if needed. This fund has allowed us to share our walk weekends with several in our HoC Emmaus community. But the fund is beginning to dwindle down, and it needs help. During the upcoming year, please consider designating a special contribution for the Scholarship Fund so that we will continue sharing the walk weekend with all. Our HoC Emmaus Community is a 501(c)(3) tax-exempt organization, meaning that contributions are eligible as,

and considered to be tax-deductible charitable contributions by the IRS.

Please feel free to contact me with any help, or questions you might have.

David McAnally, Treasurer

Need Some Ideas for Agape? Check these out!

- *Lighters or matches with a candle with the message "You are the Light of the world."
- *Mending kits with the message, "God fixes everything." (mini tool kits would work, too!)
- *One-inch wooden disc with clothespin glued to front and a piece of magnet tape on back of clothespin. Decorate disc with a sticker or leave plain: "God can hold it all together!"
- *Little notebooks or note pads: "Write this down: Jesus Loves You!"
- *Seed packages: "Grow in Christ."
- *Emory board or small piece of sand paper: "Jesus can smooth away all our rough edges!"
- *Diaper pin: "God can change even the worst of things."
- *Earth magnet or pins or erasers: "Jesus: Don't leave earth without Him!"
- *Magnifying glass: "See everything clearly with Christ" or "Let your faith be magnified." Or "If they dusted your Bible for fingerprints, would they find any fresh ones? Your word is a lamp to my feet and a light to my path. Psalm 119:105."
- *Emergency rain ponchos: "When life gives you rain, God gives you rainbows!"

- *Yo-yos: "God will be there though all your ups and downs."
- * Rock: "Jesus is the rock" and draw a cross on the rock.
- * Penny hot glued to a card: "Jesus just makes 'cents'."
- *Foam heart glued to a card: "Give your heart to Jesus." Or any heart verse.
- *Hand held fans. Cut a large heart from card stock or other paper and tape this to a pencil. Print on heart before cutting and taping: "Join the Jesus fan club."
- *Finger traps: "Submit to Christ and be free." You may want to explain on the card that the finger trap will hold you as long as you struggle and pull.
- *Teddy bear stickers or very small (1/2 inch) teddy bears or gummy bears: "God's love bears all."
- *Key chain: "Let Jesus be the key to your life" or "Put God in the driver's seat."
- *Disposable razors: "God will get you out of even the hairiest situations."
- * Small back scratchers: "God always has a hand for you!" (Agape ideas taken from the North Indiana Emmaus Community's website at www.niemmaus.com.)

***"They asked each other,
were not our hearts
burning within us while he
talked with us on the road
and opened the Scriptures
to us?"***

Luke 24:32



Heart of Carolina Emmaus

Men's Walk #77

February 3-6, 2005

Lay Director

Dave Snyder

Asst. Lay Directors

Shawn Beal
Jim Carver
B.W. Collier
Don Corr

Table Leaders

Tim Clapp
Dave Greer
Jim Kimble
Bill Leary
Gerald Lewis
Van VanSloten

Asst. Table Leaders

Mark Bethea
Ralph Bryant, Jr.
Ed Maxa
Tim Woody

Music Leaders

Dean Edwards
Russ Secrest

Asst. Spiritual Directors

Sherry Grant
Keith Nanney
Bill Price
Vann Spivey

Spiritual Director

Ray Broadwell

Board Representative

Ron Varner

Women's Walk #78

February 17-20, 2005

Lay Director

Kay McCorquodale

Asst. Lay Directors

Faye Cress
Lee Heathcoat
Melody Secrest
Pam Watson

Table Leaders

Wanda Aheron
Sheila Cratch
Linda Gressel
Ann Stephenson
Lyn Triplett
Diana Whittaker

Asst. Table Leaders

Cyndi Farver
Deborah Johnson
Deb Murphy
Sarah Smith
Linda Stewart
Elaine Teague

Music Leaders

Terri Milich
Ellen Ward

Asst. Spiritual Directors

Martin Armstrong
Bud Budzinski
David Hollowell

Spiritual Director

Darren Talley

Board Representative

Sandy Varner

Pilgrims

Debbie Andrews
Evelyn Aranda
Donna Bailey-Taylor
Johanna Blake
Dana Bridges
Paula Buckhalt
Deborah Cade
Amy Campbell
Sissie Combs
Barbara Dewey
Joy Edwards
Barbara Garlock
Judy Gossett
Jacci Grawburg
Lyn Greene
Annette Hall
Denise Heimbecker
Leigh Holloway
Janet Humphries
Jana Jenkins
Linda Jenkins
Lisa Jenson
Kathy Jones
Ruby Keith
Susan Laudate
Lisa Lipscomb
Rhonda Maurer
Kathryn McLawhon
Libby Oldham
Tammie Quick
Ann Sands
Jene Simmons
Stacey Sprez
Dianne Welton
Vicki Whittaker
Judy Williams

Next Walk: Women's Walk #79-April 14-17, 2005, Short Journey Center.

Gatherings: January 28, February 25, March 25-No Gathering-Good Friday, & April 22. All Gatherings held at White Plains UMC in Cary, NC unless otherwise noted.



HEART OF CAROLINA EMMAUS
P. O. Box 1766
Cary, North Carolina 27512

Got a new address? Want every newsletter mailed?

Let us know! Send a postcard to Rusty & Renee Rains, 605 S. Fayetteville St. Clayton NC 27520 or e-mail us at rrains1@nc.rr.com.

These are your Board of Directors and their areas of responsibility. Contact them today and become a serving servant!

Lay Directors

Brian & Susan McGuire
919.873.0503

Book Table/Photo/Supplies

David & Lee Heathcoat
919.467.4278

Gatherings

Becky Stafford
919.469.4608

Spiritual Director

William Green
919.460.7115

Candlelight/Follow-up

Phil & Lyn Triplett
919.676.9832

Kitchen/Break Room

Lee & Jan Edmonds
919.362.0294

Agape/Altars/Treasurer

David & Patti McAnally
919.562.1982

Chrysalis Council

David & Linda Amon
910.296.0416

Luggage/Transportation/Secretary

Ray & Deb Murphy
919.697.0494

Evangelism

Karl & Jeanie Neuschaefer
919.575.4303

Newsletter/Reunion Groups/Directory

Rusty & Renee Rains
919.553.6048

Training

Ted & Dorothy Rogers
919.553.4921

Prayer Chapel & Vigil

Mark & Cynthia Johnson
919.557.6821

Worship/Music

Ray & Melissa Broadwell
919.552.2700

Set-up/Clean-up

Buddy & Charlotte West
919.469.3402

Registration

Len & Lynne Harris
919.876.1371

Advisory/Team Selection

David & Kim King
919.557.5400

