



Three Rivers Walk To Emmaus

January 2005

IMPORTANT DATES

GATHERINGS

February 11, 2005
March 11, 2005
April 9, 2005 (preceding Men's
Candlelight)

SPRING WALKS Lutherlyn

Men's April 7-10
Gathering and
Candlelight April 9

Women's April 14-17
Candlelight April 16

FALL WALKS LUTHERLYN

Men's Nov. 10-13
Women's Nov. 17-20

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BOOKS, BOOKS AND MORE

BOOKS!! PG. 4

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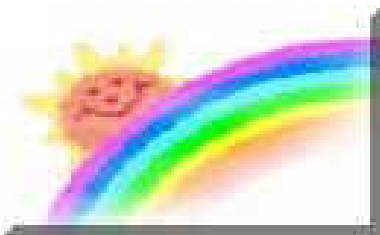
Oh God of every nation, of every
race and land.

Redeem your whole creation with
your almighty hand.

Where hate and fear divide us and
bitter threats are hurled,

In love and mercy guide us and
heal our strife torn world.

William W. Reid Jr. 1958



FROM THE COMMUNITY LAY DIRECTOR

Glad to Serve

I feel that the Three Rivers Walk to Emmaus and Chrysalis community are truly active members of the Church of Jesus Christ. I think that we have the ability to further the Kingdom of God with our ministry for building Christian leaders. For this reason, I feel so blessed for the opportunity to serve on the board of directors.

I've seen so many examples of Christian leadership in the Three Rivers community that I know in my heart God is using the Emmaus course in Christianity for His good works and glory. We have many community members who lead Sunday school classes, bible studies, and youth programs. We also have many members who have gone on mission trips, quite a few who have done it multiple times. We have had several members who have actually become missionaries. There have been several that I know who have had the call to attend seminary.

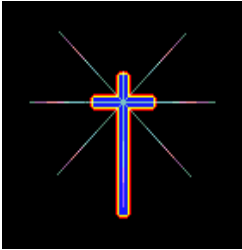
Anybody who knew me before my Walk to Emmaus, #34 in May of 2000, knows that Emmaus has changed my life. Before my walk I was quite shy and reserved. I would avoid talking to people I didn't know well because I felt I would have nothing interesting to say and the conversation would drop before it started. Never in a million years would I put myself in a position to talk before a crowd of people. Emmaus has taught me the value of spiritual growth and that growth only happens when you step outside your comfort zone and invite the Holy Spirit to work through you. I help my husband with the youth fellowship program at my church, serve on our Christian Education committee, and attend a Disciple class. I never miss an opportunity to offer to pray for people in need, my way of telling them that I am a Christian and glad to serve. I feel that leading by example is one of the best tools of evangelism.

Our last newsletter had a statement that I feel bears repeating: **Do not ask the Lord to guide your footsteps if you're not willing to move your feet.** On the flip side, if you are interested in growing spiritually, getting closer to God, just put your trust in Him. If you ask Him to guide you, stepping outside your comfort zone will open up a whole new world where you can serve Him and do it gladly with His direction.
Bonnie Wiegand TRWE # 34

Wishes granted!

At the January Gathering, Bonnie Wiegand, CLD, asked if someone(s) would be willing to make the lanyards for our purple Emmaus books and the ties for the Sunday letters, furnish the elements for Gatherings, and help make copies for the Sunday packets. All of these "wishes" were filled. Only one "wish" remains to be filled. We need copies made! Interested? Let me know. Thanks to all of you willing servants.

Spiritual Director's Thoughts



DeColores in the name of Jesus Christ. As I write this it is about 7 degrees and snowing which is when I do some of my best work. I came upon the following writing while cleaning and I believe it is a very good reminder for us in the Emmaus Community as we begin the year 2005.

Whose Job Is It?

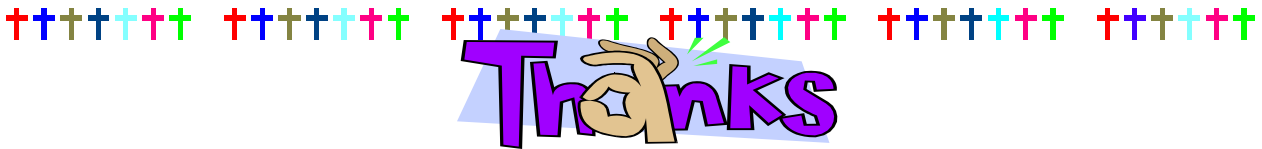
This is a story about four people named: Everybody, Somebody, Anybody, and Nobody. There was an important job to be done and Everybody was asked to do it. Everybody was sure Somebody would do it.

Anybody could have done it, but Nobody did it. Somebody got angry about that, because it was Everybody's job. Everybody thought Anybody could do it but Nobody realized that Everybody wouldn't do it. It ended up that Everybody blamed Somebody when Nobody did what Anybody could have done.

I believe it is "Everybody's" job to support our community. I realize that not everyone is able to attend Gatherings each month or Send-off or Candlelight or Closing for the walks. But I do know that we are all able to attend some of these times and fellowship with one another and welcome new members.

So I would like to ask each and every one of you to make a promise to yourself and to God that you will be part of the "Everybodys" this year in the Three Rivers Walk to Emmaus Community.

Shalom Barb Moore TRWE #8

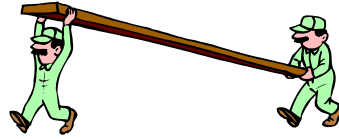


The Three Rivers Walk to Emmaus extends a very warm THANK YOU to Rolen Burnette, Lill Griffith, Jamie Zacour, and Lori Slagle for their years of service on the Board of Directors. They spent many hours working for the glory of God through their tireless efforts and attitude of servanthood in their service to our community and the Walks. They exercised good stewardship of our resources at all times. Thanks Rolen, Lill, Jamie, and Lori for jobs well done.

The TRWE MEMORIAL FUND was created to support ongoing TRWE projects (e.g. Music books, banner poles, team books, board books, and other items deemed necessary by the Board). Many of the members felt the need to recognize loved ones in a tangible manner. If you would like to make a donation to that fund, please make your check payable to TRWE with MEMORIAL FUND in the memo, place it in an envelope labeled "In memory of..." "From" and give or send it to Mike Wild 1605 Shadow Ridge Court, Pittsburgh, PA 15237

This is the day that the Lord has made. Let us rejoice and be glad in it.

BOARD NEWS



FOLLOWING IS THE ROSTER OF BOARD MEMBERS AND POSITIONS FOR 2005.

Bonnie Wiegand	Community Lay Director	Glenn Brooks	Ass't Community Lay Director
Mary Sickles	Secretary	Mike Wild	Treasurer
Barb Moore	Spiritual Director		Agape
Linda Claypool	Fellowship	Nick Denardo	Kitchen
Lynne Johnson	Communications	Allen Kitchen	Music
John McMullen	Purchasing	Linda Merz	Outreach
Peg Nicholas	Registrar	Scott Robinette	Facilities
John Turnbull	Fourth Day	Ed Young	Reunion

SERVANTS NEEDED!!!

To my brothers and sisters in Christ. I hope that as this new year starts we will all remember what we have experienced through Emmaus--how we became closer to Christ. Even though we have just started into winter, the spring walks are just around the corner. It is time to start thinking of how we can make the walks special for someone else. I once again am looking for volunteers for the prayer vigil, cleaning bathrooms,



serving meals and baking. The baking needs have changed. I need people to bake cookies and brownies. The camp will take care of baking the cakes. You can email me at



djturnbull@integrity.com or call me at 412-279-5772. As usual I will have the sign up sheets at gathering. The Prayer Vigils are online at www.trwe.org. Thank you and may God bless you as you continue to serve him. Your brother in Christ John Turnbull

INTERESTED IN BEING A FOURTH DAY SPEAKER AT A GATHERING??
INTERESTED IN HELPING WITH THE SOCIAL HOUR FOLLOWING GATHERING?
CONTACT LINDA CLAYPOOL AT ANGEL_LADY48@HOTMAIL.COM OR 724-443-5627.

If your subscription is about to expire and you would like to continue to get the newsletter, or if you are receiving this by email and would prefer to have a paper copy mailed to you, please send a check for \$8 payable to TRWE to Lynne Johnson 251 Portman Lane, Bridgeville, PA 15017

IF YOU CHANGE YOUR EMAIL ADDRESS, PLEASE NOTIFY LYNNE JOHNSON AT EMMAUSLKJ@AOL.COM!!!

So whaddya doin' 'bout Study?



You remember Study, one of the legs of the stool. It takes Piety, **Study** and Action to sustain you in your 4th Days. One tool available to help you in Study is “The Emmaus Library” provided by Upper Room Books. Books in “The Emmaus Library” were available at the book table on your Walk, but if you were “walking” three feet off the ground like me, you may not have noticed this terrific resource. Books available include devotionals, instruction and direction on Sponsorship, information on serving on Team and others. The following is a list of available titles-

	Title
1	The Board of Directors
2	Coming Down from the Mountain: Returning to Your Congregation
3	The Group Reunion
4	Music Directors
5	Spiritual Directors
6	Spiritual Growth Through Team Experience
7	Sponsorship
8	Walking Side by Side Devotions for Pilgrims
9	What is Emmaus?

Books will be available at Gathering for the low-low price of \$3.00 each. Look for these great resources at the Information Kiosk in the Greeting Area before and after Gathering or call or e-mail John McMullan- Purchasing at 724-772-6623 or e-mail at jmcmulla@asrco.com. DeColores!

***** AND SPEAKING OF BOOKS, VISIT WWW.TRWE.ORG FOR A LINK TO COKESBURY’S BOOKSTORE WHERE YOU CAN GET BOOKS AT 20% OFF AND ANOTHER 5% GOES BACK TO TRWE!*****



If you have a prayer concern that you would like lifted in prayer, please send your request to Rpratt2707@aol.com (Note email change)

NOW IS THE TIME TO BE THINKING ABOUT SPONSORING A PILGRIM FOR THE SPRING WALKS! GET THE APPLICATIONS ONLINE AT WWW.TRWE.ORG. You can also sign up for the prayer vigils there!

E-Day is Saturday, January 29, 2005

E-DAY TRAINING 1-29-05

9:00 A M TO 5:00 P M

Mt.Pisgah Presbyterian Church, Greentree, PA

The Upper Room in Nashville is sending us Ruth Ann Brandt for an E-Day Training Seminar beginning at 9:00 am and ending around 5:00 p.m. on January 29, 2005. We will meet at Mt. Pisgah United Presbyterian Church in Greentree. The focus of the all day Training Event will be how an Emmaus Community begins a Chrysalis Youth Version of the Emmaus Walk. We are asking that all Emmaus Community Members try to attend this training event.

In Titus Chapter 2 Scripture calls us to teach each other sound doctrine and respect, self control, love and kindness so that we might be good examples to younger men and younger women. What better way is there to teach God's Word and to show good examples to younger men and younger women than through Emmaus?!

Our Chrysalis Flights are already scheduled! The Boys Flight # 2 will be held Friday, June 24, 2005 and ending Sunday, June 26, 2005. The Girls Flight # 3 will be held the following weekend on Friday, July 1st, 2005 and ending Sunday, July 3rd, 2005. The Camp Site for these Flights will be The Family Resource Center (previously called the Fresh Air Camp) in Cranberry Township.

Please mark these dates on your calendar, as we will need agape, prayer and participation in Their Candlelights! And of course, we will need caterpillars! Please pray how you can help. You may bring your own lunch or purchase a boxed lunch for \$3.

Thank you!!! Heidi Varner heidiv491@msn.com

Directions From 279 going towards Pittsburgh

Going towards Pittsburgh on 279: Get off at Greentree Exit Turn LEFT onto SR-121

0.1

Bear RIGHT onto Greentree Rd. Warriors Road will be on your left a couple of blocks down. The church will be on the left.

Coming from Pittsburgh on 279. Go through the Fort Pitt Tunnel on the Parkway. Get off at Greentree. Turn Right onto SR-121 [Blue Beltway]

Bear RIGHT onto Greentree Rd. Warriors Road will be on your left a couple of blocks down. The church will be on the left.

THIS TRAINING DAY DOES NOT TAKE THE PLACE OF THE EMMAUS TRIENNIAL TRAINING THAT WILL BE HELD AT A LATER TIME.

DeColores

Fourth Day Corner



The inscription above the gates of hell in Dante Alighieri's epic poem *The Inferno* reads: ABANDON HOPE, ALL YE WHO ENTER HERE. Although a poem more about politics in 13th century Florence than a sacred religious text, Dante describes hell throughout the story as a place characterized by hopelessness, but that the hopelessness experienced there by sinners is of their own choosing.

For me, this line has always meant that sinners *choose* to sin -- it's an informed choice. Sinners know before the act that there will be consequences of the actions, and often, still the wrong choice is made.

Just before I went on the walk, I was feeling this sense of hopelessness. True, I had a wonderful husband and a loving extended family and a dream job, but I was feeling at the end of my rope. I was sure things couldn't get any worse. Just days before we were to close the mortgage on our first home, Mark lost his job. We bought the house anyway, but I fretted and sweated month by month that we couldn't pay the loan. On top of our financial concerns, we were starting to get the feeling that having children wasn't in the plan for us. Faced with possible infertility, a flood of guilt that I couldn't give grandchildren to the people in our life who wanted some the most began to take over my every thought. I thought that hope was lost. And this was frustrating. I was in the pew every Sunday at church. We prayed before supper every night. We were teaching Sunday School and running our youth group. Why would God forsake us when were doing so much for him? I was out of hope.

But then Mark took his Walk to Emmaus, and his perspective changed completely. He came home recharged and rejuvenated and refocused. It was almost like a parent gently laying a hand on his child and saying, "You aren't listening to me. LISTEN to ME." And he heard it. But I didn't. So my husband the new optimist had an answer for everything, but I was still wallowing in my own self-pity, as though I stood at the gates of hell and couldn't go in or come out.

On my own walk, I finally heard the message for myself. God hadn't forsaken us. He was just working in his own time and not ours (duh!). I started to notice a pattern: just when we had only pennies left in our checkbook, Mark would be called out to work. And by even though we thought we were, we weren't ready to have children -- we didn't have enough money to keep our own expenses covered, how could we afford \$400 a month on diapers? It was like the world opened up. As Dante does in *Inferno*, I stepped out of the dark wood of error, out of the marrow of sin, and into the ever-present light of hope. God, I discovered again, is omnipotence, wisdom and love. Sherri Miller TRWE #50



I was a slow starter in the Emmaus Community -- partly because my walk was over 3 hours from where I lived. There was not an active Emmaus Community near my home. But even after moving back to Pennsylvania, my shyness kept me from becoming very involved. I was content to attend candlelight and an occasional closing but I just didn't get really involved.

I continued to be active in my church -- I even encouraged others to go on the Walk. That seemed to be enough. However, through my reunion group, I developed a yearning to do more -- to be active in the Community. It has been almost 10 years since my original Walk -- yet I remember how touched I was by all the people who worked so hard to give me the opportunity to grow in my faith -- to be reminded of what God has done for me. I wanted to be a part of that gift to others.

Serving on team for a TRWE opened my eyes to changes that needed to be made in my life in order to more fully serve God -- and here I thought I was on team to serve others! It was a growing experience for me as well!

I am constantly being given opportunities to step outside my comfort zone. And I am trying to intentionally keep in my focus that God's love and abundant grace is what holds me safely even when I'd rather be taking the easy way out. My Reunion Group not only offers support and loving friendship -- they hold me accountable to listen to God's leading and to follow to the best of my ability. Coming together as a group allows me to refocus on God and gives me renewed strength for my daily walk. I thank God for each of them.

Sara Dickey -- North Indiana Walk to Emmaus # 62 -- Table of Abigail

REQUESTED RECIPES FROM WALKS 51 & 52

SUGARED WALNUTS

1-1/4 cup sugar

1-1/4 tsp. salt

1/2 tsp. vanilla

1-1/4 tsp. cinnamon

4-1/2 tbsp. water

3-1/2 cups walnuts (2/3 pound)

Mix sugar, vanilla, water, salt and cinnamon in a large saucepan. Boil 5 minutes stirring constantly. Add walnuts and stir until thoroughly coated. Spread separated nuts on a cookie sheet to cool completely. Stir in an airtight container.

RANCH PRETZELS

16-20 ounces pretzel nuggets or sour dough broken pieces

3/4 cup vegetable oil

1 package ranch dressing mix

1/2 tsp. garlic powder

1-1/2 tsp. dill weed

1-1/2 tsp. lemon pepper

Put pretzels in a glass bowl and mix with oil. Mix together other ingredients and sprinkle on pretzels. Mix Well. Microwave for 6 minutes on high, stirring every 2 minutes. (They tend to burn if you don't!)

EMMAUS PEANUT BUTTER

5 pounds peanut butter

2 pounds butter

1-cup honey

mix well and ENJOY!

EVERYTHING I NEED TO KNOW ABOUT LIFE, I LEARNED FROM NOAH'S ARK

ONE Don't miss the boat.

TWO Remember that we are all in the same boat.

THREE Plan ahead. It wasn't raining when Noah build the Ark.

FOUR Stay fit. When you're 600 years old someone may ask you to do something really big.

FIVE Don't listen to critics; just get on with the job that needs to be done.

SIX Build your future on high ground.

SEVEN For safety's sake, travel in pairs.

EIGHT Speed isn't always an advantage. The snails were on board with the cheetahs.

NINE When you're stressed, float a while.

TEN Remember, the Ark was built by amateurs; the Titanic by professionals.

ELEVEN No matter the storm, when you are with God, there's always a rainbow waiting.

