



**Women's Walk #224 Aug. 1-4, 2013  
Trinity Heights UMC, Flagstaff**

**~ ~ ~ LEADERS TEAM ~ ~ ~**

Joyce Trevolt	Lay Director
AnneMarie Davee	Assistant Lay Director
Ellen Glasshagel	Assistant Lay Director
Rosemary James	Assistant Lay Director
Hazelee Robinson	Assistant Lay Director
Deborah Schauer	Head Spiritual Director
Barbara Robinson	Assistant Spiritual Director
Gary Ward	Assistant Spiritual Director
Donna Norris	Music Leader
Paula Kulen	Head Cook
Alyce Tyson-Sordahl	Assistant Head Cook
Sarah McGuire	Assistant Head Cook
Charli Gonsalves	Prayer Warrior



**TALK TEAM ~ ~ ~**

Mary Anderson	Marcia Brown	Mary Brown
Janine Cluck	Terry Cook	Judy Crabb
Heather Farrier	Barb Hedges	Geri Kinsley
Carolanne Moore	Cindy Pickett	Ginny Smythe
AnneMarie Sollars	Laurie Stafford	Beth Williams



**~ ~ ~ COOK TEAM ~ ~ ~**

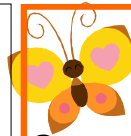
Lorraine Carling	Anna Bailey	Karen Bradford
Marilyn Fogg	Karen Carter	Jo Colclough
Carolyn Hill	Sharon Frame	Christi Heggstad
Barb Lozano	Carol Hollaman	Kaye Jay
Barbara Meehan	Leanne Martin	Erin McCabe
Lee Pellegrino	Karen Mensing	Wilma Neis
Linda Sonive	Tina PB Beaman	Connie Richards
Arlinda Tso	Martha Spore	Tracey Thompson
	Stacey Wittig	

**~ ~ ~ 3-Day TEAM ~ ~ ~**

Gail Case	Karen Collins	Debbie Wildermuth
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**~ ~ ~ PILGRIMS ~ ~ ~**

Vicki Andros	Debbie Ansbach	Gina Auten
Rae Barnes	Sue Bloomfield	Brigitte Bradley
Jann Capitano	Jan Corder	Cindy Cowens
Rebecca Cribbs	Willow Dressel	Marlene Emerson
Susan Farrier	Keslie Halonen	Lisa Larry
Cheryl Manyturquoise	Sheila Marie	Jean Marsh
Joanne McCary	Sandi McGill	Barb Parenteau
Tammy Pederson	Neva Perdue	Doris Polston
Marsha Reynolds	Molly Rosenbaum	Judy Salabiye
Valerie Singer	Betty Tsosie	Susan White
Lisa Wier	Joni Zarlingo	



**Emmaus Community,  
Welcome 21**



**Butterflies from Tucson Chrysalis**

It was hot in Tucson in July! But it was such a blessing to serve these youth and watch them transform from shy, uncertain young people to more confident, purpose-driven young adults as they moved through the weekend with Christ.

If you have never served on a Chrysalis weekend and wonder if you are able, just ask Dottie and Jerry Metzler! They attended Walks #1 and #2 here in Arizona and they were both energizer bunnies in the kitchen on the weekend! I bet they would both say, "If WE can do it, anybody can do it!" I say try serving on a Chrysalis weekend, you just might like it!



Personalities of the caterpillars on Flight #36 were as varied as their eating preferences: not so hungry to always hungry and yes! I would like 2nds and 3rds and maybe even 4ths; vegetarian, gluten-free, lactose intolerant, but they all came to the weekend to learn more about God and their individual walk with Christ. I would tell you they all came away filled and excited!

If you feel you just can't serve, please remember to sign up on the 72-hour prayer vigil and join us at Saturday night candlelight. Emmaus is the parent organization, with Chrysalis the favored offspring. As organized churches seem to be suffering from a lack of growth and membership, the youth are our future. If they are eager and excited about Christ, how can we not support their effort and dedication? The Emmaus newsletter and website has important information regarding Chrysalis. Check it out at [www.azemmaus.org](http://www.azemmaus.org). The Chrysalis Board is also listed if you have questions or suggestions. Let them hear from YOU!



If you know of a teen who attended the July Chrysalis, please be sure to remind them of training on **Saturday, August 17**, at Christ Church, UMC located at 655 N Craycroft Road in Tucson.

**Training begins at 4:00 PM and the 4<sup>th</sup> Day Dinner will start at 5:00 PM.**

~Janet Paterson,  
Emmaus Communications Chair

# WELCOME

## MEET THE NEW BOARD MEMBERS!

As of July 1, the new Board of Directors took office. The newest members include **Wally Athey**, as our Community Lay Director – Elect, formerly called Assistant Community Lay Director. Also elected were **Becky Case** as Agape Chair and **Alan Fisher** as the treasurer. We also have a new secretary, **Debbie Bachelder**, who replaced Sharon Daigle to finish out Sharon's final year of service on the Board.

I know that there will be challenges presented to the Board, but I also know that God continues to be with us as we attempt to lay the course for future walks.

Please pray for all the members of the Board of Directors for the AZ WALK TO EMMAUS as we seek God's will and direction in the coming year. The Board member's information is listed on the back page of each Rooster Tales. We look forward to hearing from you with questions, suggestions and concerns!

God bless,

**Frank Northrup,**  
Community Lay Director

## REMINDERS/CHECK-OFF LIST

Pray for Men's Walk #223 July 25-28

Pray for Women's Walk #224 Aug 1-4

Encourage Chrysalis Butterflies to attend the Hoot in Tucson Aug. 17

Attend Sept. Gathering in your local area

Pray for Oct Walks and participants

Register for & attend Leadership Development Event Nov 15

## A Team Member's Model

"When we serve on a weekend, we need to remember to model the requests that are given to the pilgrims or butterflies.

"For example, if they are asked to retire in silence, we need to be mindful of that and whisper if we have to talk after they have gone to bed and before silence is broken the following morning.

"We ask them to NOT use their cell phone, so we need to keep ours out of sight. The ideal is to have attendees leave their phone with their sponsor. It is after all, a closed community during the entire weekend. If a team member needs to use a phone, have it in your pocket or apron and do not look at the time when attendees are in close proximity. Leave your phone in your sleeping area, if possible. Table leaders do not need a phone. They are urged to "not anticipate" and go with the flow. Day leaders give instructions to the group, so do what is asked and help your tablemates not to ask too many questions. It will all work out.

"Cookies, try not to gather in groups talking amongst yourselves when attendees are near.

"Smile, come with a servant's heart, let go and let God! It is after all, His weekend!

~Janet Paterson



## QUESTIONS ANYONE?

Do you have a question or concern you would like to share with a

Board member? Please call or email

anyone listed on the back page

of the Rooster Tales or go to

[www.azemmaus.org](http://www.azemmaus.org) to find the info you

need! We would love to hear from you.

~Frank Northrup,

Community Lay Director

## VERY IMPORTANT!

PLEASE PRAY FOR WALK #225

TO BE HELD AT PARADISE VALLEY UMC

IN OCTOBER .

BILL LANOUE IS PRAYING FOR

30 PILGRIMS.

WON'T YOU JOIN HIM IN THAT PRAYER?

## PILGRIM SPONSORSHIP

Sponsorship is a combination of sponsor and Pilgrim. Are you ready to be a sponsor? You must be trained and must be actively grouping to sponsor a Pilgrim.

The criterion is simple when thinking about sponsorship. Is the person you are approaching:

- \*A member of a church or attending regularly?
- \*At least 23 years of age?
- \*Wish to strengthen their spiritual lives?
- \*Understand that being a Christian also involves responsibilities?
- \*Have any unanswered questions about prayer, study and sharing their faith?
- \*Want to have positions of responsibility within their church, regardless of the denomination?
- \*Emotionally stable? (Generally they should not have experienced a recent trauma such as death in the family, divorce, illness, etc.)

Your Pilgrim may not be able to attend the date of their first choice. Be careful not to leave them with the impression that they are going on a certain date until it is confirmed. Look over their application to be sure that all the contact and other information is completed, as well as verifying that the \$20 fee accompanies the application when sending it in. Be certain that their pastor has signed the application.

Now is the time to explain the cost of the Walk (\$95.) and that you, as the sponsor, (may be) covering that fee. If your Pilgrim is paying that fee, remind them that they can bring no money – only a check for the fee. This is also a good time to go into more details before the weekend.

\*Location and date

\*they may want to take off the Monday after the Walk to recoup!

\*Leave valuables at home

\*Will not need a watch, cell phone or Bible

\*Do they have any special needs? Diabetic foods? Medications? Oxygen pack machine? Wheel chair?

\*What they need to bring for the weekend: pillow, sheet, blanket, toiletries, towel, washcloth, etc.

What they DON'T need. Meals are provided, water and whatever else they may want in the way of food and drink (good idea to agape if they need a specific drink, Gatorade, power drink or drink only coke zero, for instance).

Check into needs and reassure the Pilgrim that everything at home will be taken care of while they are on the Walk and follow through to be sure that this is done.

Sponsorship responsibilities *before* the walk other than discussing the weekend with the Pilgrim include:

**Sending** out the Agape letter to the Pilgrim's family and friends, following up and being sure you have collected it prior to the weekend. Allow plenty of time for this to be sent and received back to you prior to the Walk.

**Banner** Be sure to create your Pilgrim's banner, asking what is their favorite hymn, scripture, faith moment, color or anything else that is meaningful to them in order to make a **banner** that is truly unique to your Pilgrim.

*We urge EVERYONE to make a banner as part of the Pilgrim weekend. Please do not make framed pictures, trays, t-shirts, etc. A banner is what is required and we need to hold true to that concept.*

The banner should be no larger than 24"x36" and should be brought Thursday night of the Walk, but do not let the Pilgrim see it. Wrap it in a large garbage sack and your Pilgrim will never be the wiser.

The banner is an integral part of the Walk, in that every Pilgrim will have one. Plan to take the banner when you drop off your Pilgrim on Thursday evening. Be sure the name of the Pilgrim on a small tag is on the back. This helps the cook who will deliver the banner to know the name of the pilgrim it is going to.

The Thursday of the Walk, expect to take your Pilgrim out to dinner and then to the location of the walk.

It is a good idea to arrive at the Walk location early enough (6:45–7:00 pm) that the Pilgrim can get their bed made and unpack a little. Be sure to stay for the Sponsor's Hour Thursday evening after the Pilgrims are called out of the Sanctuary at 7:30 pm.

You are expected to attend the candlelight on Saturday evening at 8:00 pm and closing services Sunday evening at 5:00 pm. You will be collecting your Pilgrim and their possessions and taking them home after closing services. If your Pilgrim is hungry or wanting to have some "down time" before going home, plan to stop for dinner or dessert and let them tell you about their experience.

### **After the Walk:**

\*Help your Pilgrim find a group to join. Grouping is integral to the Walk, as it is the consistent touching of your faith base that keeps you steady on your personal Walk.

\*Offer to take your Pilgrim to their Fourth Day Dinner. This is another part of the 'afterglow' that the Walk brings.

\*Offer to take them to their first Gathering. Being with others who have been on a Walk also gives them the support and community that a Walk can bring.

\*Follow-up with your Pilgrim regarding training for their participation in future Walks.

Prayerful discernment is always needed. Sponsorship is an important responsibility after your 4<sup>th</sup> Day, and a joy to bring into the lives of others. Consider becoming a sponsor!

~Kay Pealstrom & Janet

**Be sure the Walk application you have is current. The one online is dated 02/13. Please use the current one. It asks more questions than the old ones. Throw away the old and replace with the new. It helps the registration process! Thanks!**  
**Janet Paterson, Registrar**

## AZ Walk To Emmaus to host Western Region Emmaus/Chrysalis Leadership Development Event



November 16 will be a busy day in the life of Arizona Walk To Emmaus as our community hosts a Western Region Leadership Development event, conducts team training for recent pilgrims, holds a potluck 4<sup>th</sup> Day dinner, and celebrates new members of community with a spirit-filled worship Gathering. All of these events will take place at Paradise Valley UMC located at 4455 E. Lincoln Dr. A special program for Emmaus clergy will take place Friday afternoon, November 15.

The Leadership Development event is open to everyone who desires to grow together into Fourth Day leaders embodying Christ. According to Ideal Curtin, Western Region leader, the 8:30 a.m.— 4:30 p.m. program will “build a stronger community, celebrate what God continues to do in your community, and address, offer and find solutions to the challenges of being a community.” Part of the day will also present material to develop leaders in our community and to honor the covenant our community has with the Upper Room.

The 2013 curriculum includes modules on servant leadership, sponsorship, next steps/Fourth Day, weekend overview, community interaction, clergy/laity partnership, and relationship building. A registration form will be posted.

Open team training will also be conducted that afternoon for all new pilgrims from recent Walks or those who have been unable to attend earlier training sessions. Team training will be held from 2:00-4:30 p.m. on the Paradise Valley UMC campus.

The day's events continue with a community-sponsored 4<sup>th</sup> Day Dinner potluck at 5:00 p.m. From salads to casseroles to entrées to desserts and everything in between, let's welcome our new community members with a veritable feast.

The November 16 events conclude with a Gathering worship service in the Fellowship Center starting around 6:15 p.m. Come and hear some of the music, witnesses, and clergy from Walks 225 and 226 as we celebrate the most recent weekends in the Valley. Come and be part of any or all of the celebrations. Be sure to mark your calendar now!

~Wally Athey,  
Community Lay Director-Elect



## THE DISCERNMENT PROCESS

Have you ever wondered how Lay Directors or Assistant Lay Directors are chosen for a team? We have been asked that by quite a few people and we want to share how this happens. It is through a process known as spiritual discernment.

Around 10-13 months before a scheduled Walk, each member of the Board of Directors of the Arizona Walk to Emmaus is given a list of those persons who are eligible to serve as a Lay Director. To qualify, a community member needs to have served on 1 cook team, 1 talk team, and twice as an Assistant Lay Director. This is the minimum requirement, and it is rare for someone to be discerned with only the minimum numbers satisfied. After receiving the list, each Board member is asked to prayerfully seek God's will in choosing 6 people. The names selected are sent to the Community Lay Director in the order of preference. The Community Lay Director tallies the results and then shares this at the next Board meeting. The Board discusses the results and approves the next Lay Director.

A similar process is used for the Assistant Lay Directors. The minimum requirements are service on 1 cook team and 1 talk team. Each Board member prayerfully discerns 6 persons who have served as an Assistant Lay Director before and 6 persons who have not served in that position previously. The results are sent to the Community Lay Director, who tallies the results and shares this at the next Board meeting. The names selected are discussed and approved. Then the Lay Director prayerfully discerns 2 from each of these lists to serve as his/her Assistant Lay Directors. It is important to see that each Board member wraps this entire process in prayer every step of the way. You have heard that Emmaus floats on a sea of prayer, and so does the process of discernment.

~Frank Northrup,  
Community Lay Director

When serving as a table leader on a Walk, and being asked to model the testimony that the Pilgrims will be given the chance to share means you are the *only* team member sharing their testimony. This time is set aside for the pilgrims only.

## WHY GROUP? KEEPING THE FAITH

Finding a group is so important for new Pilgrims. Even more importantly is scheduling your grouping time into your daily life. Grouping regularly helps to keep you accountable and renews your Walk.

How to start:

### Finding a group

There is more than one way to find a group. Look at your schedule. Do days, evenings, am or pm or Saturdays work well for your own busy life? Do you want to meet at a coffee house or restaurant for lunch or dinner? Each other's homes? What would be most comfortable for you? Once you know when you want to meet (have a couple choices in case your first choice doesn't work out) – then check with your sponsors or pilgrims from your own walk about joining a group.

Most groups are from 4-6 members. Larger than that are difficult in a couple of ways. First, you lose some of the intimacy of a smaller group. Secondly, your meetings are longer or your group-mates cut their own time short and leave feeling they needed more time. It is clearly something to consider when choosing your group.

### What to take

Some things you might want to take to your first grouping meeting is your small grouping card, your purple book, a small notebook and a pen or pencil to write special prayers in. Keep these things in the same place where you can find them every meeting. You will need these every time you group.

### Other questions you may have

**Can I bring a friend to group?** It isn't a good idea to bring along visiting relatives, friends or kids when you can't find a sitter. Grouping is a special time of confidential personal conversations about our lives and our faith. Not everyone is willing to do so in front of unexpected guests. It may not be a difficult week for you, but one of your grouping sisters/brothers may have had a tough week and need that safe place for discussion.

**Can I invite someone to join our group?** If you hear of a friend or someone looking for a group, it is a good rule to discuss it with your group-mates **first**. It is best to come to a consensus as a group prior to inviting a new addition, since you will be discussing personal life experiences and sometimes private troubles where special prayers are needed.

**What if I have to leave early, or can't make it?** If you have an unexpected conflict or have to leave early – just let everyone know as soon as possible prior to the meeting.



**Gossip has crept into grouping during those initial moments of gathering. What should I say?** It is easy during those first moments of 'catching up' prior to the start of grouping to pass on 'news' about people known in common to slide in what can only be identified as gossip. Stopping the conversation from going forward without appearing judgmental in some way isn't that easy. One possibility is to ask everyone to pray for the person going through whatever negative events that are coming up – and then getting back on track with your grouping card.

~Kay Pealstrom

## Does Anybody Know the Way to Emmaus?

Since our pastor is on vacation, I've had the opportunity to preach twice at church. My theme was basically Wesleyan: Do no harm, do good, stay in love with God. These sound simple enough, until you open your mouth. So I preached, "Speak of others - in love." I figured it's difficult to do harm when you speak of others in love - or so I thought. Someone immediately asked me how they could speak of someone in love, "When Obama is destroying what's left of America." I think someone missed the point. But others responded with a request for renewed small groups. Complaining, or whining, seems to be a national pastime. It's one thing to be national, but it's invaded our churches. Listen to conversations (actually side-conversations) in your church after the service. Everyone gets rated and ranked. "Better this week than last." "I'm surprised they let her sing that song. It's out of her range." "I missed the game for that!?" So the next time I preached, I covered "A Vision of Redemption". How would it look if we acted Christian? I announced the small group. The one who does not like Obama said she was working on speaking in love. She still didn't like Obama, however, but she was trying to love him. I told one of the organizers of the small group effort recently that they made me look good. They responded that I was good. I reflected on when someone called Jesus 'good teacher'. Jesus said, "No one is good but God alone." I think most of us work hard to 'look' good. If that doesn't work, then we lie and cheat to keep from losing that particular mask. Maybe that's why it's so hard to 'do no evil?' Part of the small group is to make a spiritual friend. That's a person you learn to trust through the effort of building relationship and sharing views of God and the effort to 'stay in love' with God. My organizer

*Continued on next page*

wondered how they were going to grow their spiritual friend group while staying connected to their church friends. I said, "First concern yourself with taking care of the circle you have." It appears to me that we often mix up 'prayer partners/spiritual friends' with our 'circle of friends' at church. I said, "'Spiritual friend(s)' are a labor of Christian love. You nurture and provide examples for them so that they might walk in the way that leads to life. Once they have begun their walk, they have worked their way into your heart and 'agape' love is transformed into 'philos adelphos' or brotherly love (literally, 'loving brother')." They no longer require guidance, so you have time at that point to find another 'mentee.' Agape love is 'unconditional' love; it is more choice than feeling. Brotherly love is a 'belonging' love or family love; more feeling than anything else. Unconditional love is work. It is the work God does daily as we stray from the path and God chooses NOT to scorch our britches for the infraction; God chooses NOT to retaliate for our hurting God's feelings. Family love is reaction to belonging, a feeling. It is full of "tell me how good I look" and sibling rivalry and 'you first, after me!' Family members feel like they belong only as long as you assure them often that they belong. Church family members ARE concerned about the color of the carpet; and everything else that makes them comfortable on Sunday morning because that is what carries them through the week and if you change something, they/it won't be Christian anymore.

This type of love has its place in keeping baby Christians coming back until we get a chance to affect their worldview. However, if we and our particular church are doing nothing to affect the baby Christian's worldview, we are only pandering to culture by keeping 'our look'; we are not being the Church universal. By the way, we also have to expend more and more effort to keep them happy, pacified, entertained. Eventually, we won't be able to do enough. That's when we experience caregiver fatigue (burnout) and retaliate by leaving, giving up, complaining, whining... or writing Emmaus articles.

So, my bottom line suggestion to my friend, indeed us all, is to focus on getting your spiritual friends (and yourself?) to become mature Christians (not just 'old,' mind you - mature in Christ). That way, you will have some time and energy for the important task of keeping your church family friends coming back so they can be disciplined into maturity.

If you think you're ready, dig out the list of your old Emmaus table members and check up on those spiritual friends that you've let slip through the cracks. Invite them to the musical gathering in September so we can celebrate our Walk in the way that leads to life.

Blessings,

~Jim Ek,

Community Spiritual Director



### Calling all servants!



When serving on a team, your job is not to pick and choose the duties you like and leave the rest to someone else.



If you are to be preparing lunch, get to the kitchen and begin preparations set out by the Head Cook. If you should be filling toilet paper in the bathroom, get on down the hall and do it. Don't sit around chatting with another team hoping someone else will cover for you. If you are to finish signing bibles, get over to the agape room and DO it.

The servant's heart includes all jobs, not just the easy ones! And please, don't go to bed until all the jobs are finished!



### I don't know anyone here!



Do you remember the first time you served on an Emmaus team? Perhaps you were somewhat shy arriving at the first full team meeting. You didn't know anyone, but others seemed to find friends quickly!

Reach out to a "new friend," someone you don't yet know and encourage them to know others. Perhaps walk around and introduce them to people that YOU know.

Including others and trying to build team spirit is really what team meetings are all about. Remember back to when you didn't know anyone. Did someone reach out to YOU? Now you can return the favor!

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# SUMMER 2013



## BOARD OF DIRECTORS, 2013



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