



# On the Path



The Newsletter of the Southern Maryland Emmaus Community

April, 2005    Walk In the Light    Volume 5 Issue 4

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## Walks to Move to Melwood in 2006

The Board of Directors has made a decision to hold our 2006 walks at the Melwood Retreat Center 8 Miles North of La Plata. A number of factors were considered in making the decision including cost, flexibility of scheduling, willingness to meet our needs and more.

With the move to Melwood comes the added benefit of air-conditioning. That's right folks, air-conditioning. The rooms are more modern and are climate controlled. No more begging for a breeze from that lone fan sitting in the corner of your room. Each room will hold 2-3 people so there will be less crowding - and a lower decibel rate of snoring if you're on the men's walks.

We will have exclusive use of the facilities while we are there - no more sharing of kitchen space or dining areas with other groups. And dining hours will be of our choosing with flexibility built in. This will greatly enhance the flow of our weekends.

The cost will be a bit more, but you'll be hearing about that from our treasurer and board in future articles, as well as much more information. So keep your eyes and ears open, and watch the newsletter for updates.



**Reminder**  
**No Gathering in April - Please support the Spring Walks**

**The Upper Room Prayer Center Phone: 1-800-251-2468**

If you are in need of special prayer, please remember The Upper Room Prayer Center.

You may call at any time. The Prayer lines are answered by volunteers 24 hours a day, 365 days a year.



Men's Walk # 15 - April 28 - May 1, 2005

Women's Walk # 16 May 12 - 15, 2005

### Fall Walks

Men's Walk # 17 - Sept. 29 - Oct. 2, 2005

Women's Walk # 18 - Nov. 3 - Nov. 6

**This Week: 4/06/05**

#### Emmaus Community Stats

73 Weekends in  
27 States and  
3 Countries  
33 Women's Weekends and  
40 Men's Weekends



Sign up to pray for  
our walks (and others)  
online at:  
[www.3dayol.org/Vigil/](http://www.3dayol.org/Vigil/)

Pilgrim and Team Applications and this newsletter  
may be downloaded from the web at [www.somdemmaus.org](http://www.somdemmaus.org)  
CLICK on "About Us" then CLICK "Documents"



## Recurring Events of the Southern Maryland Emmaus Community

Events are held at Calvary United Methodist Church unless otherwise indicated  
3235 Leonardtown Road, Waldorf, Maryland

**Gatherings: 7:00 p.m. Fellowship 6:00 p.m. Next Gathering is May 21.**

Gatherings are held monthly on the 3rd Saturday. The next Gathering will be May 21, 2005 at Calvary United Methodist Church in Waldorf. No gathering in April (Men's Walk\_

**Board of Directors Meeting: 3:00 p.m May 21, 2005**

Board meetings are held prior to the Gathering on the 3rd Saturday of each month. The next board meeting will be March 19, 2005. Note change in time due to 4th Day Seminar.

### 4th Day Seminars

The 4th Day Seminars are held in the spring and in the fall following the men's and women's walks. The next seminar is scheduled for Saturday, May 21 at 4:00 p.m. Attendance at a 4th Day Seminar is required in order to sponsor pilgrims, and highly recommended for those who wish to team.



## Southern Maryland Emmaus Community Reunion & Accountability Groups

The Reunion Group Coordinator, Valerie Arends, would like to hear about any active Groups in Southern Maryland. If you are having difficulty finding a Reunion Group, contact Valerie Arends, varends@comcast.net. Experience the 4th Day feeling with your fellow Emmaus travelers.

Bethel UMC, Upper Marlboro  
Men Wednesday - 6:00 p.m.  
Women Wednesday - 6:00 p.m.

Calvary UMC, Waldorf  
Men Tuesday - 7:15 p.m.  
Women Thursday - 5:00 p.m. (Panera's)

First UMC, Laurel  
Men Saturday - 7:00 a.m.  
Women Saturday - 8:30 a.m.  
Men Sunday - 12:30 p.m.  
Women Sunday - 6:30 p.m.

Lexington Park UMC  
Men Thursday - 12:00 p.m.  
Women Thursday - 12:00 p.m.

Waters UMC, St. Leonard  
Pastors Tuesday - 1:00 p.m.

Common Grounds Coffee Shop, Pr. Frederick  
Men Friday - 7:30 a.m.  
Women Friday - 6:15 a.m.

Lexington Park UMC, Lexington Park  
Men Sunday - 6:00 p.m.  
Women Sunday - 6:00 p.m.

Good Shepherd UMC, Waldorf  
Women Tuesday 7:30 p.m.  
Call 301-653-7570 for directions (not at church)

Southern Calvert County Region  
Southern Pines Community Center Senior's Lounge  
Women Saturday - 9:00 a.m.

Living Springs Christian Fellowship, Bowie  
Co-ed Tuesday - 6:00 p.m.

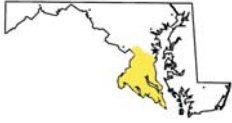
[www.somdemmaus.org](http://www.somdemmaus.org)

**Have you registered yet?** You need to register in order to access the members only area of our new website. This area will have items of interest to our members, as well as profiles of all those who have registered. Let us know what you would like to see in the members area as well as the public areas of the site. Register today.



## On The Path

Deadline for next issue is May 4, 2005. The preferred method of submission is as an MSWord document file or a WordPerfect file sent via e-mail to the following address: Newsletter@somdemmaus.org. Very short articles or notes may be sent in the body of the e-mail message. Please send your comments and recommendations as well to the editor, Dan Brennan, at the e-mail address above.



## Southern Maryland Emmaus - Leadership & Service



### Board of Directors

*Personal information contained in this newsletter is intended for Emmaus activities only, and will not be released to other organizations for any reason.*

Randy Headrick <i>Board Chair</i>	301-475-3278	RDHeadrick@usa.net
Marilynne Landweer <i>Vice Chair</i>	301-374-9333	mlandweer@verizon.net
Jane Beswick <i>Secretary/Gtherings</i>	301-934-5344	jbeswick@aaahawk.com
John Bohner <i>Treasurer</i>	301-934-5344	jbohner@aaahawk.com
Valerie Arends <i>Childcare/Reunions</i>	410-286-3335	varends@comcast.net
Dan Brennan <i>Communications</i>	301-934-0334	dbrennan@aaahawk.com
Jeannette Findley <i>Director at Large</i>	301-475-3381	findleyjm@gmpexpress.net
Lynn Glassbrook <i>Asst. Spiritual Director</i>	410-414-8109	lglassbrook@earthlink.net
Stanley Harrell <i>Director at Large</i>	301-449-6307	sharrell@crosslink.net
Carol Lanzi <i>Registrar</i>	301-862-9521	cblanzi2@verizon.net
Len Lent <i>Event Coord/Directory</i>	301-475-8207	mlent@hotmail.com
Sara Martin <i>Agape/Support Director</i>	301-863-7537	saramartin@gmpexpress.net
Daniel Montague <i>Community SD</i>	410-586-0432	Daniel.mont@juno.com
Beverly Raynor <i>Director at Large</i>	301-604-0909	morningglory992000@yahoo.com
Henry Rowe <i>Music Director</i>	301-769-4637	nhrowe@hotmail.com
Laura Yax <i>Team Selection Chair</i>	410-535-4665	lkyax@comcast.net
Clark Holmes	410-798-8393	Janmhol@verizon.net

### On The Path

Is the newsletter of the Southern Maryland Emmaus Community. Published monthly by e-mail, distributed by the Point of Contact for each participating church, and available on the Southern Maryland Emmaus website.

Southern Maryland Emmaus is affiliated with the International Emmaus Movement of The Upper Room, Nashville, Tn. Emmaus is a program offering of Upper Room Ministries of The United Methodist Church. Our purpose is to inspire, challenge, and equip church members for Christian Action.

Please contact the POC for your church as listed in this newsletter if you are not receiving the newsletter. If your church does not currently have a POC, please prayerfully consider volunteering for that role.

Contact the Editor if you need a copy sent via snail mail.

## Men's Walk 15



## Women's Walk 16

### Team:

Walter Beaudwin  
John Benjamin  
Steve Boggs  
Michael Chaney  
Roy Downs  
Pat Goodwin  
Randy Headrick  
Joe Hedegus  
Clark Holmes  
Lenny Lent  
Russ Martin  
Dale Merkle  
Chris Owens  
Dan Pazdersky  
henry Rowe  
ken Walker  
Rob young  
Darryl Zoller

### Pilgrims

David Sloan  
Mark Houff  
George Tsamoutales  
Steve Marshall  
Robert Walker Jr.  
Michael Davenport  
Matthew Pelto  
David Lambert  
Bud Campbell  
Ron Schultz Jr.  
Mylo Wattenford  
Bright Thompson  
Gary Cox  
Robbi Robbins  
Rob Wright  
Rich Weaver  
Kobey Ruppert  
John Walker  
Wayne Burdick  
Jeff Nalls

### Team

Mary Constable  
Teresa Crouch  
Ruth Dixon  
Jeannette Findley  
Lynn Glassbrook  
Janet Goodwin  
Elizabeth Harrell  
Wendy Headrick  
Kim Houff  
Marilynne Landweer  
Judy Lindley  
JDru McLaughlin  
Cheryl Merkle  
Mary Minnis  
Angela Montague  
Daniel Montague  
Jeanne Parr  
Carol Pazdersky  
Laura Yax

### Pilgrims

Frances Badman  
Suzanne Bowman  
Bev Burdick  
Lory Cantin  
Sue Carreiro  
Karen Coucill  
Gloria Hutchins  
Tina Hutchins-Robinson  
Kelly Imhoff  
Mary Joyner  
Dee Lambert  
Celeste marshall  
Annice Mattingly-Weaver  
Dasher Millman  
Marie Muller  
Anne Pelto  
Melinda Ruppert  
Sheila Russell  
Bonnie Thompson  
Julie Tsamoutales  
Darlene Wilkerson  
Maria Winter  
Sandy Woomer  
Kathie Wright

## My Refrigerator Died . . . The Perils of Ignoring Signs

One day you're dispensing ice, the next you're mopping up the floor. I believe that's called "life". Still, there must be a larger message in there somewhere.

I use a lot of ice. If I had lived during the time of block ice, the Ice Man would have been delivering several times a day. As it is, I rely on the ice maker in my refrigerator to keep my needs supplied. So I should have noticed that over the past several weeks the dispenser was operating a lot slower, and seemed almost to be portioning the amount of ice it would give me at any one time. I should have opened the door and looked, but I did not. And so it was only when the ice cream began to melt that I realized my refrigerator was trying to tell me something. It was dying. By the time I got the message, it was too late. The repairman gave me an estimate that was larger than most new refrigerators would cost

Our relationship with God can be a little like that at times, I think. We ignore the signs he is sending us, we're too busy to listen to his advice, we never open the "door" to look inside of the opportunities that he sends our way. As a result, we may often miss the answers to our prayers that he is providing.



But the good news is that, unlike my fridge, he doesn't give up on us. No matter how hard we try to ignore him, he will continue to send us signs until we finally notice the ice cream melting, and get the message.

Avoid the surprises - check your fridge, and your faith at regular intervals. You'll be glad you did.



## Southern Maryland Emmaus - Leadership & Service

*Most Southern Maryland Committees are chaired by members of the Board of Directors, but service on those committees is open to all community mem-*

AGAPE Support Dir.	Sara Martin	Newsletter	Dan Brennan
Child Care	Jeannette Findley	Prayer Partner Coordinator	Jan Holmes
Community Historian	Jacque Benjamin	Prayer Vigil Coordinator	Kay Priest
Community Liaison	Valerie Arends	Registrar	Carol Lanzi
Comm. Spiritual Director	Daniel Montague	Reunion Group	Valerie Arends
Communications*	Dan Brennan	Supply	TBD
Entertainment	Dan Brennan	Team Selection Coordinator	Laura Yax
Facility Representative	Greg Sweitzer	Volunteer Coordinator	Sandy Hauenstein
Gathering Coordinator	Jane Beswick	Event Coordinator	Len Lent
Music Director	Henry Rowe		
Comm. Lay Director	Randy Headrick		

*\*Communications includes e-mail, P/POC, Web, Directory and Newsletter sub committees*

### 4th Day Seminar - May 21, 4:00 p.m. - A Must For New Pilgrims



Our fall 4th Day Seminar will be held before the Gathering on May 21, at Calvary UMC in Waldorf. Sponsors, remember that you have an obligation to bring your pilgrims. The seminar is a requirement for sponsorship, and highly recommended for future team participation.

### A Note From Supply Mike & Dru McLaughlin

The following items are in short supply and are needed for the upcoming men's and women's spring walks:



- travel size toothpaste
- travel size shaving cream
- toothbrushes
- construction paper (except blue)
- coffee stir sticks
- coffee creamers
- fancy teas (we have Earl Gray & Green)
- AA batteries (at least 12)
- 10 x 13 colored envelopes

If you can help, please give the items to Dru McLaughlin.





## Southern Maryland Emmaus - Prayer Points of Contact

*This is the person to contact for newsletter distribution*

***If your church is not listed, please volunteer to be the Prayer POC  
send your name, e-mail address and telephone to [newsletter@somdemmaus.org](mailto:newsletter@somdemmaus.org)***

Calvary UMC	Phil Landweer	Phil.landweer@verizon.net	301-374-9333
Cedar Grove UMC	Jacque Benjamin	jfbnjzb@quixnet.net	410-257-2595
Emmanuel Baptist	Dick Fogg	upper12_4us@peoplepc.com	410-257-5015
Emmanuel UMC	Lynn Glassbrook	lglassbrook@earthlink.net	410-414-8109
Christ Episcopal Church	Mary Kercher	Mkercher@aol.com	301-934-5813
Corkran Memorial UMC	Stanley Harrell	sharrell@crosslink.net	301-559-6037
Faith Bible Church	Carol Lanzi	cblanzi2@verizon.net	301-862-9521
Faith UMC (Rockville)	Cindy Matter	cindymatter03@aol.com	301-926-7830
First UMC (Laurel)	Dave Meixner	themeixners@comcast.net	301-498-1728
Good Shepherd UMC	Linda Flanagan	lflanagan@ccboe.com	301-645-1375
Bethel UMC	Jan Holmes	janmhol@verizon.net	410-798-8393
Indian Head UMC	Melvin Grover	becky.grover@c21nm.com	
Leonardtown Baptist Church	Carol Lanzi	cblanz2@verizon.net	301-862-9521
Living Springs	Donna Young	dmy_psych@comcast.net	
Lexington Park UMC	Sandi Hauenstein	Sandi@hauenstein.com	301-862-2026
Marbury Baptist Church	Denise McConnell	dmccconnell@earthserve.com	301-743-6995
Olivet UMC	Sue Shorb Sterling	sues@intergate.com	410-394-0773
St. Paul UMC (Lusby)	Ruth Dixon	mese22@olg.com	410-326-3821
St. Paul's UMC (Leonardtown)	Carol Lanzi	cblanzi2@verizon.net	301-862-9521
Shiloh UMC	Ron Brown	norrebel@comcast.net	
Smithville UMC	Kathy Massaro	emkm@chesapeake.net	410-257-1953
Trinity UMC	Valerie Arends	varends@comcast.net	410-286-3335
Trinity Baptist Waldorf)	Karen Smith	musicladykaren@yahoo.com	301-274-2504
Waters Memorial UMC	Dru McLaughlin	Lf1640@chesapeake.net	410-535-4313

### Free Resources

We have recently been reminded that there are two free resources available over the Internet. These can be used by all members of our community.

#### *International Newsletter*

Subscribe at: <http://www.upperroom.org/emmaus/online/lists.asp>

#### *The Upper Room Daily Devotional Guide*

Available at: <http://www.upperroom.org/emaildevo/subscribe.html>

Please feel free to use these resources to support your Fourth Day.



## There's Nothing Special About Easter Sunday For Me

Christians recognize Easter as being the most important of all Christian holidays, even above Christmas, because it celebrates the fulfillment of Christ's promise. When He died for us, he gave us the gift of forgiveness and the promise of eternal life with Him. A great day to be sure, but for me it's just the start of a recurring cycle of joy that is mine all year long.

You see, there isn't a day that goes by that I don't think about and remember the sacrifice Jesus made on the cross for me. There isn't a morning that I wake up that I am not grateful for the day the Lord is giving me. There isn't an event that happens to me all year long where I don't feel the hand of God at work.

You know that feeling you get when a little hair is tickling the back of your neck? You can't see it, or



touch it or even find it, but you know it's there. That's the same feeling I have almost all of the time - that Jesus has his hand on my shoulder and is with me always. I can't quite reach out and touch him, but I know he's there just the same.

And so, while I love Easter as much as anyone, because I carry the joy of the Easter experience with me every day I sometimes find myself smiling at those who may only think of God's sacrifice of his Son on just this one day.

The glorious resurrection of Jesus Christ is ours to celebrate every day - why wait for Easter Sunday?

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## Southern Maryland Emmaus Community Spring Walk Events at West River



### Men's Walk #15

**Candlelight**  
Saturday, April 30 - 8:00 p.m.

**Closing**  
Sunday, May 1 - 4:00 p.m.

### Women's Walk #16

**Candlelight**  
Saturday, May 14 - 8:00 p.m.

**Closing**  
Sunday, May 15 - 4:00 p.m.

**Let's have a great turnout to support the pilgrims on these walks**



## Emmaus Weekends and Snowstorms - A Lot in Common

(but you won't need the milk and toilet paper)

OK, call me crazy, but there are two things I look forward to these days - snowstorms and Emmaus weekends. Both events have a lot to offer those of us who need a break from the stress of everyday life.

Now I know it's true that at the first hint of a snowstorm, people slip into a minor panic mode and head for the store to stock up on things that really aren't needed anyway. When you think about it, what's the longest time anyone in this area has ever been snowed in - 2 days maybe 3? How much toilet paper do you really need to survive for 3 days? "Honey, what are we going to do? It's been a day and a half, and we're down to our last 23 rolls of toilet paper, and we've only got 6 gallons of milk left. Dial 911 quick!"

Well, not me. I learned long ago that a snowstorm provides the perfect excuse to just lie back, forget the outside world, and enjoy a little quiet time with those you love. For a brief period until the snow stops, you can just relax. What a sense of peace and tranquility that can bring to a tired body.

Sounds a little like an Emmaus Weekend to me. After all, isn't that what we tell the pilgrims - just leave the outside world behind and let the Holy Spirit take care of the next couple of days. And we sit back, relax and spend time with someone who really loves us - God. And a great peace is ours to enjoy on the weekend, because we lose ourselves in the moment.

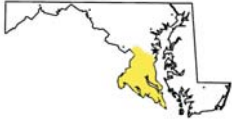
I think sometimes God gives us snowstorms to remind us of how trivial most of our daily concerns are, and as a way of forcing us to just let go and relax. And you know what - the stuff melts on its own after a few days, so why even worry about shoveling?

Well, I've got to close this piece now. I hear it may snow, and I'm running low on wine and cheese.



*And behold, two of them were going that very day to a village named Emmaus, which was about seven miles from Jerusalem. And they were talking with each other about all these things which had taken place. While they were talking and discussing, Jesus Himself approached and began traveling with them.*





"Walk in the Light" - Southern Maryland Emmaus  
Visit us on the web at [www.somdemmaus.org](http://www.somdemmaus.org)

*"Were not our hearts burning within us while He was speaking to us on the road, while He was explaining the Scriptures to us?"*

Luke 24:32

Information on the Southern Maryland Walk to Emmaus, as well as pilgrim and team applications may be found on our website:  
[www.somdemmaus.org](http://www.somdemmaus.org)

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### *On the Path*

1005 Norfolk Dr.  
La Plata, Md. 20646



Time Sensitive Material