



On the Path



The Newsletter of the Southern Maryland Emmaus Community

December, 2004 Walk In the Light Volume 4 Issue 9



You Can Have Your Cake, and Eat It Too -

- But only if you're a Christian

I know, I know. Your mother told you a hundred times. "You can't have your cake and eat it too!" It's been drummed into our heads for years, and we, in turn, have made the same pronouncements to our children. Well mom, there's one time of the year when that just isn't true - Christmas. But it only works for Christians.

You see, we Christians really can have the best of both worlds. We get to enjoy the lights, and the sounds, and the fun of Santa and his reindeer. And we can put up a tree, and trim it with our very best, and sit back and watch the glow of the twinkling lights on the homes in our neighborhoods. We can sing the carols, and we can wrap the presents. We can savor all of the wonderful tastes of the season: the turkey: the stuffing: the cakes and the pies; the wonderful sweetness of holiday eggnog or the warmth of hot chocolate with marshmallows.

And we can do it all, knowing that at the end of the day, we still have one more gift to unwrap. The most wonderful present any father ever gave to his children is waiting for us not under the tree, but in a lowly manger in a time long ago. The gift of our Lord and Savior, Jesus Christ.

How sad it must be to have only the secular joys of Christmas to hold on to. The lights will come down, the food will be eaten. The gadgets and gifts will be put away, and the search for another reason for joy will begin. But not for those of us who have accepted God's gift, the peace and joy are eternal and never ending.

Share this most precious of gifts with a friend or neighbor this year. As we say, "make a friend, be a friend, bring a friend to Jesus."

Merry Christmas!





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

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

Deadline for Pilgrim Applications: Men's March 4, Women's March 17, 2005

Deadline for Team Applications for both Spring Walks is February 4, 2005

This Week: 11/1/2004

Emmaus Community Stats
22 Weekends in
6 States and
1 Countries
6 Women's Weekends and
16 Men's Weekends

Reminder:
No Board Meeting or Gathering
in December
See you January 15, 2005

Pilgrim and Team Applications and this newsletter
may be downloaded from the web at www.calvumc.org/somdemmaus.html
This is temporary until our new site is completed.



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: 6:00 p.m. Fellowship 7:00 p.m. Next Gathering is January 15.

Gatherings are held monthly on the 3rd Saturday. The next Gathering will be January 15, 2005 at Calvary United Methodist Church in Waldorf. Reminder: No Gathering in December.

Board of Directors Meeting: 3:30 p.m January 15, 2005

Board meetings are held prior to the Gathering on the 3rd Saturday of each month. The next board meeting will be January 15, 2005. Reminder: No Board Meeting in December.

4th Day Seminars

The 4th Day Seminars are held in the spring and in the fall following the men's and women's walks. Watch this newsletter and the web site for more information on upcoming seminars. The next seminar will be scheduled for Spring of 2005 following the men's and women's walks.



Southern Maryland Emmaus Community Reunion & Accountability Groups

The Reunion Group Coordinator, Mike McCurdy, would like to hear about any active Groups in Southern Maryland. If you are having difficulty finding a Reunion Group, contact Mike, mcurdyma@hotmail.com. 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)

www.somdemmaus.org

Take a look at your new web site as its being developed. It's not ready for use yet, but progress is being made. It will be a central repository of information and resources for members of the Southern Maryland Emmaus community. The site is being developed by our very own Dean Gass. Let us know what you think, and let the Board know what you'd like to see on the site.

Spring Walks Coming

Plan Now to Sponsor or Team

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

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



On The Path

Deadline for next issue is January 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
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Jane Beswick <i>Secretary/Gtherings</i>	301-934-5344	jbeswick@aaahawk.com
John Bohner <i>Treasurer</i>	301-934-5344	jbohner@aaahawk.com
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Daniel Montague <i>Community SD</i>	410-586-0432	Daniel.mont@juno.com
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Henry Rowe <i>Music Director</i>	301-769-4637	nhrowe@hotmail.com
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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.

Don't Keep the Registrar Waiting! by Carol Lanzi

Ah, Spring, that beautiful time of the year! The trees are budding, the flowers are blooming, and the Pilgrims are coming. Well, they'll come if you sponsor them! Remember how much your weekend meant to you? Wasn't it great just being with other Christians and basking in God's love? Do you remember what it felt like to be surrounded by the family of Christ (Koinonia)? Remember how you thanked your sponsor for introducing you to the Walk to Emmaus? Well, you can do the same for someone you know!

Sponsoring someone is such a blessing to you and your Pilgrim. It's a wonderful way to share God's love! Our spring men's walk (or #15) is scheduled for April 28 through May 1st, 2005. Applications for Pilgrims for this walk are due to the Registrar (that's me!!!) by March 4th, 2005. The women's spring walk (#16) is scheduled for May 12th through May 15th, 2005. Applications for Pilgrims for the women are due by March 17th. If you're considering sponsoring someone, now is the time to pray about it, and ask for God's guidance. Pray, pray, and then pray some more. And if the answer is YES, get those applications in.

You might also consider teaming on one of the Walks. Teaming is a wonderful way to share His love with the Pilgrims, and to serve Him. If you think that

you've seen it all as a Pilgrim, well, you ain't seen nothin' yet! Teaming is a wonderful way to continue your 4th day. Applications for teaming for both walks are due by the 4th of February 2005. So, please carefully and prayerfully consider sponsoring or teaming, and get those applications in. I'll be waiting for them.



An unsuspecting Pilgrim and Sponsor, discover that the normally pleasant Registrar's behavior can become unpredictable when she is kept waiting



Rising Costs = Change in Pilgrim/Team Fees

At the Southern Maryland Board of Directors meeting in November a review was conducted regarding the cost of the "walks" at the West River Retreat Center. The long standing Board Policy has been that the "walks" should end up as break-even. I reported that the last several "walks" have been slightly negative in their results due to increased costs associated with the "walks."

In order to correct this deficiency the Board determined that the pilgrim/team fees will be raised \$10 to \$150 effective with the Spring 2005 "walks." The pilgrim registration will remain at \$25 while the sponsor fee will be raised to \$125.

While the board regrets the need for the increase, it is comforting to note that our fees are considerably lower than other communities within the metropolitan area. Our goal is to keep costs as low as possible.

DeColores

John Bohner
Treasurer



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*

The Group Reunion: Reflections and Resolutions



by Valerie Arends

Here it is December (already?!) and the pace can get frantic. For many, as the year comes to a close, we take time to reflect on the years events: the successes, perhaps the failures....Have I grown spiritually? Relationally? If you are connected to a regularly committed Reunion Group you may have an easier time answering those questions. Perhaps even with joy!

Then December rolls into January and along come those New Years resolutions. In making resolutions, what are we really doing? We're restating, revisiting and re-aligning our PRIORITIES. Hey! What a great way to start off an Emmaus weekend – or a new year!

One way to keep the life shaping priorities of piety, study and action alive and real in our lives is to be accountable for those areas to someone else on the same journey. This can take the shape of a group at work, at church or in your community. It doesn't have to be just "Emmausites". It can be any small group that is intentional about Christian discipleship, accountability and responsibility. It's kind of like the table group you

experienced on your Emmaus weekend — only without the posters! You're there to help each other out, hold each other up, and to compare and share your walk on a weekly basis. You can find or start a small group that will fit your needs if you make it a priority. Be intentional. Your Christian discipleship is worth it! And the quality of your path of perseverance depends on it.

As you reflect on the year past and resolve to make the new one better, consider your pilgrim walk and the walk of a few fellow Christians around you. Make the decision, make the priority, make the time and make the resolution. Resolve to devoting time and effort to your spiritual growth and put that at the top of that list of resolutions — right before that resolution to exercise just an iency wency bit more!



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

Calvary UMC	Phil Landweer	Phil.landweer@verizon.net	301-374-9333
Cedar Grove UMC	Jacque Benjamin	jfbnjzb@quixnet.net	410-257-2595
Emmanuel UMC	Lynn Glassbrook	lglassbrook@earthlink.net	410-313-8369
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	cblanzi@tqci.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	janhol@aol.com	410-798-8393
Indian Head UMC	Melvin Grover	becky.grover@c21nm.com	
Leonardtown Baptist Church	Carol Lanzi	cblanzi@tqci.net	301-862-9521
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	cblanzi@tqci.net	301-862-9521
Shiloh UMC	Lynn A. Brown	Lbrown3884@aol.com	301-372-1553
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



Lexington Park UMC - Back to the 50's

The Outreach Theatre at Lexington Park UMC will be presenting "Christmas at Uncle Phil's Diner" an evening of food and fun in the fabulous 50's on December 17, 18, 19 at 7:00

p.m. Tickets are \$10.00 per person, reservations can be made by calling 301-863-8500.



There will be food, music, games, fun and enjoyment from the fabulous 50's. Put on your poodle skirts and leather jackets and come ready to enjoy some classic diner food and an evening of Christmas entertainment unequalled by anything seen before.

Editor's Note: if your church is having a special event, let us know and we'll give it a plug in this column.



Servants of the Lord & Our Community

You may recognize my name, and perhaps served on a team with me, but just who is the community assistant Spiritual Director?

I am Lynn Glassbrook. I worship at and serve with Emmanuel United Methodist Church in Huntingtown – Calvert County. (Yes you can visit and worship, but then need to go back to your own church!) I attended a Fall 1978 Episcopal Cursillo weekend in the now Dioceses of California. I sat at a table. (Most likely the table of patience, but I still need work on that....)

What spoke most clearly to me on my original weekend was the priority talk. I had the talk down, but not the walk. I was not living the priority I claimed to follow. I knew the forgiving, loving mercy of God through that talk, and my life was – and is – transformed.

Since my original walk, however, the piece of this program which has been most important to me has

been the regular grouping. I can fool myself into thinking I am still walking the talk, but when I have to share on a regular basis how and what I am doing, I may be able to fool them for a couple of weeks. But over time, the truth is revealed and the Spirit again convicts, shapes, and guides me.

After making my original walk, I participated in various training opportunities in the Dioceses and national arenas for Cursillo, gaining an understanding of why we do what we do. Prior to ordination, I served on the Maryland Emmaus board as assistant lay director and then lay director. That community was at about the same place then that this one is now in it's life. Combining through a variety of different communities as I have moved around the country, I have served most positions on a number of teams. Putting all this together, I believe I have a wealth of experience to offer to this community. It is with humble joy I serve my Lord first, and this community second.

De Colores, Lynn Glassbrook



So Joseph also went up from the town of Nazareth in Galilee to Judea, to Bethlehem the town of David, because he belonged to the house and line of David. He went there to register with Mary, who was pledged to be married to him and was expecting a child. While they were there, the time came for the baby to be born, and she gave birth to her firstborn, a son. She wrapped him in cloths and placed him in a manger, because there was no room for them in the inn.

My 4th Day - In the Parking Lot

They warned me. They told me. They tried to prepare me, but it wasn't enough. Despite everything the Team on Men's Walk #1 did, I was not ready for the full effects of my 4th day. Oh sure, I was feeling great, but I didn't give it much thought beyond that as I got into my car to do a little grocery shopping. I'd planned ahead and taken the Monday following my weekend off.

So there I was, driving along, feeling lighter than a feather, and grinning from ear to ear. You see, Jesus had become my best friend in the last couple of days, and I just couldn't shake this feeling that I needed to tell someone, anyone. I was singing up a storm in that car, and having the time of my life. I have no idea why I wasn't pulled over by some alert Charles County Sheriffs Deputy.

And so it was that I arrived at BJ's Wholesale. As I roamed the lonely isles of that cavernous store, I was overcome with the urge to hug someone (they had

warned me about that as well). Women screamed and strong men backed away - they could see the look in my eye.

Despairing, I paid for my groceries, went to my car, loaded them into the trunk, and stood there for several minutes convinced that someone in need would come along, I would give them my groceries, and finally get my hug. It didn't happen. But it didn't matter. I knew I would never be the same. Christ had brought me great joy - and I was going to have to find a way to share that joy. More on that another time.



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

Please note: new website is under construction - check back often

"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

On the Path

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Time Sensitive Material