



# On the Path



The Newsletter of the Southern Maryland Emmaus Community

June, 2005    Walk In the Light    Volume 5 Issue 6

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## A simple foot washing - or was it?



The act of washing someone's foot appears on the surface to be a deceptively simple one - a towel, a small basin, a few seconds of your time and it's done.

So why then do we make such a big deal out of Jesus performing this service for his disciples?

I have had the privilege of serving on a number of Emmaus teams, but I recall one in particular on which the Lay Director included foot washing as part of the preparation for the team on Thursday. Now I have to confess that I was uncomfortable. We were asked to sit and remove our shoes and socks. A basin and towels were brought in. The WLD explained that in order to experience a true sense of servanthood, we would wash each others feet, just as Jesus had done on the night of the Last Supper. He immediately began to do so, and was joined by the ALDs. It is hard to know whether I was more uncomfortable with having my feet washed or the prospect of washing the feet of someone else. I did not think I could do it.

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*Servanthood means ignoring your own comfort for the benefit of others.*

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As I was experiencing my discomfort, it suddenly became clear to me why this act of foot washing by Jesus was so important. Servanthood means ignoring your own comfort for the benefit of others. In perform-

ing this act that I found so uncomfortable, Jesus was showing me the true meaning of being a servant. It wasn't necessarily doing something we like, but being willing to do something that we might not like but that benefits our fellow man.

When we ask to be a part of an Emmaus team, we do so to become servants to the pilgrims. We are not guaranteed any particular job, and we may not always get the one we are most comfortable with. But that was the point Jesus was making. We serve out of love for the Lord, we repay his act of servanthood as demonstrated to the disciples. Wow, what a lesson in humility Jesus gave to us all.

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*so much of what Jesus did . . . seems beyond our capabilities as mere men and women, but his acts of servanthood are not.*

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But there's even more to remember here. So much of what Jesus did - the miracles, walking on water, the resurrection - seems beyond our capabilities as mere men and women, but his acts of servanthood are not. We can emulate our Lord and Savior, but doing what is needed to serve those we wish to bring to His table.

The next time you are asked to serve in a capacity that is uncomfortable to you, remember Jesus. We can follow his lead.





## Fall Walks

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

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

**This Week: 6/09/05**

**Emmaus Community Stats**  
**30 Weekends in**  
**11 States and**  
**3 Countries**  
**15 Women's Weekends and**  
**15 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 June 18.**

Gatherings are held monthly on the 3rd Saturday. The next Gathering will be June 18, 2005 at Calvary United Methodist Church in Waldorf. No gathering in April (Men's Walk\_

**Board of Directors Meeting: 3:30 p.m June 18, 2005**

Board meetings are held prior to the Gathering on the 3rd Saturday of each month. The next board meeting will be June 18.

## 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, November 19, 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.

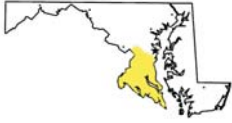
[www.somdemmaus.org](http://www.somdemmaus.org)

**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 July 5, 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.  
Matthew Pelto  
David Lambert  
Bud Campbell  
Ron Schultz Jr.  
Mylo Wattenford  
Bright Thompson  
Gary Cox  
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



## Feedback Please

The 4th Day Team would very much like to have the community's feedback on the 4th Day Seminars that were revamped last year. The team has now delivered 3 seminars in the new format, and would like to know what you enjoy and what you feel could use some improvement.

Great care was taken in insuring that the seminars met the requirements of the 4th day training proscribed by The Upper Room. The goals of the team were: consistency, enthusiasm, and energy,

Please send your comments via e-mail to [communications@somdemmaus.org](mailto:communications@somdemmaus.org).

If you would like to be a future part of the 4th Day Team, let us know that as well.

Thanks and De Colores



## 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*



## Training Opportunity

La Plata UMC, located at 3700 North Tobacco Road (intersection of Route 6 and Route 301) will host a group reunion training the four consecutive Thursdays in July (7, 14, 21, and 28) from 7:30 to 9:00 p.m. Bring either your worship book or service card. We will begin and end promptly. This four week session will give the basics of grouping, as well as time to practice and de-brief. Lynn Glassbrook will be leading the training.

## Thinking of Summer?

School is about out, summer plans are being made, and the pace changes. Even though I no longer have kids at home, my schedule changes too. From hectic to more leisure pace, from meeting after meeting to time to contemplate, from sleepless nights to naps - summer is a chance to slow down, change directions, think.

Six months ago many made resolutions - how are you doing? Do your goals or dreams need dusting off, modifying, or celebrating? On your weekend, did you make plans, revamp priorities, or promise God you'd change? How are you doing? Summer is a time to try something new - attend that other service at church, read a book in the Bible, make a new friend. It's a time to get ahead - creating agape for the fall weekends, marking time on our calendars for the fall and time away with the Lord. Summer is a time to smell the roses, look at

the stars or experience the bone rattling thunder that rolls across the summer sky.

In all things, in all times, summer is a time to thank God. don't take a vacation from praising God, from serving God, from seeking God.

Lynn Glassbrook





## 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 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	301-449-6037
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	
Leonardtwn Baptist Church	Carol Lanzi	cblanzi2@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 (Leonardtwn)	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

### Vote Here!! So Md. Emmaus Board of Directors Ballot

Instructions: Please **vote for five** of the following candidates by making a check mark in the blank next to their name. Votes need to be postmarked by June 16th to be counted. Please vote only once - all we have is the honor system.

Clark Holmes     
  Jaque Benjamin     
  Roy Downs  
 Ruth Dixon     
  Diane Walker     
  John Carnes  
 Linda Flannagan



Mail to Randy Headrick SOMD Emmaus P.O. Box 1242 Leonardtown, Md. 20650



It's 2005 . . .

## Why do we still separate men & women on walks?

Now there's a question no one in their right mind would really want to tackle, but then, being in "right mind" is something I've never been accused of, so I'm going to give it a try.

A well known university president got himself into significant trouble recently by suggesting that there might be inherent differences between men and women that could account for differing success rates in the field of mathematics. Now I know nothing about math, and ever since the advent of the calculator have not found a need to, so I can neither defend nor refute his belief. But I am of the mind that we do have some differences in the way in which we look at the world, and perhaps even in the way we see ourselves. I offer the following two images as evidence:



*Man looking in mirror*



*Woman looking in mirror*

Now I'm reluctant to draw too many conclusions from these images, but it does seem as if men and women look at things just a bit differently.

Need more proof? Take a look at this sign:



Now bear in mind, I'm not the community spiritual leader, or even the community lay director, and I'm not speaking officially for the Upper Room model of the Walk to Emmaus, but I see some definite problem possibilities if men and women were to find themselves on the same walk. Just think about it.

Men require so little in order to make a weekend successful - really just the essentials: food, water, food, a simple bed, food, toilet tissue, food, coffee, food, and, if it's not too much trouble, a chair. Women, on the other hand, prefer a more genteel environment laced with the smell of fresh flowers. They want lamps in their rooms, towels in the rest rooms (why they even **want** rest rooms). Women like to have the walls decorated with curtains or pictures (men are just happy to have walls at all.) Women need scented candles and racks to neatly hang up their clothing (men just need clothing.) I've never been on a women's walk, but I suspect they sprinkle rose petals on the floor as the pilgrims enter the talk room (we men don't even want to know what's on the floor.)

Imagine trying to set up the prayer chapel with a mixed mens and women's weekend - the men would be piling up the bunks, the women would want them arranged in some geometric pattern reflecting the meaning of life. Men would rinse out the coffee pot on Thursday, and again Sunday afternoon, women would bring decorative tea cups for each of the pilgrims.

Imagine the nightmare of the "seat up vs down" controversy that would start on Thursday evening and run straight through closing. Unless, of course, the women put those little seat covers on the lid as they often do at home, rendering it impossible to keep the seat up.

No, the Upper Room was right to keep us apart. We all love the Lord, but sometimes it's just necessary for men to be men, and women to be women. Viva la difference. Now I'm going back to my mirror, if you don't mind, I've been working on my six pack abs.





I want to start out by thanking everyone in our community for the generous acts of agape love you demonstrated during Walks 15 &

Summer is also a good time to start thinking and praying about serving as an Agape Volunteer for the fall walks. Much help is needed behind the scenes on the weekends. Everyone is welcome and encouraged to serve in this capacity. Volunteer times are flexible and the work is so very rewarding! More information about serving as an Agape Volunteer will be available soon.

16. The love and support from the community is such a huge part of the weekend process, and once again you all came through with DeColores colors!

I want to end this article the same way I started it – by giving thanks to everyone in the community who has been so supportive over the last 3 years to me personally and especially to the Agape/Support effort. My term on the Board of Directors is ending this month and I wanted to let you know how much I appreciated your trust in allowing me to serve our community as a board member. My life has truly been blessed serving God in this way. Our God is so awesome and so very good – all the time.

Summer is a great time to make agape for the upcoming fall walks. Find a friend or two and turn agape making into a fun event. Here are a few things to remember:

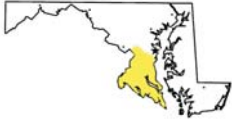
DeColores and Happy 4<sup>th</sup> Day!

- Make enough for everyone. 50 pieces is the recommended total.
- All the Agape must be identical. (Some variation in color is okay, but try and make everything you make look the same)
- Do not sign your agape. Signatures are not necessary or allowed.
- Don't duplicate something already being made. Come up with something original. Check with Diane Walker to see what is already being done. Her email is: [redruth@mindspring.com](mailto:redruth@mindspring.com) and her phone number is: 301-862-9280.

Sara Martin  
Agape/Support Chair

*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?"*

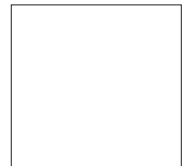
Luke 24:32

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*

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La Plata, Md. 20646



Time Sensitive Material