



On the Path



The Newsletter of the Southern Maryland Emmaus Community

March, 2005 Walk In the Light Volume 5 Issue 3

What's The Hurry?

After all, It's Supposed to Be a "Walk"

Ever feel rushed? Ever feel like the world is determined to push you just a little bit faster than you'd like to go? Welcome to life in the 21st Century. Everywhere we go these days we are faced with the need for speed: there's "fast" food; "express" checkouts; "Jiffy" oil changes; "rapid" transit. One cable news channel even has a segment called "Around the World in 80 Seconds. Don't you sometimes long for the pace to slow down just long enough for you to catch your breath?

For many of us that opportunity came when we had our Emmaus weekend. At last we were told to relax, forget about everything, lose our watches, and just sit back and let the world go. It was wonderful! Of course, the weekend is eventually over, and we reluctantly return to the frenetic pace of our daily lives.

Then came teaming, and I thought, well now, here's a chance to recapture a little of that leisurely life style I enjoyed on my walk. They didn't tell me. But, I did come to realize very quickly, particularly when I served as an ALD, just how frenzied a weekend can be when you are operating at the mercy of a schedule and an inflexible kitchen. Oh it all looks smooth to the Pilgrims, and that's a testament to the model we use and the quality of the teams we send, but among the team there is an almost constant need to watch the clock.

Our walks at West River have been great, and the location is a beautiful one. The management at West River has been good to us, and the facilities have worked well for the most part. But there have been drawbacks. We often have to share the facilities with

other groups. This has on occasion made it difficult to get extra cabins, and has sometimes presented problems during our Saturday night dinner entertainment, and the later community events. The facilities are growing old and lack air conditioning and other amenities. But perhaps the most vexing has been the requirement that we adhere to the meal schedule established by West River.



The team has a great deal of latitude in adjusting the weekend schedule to allow for extra time when it is needed, or to pick up the pace a little when that is called for, but we cannot alter the mealtimes established by West River. More than once this has meant cutting short something that was going in the conference room, in order to be in the dining hall on time. Time should never be the motivating factor in how we conduct conference room activities.

The good news is the Board has moved to resolve these issues. A decision was reached at the February meeting to move our walks in 2006 to Melwood, a facility located about 8 miles from La Plata. You'll hear a great deal more on this in the future, but for now, think privacy, air-conditioning, meals when we want them, and most importantly, the ability to pace the weekend as it needs to be for each particular set of Pilgrims.

And one more reminder: let's not forget when as a community we're waiting outside for candlelight, that if the pilgrims are late, it means that something wonderful is happening inside, and they are enjoying the leisure as much as we did when we walked.



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: 3/06/05

Emmaus Community Stats
87 Weekends in
24 States and
3 Countries
49 Women's Weekends and
38 Men's Weekends



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

**Pilgrim and Team Applications and this newsletter
may be downloaded from the web at 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 March 19.

Gatherings are held monthly on the 3rd Saturday. The next Gathering will be March 19, 2005 at Calvary United Methodist Church in Waldorf.

Board of Directors Meeting: 3:30 p.m March 19, 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.

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
Holiday Inn Dining Room - Solomons
Women Saturday - 9:00 a.m.

Living Springs
Co-ed Tuesday - 6:00 p.m.

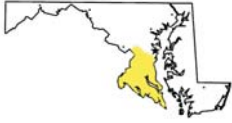
www.somdemmaus.org

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 April 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.

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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
Valerie Arends <i>Childcare/Reunions</i>	410-286-3335	varends@comcast.net
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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.

Entertaining the Lord

Sings the ~~Rooster~~-Turtle

One of the great pleasures and privileges of my life is singing in church. And when I sing in church, I tend to make a production out of it. At least that's what I've been told on occasion. I think there are those who feel that anything done in church or for the Lord should be "proper", that is, little emotion, no fanfare, solemn and reserved. I've been accused of "performing". I'm often reminded that I'm not in a theater or a nightclub, which I translate as meaning that I should stand up straight, preferably behind a lectern, do my business quickly, and sit back down.

Now I make no claim to being a world class vocalist, and an "American Idol" I'm not, but when I sing, I do tend to be animated and emotional. But I've been told, "You need to remember, you're in church, you're not performing for an audience you know, just the Lord." Now the implication of this advice is that the Lord somehow deserves less of a "performance" than I would give to any other audience. I don't think so.

When my audience is the Lord, I want to give Him the best show I possibly can, yes, I even want to entertain Him. If I can rehearse, and plan, and give my all for

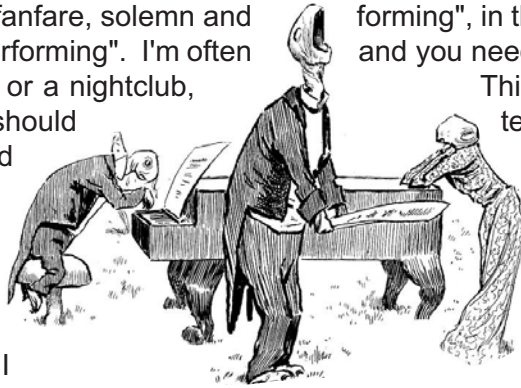
an audience at the Port Tobacco Theater, how can I do less for Jesus?

Performing is not a bad word. Let's face it, whenever you stand up in front of people, you are "performing", in the sense that you have a job to do, and you need to do it to the best of your ability.

This applies to the talks we deliver as team members on walks. The Holy Spirit is with us, to be sure, but we are expected to do our part as well. We are expected to be prepared, enthused, excited, animated, and ready to perform.

When we sing, or when we speak, or when we do any task, we are using the skills and abilities which the Lord gave us, and we should use them to their fullest. God does not want our half-hearted efforts, He wants the best performance we can give.

So get out from behind that lectern, strike a pose, and give the Lord all you've got.



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 any team member or bring to the next gathering.



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*



Down to the Wire

Down to the Wire is great for a horse race. There's real excitement in watching two horses running neck and neck, and not knowing until the last possible moment, how the race will turn out. but it's not such a good thing if you're a weekend lay director planning a men's or women's walk.

I suppose it's a lot like bread and toilet paper. Ever notice how nobody realizes they're running low on those staples until snow is called for? Of course, the stores are never prepared for the sudden rush, and those of us who wait too long find ourselves eating 14 grain bread that tastes like a bale of straw.

Sometimes that's the way it is with sponsoring and teaming. We know we'd like to do it, but we procrastinate, delay, piddle, twiddle, fiddle, and otherwise put off making the decision. Now that's all well and good for us, but for the guys and gals trying to determine whether or not they can hold a successful walk, it can be enormously stressful.

I see e-mail messages all the time from nervous Weekend Lay Directors wondering if they'll find that ALD, or Table Leader they need to complete their

teams on time. I hear from frantic registrars looking desperately for pilgrim applications. I get calls from treasurers trying to figure out whether or not to cancel arrangements with West River.

So how about it? Let's not make the jobs of these servants any more difficult than they already are. It's almost too late for the spring walks (you can still make it if you hurry), but not too early to be thinking about the fall walks. Talk to potential pilgrims now. Set aside the time to team. Be an active part of the Body of Christ.



Coming - May 21, 4:00 p.m.





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	301-559-6037
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	janhol@aol.com	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



“Walk in the Light”

Southern Maryland Emmaus

Members Only!

If you haven't done so already, pay a visit to our new web site (designed by our own Dean Gass).

When you get there, you'll find a link to a "members only" area that will require you to register. It's a simple process and will help insure that only our community has access to certain information (e.g. e-mail addresses, member lists, etc.)

The site is still under development, and you can help by letting us know what you'd find useful. Just send a message to the webmaster while you're visiting.

www.somdemmaus.org

How's your heart?

The following is an excerpt from a Christian radio show. I caught the show in passing, but it has made an impact on my life that only God could have arranged for me. Isn't it amazing how God does that?! Though paraphrased and not as profound as the radio speaker, I hope it will be as insightful for you.

The Bible tells us that the condition of our heart is often expressed by the words that flow out of our mouths. Whether after some thought or in an instantaneous reaction, the words and manner of our speech is a reflection of our attitude. Consider the following as a "gauge" of your own hearts condition, or of those around you:

A singing tongue = A happy heart
A gentle word = A tender heart
A truthful word = An honest heart
A kind word = A loving heart

Conversely, these comparisons are often true:

Harsh words = An angry heart
Negative speech = A fearful heart
Over reactive words = An unsettled heart
Critical words = A bitter heart
Filthy words = An impure heart
Boasting words = An insecure heart

What joy and thanksgiving I felt as I considered that first list and saw in it the very essence of my own mother! It was truly a "closest to Christ" moment as I realized that I am closer to Him when I am close to those that exhibit a life of joy

through these qualities. And I am closer to being *like Him* when my heart and words reflect the same. I do pray that I can be more like my mom and the other Christians in my life that live up to this picture of beauty and wisdom. I want to be just like them "when I grow up", and a couple of my Christian sisters will know exactly who I am talking about! As for the other list... well, I will strive to recognize these reactions and learn to do a better job of keeping my foot out of my own mouth - and beyond that, learn to recognize the need in the lives of others that may live with some kind of insecurity, or at least without joy and peace in their hearts.

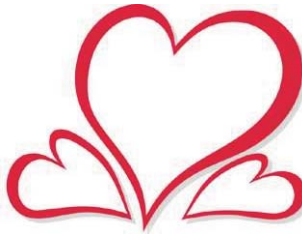
Some scripture to consider:

Proverbs 16:23 A wise mans heart guides his mouth, and his lips promote instruction.

Matthew 12:34 You brood of vipers, how can you who are evil say anything good? For out of the overflow of the heart the mouth speaks.

Luke 6:45 The good man brings good things out of the good stored up in his heart, and the evil man brings evil things out of the evil stored up in his heart. For out of the overflow of his heart his mouth speaks.

De Colores,
Val Arends



First Emmaus Walks in Ireland

Please be in prayer for the first Emmaus Walks in Dublin, Ireland, February 14 through March 2, 2005. Twenty-five men and twenty-eight women are participating in the first two Irish events. Upper Room Ministries through its International Emmaus office has worked for the past three years with Catholic and Protestant leaders leading up to these events.

The Walks are being led by an international team made up of Emmaus leaders from the United States, South Africa, Australia, India, and Ireland.

Please pray that God will guide and bless all those involved.



The 4th Day - 1st Day of the Rest of My New Life

The doorbell rings, you run to answer it, but there's no one there. A little angry, you glance down to see a large package with your name on it. There's no return address, you don't know who it is from, but you take it inside and hurriedly unwrap it. Inside you find a device, a machine, some sort of gadget, you're not exactly sure what it is, and you have absolutely no idea what to do with it. There are no instructions, no manual, no pictures to guide you. You turn it upside down, inside out, and every which way, but you can't see how to turn it on - or even if it's supposed to turn on. Still, it's yours, and so year after year you continue to poke at it, but to no avail, you still don't know how to make it work..

I think my life was a lot like that for many years. I was born, given gifts and talents and skills by my Creator, but somehow along the way I lost the manual, and spent the better part of 50 years poking and prodding myself, trying to figure out what my purpose was, and where that darned switch was located that would "turn me on."

When I think of my Walk, I think of it as that glorious moment when I found the English version of the instruction manual for my life. Instead of continuing to push buttons and twist knobs on this gadget called "life", I decided to get in touch with the original de-

signer, and ask Him what I was supposed to be doing with His creation. And you know what? I had it all wrong. No wonder I couldn't start it - first it had to be plugged into the heavenly power source, then infused with the Holy Spirit, then programmed by the Master's hands, and then finally turned loose to become a part of the Body of Christ.

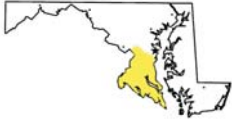
Now, instead of confusion, I find new uses every day for this "device" that was left in my care.

And so, for me, I can truly say that my 4th Day really represents the 1st day of the rest of my new life.



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

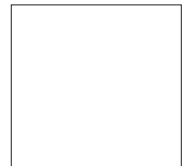
"Were not our hearts burning within us while He was speaking to us on the road, while He was explaining the Scriptures to us?"

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