

## From Our Co-Spiritual Director

The season of Easter, which we are still in, always reminds me that living as a Christian means that we strive to live into the Resurrection. We are changed by our encounter with the Risen Christ. We face life's problems and trials with spiritual insight. We come alive with hope and faith in spite of the difficult circumstances we find ourselves in. Here are some helpful points to remember about living a resurrection life.

- It is a joy to be alive in Christ
- The cross and the empty tomb define your spiritual journey
- Your love of the Lord swells up with praise and thanksgiving
- You can't wait to come to church to worship the Lord with others
- When you miss church you feel a void in your life
- You pray for the salvation of others and willingly speak to others about how Christ has made a difference in your life
- You are on fire for the Lord
- You become the hands and feet of Christ and help with the work of the church

Are you truly alive spiritually or have you drifted away from God? When the cares of this world begin to overtake us, it is easy to drift away from God's ways. The following is a check list which may help you assess your own spiritual life. It comes from "*How to know you are dying spiritually*"

- The story of the cross no longer moves you
- You have left your first love
- The church services bore you
- You have no interest in saving souls
- You are fooling yourself by failing to do what you know you should do
- Frequent absences at the worship services
- No participation in the work of the church" (Vineyard Worker)

Today God is calling the people of the Springfield Emmaus Community to arise to new spiritual heights and to come alive with the Resurrection life through the Holy Spirit. Your Emmaus Walk was only three days but your fourth days last a life time so remember that spiritual closeness you had on your walk and stay in love with the Lord. DeColores,

**Carolyn Peacock**

Co-Community Spiritual Director

### **Agape' Love ††† Unconditional Love**

Agape' love is that which is freely given and unrelated to our deserving it or earning it. The kind of love God has for each of us—the love we felt during our Emmaus weekend. The first act of agape' on a weekend begins long before the Pilgrim's arrival for the weekend. **Prayer** — many prayers are prayed for God's grace to be instilled into each Pilgrim's heart as they await the time for their Emmaus weekend. Often prayers are spoken for God to insure each Pilgrim may be shown acts of agape' love during the weekend that will give them a glimpse of the depth of His love for them — *more prayers = more agape' love.....*

## Words From Our Community Lay Director



We all know, the Lord works in mysterious ways! Especially when it comes to the Emmaus experience.

I took my walk in 1992, and have been blessed to serve in two communities. I served ten years in the Greater Dayton Community and eleven years in the Springfield Area Community. Because I had been given many opportunities to serve through Emmaus, I was familiar with how the community needed to function in order to meet Gods' call.

Every year all of our Board members are required to sign a Covenant Agreement with the Upper Room in Nashville. It grants us permission to hold the Emmaus Walks and outlines how the Upper Room will support our ministry.

We found we were not abiding by our signed Covenant. The areas we were off model in were, Election of Board Members, Leadership Development Training, and Sponsor Training. The Board has been working to correct these oversights.

**Election of Board Members:** Instead of the board making these determinations of who serves on the Board, the community is to vote for its board members. The community will be voting for the new board members at the May 5th Gathering. Be sure to attend!

**Leadership Development Training:** This training is given by our Regional Representatives. Normally it is offered once a year at various sites and all new board members are required to attend. Due to our being off model our Regional Representatives are coming in June to provide training for our entire board.

**Sponsor Training:** Kathy Zimmerman and Dee Moore have been working diligently on updating this training. Kathy gave a sponsorship training at the April gathering, and it will now be provided on gathering nights at 6:00 p.m. in the choir room. If you have sponsored in the past or plan to sponsor, please take the time to attend the training so you and your pilgrim are fully informed prior to the walk weekend.

The Board has worked very hard to correct our oversights. I am very pleased to announce that all items have been corrected. I want to thank the Board for its hard work in getting our Community back in Covenant. We have updated all of our Emmaus forms, and put into effect a Medical Emergency Form that is filled out by all pilgrims and team. Our newsletter as you know, is now on line or e-mailed due to the drastic increase in the cost of the paper required by the post office. Some copies of the newsletter are available on the back table at the Gathering for those that do not use computers. *Day Four* books, *Coming Down from the Mountain*, *Returning to Your Congregation*, *Walking Side by Side* and sponsorship books are also available. Book prices are \$6.00 each. Copies of the up-dated By-Laws are also on the back Table in the Narthex.

Please keep our new members from Men's Walk #45 in prayer.

Serving With You,

**Millie**

“Humility and the fear of the LORD bring wealth and honor and life.” Proverbs 22:4 (NIV)

## Practice of Kindness

### Part 2

(Part 1 of the "Practice of Kindness" was published in the April 2013 newsletter.)

As promised last month, below are the final four themes for the practice of kindness. Take a few minutes to reflect on your efforts over the last month. No one can "assign" you to complete an act of kindness. It has to come from a genuine place inside you.

**#4 – Do something kind anonymously.** Picture yourself as part of something larger, as part of a universe of beings all wired with the desire to be kind. Rather than doing things for show or reward, complete your acts in a way that you cannot be seen doing them. **Do something kind anonymously.** Actions of this kind provide us additional practice in both humility and modesty, while providing service. Pray about completing multiple anonymous acts of kindness... those acts of kindness that come to you in the moment and at least one act of kindness that requires some advance planning. See your acts as not coming from you, but through you.

**#5 – Respond to a situation peacefully.** This is designed to have you consciously bring more peace into the world through a change in your awareness...responding peacefully to a situation in which you are tempted to respond with some form of negativity. Instead of screaming at the driver who cuts you off, smile. Instead of yelling at your children, hug them. Instead of speaking poorly of someone behind his or her back, say something nice. **See if you can transform a specific moment of anger, frustration or dissatisfaction into a peaceful response.** The outcome here is to consider and act on how to transform negative energy into something positive, thus bringing more peace, love and kindness into the world.

**#6 – Do something kind for someone you do not like.** Again, this is the idea of sending a positive message to the universe instead of a negative one. This one is more specific in that it asks you to do a consciously kind thing for someone who, for whatever reason, gets under your skin. If it's hard to do this for a specific person, try to find a situation in which you are feeling poorly towards someone and respond by doing something kind for that person. By the way, doing so anonymously is perfectly okay.

**#7 – Do something kind for your body.** You could do a wide variety of things...start an exercise program; get an extra hour of sleep; take a hot bath; get a massage; eat more vegetables; etc. Just do something you otherwise would not have done. If you have a massage scheduled, it does not count. Do something else.

Please consider what it means to live in a world that **we (that's you and me)** are constantly co-creating. Help me live in a friendlier place by choosing to be friendlier...to yourself...to your family...to your friends...to your community...to the world!!!

God Bless and DeColores!

*Dedria Moore*

Women's Sponsorship

Note: Information for this article was taken from various Andy Smallman's *Communication Through the Years*. For direct contact: [kindliving.net](http://kindliving.net)

"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law." Galatians 5: 22-23 (NIV)

## Women's Walk #68 Team Roster

June 20-23, 2013

Karen Speas	LD	Perseverance	Sue Neves	MD
Rev. Sherri Blackwell	SD	Means of Grace	Jody Fisher	AMD
TBD	ASD	Sanctifying Grace	Kim Stehle	Log
Rev. Carolyn Peacock	ASD	Justifying Grace	Libby Hammond	Log
TBD	ASD	Prevenient Grace	Lois Gram	ATL
TBD	ASD	Obstacles to Grace	Shelley Jenkins	ATL
Cheryl Jurkat	ALD	Priorities	Jennifer Webster	ATL
Kathy Zimmerman	ALD	Priesthood	Joyce Isley	ATL
Judy Delladonne	ALD	Fourth Day	Lechell Raines	ATL
Sherri DeArmond	TL	Christian Action	Tammy Masters	ATL
Cecilia Swindler	TL	Grow through Study	Paula McHenry	ATL
Lori Blumenschein	TL	4th Day Example		
Susan Holladay	TL	Life in Piety		
Pat Bass	TL	Body of Christ		
Bette Brown	TL	Changing our World		
Janet Schilliger	TL	Discipleship		
Millie Luttrell		Board Representative		

ALD—Asst Lay Director  
 AMD—Asst Music Director  
 ASD—Asst Spiritual Director  
 ATL—Asst Table Leader  
 LD—Lay Director  
 Log—Logistics  
 MD—Music Director  
 SD—Spiritual Director  
 TL—Table Leader

### Meet Our 2013-14 Community Lay Director Sue Neves



I was born and raised in Dayton Ohio. I am blessed to have my parents and four siblings live locally so we get together often. Vic and I own a mini-farm in Yellow Springs area where we live in a 100+ year old farmhouse with our five pooches. Vic and I are involved in the music ministry at Nation Chapel United Methodist Church. I work as an engineer at WPAFB (will be 30 years in July - yikes!) - currently assigned as the Chief Engineer for the B-2, the Coolest Airplane in the Air Force. (OK— I am biased) Any free time I have that is not consumed by Emmaus or Music Ministry activities, I fill by reading books on Natural/

Chemical Free Nutrition and Health. When I grow up (i.e. retire from Engineering) I want to be a Natural Health and Life Consultant.

#### WHAT IS THE UPPER ROOM?

The Walk to Emmaus is a program offering of The Upper Room, a section of the General Board of Discipleship of the United Methodist Church whose headquarters is in Nashville TN. An International Steering Committee advises the Upper Room's staff to sustain high quality throughout the Emmaus movement. The committee is composed of representatives from four countries: Germany (1), Mexico (1), South Africa (1) and the United States (23-25). The Upper Room also supports part-time field representatives in the United States to shepherd new Emmaus communities, conduct board and community training, and organize regional celebrations. Every weekend a Walk to Emmaus is being held in the United States and many other countries, i.e., Brazil, Zimbabwe, India, Russia, Bulgaria and many others. The Upper Room-developed ecumenical model has proven to be an effective tool in energizing disciples for ministry.

# Important Dates

## 2013 Walk Dates

Women's Walk #68—Jun 20-23

**Karen Speas**, Lay Director

Men's Walk #46—Sep 19-22

Women's Walk #69—Nov 14-17

## Next Gathering

**May 5, 2013**

(Due to Mother's Day on May 12, the Gathering will be held on the first Sunday in May.)

## Future Dates

June 9, 2013

July 14, 2013

Aug 11, 2013

**PLEASE NOTE:** Provide your cell phone numbers to our database manager, Rick Clark, 937-508-9740 or rclark104@woh.rr.com.

