



**Green Country Walk to  
Emmaus**

Volume 18, Issue 24 - Published  
Monthly  
**July/August 2009**

# The Emmaus Newsletter

## FROM THE BOARD CHAIR

Do you remember those snow days back in December? Or, how about those 19 days in June when it seemed like it would never stop raining? Now, all I hear is how hot it is outside. Are we ever happy with the weather? God has blessed us in Northeast Oklahoma with four distinct seasons; each with its own beauty. Soon, the deep green leaves of summer will turn to red, browns, and golds of fall. And, the hot summer breeze will give way to a chill in the air. It's all in God's time. But, these are HOT days!

The hot summer days has the Board starting to plan to replace five members who will be going off the Board January 1<sup>st</sup>, 2010. We assign a nominating committee of three Board members and two members of the community to consider potential board members.

Then, the committee chair will call each of the community members and see if he/she would be interested in serving in that capacity. As you know, later in the fall we hold an election for the five open chairs. So, if your phone rings in the coming months, prayerfully consider our invitation to be a candidate to serve on the Board. You will be blessed many times over.

I look forward to seeing you at Meadow Creek United Methodist Church in August. It's a wonderful church, and they are always such gracious hosts to our Emmaus community. They have good air conditioning, too! Stay cool!

DeColores,  
Ed Taylor  
Board Chair

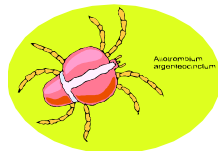


**Inside this issue:**

From The Board Chair 1  
Tis The Season For Ticks 2  
Tis the Season Ticks Continued 3  
Announcements 4  
Radically In Love 5

- **July Gathering at Asbury UMC, Tulsa, OK at 7pm on Saturday, July 11 — Address: 6767 S. Mingo Rd. Tulsa, OK**
- **August Gathering at Meadow Creek UMC, Collinsville, OK on Saturday August 8th — Address: 14205 E 146TH STREET NORTH, Collinsville, OK 74021 (Take Hwy 169 North to E 146th St N/OK 20, Go East - right and church is just ahead.**
- **Men's Walk at Claremore UMC— September 24-27**
- **Women's Walk at Claremore UMC— October 8-11**

## Tis the Season For Ticks



Yes, summer is here and along with it~the dreaded ticks! And the Beagle Boys~Bandit and Ranger~have inspired me once again to pen a little tidbit about life on our little cove. Dear hubby and I have made a daily ritual out of what we call: TICK CHECK!!

You got it! We sit down with the boys with the ever-dreaded tweezers to examine every flap, pit, ear, lid, and paw known to beagle. Those blood suckers can even find their way into the eyes and ears of our beloved brothers. The boys' hunting habits in the woods plus their naps in the grass underneath our trees trying to find shade on these "dog days of summer" both reward them with these menacing mites.

We are doing our best in preventative measures by investing in the over-the-counter collars and Frontline medication syringes that are like injections without needles (we rub the ointment into

their skin), but alas, tis the season for ticks. I am even contemplating purchasing some garlic capsules to put in peanut butter to give to the Beagle Boys due to a conversation with a gal who swears by this natural remedy! So it is...the season for ticks!

Then I got to thinking....I know that can be dangerous for me, but....ya know I need a daily TICK CHECK myself!!! Have you ever thought about those particular pests that latch onto our spirits and zap us of the peace that we are promised? I have several of these spirit suckers that drain me from time to time.

You might recognize their names: anger, pride, jealousy, fear/worry/anxiety (whoa, I put those together as one big tick for me!), selfishness, procrastination, gluttony, and depression. The list of these biting bugs could go on and on.

Several talks from the walk come to mind here: priority, obstacles to grace, grow through study....

Okay, for that daily TICK CHECK now.....

I like acrostics so here we are:

### Moving? Prefer to Receive the Newsletter via E-mail?

If you are moving, please give us plenty of advanced notice to help keep our postage costs down.

Name: \_\_\_\_\_

Old Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

New Address:

Street Address: \_\_\_\_\_

Please mail this form to:

Newsletter

Green Country Walk to Emmaus

P.O. Box 701410

Tulsa, OK 74170-1410

Or email the information to:

[publications@greencountryemmaus.com](mailto:publications@greencountryemmaus.com)

## Tis the Season For Ticks—Cont.

T-----ime! Did I have my quiet time with Him today? He craves this time with us and we need it with Him!!!

I-----njections! Did I have my daily doses of scripture, and meditation? Did I talk to Him in prayer throughout my day?

C-----hoose! Did I choose to make Him my focus and priority today? Did I make the choices that would honor and glorify Him today?

K-----eep! Did I keep my tweezers handy to pluck any spirit zapper right out before it latched on and drained my peace?

The Lucifer lice leave me alone when I am practicing my TICK CHECKS!! If I am not, I really have a time with my tweezers! It is always the season for the enemy's biting bugs, but let's remember our TICK CHECKS and keep his painful pests from zapping and draining our peace and joy!

One of my fav verses is Hebrews 12:1 and I love

it in the different translations/versions! Listen to the Good News Bible:

"As for us, we have this large crowd of witnesses around us. So then, let us rid ourselves of everything that gets in the way, and the *sin which holds on to us so tightly*, and let us run with determination the race that lies before us."

And the Message verses 1-2: "Do you see what this means—all these pioneers who blazed the way, all these veterans cheering us on? It means we'd better get on with it. Strip down, start running—and never quit! No extra spiritual fat, *no parasitic sins*. Keep your eyes on *Jesus*, who both began and finished this race we're in. Study how He did it! Because He never lost sight of where He was headed—that exhilarating finish in and with God—he could put up with anything along the way: Cross, shame, whatever."

And finally The Inspirational Study Bible verses 1-2a: "We have around us many people whose lives tell us what faith means. So let us run the race that is before us and never give up. We should remove from our lives *anything that would get in the way and the sin that so easily holds us back*. Let us look only to Jesus, the One who began our faith and who makes it perfect. He suffered death on the cross. But He accepted the shame as if it were nothing because of the joy that God put before Him..."

So let's get our tweezers out and get rid of those ticks and keep running--looking ahead to the finish line where He waits for us!

Cathy Herring  
GCWE #78  
Table of Ruth  
Angus Church,  
Sand Springs

## GROW THROUGH STUDY

Do you remember the book table on your Walk weekend? This is where you were encouraged to go and find books to begin or continue your study of God's love.

The books on this table are made available by generous donations from the GCWE community. Please consider making a cash/check donation with the specification to the Book Table as another act of anonymous servant hood and loving agape. This donation can be mailed to *PO Box 701410*

*Tulsa OK 74170-1410 or given at a Gathering.*

*DeColores!*



I just wanted to thank all the members of the board and let them know how much I appreciate the confidence in me as Assistant Community Lay Director. I would also like to thank the community for their help and support through the years as I have attempted to do my bits of service for Green Country. I can't imagine what my life would be without the Emmaus Community and the opportunities that it provides me to serve. I will endeavor as I progress in my experience as Assistant Lay Director to provide my best as God enables me. Please keep all those who serve in your prayers and lift them up and encourage them. I would invite anyone who would share my passion to step forward and serve where they can. If it be in the conference room, kitchen, as one of those invaluable TA's, or any other of a number of ways that you feel you can serve. We are the Body and each one brings value to the rest. See you at the upcoming gatherings and of course at the walks in September and October Have a great summer and stay in touch. Grace and Peace, **Wayne Hayes—Assistant Community Lay Director**

## DINING ROOM

Are you a new pilgrim or a pilgrim who hasn't served for a while? The dining room is one good way to start. A dining room manager is always needed for each walk. This job is from Thursday evening until Sunday lunch. You can stay at the facility, but most go home after the tables are set for breakfast the next day. Another opportunity is assistant dining room manager to help you learn the "ropes" if you're unsure about being a dining room manager.



Another needed area to help and learn is agape.

How does all that neat stuff appear on the tables? An assistant would be helpful to learn the procedure. Never fear there is a manual that tells you everything that needs to be done and when. I hope you will prayerfully consider serving in one of these positions on the next set of walks. Please feel free to contact me with any questions. Freda Heath-Dining Room/Agape Board Rep

## Chrysalis Flights!

The location of the next Chrysalis flights has not been announced but we do know the dates. Girls Flight: Oct 29th—Nov 1st Boy's Flight: Nov 12th—Nov 15th Please send in your enrollment forms as soon as possible, so we can begin planning. You can go to [www.gcchrysalis.org](http://www.gcchrysalis.org) to download the forms.

## RADICALLY IN LOVE!

*"Now that same day two of them were going to a village called Emmaus, about seven miles from Jerusalem. They were talking with each other about everything that had happened. As they talked and discussed these things with each other, Jesus himself came up and walked along with them; but they were kept from recognizing him." Luke 24:13-16 (NIV)*

Imagine walking down the dusty road on that first Easter afternoon from Jerusalem to Emmaus. The two disciples, preoccupied with their own sadness and hopelessness, cannot see God's redemptive purpose in the things that led up to, and the event that occurred, on Friday.

When the risen Christ "came up and walked along with them," the two didn't recognize Him. Upon their arrival in Emmaus, He "took bread, blessed and broke it, and gave it to them." Then, their eyes were opened and the fire of God's love was ignited in their hearts.

If I had been there that afternoon, how would I have responded? Would I have been so consumed by my own grief I could not have seen through my tears to recognize the risen Savior?

I once had a person make this observation about me: "You don't cry much, do you?" Without thinking, I responded, "No."

I never thought much about that question, or my response, until several things in my life led me to my knees in prayer. I prided myself on being strong. I didn't want others to see my weaknesses, especially the tears. I have since learned that tears are healing.

In early May, I participated in The Walk to Emmaus, a spiritual renewal program designed to strengthen local churches through the development of Christian disciples and leaders. The program emphasizes Jesus as our model of servanthood.

During the 72-hour experience, we were wrapped in agape love, spent time in meditation and prayer, shared special times of worship and celebrated Holy Communion daily. For many, like me, it was a time of healing and growth.

As pilgrims on our "walk," we were on a journey to rediscover Christ's presence in our lives. I not only gained a fresh awareness of God's transforming grace but I left my walk with a deeper understanding of God's purpose for my life. While on my "walk," I formed new friendships that will help foster my faith and support my ongoing spiritual maturity.

Leaving the spiritual retreat at the end of the 72 hours was hard for me. Like others, I had been on the mountaintop of God's love. However, when we walked out the doors of the church, we were fueled with the Holy Spirit so we could share that love with a hurting world.

Before I experienced a deeper spiritual connection on the "walk," I was hurting. Like the disciples on the road to Emmaus, I was absorbed in my own sadness connected with what I thought I wanted in my life. I couldn't see that God's perfect plan was my spiritual growth so that I could be better equipped to serve Him and bear witness to the Good News. My self-centeredness was getting in the way of God's using me for His purposes.

At Sunday's closing, I stood to share my testimony about my Emmaus experience. With tears freely flowing down my face, I confessed, "I am radically in love with my Savior." Carol Round, Walk # 142, Table of Mary, First United Methodist Church of Claremore



# Happy Independence Day



## GREEN COUNTRY EMMAUS BOARD OF DIRECTORS

Ed Taylor .....	Board Chairman.....	918-627-4254
Steve Williams.....	Community Lay Director.....	918-494-0037
Wayne Hayes.....	Asst Community Lay Director .....	918-622-5531
Rev. Dick Bland.....	Community Spiritual Director.....	918-906-2032
Mike Hardgrove.....	Asst Community Spiritual Director.....	918-749-1803
Freda Heath .....	Agape/Dining Room.....	918-286-1743
Judy Rowell .....	Gatherings .....	918-231-0875
Cathy Herring .....	Emerging Ministries/Secretary .....	918-519-3120
Gary Bennett.....	Facilities, Set-up.....	918-691-3589
Charlie Shaw .....	Sponsor's Hr, Candlelight, Closing .....	918-786-9877
Open.....	Music, Entertainment .....	918-000-0000
Ken Frazier.....	Literature .....	918-438-1431
Russ Riffle.....	Kitchen .....	918-639-8806
Liz Merrill.....	Newsletter .....	918-872-6076
Jeanne Kelly.....	Prayer .....	918-230-2891
Skip Ray .....	Reunion Groups/Fourth Day .....	918-824-1739
Shelley Covey.....	Registrar.....	918-749-7616
Open.....	Transportation/Housing .....	918-000-0000
Brenda Nickels .....	Treasurer.....	918-455-0668