



Green Country Walk to Emmaus

Volume 26, Issue 33- Published
Bi-Monthly
June 2011

June/July 2011

The Emmaus Newsletter

I Wonder.....

I find that I have to be intentional about spiritual disciplines—prayer, study, worship, confession, and communion. If I am not purposeful in how I approach these, then I miss out on their benefits in my spiritual life. I must prepare my heart, mind, and spirit for each of these wonders, and be open to receive what the Lord has for me. And the same is true for ministry—such as Emmaus activities. If I keep the purpose of

Emmaus in mind, and I remember that our model is Jesus and how He loved others, won't I be a more effective disciple and witness? Am I the only one who has to remind themselves about discipleship, about love, and about spiritual disciplines? And am I the only one who has to do it continually? I wonder.

Only by His grace,

Ken Frazier, Board Chair

Check Your Supplies!!!

“How many loaves do you have?” He asked, “Go and see” says Mark 5:38. Jesus was preparing to do one of His many miracles in the feeding of the five thousand. He wanted the disciples to get involved so He commanded them to “Go and see.” In other words: if you want to see Me in My power and be a part of it, check to see what YOU have to work with. Bring to Him your pinch of faith and He will make it more than enough to accomplish His will. Bring Him your joy and He will multiply it. Bring Him your hurt and He will increase His grace to the amount and more of what you need. Bring Him your sin and He will bring forgiveness in such quantity that you will be washed white as snow. Bring Him your weakness and He will bring you strength. All that we need in the abundance of His Spirit can be ours. He said to “Go and see.” Let's take that walk together!!!

De Colores, Wayne Hayes—Community Lay Director

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- ♦ **June Gathering Sat June 11th 7 pm at Coweta UMC**
- ♦ **July Gathering Sat July 9th 7 pm at Meadow-creek UMC**
- ♦ **August Gathering Aug 13th 7 pm at Pryor FUMC**

Praying for Oklahoma!!

Dear Emmaus Saints,

This is the next set of monthly prayers. Also, there will be a time of information sharing that I like to call "Equipping The Saints" about our evangelism initiative in August at Ardmore 1st. Dr. Elaine Heath will be the main speaker and then we will have multiple areas of interest to go and receive new "tools" about Evangelism. The most important one, though, and I am a bit biased is prayer. We need to be on our knees talking to God about what His plans are for Oklahoma and each local church. As well as, what He is calling each of us to do in His plan. When we allow Him to guide us, great things happen! Thanks for praying!

June 5:

Focus: Those who feel abandoned by God

Scripture: Psalms 22:1 "My God, my God, why have you forsaken me?"

Prayer: Lord, may we be your message of hope to those who are missing you this week. May they know your presence as they experience our presence.

June 12:

Focus: Those whose self-esteem has been shattered.

Scripture: Psalms 22:6 "But I am a worm, and not human, scorned by others, and despised by the people."

Prayer: Gentle Savior, open the hearts of those who do not feel worthy of love that they find their eternal worth in You.

June 19:

Focus: Those called to share Christ this week.

Scripture: Isaiah 6: 8 "Then I heard the voice of the Lord saying, 'Whom shall I send and who will go for us?' And I said, 'Here am I, send me!'"

Prayer: Lord and Savior, may our hearts be open to hear your call. May we trust Your Spirit to have gone before us. Strengthen our hearts to know the joy of life-giving communication.

June 26:

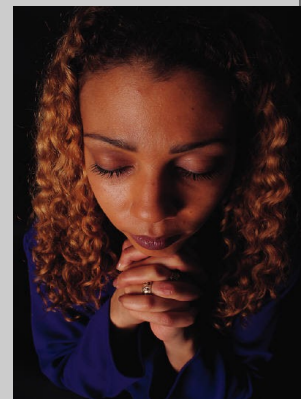
Focus: Those who need a new life-plan.

Scripture: Jeremiah 29:11 "For surely I know the plans I have for you, says the Lord, plans for welfare, and not harm, to give you a future with hope."

Prayer: God, who cares more for us than we do for ourselves, open the eyes of those who have lost hope. May our lives show your goodness to those who are seeking.

De Colores,

Temple Diehl, Pastor Elmore City UMC



I Found Treasures!!

I recently learned that I was being re-appointed to a new church, and of course with that new appointment comes the “opportunity” to move. To say that I was excited about the prospect of packing all of worldly belongings in the house that I’ve lived in for the last ten years, would be an exaggeration. Frankly I have been dreading it. As in the case with most of us, our homes become bloated with “stuff” that we just don’t want to part with, but often serve no real purpose.

Years ago, when I entered the ministry, my family made a covenant with each other. If you are getting ready to move and find a box that you never unpacked, just go set it on the curb for the trash man to pick up. If you haven’t needed it in the past year, you obviously don’t need it. Well, it has been ten years, and as were emptying closets the other day to paint them, we came upon a few of these boxes. I have a confession to make....I broke the covenant. I didn’t take them directly to the curb. I dusted them off and opened them. My curiosity got the better of me. I had to know what was so precious to me ten years ago that I would pack them in a box and haul them from one house to the next.

Of course, I found treasures!! Some old paintings that had been painted by family members. An owl that my wife had painted as a child. A couple of landscapes that my mother painted. These are items that we no longer have



hanging on our walls, but they are just too precious to us to put to the curb. They make us smile when we pull them out and half jokingly, half seriously, talk about how “primitive” they are. I am sure that Picasso had similar remarks make about his paintings.

For some of us, our Emmaus walk experiences have become like those old paintings. We have packed them away in boxes and forgotten about them. They are too precious to throw out, but they are no longer a regular part of our lives. We have dropped out of our reunion groups, and our crosses and our agape sit idly in our drawers.

Friends, it is time to dust off the cross and name tag, put them on, and come to the next gathering at Coweta UMC on Saturday, June 11. If you need a reunion group, contact Beth Baggett at mprshnz@cox.net and she will help you find one. Start praying that God will use you to the life of a friend or neighbor and sponsor them on the next set of Walks in the fall. Then, come on out to the next walk, and help us be a blessing to others as we serve. Your Emmaus Walk was precious. Don’t let it be an old memory gathering dust in a box somewhere!!

DeColores,

James

Rev. James Graham

Community Lay Director



We Are So Blessed!!!

The words of this song say so much to me and I hope you will enjoy reading them!

WE ARE SO BLESSED

We are so blessed by the gifts from Your hand...We just can't understand
Why You loved us so much.

We are so blessed! We just can't find a way

Or the words that say

Thank You Lord, Lord, for your touch.

When we're empty, You fill us 'til we overflow!

And when we're hungry, You feed us

And cause us to know.....

We are so blessed!

Take what we have to bring—

Take it all—everything!

Lord, we bring it to You.

We are so blessed by the gifts from Your hand,...We just can't understand
Why You loved us so much.

We are so blessed!

We just can't find a way

Or the words that can say

Thank You, Lord, for Your touch.

We just want to say

Lord, we love You so much!!!



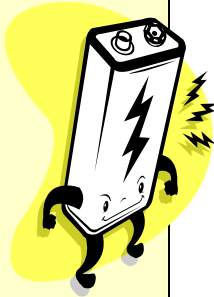
De Colores,

Jeanne Kelly

Prayer Board Rep

"6% Battery Life"

Several years ago, I received a laptop as a gift. I can use it in any room in the house without being plugged in to a wall outlet. It must be plugged in when the battery life gets low. It's more urgent when it reads "6% battery life" and "now on reserve battery". I must plug in my computer and recharge the battery so that I can continue using it.



All Emmaus community members have attended a weekend walk where we were plugged in to God's abundant grace for 72 hours. Our spiritual lives were recharged. Now that we are in our 4th Day, we must continue and be steadfast in purpose and persist. It's important to maintain contact with Christ and other Christians. Emmaus Reunion Groups or accountability groups are made up of persons who meet weekly for about an hour to support and help each other continue in their walk with Christ. They are plugged in and recharging their spiritual battery through prayer and paying attention to one another's practice of piety, study, and action. They care about the other's walk with the Lord and their life goals and directions.

If you are in a NEW group, OLD group, or NO group at all, consider the following questions about how your group can be more effective or how having the

support of other Christian friends can help you persevere.

~What do I want from a reunion group experience and weekly discipline? What do I hope to gain?

~What is my commitment to God for which I need the group's support? Do I want to live in grace through the practice of piety, study, and action?

~What will be my/our commitment be to one another?

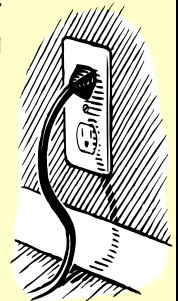
Ecclesiastes 4:9-10

Two are better than one, because they have a good return for their work:

If one falls down, his friend can help him up.

But pity the man who falls and has no one to help him up!

Are you plugged in to a reunion group? If not and you are seeking a group, please contact me at the email below and we'll get you plugged in!!!!



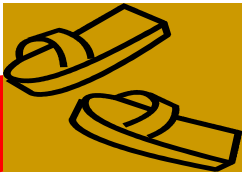
De Colores,

Beth Baggett

**Fourth Day/Reunion Group
Board Rep**

mprshnz@cox.net

Nana, Are Those God Shoes?



The other day my friend Cady and I were coming up from the dock after feeding the swans, Elton and Ella, and my adopted granddaughter Daven asked me, "Nana, are those God shoes?" We didn't understand her at first, but figured out she was referring to my comfortable Birk sandals that must have looked like pictures of biblical sandals she had seen in her little Bible class. Of course, we thought her question was adorable!!!

Then as usual, I got to thinking!!! Do I wear my God shoes everywhere I go? Do I take Him with me everywhere I go?

As I was thinking, Ephesians 6 came to mind:

Finally, be strong in the Lord and in His mighty power. Put on the full armor of God so that you can take your stand

against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your FEET fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you

can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, BE ALERT.....

I pray that I always have on my God shoes and the full armor so I can **STAND!!!!**



Yes, Daven, these are my God shoes!!

De Colores,
Cathy Herring
GCWE #78
Table of Ruth
Lifechurch.tulsa

Giving a Most Wonderful Gift—Sponsorship, The First Step

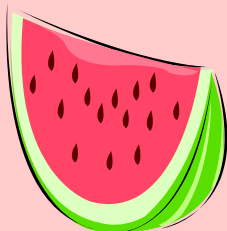
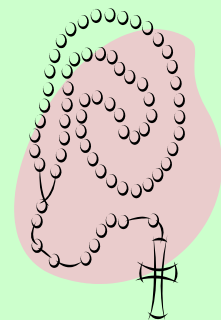
I am honored to be the Registrar for Green Country Walk to Emmaus for a short time. As registrar, I meet many sponsors and pilgrims. It has been awhile; however, since I have sponsored a pilgrim. I have not been aware of God's calling for me to sponsor a pilgrim until just recently. I would like to share my sponsorship story with you over the new few newsletters leading up to the fall walks.

I visited with her just last week about attending the Walk to Emmaus. She has heard me talk about Emmaus before, but just recently, she came to me unexpectedly, and said, "I've been thinking more about the Walk to Emmaus." We do not share the same faith background but I have known her for over thirteen years. She is active in her church, sings in the choir, serves as the church treasurer, and is active in a Bible study group. In response to her

inquiry, I shared with her my Emmaus story again and extended the invitation.

During our visit I explained the basic elements of the walk, its purpose, and follow-up dimensions that help us live in grace for the rest of our lives. I provided her with an Emmaus application form and explained the cost involved. Now, I will pray and wait to see if she returns the application form which is like receiving an RSVP to the Emmaus invitation. I will also pray and wait to see if God will choose to renew her through Emmaus or in another way.

De Colores,
Belynda Clanton
GCWE #78
Boston Ave. UMC



June Gathering

June 11 at 7 pm

Coweta UMC

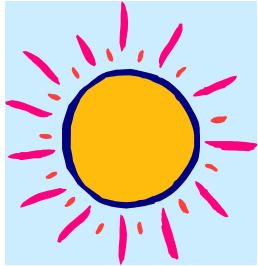
Bring your favorite summer snack!

We have a new Post Office Box so our new address is as follows:

Green Country Walk to Emmaus

P.O. Box 14041

Tulsa, OK 74159



GREEN COUNTRY EMMAUS BOARD OF DIRECTORS

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