

The Emmaus Newsletter

Don't Just Give Something Up!

Greetings in the name of Christ!

Lent has begun! A couple of weeks ago, I spent some time with our little children teaching them about Lent, Ash Wednesday, Palm Sunday, and Easter. It was a great time of questions and answers. I always love the answers some children will give to the questions that adults ask. When I asked the children why Jesus rode a donkey into Jerusalem on Palm Sunday, one of the children's hand shot up and he answered, "Because it was too far to walk!" Another one said, "Because they didn't have cars back then..." I enjoyed a good laugh about this, but it reminded me that many Christians really don't know what Lent is all about.

There has been a lot of buzz among my friends on facebook about what they were giving up for lent. One of them gave up shopping for lent. Since she has a hard time driving by Hobby Lobby or Mardel's without going in, I thought that was a great idea. I got a good laugh from one of our children

at church who was planning to give up TV for lent, at least until his mother informed him that "YES, that included Netflix!" He changed his mind. My wife gave up television for lent. Instead of watching TV she has been spending more time reading.

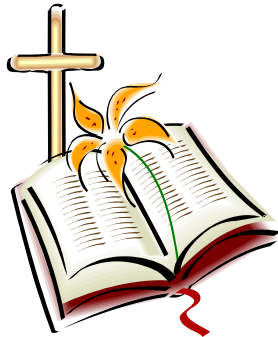
The idea of fasting is to give up something (food or otherwise) which either separates us from God or tempts us to not spend time with God. In response to fasting, we are supposed to spend more time in prayer and study to strengthen our relationship with God. So for lent this year, may I suggest that instead of just giving something up, let us all remember to spend more time in prayer and study.

Remember the growth through study talk? Make study a priority this lent! Pick up a good book, spend some time in prayer, and grow in your relationship with God this lent! I'll look forward to celebrating the risen Lord with you this Easter!

De Colores!

Rev. James Graham

Community Spiritual Director



Inside this issue:

Don't Just Give Up Something! 1

Evangelism Initiative 2

I Was Blind... 3

Always Pray! 4

Walk Info 5-7

- **Men's Walk #149**
March 24-27
Claremore FUMC
- **Men's Sendoff**
Thurs Mar 24 at 6:30 pm
- **March Gathering and Candlelight**
Sat Mar 26 starting at 7 pm
- **Men's Closing Sun**
Mar 27 at 4 pm
- **Men's Fourth Day**
Tues Mar 29 at 6:30 pm
- **Women's Walk #150** April 7-10
Claremore FUMC
- **Women's Sendoff**
Thurs April 7 at 6:30 pm
- **April Gathering and Candlelight**
Sat April 9 at 7
- **Women's Closing**
Sun April 10 at 4
- **Women's Fourth Day** Tues April 12 at 6:30 pm

Praying for Oklahoma!!

The Evangelism Initiative of Oklahoma is well underway! Emmaus is founded on the love of God and prayer. Will you join with me as we pray for people to hear the Word and come to know Jesus as Lord and Savior?

Focus: “Restoring hope through faith.”

Scripture: Ecclesiastes 9:4a “Anyone who is among the living, has hope...”

Prayer: “Lord, may those to whom you have us minister find hope in faith in the Messiah whom you sent to bring us salvation . In Christ’s holy name, Amen.”

Focus: “The answer to all problems is God’s Mercy and Love.”

Scripture: Matthew 22:37-39: “Jesus replied: ‘Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: Love your neighbor as yourself.’ ”

Prayer: “Loving God, I pray that you will open the hearts of those who have not felt loved, and allow us to love them back to your side today. In the Mighty Name of Jesus, Amen.”

Focus: “Loving actions toward others as a means of attracting someone to the choir.”

Scripture: 1 John 3:18: “Dear children, let’s not merely say that we love each other; let us show the truth by our actions.” NLT

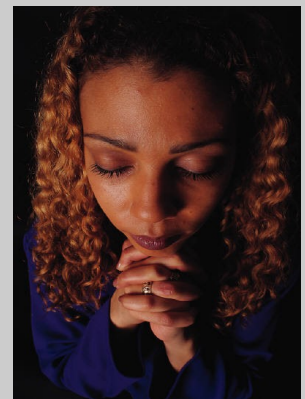
Prayer: “Oh Great God, Jehovah, may we who say we love you, demonstrate that in every action and aspect of our lives. By the Love of He who gave his life for us. Amen.”

Focus: “Thankfulness for the people who have guided us in our faith walk.”

Scripture: “I thank my God every time I remember you.” (Philippians 1:3)

Prayer: “Lord, we give thanks for the people who have shown us your glory.”

De Colores,
Temple Diehl, Pastor Elmore City UMC



I Was Blind, But Now I See....

In the 9th chapter of John we are told of Jesus healing a man of his blindness that he had been afflicted with since birth. The disciples asked if this man had sinned or was it his parents. Jesus answered that neither was the case and then healed the man by making mud from his own spit and placing it on the man's eyes and in-



structed him to go to the pool of Siloam to wash and gain his sight.

It occurred to me that I was in the same condition. I was blind to the Savior and then was

washed by His blood and

now I see. Sometimes the fog of life clouds our vision. We need that washing to clear away the debris of life's accumulated hurts, sorrows and sins. Jesus is able if we are willing. Step into the pool, the water is more than fine.

De Colores!

Wayne Hayes

Community Lay

Director

I Wonder...

I knew a preacher once who opened every sermon with the following prayer:

Come, Holy Spirit, Come
Come as the light that reveals
Come as the fire that burns
Come as the water that cleanses
Come as the wind that refreshes.
Convert us, Concentrate on us
til we are wholly Thine
Come, Holy Spirit, Come

I wonder if you feel like I do – that prayer reminds me of what happens on an Emmaus weekend! We continually invite the Holy Spirit to come and fill us and kindle in us the fire. Did it? Does it still? Do we wish it was really this simple – that all we need is to ask for the Holy Spirit to come? Do we really wish it would convert us (after all, don't we kind of like how we are now)? What would we be like if the Holy Spirit actually concentrated on us and made us one with the Trinity? It seems like this often happens after someone has gone through the Emmaus weekend. I wonder what would happen if we really meant our prayers to the Holy Spirit – could we move even closer to the Father and the Son?

The prayer above is actually a paraphrase of Hymn 335 in the United Methodist Hymnal – right across the page from Sweet, Sweet Spirit. What would our lives be like if we paid more attention to these, or if we really believed them?

I wonder.

Only by His grace,
Ken Frazier, Board Chair

Always Pray!!!

Men ought always to pray. - Luke 18:1

Prayer is more than a privilege; it is an obligation. Jesus was aware of some power in prayer that we have sometimes overlooked, He prayed often and constantly.

after His baptism..

during His personal ministry..

in the garden of Gethsemane...

and as He hung on the cross.



for

Whatever you ask in My name, I will do it, that the Father may be glorified in the Son; if you ask anything in My name, I will do it.

John 14:13-14



And whatever you ask in prayer, you will receive, if you have faith.

Matthew 21:22

If you abide in me, and My words abide in you, ask whatever you will, and it will be done for you.

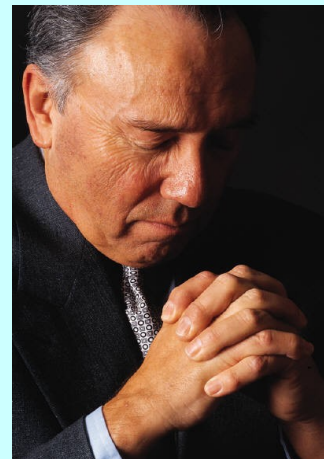
John 15:7

Men ought always to pray.- Luke 18:1

Jeanne Kelly

Board Rep

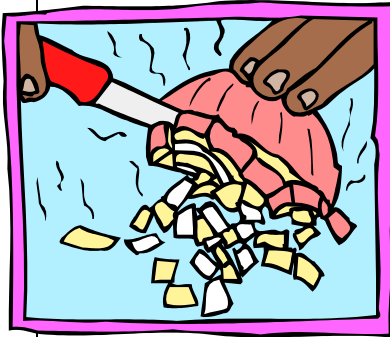
Prayer



Spring Walks Are Here!

Wow! It is already time to do it again! Yes, the Men's Walk is March 24-27 and the Women's is April 7-10! We are thankful for Claremore FUMC for providing their facility once again for God to use to change pilgrims' lives.

In order for Him to do just that, we as a community must once again be His hands and feet and allow Him to use us to channel His love and grace to those



attending these Walks. Our kitchen and dining room managers need us to show up ready to chop, mix, cook,

clean, wash, scrub, decorate, pray, fold, blend, bake, fry, slice, pour, carry, pray, change, and again pray for our new pilgrims!

Our Men's Walk has a unique situation in that due to another event taking place at the church, we will be using the kitchen facility, but our dining room has to be located in an entirely different building. We need extra hands and feet to make this all possible. Going back and forth to cook, clean, and serve calls for more man and woman power. So come join in the fun of blessing others~we bet you get blessed yourself!!!

Other ways to bless are baking some homemade snacks, helping set up on Wednesday night, carrying pilgrims' luggage to their sleeping quarters, spending a little time in the prayer room lifting up our speakers and pilgrims, assisting as a team assistant/angel (TA), glowing with His love at candlelight, converting the church back for Sunday worship, welcoming our new pilgrims into the community at Closing, and tearing down after the Walk.

Think about your own wonderment of how the process was all working on your original Walk and let that gratitude overwhelm you. Show up ready to serve with that gratitude full in your heart! If you have any questions on where and when to serve, give a Board Rep a call (numbers on page 8) and they will be more than glad to plug you into their area for service.

Wow! It is time once again to show His love and grace!!!



**MEET THE TEAM FOR
WALK#149**

Friday:

Talk Schedule Walk #149

9:15 AM	Jeff Chambers	Priority
11:15 AM	Rob Harris	Prevenient Grace
1:45 PM	John Miller	Priesthood
3:00 PM	Larry Varvel	Justifying Grace
6:30 PM	Hugh Lokey	Life of Piety

Saturday:

8:45 AM	Ron Sumner	Grow Through Study
10:15 AM	Larry Adkisson	Means of Grace
3:00 PM	Murray King	Christian Action
4:30 PM	Randy Mitchell	Obstacles to Grace
7:00 PM	David Cleveland	Discipleship

Sunday:

8:40 AM	Ken Frazier	Changing Our World
9:40 AM	Charles Ragland	Sanctifying Grace
10:40 AM	Tim Sanford	Body of Christ
11:40 AM	Jim Owens	Perseverance
1:50 PM	Steve Baggett	Fourth Day

LD: Jim Owens

SALD: Jeff Chambers

JALD: Steve Baggett

TALD: Jacques Cunningham

SD: Larry Adkisson

ASD: Charles Ragland, Larry Varvel, Rob Harris, Randy Mitchell

Table Leaders: Chris Freeman, Corey Garretson, Jim Leslie, Dennis Pogue, Mike Sanford, Daryl Worley

Asst. Table Leaders: David Cleveland, Ken Frazier, Murray King, Hugh Lokey, John Miller, Tim Sanford, Ron Sumner

Music: Ken Maricle, Jim Lefler

TA: David Hargrove, Gary Bennett

Prayer Room: John Venturella, Joe Felts, Men of Honor Reunion Group

Board Rep: Russ Riffle

**Important Walk
Times**

- Facilities and Kitchen Prep: Begins Wed and Thurs continues through Weekend
- Send Off: 6:30pm Thurs Evening
- Sponsors Hour: Immediately Following Send Off
- Dinner Party: 5:40 Sat Evening
- Gathering: 7pm Sat Evening
- Closing: 4pm Sunday Afternoon
- Fourth Day: 6:30pm Tues

Servants Schedule

Thursday

6:30 PM—Send-off

7:30 PM—Sponsor's Hour (all are invited to come pray for the pilgrims!)

Meal Schedule—come 1 to 1.5 hours ahead of time shown to help! At **6:30 AM** each morning, the Kitchen will have Communion

Friday: Breakfast served at **8:00 AM**, Lunch at **12:25 PM**, Dinner at **5:25 PM**

Saturday: Breakfast served at **7:45 AM**, Lunch at **12:00 PM**, Dinner at **5:40 PM**
Saturday breakfast—"You Are My Sunshine" choir, @ **3:00 PM** Dining Room Decoration, @ **5:40 PM** Sing to the Pilgrims, Saturday Entertainment—You don't have to be musically gifted to participate!
7:00 PM Gathering & Prayers for the Pilgrims, **10:00 PM** Candlelight in the Sanctuary

Sunday: Breakfast at **7:25 AM**, Lunch @ **12:25 PM**. We always need help at **6:30 AM** to put the church back together and can use help all day to gather supplies for storage. **4:00 PM** is Closing in the Sanctuary.

Weekend Meal Schedule

	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Breakfast	8:00 AM	7:45 AM	7:25 AM
Lunch	12:25 PM	12:00 PM	12:25 PM
Dinner	5:25 PM	5:40 PM	

Come help prepare the meals and the Dining Room and then help serve the pilgrims. Help is needed at all times throughout the weekend, but there is always plenty to do from 1 ½ hours before each meal (1 hour before breakfast) through cleanup after the meal. If you can't come all day, come for certain meals, or consider coming as a reunion group. Helping in the Dining Room and Kitchen are great opportunities to provide some special agape love and to share in great fun and fellowship!

Special times to remember:

- 6:30 AM each morning - Communion in the Kitchen for the servers
- Saturday breakfast - "You Are My Sunsweet" Prune Juice Song
- Saturday afternoon, starting about 2:30 to 3:00 p.m. - decorate the Dining Room for the Saturday evening "Party"
- 5:40 PM Saturday night - sing the Pilgrims into the Dining Room
- Saturday Dinner after serving the meal - Entertainment for the Pilgrims (you don't have to be "musically gifted" to participate!)

Friday:

Talk Schedule Walk #150

9:15 AM	Cheryl Hildebrandt	Priority
11:15 AM	Trish Harris	Prevenient Grace
1:45 PM	Linda Weathers	Priesthood
3:00 PM	Mark Whitley	Justifying Grace
6:30 PM	Rita Sorrels	Life of Piety

Saturday:

8:45 AM	Tracy Sanford	Grow Through Study
10:15 AM	Brian Mangan	Means of Grace
3:00 PM	Evelyn Carlton	Christian Action
4:30 PM	Ashley Green-Young	Obstacles to Grace
7:00 PM	Monica Miller	Discipleship

Sunday:

8:40 AM	Kathy Crow	Changing Our World
9:40 AM	Susan Whitley	Sanctifying Grace
10:40 AM	Vicky Taylor	Body of Christ
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1:50 PM	Gaye Jarred	Fourth Day

MEET THE TEAM FOR
WALK#150

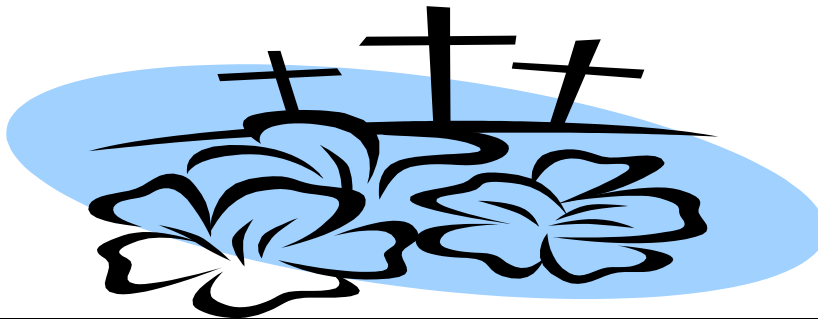
LD: Julie Sumner
SALD: Cheryl Hildebrandt
JALD: Gaye Jarred
TALD: Lynne Hosey
SD: Brian Mangan
ASD: Susan Whitley, Mark Whitley, Ashley Green-Young, Trish Harris
Table Leaders: Becky Ball, Barbara Eck, Rhonda Mott, Stacy Reaves, Sabrina Summerlin, Sandy Warren
Asst. Table Leaders: Evelyn Carlton, Kathy Crow, Monica Miller, Tracy Sanford, Rita Sorrels, Vicky Taylor, Linda Weathers
Music: Nancy Williams, Lisa Mixon, Becky Dotson
TA: Jodie Owens
Prayer Room: Karen Frederick, Jeanne Kelly, Sheri Smith
Board Rep: Gail Mangan

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

Ken Frazier.....	Board Chairman.....	918-438-1431
Wayne Hayes.....	Community Lay Director.....	918-622-5531
Patrick Fincannon.....	Chrysalis Community Lay Director.....	918-994-2012
Rev. James Graham.....	Community Spiritual Director.....	918-607-9384
Freda Heath	Agape/Dining Room.....	918-286-1743
Bob Gates.....	Candlelight, Sponsors Hour.....	918-455-9765
Gail Mangan	Emerging Ministries/Secretary.....	918-371-9997
Duane DaPron.....	Facilities, Set-up.....	918-671-3896
Judy Rowell.....	Gatherings	918-231-0875
Russ Riffle.....	Kitchen	918-639-8806
David Cleveland.....	Literature.....	918-440-5783
Wilson Rubottom.....	Music, Entertainment.....	918-371-9077
.....	Newsletter
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Belynda Clanton	Registrar.....	918-740-5911
Beth Baggett.....	Reunion Groups/Fourth Day.....	918-855-2081
Skip Ray	Transportation/Housing/IT.....	918-824-1739
Layne Herring	Treasurer.....	918-519-3119