



# WALK TO EMMAUS

THE UPPER ROOM®

Central  
Alabama  
Emmaus  
Community

## *the 4th day newsletter*

*February 22, 2023*

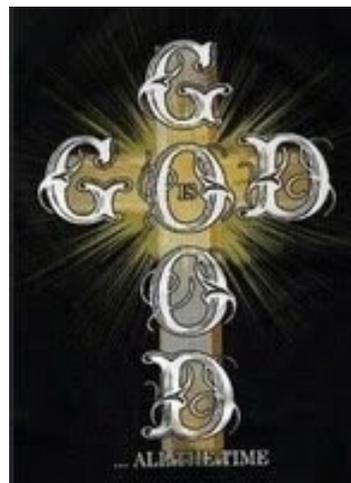
### A MESSAGE FROM WALK #213 LAY DIRECTOR

It's hard to know just where to begin. The logical place is at the beginning I suppose. I started the journey to Emmaus on a cold night in February some 12 years ago. My sponsor, also known as my sister in law, was flying down this long, dark winding road, if felt like, at speeds that couldn't be measured. It reminded me of one of my favorite Beatles songs "the long and winding road". I had no idea where I was or what I was going to and little did I realize that this trip would forever change my life. I didn't realize I would travel this road many times afterwards and it would finally bring me to this point.

This point, of which, I am excited, nervous, humbled and honored to be the Lay Director for Walk 213. God knew on my original Walk 126 that I so needed to be here. It was a lifeline in the middle of my sinking ship. I was going through a divorce from a marriage of 30 years and I needed to be reminded how very much Jesus loves me. That one fact gets me up each day, helps me all through the day and lays me down at night. Jesus loves me. Through Emmaus He has shown that to me and countless others over and over again. I love this Emmaus community. It has given me so many life long friendships and memories. My prayer for the pilgrims on Walk 213 is that they will truly see Jesus and feel His love like never before. I also pray that they will come back and sit at the table to feast on all the goodness of Emmaus.

Decolores,  
Helen Lane  
Central Alabama Walk to Emmaus 126  
Lay Director, Walk #213

*"And beginning with Moses and all the Prophet, He interpreted to them in all Scriptures all things concerning Himself." Luke 24:27 ESV*



### ***Women's Walk #213***

Lay Director:  
Helen Lane

Background Team:  
Montgomery

### **Times To Remember**

***Wednesday 7pm Send-Off***  
***Friday 7pm Candlelight***  
***Saturday 7am Serenade***  
***Saturday 4pm Closing***

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## A MESSAGE FROM WALK #213 SPIRITUAL DIRECTOR

"Did not our hearts burn within us while He talked to us on the road." Luke 24:32

I have attended many Walks to Emmaus and Chrysalis flights throughout my life. The reason I continue to come back is because God always shows up. Sometimes He stirs my heart in major ways, other times He simply reminds me of the joy of being with His people and serving Him through loving others. Regardless of how God shows up, I can always say with these two disciples, "Did not my heart burn within me as He talked with me on the road?"

It is these moments of the burning heart that remind me of how close God actually is. These moments fuel my walk with Him and make me long for the next time I get to experience His presence again. Burning heart moments help me stay the course in the hard times, inspire my ministry, and stoke my zeal for His name. I love burning heart moments!

My prayer for the women on this Emmaus walk is that each one will experience burning heart moments. I pray that these moments will fuel them on, lead them into a more faithful ministry, and give them greater zeal for His name. I pray these burning heart moments will be a signpost for them; that they can look back upon and say, "Truly He talked to us on the road...on our walk to Emmaus."

My prayer is the same for you, that you would have many burning heart moments in your fourth day leading you to greater love for God and His people.

DeColores!  
Rev. Michael Cobb  
Spiritual Director  
Emmaus Walk 213

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### JOIN US WORKING IN THE BACKGROUND!

Emmaus walks don't just happen, volunteers behind the scenes make it all come together. If you have been away for awhile or are just off your own walk, and don't know how to get started, we would love to help you out! Go to our website and click on one of the Emmaus Board Reps (click 'About Us'/then Board Reps) to get the line of communication going.

You can also ask for help on our Central Alabama Chrysalis/Emmaus Facebook page. Many places to serve, one that will fit you perfectly!

Or email me, I would love to get you plugged in.  
Kris Johnson - johnson.kristijo@gmail.com



### Sign Up For Emmaus Prayer Vigils

The Sign-Up Genius link can be found  
on our webpage at  
[www.caew.org](http://www.caew.org)

As well as on our Facebook page at  
**Central Alabama  
Emmaus Community**

## 2023 Walk Dates

Men's Walk #215  
Jason Belcher  
East Alabama Cluster  
March 22-25

Boy's Flight #79  
Lake Martin Cluster  
May 31-June 3

Girl's Flight #80  
Lake Martin Cluster  
June 7-10

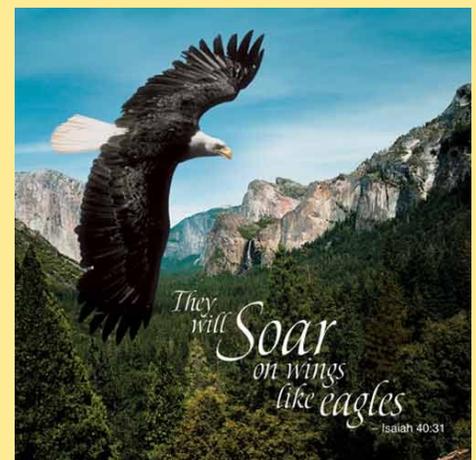
Men's Walk #216  
Jess Henderson  
Selma Cluster  
August 23-26

Women's Walk #217  
Meredith Grant  
Chambers Lee Cluster  
September 13-16

Women's Walk #218  
Emily Gentry  
Elmore Cluster  
November 8-11

For additional Emmaus and Chrysalis information and updates, periodically refer to our website at  
[www.caew.org](http://www.caew.org)

**Remember, God equips & gives you the means & strength you need to serve, and bring others to Christ.**



# Pilgrims of the Women's Central Alabama Walk to Emmaus #213

FIRST	LAST	CITY	ST	CHURCH	SPONSOR
Tonilee	Adamson	Dadeville	AL	Lake Community Ch	Charissa Reynolds
Tiffeny	Ayres	Dadeville	AL		Sharon Truman
Coleeta	Blackmon	Montgomery	AL	Calvary Church	Teresa Nettles
Lauren	Boan	Auburn	AL	Union Springs Presb	Christina Hudson
Ruthie	Boston	Hope Hull	AL	Hope Hull UMC	Kimberly Frederick
Brittany	Bury	LaFayette	AL	Oak Bowery UMC	Brittany Foster
Abbie	Clayton	Dadeville	AL	New Prospect	Hannah Johnson
Cassidy	Dear	Opelika	AL	Highlands	Edward Thomas
Leigh	Deaton	Valley	AL	Baptist	Celine Simpson
Jennifer	Delmore	Auburn	AL	Auburn Community Ch	Lee Hornsby
Kristi	George	Eclectic	AL	Church of Christ	Mark George
Pam	Goffer	Alex City	AL	Darian Baptist	Jo Ann Shealey
Pam	Harwell	Opelika	AL	Wesley Memorial UMC	Crystal Manoske
Larketa	Hooks	Montgomery	AL		Tommy Holt
Sharai	Hooks	Montgomery	AL	Century Methodist	Nan Lloyd
Stephanie	Jones	Alex City	AL	River of Life	John Bowling
Glenda	Kemp	Prattville	AL		Tommy Holt
Carol	Knight	Selma	AL	Crosspoint	Sherry Morgan
Fre	Luster-Barregarye	Wetumpka	AL	Cains Chapel Meth	Stephanie Christensen
Lana	Newman	Dadeville	AL	Lake Martin Baptist	Dawn Schaefer
Briona	Nichols	Selma	AL	Crosspoint	Mickie Lane
Rena	Reese	Montgomery	AL	Non Denom	Patricia Sides
Susan	Ryals	Lowndesboro	AL	Riverbend Baptist	Tommy Holt
Lindsay	Sasser	Montgomery	AL	Eastmont Baptist	Cretia Pugh
Reagen	Shirley	Tallasse	AL	Liberty Baptist	Hannah Johnson
Mikaila	Sims	Alex City	AL		Frances Coan
Laurnyn	Smith	Wetumpka	AL	Mulder Methodist	Mark Kirkland
Wendy	Thomas	Opelika	AL	First Free Will Baptist	Gretchen McKenzie
Betty Lynn	Walker	Birmingham	AL	Beulah Baptist	Dottie Carnes
Regina	Walker	Dadeville	AL		Fred Worsham
Allison	Williams	Opelika	AL	CAD non	Lee Hornsby
Delene	Willis	Deatsville	AL	Cains Chapel Methodist	Suzanne George
Louise	Wood	Sardis	AL	Crosspoint	Debby Travis
Tawny	Wyatt	Wetumpka	AL	Mulder Methodist	Mark Kirkland

## Conference Room - Women's Walk #213

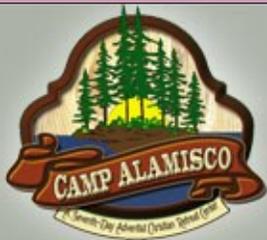
Lay Director	Helen Lane
Spiritual Director	Michael Cobb
Assistant Spiritual Directors	Jennifer Gregory Greg Nobles JoAnn Shealey Steve Spinning
Assistant Lay Directors	Donna Harrison Karen Higgins Terri McDonald
Table Leaders	Suzanne George Donna Harper Sheila Johnson Terri Knight Lori Starr Virginia Waldrip
Assistant Table Leaders	Dottie Carnes Glo Cuthbert Kimberly Fredrick Hannah Johnson Kathy Pittman Erika Smitherman
Music	Chrystal Strickland Marian Woodman
Media	Rita Carswell
Board Rep	Missy Johnson

## Work Areas— Women's Walk #213

Support Area	Chair / Co-Chair
72 Hour Prayer Vigil	Angie Spates / India Gold
Agape	Debby Travis
Bed Tags	Melanie Garner/Valarie Thomas
Book Covers	Lorri Schoonover
Book Bags	Judy Kopecky
Book Table	Betsy Terry
Candlelight	Kris Johnson / Micki Thornhill
Entertainment	Kathy Richardson
Food Prep	Stacey East / Alice Veros
Friday Night Party	Cretia Pugh / Gloria Sellers
Greeters	Donny Davis / Angie Spates
Housing & Registration	Connie Lampman/Alice Veros
Logistics	Thomas Schaefer/Fred Worsham
Meal Service	Sharon Truman/Michele Mims
Photography	Phillip Coxwell/Ken Turner
Refreshments	Donna Harper
Serenade	Jackie Andrews
Speaker's Prayer Chapel	Bonnie Coker/Rhea Frederick -McLaughlin
Sponsors Hour	Mary Kelley Cousins / Mark Lampman
Worship	Kimberley smith



**Welcome Men of Central Alabama Walk to Emmaus #212**



**In Case Of Emergency**  
**Camp Alamisco**  
**256-825-9482**

**LOST YOUR BADGE?**  
**Contact Ronald Lynch at**  
**lynchronald8@gmail.com**  
**Badge replacement cost is \$3**



**TEAM SELECTION**  
**Karen Higgins - Chairperson**  
**7ua247@gmail.com**

**WORK AREA SIGN IN SHEETS**  
**following each walk are sent to:**  
**Rita Carswell**  
**ritacarswell14@yahoo.com**

**NEWSLETTER EDITOR**  
**Kris Johnson**  
**johnson.kristijo@gmail.com**

**\*\*\*Please send articles, updates, cluster & reunion group photos and information to share with the Emmaus community.**

<b>EMMAUS WORK AREA</b>	<b>2023 COMMUNITY BOARD REP</b>
72 Hour Prayer Vigil	Jamie Brown
Agape	Missy Johnson
Book Table	Betsy Terry
Candle Light	Kris Johnson
Food Preparation	Donna Clements
Refreshments & Friday Night Party	PeeWee Godwin
Greeters	Glenn Kinard
Housing and Registration	Alice Veros
Logistics	Martin Johnson
Meal Service	Donna Harrison
Music & Media	Lorrie Schoonover
Photography	PeeWee Godwin
Serenade	Jeff Bryant
Speaker's Prayer Chapel	Ashley Belcher
Sponsor's Hour	Mark Lampman
Supplies	Lorri Schoonover
Team Selection	Missy Johnson
Training - Support Team	Rita Carswell
Training - Conference Room & Lay Director	Rita Carswell
Worship	Wanda Ryals
Registrar - Men's	Sharon Truman
Registrar - Women's	Lynn "Mo" Moseley
Community Website Coordinator	Allen Brewer
Community Email Coordinator	Jamie Brown
Name Badge Coordinator	Ronald Lynch
Community Newsletter	Kris Johnson
Community Lay Director	Rita Carswell
Community ALD	Wanda Ryals
Immediate Past LD/Board Advisor	Allen Brewer
Community Treasurer	Rita Carswell
Community Secretary	Donna Clements
Communications Coordinator	Linda Hines Hornsby
Community Spiritual Director	Rev. Tim Davis
Community Asst. Spiritual Directors	Rev. John Hill
Chrysalis Committee Chairperson/Lay Director	Ashley Belcher
Chrysalis Spiritual Director	Mike Wells

**Address, contact phone, or email changes?**

Help keep your information updated, click the 'Update Subscription Preferences' link at the bottom of your Community Email.

Or contact a Board Rep listed on our web page at [www.caew.org](http://www.caew.org) to assist you in updating your current address, phone or email information.

# 2023 CENTRAL ALABAMA EMMAUS COMMUNITY – CLUSTER INFORMATION

Updated 1/22/23

## \*Clanton Emmaus Cluster

Contact – Tom and Glo Cuthbert . gloetr@yahoo.com - Tom . 205-646-4205 . Glo 205-245-2242  
Cluster meetings are the 1<sup>st</sup> Tuesday of every month at 6:30 p.m. at Verbena United Methodist.

## \*East Alabama Emmaus Cluster

Contact – Emily Gentry . emilygentry@yahoo.com . 334-329-9691  
Covered dish dinners are on the 1st Tuesday after each walk at Auburn UMC Epworth Youth Center.

## \*Elmore County Emmaus Cluster

Contact - Mark Kirkland . mkirkland25@yahoo.com . 334-224-0758  
Covered dish dinner and meeting on the Tuesday or Thursday after each walk or flight at Cain's Chapel and Mulder UMC. Fellowship at 6:00 p.m., dinner at 6:30 p.m.

## \*Lake Martin Area Emmaus Cluster

Contact – Stephen Chambers . lakemartincluster@gmail.com . 256-786-2965  
Meets on the Monday following a walk at 6:15 PM with a covered dish dinner. Rotate between Flint Hill UMC, Alex City Methodist, First Baptist Dadeville and Camp Alamisco.

## \*Millbrook-Prattville Walking Miracles Emmaus Cluster

Contact – Glenn Kinard . glennkinal@aol.com . 334-467-9851  
Meets at 12:30 p.m. on the 3rd Sunday, January through October, for a covered dish meal at Millbrook FUMC in the Missions House.

## \*Montgomery Emmaus Cluster

Contact – Samantha Casey . stcasey1988@aol.com . 344-799-9678  
Covered dish dinners are held at Aldersgate UMC on the Tuesday following each walk at 6:30 p.m. When the walks are back to back, the dinner will be held the Tuesday after the second walk.

## \*Selma Emmaus Cluster

Contact – Helena Britton . helena.britton@yahoo.com . 334-412-1339  
Covered dish dinners held the first Tuesday of each month at 6:30 p.m. at Church Street UMC in the Fellowship Hall.

## \*Chambers-Lee County Emmaus Cluster

Contact – Wayne Poer . waynepoer1@knology.net . 706-518-6816  
Covered dish dinners are held at various church locations at 7:00 p.m. (ET) on the Tuesday following each walk. If walks are back to back, the two walks are combined in one dinner after the second walk .

# CAMP ALAMISCO LODGING INFORMATION

**Lodge/Cabins:** available on a first come first serve basis. They have bunk beds and community showers/bathrooms. Per bunk, they rent for \$25/night, or \$75 for the weekend. Three meals are included per day. You must provide all of your own linens.

**Campsites:** 3 spots available, where you can bring your own motor home. The campsite rates are \$30/night or \$90 for the weekend, and includes three meals for two people.

**Alamisco Inn:** which features three "suites" upstairs, that includes TWO queen beds, ONE set of bunk beds, and ONE pull out sectional "single bed" sleeper. It also has its own kitchenette.

**Suite #1** (Accommodates 6 People) is \$100/night or \$300 for the weekend.

**Suite #2** (Accommodates 4 People) is \$67/night or \$200 for the weekend.

**Suite #3** (Accommodates 6 People) is \$100/night or \$300 for the weekend.

\*\*All Suites - All Linens are provided.

**Downstairs Rooms** (One double bed) are \$45/night or \$135/weekend.

\* Downstairs Rooms - Linens are provided.

**\*All Alamisco Inn Suites include three meals for 4 people included in the cost of the suite.**

**For those at camp not staying in lodgings: Meals - Breakfast \$5.00, Lunch \$5.00, Dinner \$8.00.**

## WHO CAN ATTEND THE EMMAUS THREE-DAY EVENTS?

It is the policy of The Central Alabama Emmaus Community as well as The Upper Room - Emmaus Ministries, that ONLY persons that have completed a 3-Day Weekend (Emmaus, Chrysalis, Cursillo, Tres Dias, etc.) may participate in and attend:

Send Off, Candlelight, Serenade, and Closing

Additionally, children may not be brought to the events. Families ARE encouraged to attend the follow up dinners held in each cluster after each walk. We thank you for your understanding and cooperation with this.

## HOW CAN I SERVE?

Ask your sponsor to bring you back to camp! Ask those in your Cluster to explain how to serve! Look up work areas on the website below to see what you might be interested in and contact that Board Rep.