

# the fourth day newsletter



## Women's Walk #110

Aug 20 - Aug 23  
Deb Hempstead - LD

### Times To Remember

Wed 7pm Sendoff  
Fri 7pm Candlelight  
Sat 7am Serenade  
Sat 4pm Closing

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August 2008



*They asked each other, "Were not our hearts burning within us while he was talking to us on the road, while he was opening the scriptures to us?"*  
Luke 24:32

It's been almost exactly 9 years since my original Walk to Emmaus. I was on Walk # 32, Table of Naomi, September 1<sup>st</sup> - 4<sup>th</sup>, 1999. I was like a lost babe in the woods. I had no idea what to expect. All I really knew was that my sponsor knew my heart. She was aware that I was not in church, but that I had a deep desire to know more about God and do more for others. She thought I would get a lot out of the experience.



Boy was she right! Everything was so new and frankly, overwhelming. I didn't have much to say during the three days. I was like a sponge just soaking up this message of God's unconditional love and learning how to get connected to Him in a real way through study, prayer and action. On my first fourth day, I found a church. I wanted to extend the three day experience. I wanted to stay in touch with God and His people. I've never regretted that decision. It called for a lot of changes in my priorities and was a real surprise to some of my family and friends, but it was the only thing I could do in response to all that I had learned and experienced through Emmaus.

I've had many fourth days since then. I've become very active in my home church, gone on mission trips and have served many times at Emmaus and Chrysalis. I love working with the Body of Christ to be God's hands and feet to show His great love to others. Being asked to serve as Lay Director for Walk 110 is a tremendous honor. It is my prayer that our incredible team of humble servants just pour out God's abundant love all over the camp so that everyone, pilgrims and workers alike, truly feel God's presence and love. If we can do that, then I believe the Father will be glorified and our mission will be fulfilled.

De Colores,  
Deb Hempstead,  
Lay Director, Walk 110



Hi. My name is Dric Williford, Central Alabama Walk to Emmaus 28 Table of Peter. I am very excited about Walk 110 and very humbled to be asked to be the Spiritual Director. I appreciate all the work that goes on behind the scenes that no one sees. I know those who do it don't consider it work; they consider it a ministry and so do I. When I think of all those who take care of things, I think of how God has worked in all of our lives without us knowing or being aware of how God has richly blessed us. Thanks to you all who are a blessing and carrying out the work of God on Walk 110.

I am also thinking about what made my Walk so special to me; for me it was Candle Light. I still remember turning that corner and seeing the lights and hearing the singing. I remember the faces of those who had come from the community, the faces of my new friends, the joy and tears.



I would like to encourage you to come to Candle light if you haven't been in a while and experience the joy of the community singing and sharing the excitement of seeing the faces of smiles and tears.

Thanks for the opportunity to serve and thanks for the prayers for Walk 110.

De Colores,  
Brother Dric



Upcoming Dates To Remember



- Men's Emmaus Walk #111  
Sept 24 - 27  
LD: David Smalley  
SD: Rev. Charles Cummings
- Women's Emmaus Walk #112  
Oct 8 - 11  
LD: Aleta Fountain  
SD: Glen Pugh
- Men's Emmaus Walk #113  
Oct 22 - 25  
LD: John Duncan
- Women's Emmaus Walk #114  
Nov 12 - 15  
LD: Veda Johnson

For additional 2008 Emmaus and Chrysalis information and updates, periodically refer to website which is being updated and changed to benefit the entire community. Don't forget, God equips and gives you the means and strength you need to serve, and bring others to Christ.



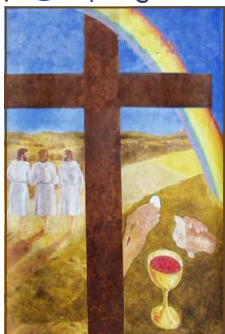
## Walk #110

*“As they talked and discussed these things, Jesus himself suddenly came and began walking with them.”*

Pilgrim Name			Sponsor	Sponsor Home	Sponsor Work
Rebecca Alexander	Alex City AL	Trinity UMC Alex City	Bridget Dowdy	256-234-4436	256-234-2455
Lyn Autry	Montgomery AL	Frazer UMC	Michelle Nix	334-272-5783	334-277-2433
Shawn Barker	Wetumpka AL	First Baptist Wetumpka	Kay Stabler	334-277-2392	334-260-4038
Amanda Bechard	Prattville AL	WellSpring	Lori Starr	334-887-6993	334-749-9003
Kennedy Bergeron	Valley Grande AL	Crosspoint Christian	Aimee Frith	334-875-8709	334-874-2816
Betsy Bowden	Brundidge AL	Brundidge UMC	Nedetria Talbot	334-735-2759	334-606-3637
Elaine Bridges	Valley AL	First Baptist Shawmut-Valley	Pat Vallia	334-756-2251	706-518-3624
Mary Kay Brown	Sardis AL	Elkdale Baptist	Joy Green	334-875-3563	334-327-2284
Wendi Clark	Tallassee AL	First United Meth, Tallassee	Glen Pugh	334-283-2194	334-283-2195
Jennifer Clegg	Auburn AL	Auburn UMC	Hope Brackin	334-826-7183	334-887-9901
Marie Colmer	Wetumpka AL	Mountain View Bapt. Wetumpka	Elizabeth Wicks	334-313-1997	334-569-2925
Elyse Corbitt	Auburn AL	Auburn UMC	Brian Corbitt	205-790-4499	
Andrea Deneke	Clanton AL	First Baptist Clanton	Linda Stewart	205-755-7465	205-389-5550
Rachel Fulford	Hartford AL	Mt. Gilead Baptist	Lynn Mitchell	334-874-6752	334-375-1348
Carolyn Gibson	Montgomery AL	Frazer UMC	Jo Robertson	334-272-6636	334-271-0539
Faye Harris	Valley Grande AL	Friendship Baptist	Donald Harris	334-874-6421	
Susie Hastey	Brundidge AL	Brundidge UMC	Frank Talbot	334-735-2759	334-606-3648
Deneice Holder	Auburn AL	Notasulga UMC	Barbara Waldrop	334-750-6604	334-283-3896
Anna Howley	Salem AL	Concord Baptist	David Williams	334-756-4341	334-298-8370
Amy Huey	Auburn AL	Auburn UMC	Lee Ann Adams	334-821-2138	334-887-1928
Diane Hunter	Alex City AL	Trinity UMC Alex City	Bridget Dowdy	256-234-4436	256-234-2455
Charlotte Mattox	Alex City AL	Hillabee Baptist	Dru Mattox	256-329-0298	256-234-6798
Jennifer McCullough	Waverly AL	Shady Grove Christian	Mitzi Rogers	334-826-7175	334-750-1980
Donna McGowin	Troy AL	First Baptist Troy	Amber Goolsby	334-684-0075	
Gail Meek	Opelika AL	Providence Baptist	John & Roma Davis	334-749-5052	334-821-4700
Julie Moncrief	Auburn AL	St. James UMC	Grace Ann Armagost Caryn Davis	334-274-0089	334-398-2379
Martha Murphy	Alex City AL	Trinity UMC Alex City	Bridget Dowdy	256-234-4436	256-234-2455
Jennifer Powell	Alex City AL	Flint Hill UMC	Carolyn Beeker Megan Lewis	256-329-9461	256-329-7441
Rebecca Prince	Columbus GA	Ft. Perry Baptist	Mary Wood Perry	256-234-0669	
Claire Ralston	Selma AL	First Baptist Selma	Janine Henderson	334-418-0555	
Mary Rhodes	Wetumpka AL	Mt. View Baptist	Sharon Irish	334-567-6773	334-354-4382
Brooke Roberts	Millbrook AL	Glynwood Baptist	Natasha Lumpkin	334-285-9875	334-285-2881
Shirley Ross	Selma AL	Westwood Baptist	Shelton & Kathy Nichols	334-875-2252	334-412-0717
Cindy Selman	Auburn AL	Opelika First Baptist	Scott Selman	334-887-6818	334-728-0386
Sarah Thomas	Notasulga AL	Auburn Church of Christ	John & Roma Davis	334-749-5052	334-821-4700
Susie Trantham	Jones AL	Crosspoint Christian	Donna Tidwell & Kathy Gordon	334-874-1331	334-412-2329
Ramona Turner	Wetumpka AL	Cain's Chapel UMC	Wendy Anderson	334-313-2664	334-569-2375
Angie Washburn	Clanton AL	Crosspoint Christian	Donna Tidwell	334-874-1331	334-412-2329
Beth Weed	Auburn AL	FUMC Opelika	Veronica Chestnut	334-821-4453	334-844-8220
Sally Williams	Deatsville AL	Frazer UMC	Aleta Fountain	334-227-7792	334-495-6386
Janet Williamson	West Point GA	Faith Temple	Rita Henson Carswell	334-864-2127	334-744-2484

# Central Alabama Emmaus Walk

To renew the church as the body of the risen Christ in the world through development of leaders and renewal of Christians as faithful, committed disciples of Jesus Christ.



In Case Of Emergency  
Camp Alamisco  
256-825-9482

# Team Roster - Women's Walk #110

## Lay Director

Deb Hempstead

## Spiritual Director

Rev. Dric Williford

## Assistant Spiritual Directors

Rev. Cliff Cobb  
Rev. Bridget Dowdy  
Rev. Dee Dowdy  
Rev. Ron Hill



## Assistant Lay Directors

Aleta Fountain  
Sally Reschke  
Ellyn Hix  
Veronica Chesnut

## Table Leaders

Mary Talley  
Susan Fountain  
Sherie Sherrer  
Jean Hammonds  
Rita Carswell  
Fran Lyons  
Nedetria Talbot

## Assistant Table Leaders

Angie Rhymes  
Lynn Mitchell  
Jorie Welch  
Lisa Palomaria  
Vicki Davis  
Donna Tidwell  
Janet Mullins

## Media

Barbara Rosser

## Music

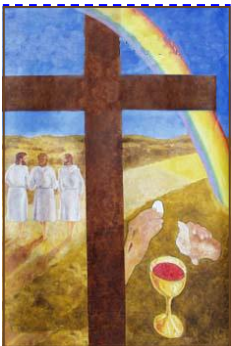
Chrystal Strickland, Marian Woodman

## Board Representative

Lynn (Mo) Moseley

Agape Needs: 72 of Each Item

He is the image of the invisible God, the firstborn over all creation.  
Colossians 1:15



August  
2008



## Support Team / Work Areas - Women's Walk #110

**WORK AREA**

**CHAIR**

**CO-CHAIR**

**AGAPE**

workers Sherri Dunn, Brenda Reeves, Jackie Mathis, Jennifer Thompson

**Carolyn Beeker** ([cbeeker@aliantbank.com](mailto:cbeeker@aliantbank.com))

**BOOK COVERS/BOOK BAGS**

**Debbie Farmer / Daon Johnson**

**BOOK TABLE**

workers Eugenia Maddox

**Linda and Max Stewart**

**CANDLELIGHT**

workers Sherri Dunn, Brenda Reeves, Jackie Mathis, Tommy Barkley, Vicki Dobbs, Robert Turner

**Karen Korb**  
([kkorb@alex.k12.al.us](mailto:kkorb@alex.k12.al.us))

**Rita Romine**  
([rromine@alex.k12.al.us](mailto:rromine@alex.k12.al.us))

**GREETERS**

workers Vicki Dobbs, Sybil Pemberton, Robert Turner, Ella Macfiggen, Duane Skarecky,, Willie & Diane Lemmond

**Joan Turner**  
([jturner@alex.k12.al.us](mailto:jturner@alex.k12.al.us))

**HOUSING/REGISTRATION**

workers Keith Haggerty, Willa Alford  
(Bed tags: Carolyn Mobley, Eugenia Maddox, Gail Suggs, Nancy Haynes, Dorothy Heard)

**Robert Turner**

**LOGISTICS**

workers Gary Bryant, Ronald Lynch

**John Duncan** ([jduncan@elmore.rr.com](mailto:jduncan@elmore.rr.com))

**MEAL PREPARATION**

workers Gary & Lee Bryant, Ron Templeton, Jennifer Thompson, Don Ingram

**Lanell Black**  
([lanellblack1@charter.net](mailto:lanellblack1@charter.net))

**Wanda Ryals**  
([wanda.ryals.imoa@statefarm.com](mailto:wanda.ryals.imoa@statefarm.com))

**MEAL SERVICE**

workers Gary & Lee Bryant, Sherri Dunn, Don Ingram, Ella Macfiggen,

**Lori Schoonover**

**REFRESHMENTS**

workers Carolyn Beeker, Ella Macfiggen

**Cindy & Jamie Barkley**

**FRIDAY NIGHT PARTY**

workers Sybil Pemberton, Anne Barkley, Don Ingram

**Stacy Deavor**  
([slideavor@yahoo.com](mailto:slideavor@yahoo.com))

**PHOTOGRAPHY**

**Sherry Watkins**

**SERENADE**

workers Steve & Sybil Pemberton

**Marcia Pemberton** ([marcia.pemberton@dir.alabama.gov](mailto:marcia.pemberton@dir.alabama.gov))

**Scott Davis**  
([sdavis315@yahoo.com](mailto:sdavis315@yahoo.com))

**SPONSOR'S HOUR**

workers Don Ingram

**Cheryl Bynum**  
([cbynum@tallapoosak12.org](mailto:cbynum@tallapoosak12.org)) ([sdavis@pssd.com](mailto:sdavis@pssd.com)) ([mdlakemartin@yahoo.com](mailto:mdlakemartin@yahoo.com))

**72 HOUR PRAYER VIGIL**

workers Steve Pemberton

**Mike Wells**

**SPEAKER'S PRAYER CHAPEL**

workers Eugenia Maddox

**Goose & Carol Tatum & Scott & Debbi Carmichael**  
([bctatum49@bellsouth.net](mailto:bctatum49@bellsouth.net))

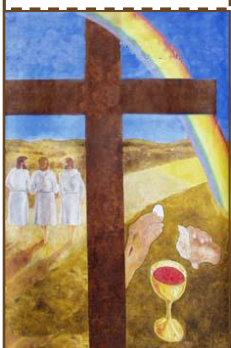
**WORSHIP**

workers Frank Korb, Don Ingram

**Ronald Lynch**

**Central Alabama Emmaus Walk**

*To renew the church as the body of the risen Christ in the world through development of leaders and renewal of Christians as faithful, committed disciples of Jesus Christ.*



**August 2008**





## the fourth day - sharing and perspectives

August 2008



### Our Rules Of Life

Whether we know it or not, each of us has a “rule of life.” Simply stated, a rule of life is just that...a practice or a belief that rules how we spend our lives.

At times, urgency may rule our lives, with its accompanying sense of overwhelming stress that leaves us emotionally and physically depleted at the end of the day. These can be times when we neglect the care of our bodies and those who are most important to us, including our spouses and children.

At other times, the rule of life may be desire for the things and habits that do not ultimately bring satisfaction, but becomes a kind of addiction that is almost impossible to break. This “rule” deceives and destroys, whether it is addiction to substances, other people, or money.

The only rule of life that leads to wholeness, fulfillment, joy and peace is the one found in spiritual practice. Jesus said, “You shall love the Lord our God with all your heart, and with all your soul, and with all your mind...and You shall love your neighbor as yourself.” (Matthew 23:34-40) Finding ways to live this rule in the midst of the daily struggles we face is the challenge that you and I have to confront intentionally and diligently. It means always keeping our minds and hearts alert to what God may be doing in the tasks and people that cross our paths. It means discerning the urgent from the important, and making sure that our choices are always filtered through love.

Perhaps the one part of Jesus’ great commandment that I too often forget is the last part about loving others as I love myself. Often my “rule for life” forgets that I too, am loved by God, and therefore I must love myself by taking care of myself. Many more times than I would like to admit, I do not attend to this loving task, and I end up wasted and spent, and therefore unable to live with the joy and peace that God wants for me and for others through me.

Today, I ask for God to remind me that loving God, others and myself is my rule of life. I ask for opportunities to be intentional about expressing that rule today. How about you?

Pastor Susan Diamond  
Montgomery AL

#### **Have the Attitude of Christ** (Philippians 2: 1-4 NLT)

Is there any encouragement from belonging to Christ? Any comfort from his love? Any fellowship together in the Spirit? Are your hearts tender and compassionate? Then make me truly happy by agreeing wholeheartedly with each other, loving one another, and working together with one mind and purpose.

Don’t be selfish; don’t try to impress others. Be humble, thinking of others as better than yourselves. Don’t look out only for your own interests, but take an interest in others, too.

Jesus Jesus ... Can I Tell You How I  
Feel, You Have Given Me Your  
Spirit ... I Love You So

Jesus commissioned believers to continue His work on earth—sharing the good news about God the Father’s saving grace (Matt. 28:19). Following this command isn’t easy when we come across people whose lifestyle is distasteful to us. It often feels more convenient to befriend someone who shares our values. Yet a lost man or woman may be led to restoration through a Christian friend or acquaintance.

Jesus got involved with men and women whom society avoided. He ate dinner with tax collectors (Matt. 9:10; Luke 19:5) and gently spoke His message of hope to an adulterous woman (John 4:7-27). And to anyone—disciple or Pharisee—shocked by His associations, the Lord explained that He “did not come to call the righteous, but sinners” (Mark 2:17).

In Proverbs 29:6, sin is compared to a trap that ensnares its victim. With despair and confusion as constant companions, the captive doesn’t know the way to freedom. But believers do. And we are to share the message as Jesus did: “You who are spiritual, restore such a one in a spirit of gentleness” (Gal. 6:1). The Greek word for “restore” refers to the setting of bones—a very painful process. So we are to tenderly point men and women in the direction of God’s forgiveness, His mercy toward wrongdoers, and the Holy Spirit’s help in overcoming temptation.

If Jesus were on earth today, He’d be ministering to the needy, the addicted, and the downtrodden. To be like Him, let’s encourage others to confront their sin so they can be freed from its grasp.

Charles Stanley

"As the Father has loved me, so have I  
loved you. Now remain in my love."

John 15: 9

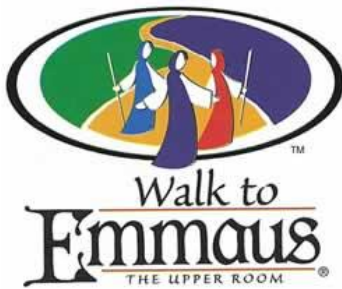


**Address, contact phones, or email changes?**

Help keep your information updated. Send any changes or updated information (with your original walk # and location) to:

[sdutsey@aol.com](mailto:sdutsey@aol.com)

If you don't have email or computer access, call anyone in the Community to assist you with any update needed to your current address, email, phone, or other information.



Emmaus Work Area	2008 Community Board Representative
72 Hour Prayer Vigil	Mike Wells
Agape	Linda Hines Hornsby
Book Table	Steve Kopp
Candle Light	Christi Hall
Food Preparation	Robert Beers
Greeters	Roger Lien
Housing and Registration	Roger Lien
Logistics	John Duncan
Meal Service	Allen Brewer
Music & Media	Chrystal Strickland
Photography	Jim Sasser
Refreshments	Randy Lovelady
Serenade	Chrystal Strickland
Speaker's Prayer Chapel	Mike Wells
Sponsor's Hour	Jack Moseley
Supplies	Aleta Fountain
Worship	Steve Kopp
Registrar - Men's	Jim Snyder
Registrar - Women's	Mo Moseley
Community Spiritual Director	Charles Cummings
Community ASD	Glen Pugh
Community Lay Director	Christi Hall
Community ALD	Aleta Fountain
Community Treasurer	Chris Hines

For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the measure of faith God has given you. Just as each of us has one body with many members, and these members do not all have the same function, so in Christ we who are many form one body, and each member belongs to all the others.

Romans 12: 3-5

