



WALK TO EMMAUS

THE UPPER ROOM®

Central
Alabama
Emmaus
Community

the 4th day newsletter

February 25, 2026

A MESSAGE FROM WALK #231 LAY DIRECTOR

And my God will meet all your needs according to the riches of His glory in Christ Jesus. Philippians 4:19

As I write this, I'm thinking about how our Savior has met my every single need. My heart is overflowing with gratitude for He, who loves me with an extraordinary love, who showers me with Blessings in my Emmaus family.

From the very first time I stepped onto Holy Ground, God met me where I was, completely shattered and with the pieces of my life in His hands during Walk #74, He began restoring me. He placed friends in my path who prayed for the healing of my spirit, body and heart; friends who loved me, not judged me.

Every Emmaus memory, whether in the conference room or in the back-ground, is a treasure that I'll forever carry. As I recall stories, I can actually hear the conversations, the prayers, the laughter, and the singing; I can still feel the hugs of friends who have gone to be with Jesus and friends who still walk with me today. To say "thank you" just doesn't seem adequate so, during the rest of my Fourth Days, I will convey my gratitude and love by continuing to serve Jesus and you, my Emmaus Family. I look forward to creating many more memories.

As preparations for Walk 231 began, I completely surrendered every detail to Jesus; I have been in ceaseless prayer about it all. God has blessed our future Pilgrims and me with the sweetest Conference Room Team. I look forward to all God has to offer during Walk 231-- the love, the healing, the prayers, the stories and of the laughter, knowing whole-heartedly that He will meet our every need.

De Colores!
Alice Veros



Women's Walk #231

Lay Director:
Alice Veros

Background Team:
Selma Cluster

Times To Remember

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



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A MESSAGE FROM WALK #231 SPIRITUAL DIRECTOR

Dear Emmaus community,

I am so humbled to once again participate with you and the LORD in another Walk. What a blessing! I know that God has something amazing planned and not just for the Pilgrims, but for each one of us that are involved.

I want to thank you for all the prayers and work that you have already put into making this Walk happen, but you are not finished yet. Every prayer is still needed and there is still much work to be done. I don't understand why, but for some reason our God has chosen to work through imperfect vessels like you and me. I mean, if I were God I would just make it happen without all the headaches of working with broken people. I'm glad that I'm not God and that He loves us so much that He is willing to do the hard work of using us. I wonder if anything is really hard for Him though.

Anyway, because of His great love for us He allows us to partner with Him in accomplishing His will. Don't miss your opportunity! For we are co-workers in God's service (1 Cor 3:9).

DeColores!

Brian Dovey

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

As well as on our Facebook page at

**Central Alabama
Emmaus Community**

2026 Walk Dates

Men's Walk #232
Mark Lampman
March 25-28
Background Team TBD

Face to Face
Donna Goodwin
April 23-24
April 30-May 1

Men's Walk #233
Martin Christensen
August 19-22
Background Team TBD

Face to Face
TBD

Women's Walk #234
Micki Thornhill
September 9-12
Background Team TBD

Women's Walk #235
Margie Garrity
October 21-24
Background Team TBD



Pilgrims of the Women's Central Alabama Walk to Emmaus #231

LAST	FIRST	CITY	ST	CHURCH	SPONSOR
Ayanwale	Adejoke	Montgomery	AL		Cheri Roy
Bates	Anita	Prattville	AL	I Crave Fellowship	Tommy Holt
Blackmon	Lacey	Tallasse	AL	East Tallasse Baptist	Daniel Phillabauam
Burkett	Robin	Wetumpka	AL	Redland Hills	Rena Pemberton
Clark	Stephanie	Deatsville	AL	Cain's Chapel	Alice Veros
Cochran	Keri	Smiths Station	AL	Courts of Praise	Tracie Starr
Connell	Lee	Tallasse	AL	Change Church	Laura Daniel
Cousins	Pam	Wetumpka	AL	Saint Luke UMC	LuAnne Houser
Cronian	Teresa	Wetumpka	AL	Redland Hills Church	Rena Pemberton
Davis	Jennifer	Jacksons Gap	AL	Jackson's Gap Baptist	Laura Daniel
deWaart	Tonya	Auburn	AL	Highlands of Auburn	Donna Harper
Gillis	Beverly	Montgomery	AL	Vaughn Park	Elizabeth Staten
Glenn	Zoie	Coloumbus	GA	All Christ Church	Thomas Harp
Grantham	Jeana	Dadeville	AL	Lake Martin Baptist	Fran Coan
Harris	Becca	Montgomery	AL	Church of the Highlands	Cheri Roy
Hatfield	Brittany	Wetumpka	AL	Redland Hills	Rena Pemberton
Housley	Sarah	Montgomery	AL	Vaughn Park	Amber Persons
Jarvis	Crystal	Alexander City	AL	Living Water	Dottie Carnes
Johnson	Lisa	Lanett	AL	Oasis of White Plains	Wendy Thomas
Lanier	Kayla	Wetumpka	AL	Redland Hills	Matthew Lanier
McDonald	Jessica	Cusseta	AL	Pine Grove	Wendy Thomas
Nall	Kim	Montgomery	AL	Vaughn Park	Elizabeth Staten
Newkirk	Lindsey	Tallasse	AL	East Tallasse Baptist	Emily Turner
Norrell	Shai	Opelika	AL		Lauren Allbritton
Nummy	Cindy	Wetumpka	AL	Redland Hills Church	Jason Blowers
Perry	Phyllis	Phenix city	AL	Evangel Church	Ken Dickert
Pope	Rhonda	Jackson	TN	Faith Community Church	Patricia Sides
Preece	Beth	Alexander City	AL	Heritage Church	Ashley Henderson
Rader	Nancy	Tallasse	AL		Sonya Hunt
Ryals	Judy	Prattville	AL	Cain's Chapel	Margie Garrity
Sims	Kaycee	Columbus	GA	Trinity Assembly of God	Fran Coan
Vogel	Annie	Wetumpka	AL	Redland Hills Church	Rena Pemberton
Watkins	Renee	Dadeville	AL	Lake Community Church	Terri McDonald
Webb	Susan	Selma	AL	Sardis Freewill Baptist	Shirley Welch
Wheatley	Lisa	Auburn	AL	All Christ Church	Ashley Belcher
Zahringer	Stacy	Selma	AL	Crosspoint	Erin Oglesby

Conference Room - Women's Walk #231

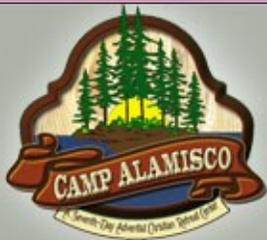
Lay Director	Alice Veros
Spiritual Director	Brian Dovey
Assistant Spiritual Directors	Larry Anderson
	Chris Cook
	Mark Osgood
	Renae Pemberton
Assistant Lay Directors	Cheryl Bynum
	Donna Harper
	Alex Jones
	Connie Lampman
Table Leaders	Page Cotton
	Stephanie Godwin
	Amber Hollingshead
	Anita Mitchell
	Kathy Skinner
	Louise Wood
Assistant Table Leaders	Hillary Green
	Tobi Henderson
	Sam Moore
	Sherry Morgan
	Brina Nichols
	Olivia Thigpen
Music	Mark Kirkland
Media	Nancy Newman
Board Rep	Sue Olson

Work Areas— Women's Walk #231

Support Area	Chair / Co-Chair
72 Hour Prayer Vigil	Jamie Brown/ Darrell Pugh
Agape	Debbie Travis
Bed Tags	Amanda Freeman
Book Covers	Joe Clements
Book Bags	Beverly Barrett
Book Table	Tim Cronian / Jason Blowers
Candlelight	Mark George / Kristi George
Entertainment	Mack Lovelady
Friday Night Party	Sheila Wallace / Lauren Albritton
Greeters	Darrell Pugh / Lex Owens
Housing & Registration	Ben Gibbons
Logistics	Holy Spirit
Food Prep	Dottie Carnes / Kimberly Frederick
Meal Service	Melinda Johnson / Corrine garrett
Photography	Sheila Wallace
Refreshments	Paula Milstead
Serenade	Wendy Thomas
Speaker's Prayer Chapel	Carolyn Fitcher
Sponsors Hour	Allison Greathouse / Stephanie Jones
Worship	Micki Thornhill / Terri McDonald



Welcome Men of Central Alabama Walk to Emmaus #230



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
Donna Harrison - Chairperson
donnarae56@yahoo.com

WORK AREA SIGN IN SHEETS
following each walk are sent to:
Linda Hines Hornsby
llhhcaew20@gmail.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.**

EMMAUS WORK AREA	2025 COMMUNITY BOARD REP
72 Hour Prayer Vigil	Frank Talbot
Agape	Bonnie Coker
Book Table	Glenn Kinard
Candle Light	Tommy Holt
Food Preparation	Dottie Carnes
Friday Night Party	Kimberly Frederick
Greeters	Donny Davis
Housing and Registration	Alice Veros
Logistics	Perry Myer
Meal Service	Donna Harrison
Photography	Mark George
Refreshments	Donna Harper
Serenade	Jeff Bryant
Speaker's Prayer Chapel	PeeWee Godwin
Sponsor's Hour	Mark George
Supplies	Wanda Ryals
Team Selection	Donna Harrison
Training - Support Team	Sharon Truman
Training - Conference Room & Lay Director	Sharon Truman
Worship	Danny Green
Registrar - Men's	Bonnie Coker
Registrar - Women's	Kristi George
Community Website Coordinator	Allen Brewer
Community Email Coordinator	Jamie Brown
Name Badge Coordinator	Ronald Lynch
Community Newsletter	Kris Johnson
Community Lay Director	Sharon Truman
Community ALD	Donna Harrison
Immediate Past LD/Board Advisor	Wanda Ryals
Community Treasurer	Linda Hines Horsby
Community Secretary	Dottie Carnes
Communications Coordinator	Linda Hines Hornsby
Community Spiritual Director	Blue Vardaman
Community Asst. Spiritual Directors	
Chrysalis Committee Chairperson/Lay Director	Ronny Lynch
Chrysalis Spiritual Director	Mike Wells
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 to assist you in updating your current address, phone or email information.

2024 CENTRAL ALABAMA EMMAUS COMMUNITY – CLUSTER INFORMATION

Updated 1/01/2024

***Clanton Emmaus Cluster**

Contact – Tom and Glo Cuthbert . glogetr@yahoo.com - . Glo 205-245-2242

Cluster meetings are the 1st Tuesday of every month at 6:30 p.m. at Verbena United Methodist with refreshments following.

***East Alabama Emmaus Cluster**

Contact – Dennis Teel . dennisteel154@gmail.com , 334.524.8257

Covered dish dinners are on the 1st Tuesday after each walk at Cornerstone Churchm 2123 Hamilton Road, Auburn, AL

***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, Lake Martin Baptist 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 4th Sunday, for a covered dish meal at Robinson's Springs Church in Millbrook,

***Montgomery Emmaus Cluster**

Contact – Kimberly Frederick . willnkim4@gmail.com . 334-324-4572

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 – Debby Ttavis . debbytravis@yahoo.com . 334-412-3282

Covered dish dinners held the first Sunda of each month at 6:30 p.m. Contact Helena Britton as to location until repairs are complete at Church Street UMC .

***Chambers-Lee County Emmaus Cluster**

Contact – Lyn Brow . lsbrown32297@gmail.com . 334-864-1113

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.