



# WALK TO EMMAUS

THE UPPER ROOM®

Central  
Alabama  
Emmaus  
Community

## *the 4th day newsletter*

**January 21, 2026**

### **A MESSAGE FROM WALK #230 LAY DIRECTOR**

Dear Central Alabama Emmaus and Chrysalis Family!

I am so humbled that God has allowed me to serve as Lay Director for Walk 230. Through the years, my Emmaus brothers and sisters have become like family and prayers warriors for me. They prayed for me through a bad scare with throat cancer and have been there for Sheila and I through our lives in many ways. I am always so proud and honored to tell everyone I meet about the Emmaus ministry as I get very excited just thinking about what a wonderful ministry it is.

I could have never imagined the plans and blessings the Lord has shown Sheila and I through the Emmaus ministry over the years. It's hard to believe we are up to walk 230. My how the years have flown by.

I know the pilgrims have been truly blessed in their three-day experience here and will never forget the grace and love they have been shown. My prayer for them is that their hearts have been opened to receive what the Lord has shown to them and that they will share it with their families and church on their fourth days.

I would like to thank the Emmaus community and everyone that has had a part of this walk. You all have shown the love of Christ to all the men of Walk 230 and I can never thank you enough. I can't wait to see the plans God has for each man's life.

De Colores  
Tommy Wallace  
C.A.E.W. #182  
Table of Mark

Luke: 24: 14 They were talking with each other about everything that had happened. 15 As they talked and discussed these things with each other, Jesus himself came up and walked along with them.



### ***Men's Walk #230***

Lay Director:  
Tommy Wallace

Background Team:  
Selma

### **Times To Remember**

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



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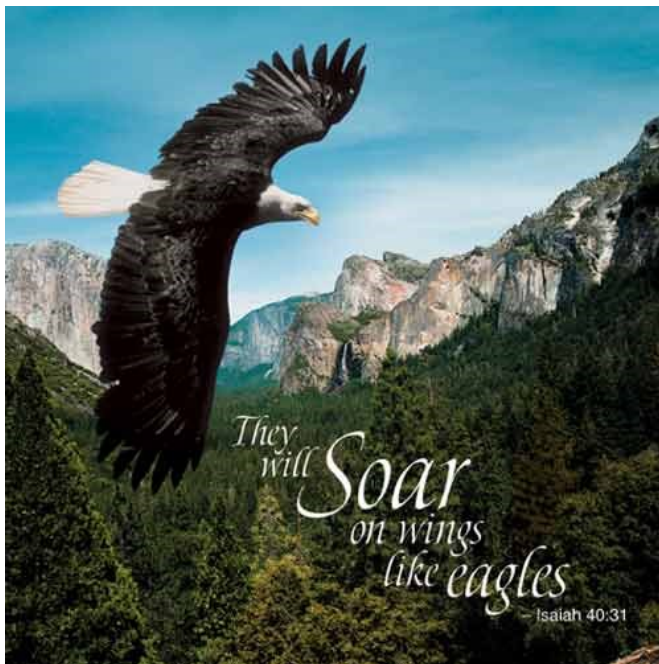
## A MESSAGE FROM WALK #230 SPIRITUAL DIRECTOR

Wow, another New Year, another Men's Walk, and another opportunity to come back and serve. I want to invite you to not only pray for the Pilgrim's, Conference Room Team, but, also come back and serve. I don't know how many times I have served as the Spiritual Director over the past 23 years but I have heard what Pilgrims have said about how much it impacted their lives to see so many people serving them. You see, all the people who are working in the background are just as important as the Conference Room Team. Matter of fact, we are all just one team, serving in different locations.

Please continue to pray for the Pilgrim's, conference Room Team, and those working in the background. And please consider serving in one of the many work areas yourself.

As always, I look forward to seeing you at the Walk.

Mike Wells  
Spiritual Director



### 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**

## 2026 Walk Dates

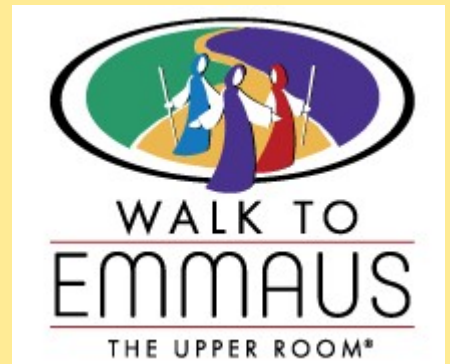
Women's Walk #231  
Alice Veros  
February 25-28  
Millbrook/Prattville Cluster

Men's Walk #232  
Mark Lampman  
March 25-28  
Montgomery Cluster

Men's Walk #233  
Martin Christensen  
August 19-22  
East Alabama Cluster

Women's Walk #234  
Micki Thornhill  
September 9-12  
Elmore Cluster

Women's Walk #235  
Margie Garrity  
October 21-14  
Lake Martin Cluster



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 Central Alabama Emmaus Men's Walk #230

LAST	FIRST	CITY	ST	CHURCH	SPONSOR
Aronhalt	Shawn	Phenix City	AL		Ray Hornsby
Baldwin	Amos	Auburn	AL	FBC Opelika	Jeff Bryant
Bergeron	Greg	Selma	AL	Crosspoint Christian	Henry Hollingshead, Jr.
Burkett	Michael	Wetumpka	AL	Redland Hills Church	Renae Pemberton/Wes Gunn
Crowe	Cody	Auburn	AL	FBC Opelika	Bud Smith
Fitzhugh	Zackary	Auburn	AL	FBC Opelika	Bud Smith
Glenn	Greg	Montgomery	AL	Landmark Church of Christ	Tony Staten
Hartsfield	Donny	Wetumpka	AL	Redland Hills Church	Mack Lovelady
Heady	Philip	Wetumpka	AL		Richard Meeks
Hutchison	Tyler	Auburn	AL	Auburn Community Church	Ray Hornsby
Johnson	Dale	Lanett	AL	Oasis of White Plains	Wendy Thomas
Long	Flynn	Opelika	AL		Cody Albritton
Mahan	Tim	Alex City	AL	Flint Hill GMC	Steve/Sybil Pemberton
McCoverly	Tavares	Montgomery	AL	CORE Ministry	Tony Staten
McDonald	James	Auburn	AL	FBC Opelika	David Waldrip
McDonald	Josh	Selma	AL		Joey Smith
Morgan	Charlie	Selma	AL	Crosspoint Christian	Mark Manning
Neven	Lance	Montgomery	AL	Church of the Highlands	Craig Bachelor
Osorto	Luis	Auburn	AL	Auburn Community Church	Ray Hornsby
Powell	Bobby	Alex City	AL	Lake Community Church	Amanda Powell
Randall	J.	Salem	AL	Beulah UMC	Ken Dickert
Ray	Daniel	LaFayette	AL	LaFayette FBC	Eddie Adams
Rose	Frank	Wetumpka	AL	Mulder GMC	Ron McLaney
Webb	Ray	Eufaula	AL	Sardis Free Will	Horace Welch



## Conference Room - Men's Walk #230

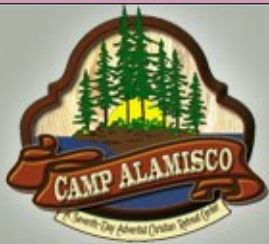
Lay Director	Tommy Wallace
Spiritual Director	Mike Wells
Assistant Spiritual Directors	Tim Davis
	David Nichols
	Dru Mattox
	Toby Milstead
Assistant Lay Directors	Mark Lampman
	Martin Christensen
	Pee Wee Godwin
	Will Hudson
Table Leaders	Eddie Adams
	Ben Gibbons
	Randy Johnson
	Mason Marvel
	Danny Moore
	Brandon Smith
Assistant Table Leaders	Daniel Green
	Trey Hollingshead
	Michael Huff
	Mark Manning
	Billy Newman
	Jimmy Shivers
Music	Mark Kirkland
Media	Rob Stanford
Board Rep	Glenn Kinard

## Work Areas - Men's Walk #230

Support Area	Chair / Co-Chair
72 Hour Prayer Vigil	Tony Staten .Elizabeth Staten
Agape	Sherry Morgan / Brina Nichols
Bed Tags	Tobi Hendereson
Book Bags	Sheila Wallace
Book Covers	Stephanee Lewis / Amber Hollingshead
Book Table	Tim Cronian / Jason Blowers
Candlelight	Mark George / Kimberly Frederick
Entertainment	Keith Horne
Friday Night Party	Alice Veros / Donna Harper
Greeters	Shay Dunn / Amanda Freeman
Housing & Registration	Sue Olson
Logistics	Mark George
Meal Prep	Karen Higgins / Feliccia Bryant
Meal Service	Debby Travis / Melinda Johnson
Photography	Sheila Wallace / Shay Dunn
Refreshments	Terri McDonald / Alice Veros
Serenade	Sheila Wallace / Amber Hollingshead
Speaker's Prayer Chapel	Holly Caldwell / Kimberly Frederick
Sponsors Hour	David Waldrup / Virginia Waldrup
Worship	Alice Veros / Micki Thornhill



# Welcome Women of CAEW Walk #229



**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**  
**Debby Travis - Chairperson**  
**debbytravis @yahoo.com**

**WORK AREA SIGN IN SHEETS**  
**following each walk are sent to:**  
**Linda Hines Hornsby**  
**Linda.Hines@adph.state.al.us**

**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	Amber Hollingshead
Agape	Connie Lampman
Book Table	Tommy Holt
Candle Light	Steve McDonald
Food Preparation	Dottie Carnes
Friday Night Party	Kimberly Frederick
Greeters	Donny Davis
Housing and Registration	Sue Olson
Logistics	Mark George
Meal Service	Debby Travis
Photography	Frank Talbot
Refreshments	Kimberly Frederick
Serenade	Amber Hollingshead
Speaker's Prayer Chapel	Jackie Andrews
Sponsor's Hour	Kay Walters
Supplies	Wanda Ryals
Team Selection	Debby Travis
Training - Support Team	Sharon Truman
Training - Conference Room & Lay Director	Sharon Truman
Worship	Bonnie Coker
Registrar - Men's	Sharon Gruman
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	Donna Harrison
Community ALD	Mark George
Immediate Past LD/Board Advisor	Sharon Truman
Community Treasurer	Wanda Ryals
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	Jeff Hardin

### **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.

## 2026 CENTRAL ALABAMA EMMAUS COMMUNITY – CLUSTER INFORMATION

Updated 1/21/2026

### **\*Chambers County Emmaus Cluster**

Contact – Jamie Andrews jlandrews0958@gmail.com . 709.590.3405

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 .

### **\*East Alabama Emmaus Cluster**

Contact – Steffani Bryant . EAEC2025@gmail.com . 334-444-1125

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

### **\*Elmore County Emmaus Cluster**

Contact - Tobi Henderson . pink929@yahoo.com . 334.312.1009

Covered dish dinner and meeting on the Tuesday after each walk or flight at Cain's Chapel, Mulder Church or Redland Hills Church. Fellowship at 6:00 p.m., dinner at 6:30 p.m.

### **\*Lake Martin Area Emmaus Cluster**

Contact – Ronnie & Corinne Garrett . ronniegarrett779@gmail.com . 344.744.3456

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 – Ulice Macias . ujmacias@me.com . 344.221.4990

Meets at 12:30 p.m. on the 4th Sunday, for a covered dish meal at Millbrook Presbyterian Church in Millbrook,

### **\*Montgomery Emmaus Cluster**

Contact – Cretia Pugh . Cretia.pugh@gmail.com . 334.546.4473

Covered dish dinners are held at Christ Church, 8820 Vaughn Rd, Montgomery on the Tuesday following each walk at 5:45 p.m. When the walks are back to back, the dinner will be held the Tuesday after the second walk.

### **\*Pike County Emmaus Cluster**

Contact – Andrew Womack . andrewwomack23@gmail.com . 256.717.4524

Covered dish dinners are the second Sunday after each walk at 5:30 pm in the Park Memorial Methodist Church Fellowship Hall.

### **\*Selma Emmaus Cluster**

Contact – PeeWee Godwin . mrandmrsgodwin2019@gmail.com . 334.553.7426

Covered dish dinners held the first Sunday of each month at 1:00 p.m. at Crosspoint Christian Church.

# 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 should 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.