

the fourth day newsletter



Women's Walk #109

Thurs May 1 - Sunday May 4
Sue Utsey
Lay Director

Rev. LuAnne Wages-Smith
Spiritual Director

The schedule for Walk 109 will be Thursday through Sunday

Times To Remember:

Thursday Sendoff - 7pm
Saturday Candlelight - 7pm
Sunday Serenade - 7am
Sunday Closing - 4pm

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May 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

"Learn to get in touch with the silence within yourself and know that everything in this life has a purpose."

Elisabeth Kubler-Ross

I'm one of those people who dream a lot. I have wild, weird dreams—they're often abstract and always vivid. I don't know what most of them mean. Sometimes I wonder if the reason I dream so much is because I don't spend enough time being quiet to listen or process what is going on within me, and my subconscious has to work double-time as I sleep. Perhaps that's it. (Or maybe it is simply a result of eating pepperoni pizza thirty minutes before going to bed!)

One of the spiritual practices that I hope to grow during my sabbatical is contemplative prayer through silence. Simply being still and knowing God is something that far too few of us are willing (or able) to do. Our minds hold too much preoccupying thought, too much that keeps us from sitting at Jesus' feet to hear what he has to say, too much to really get in touch with our deepest fears and longings.

Ron and I have started our evening prayer time with a brief period of silence in order to allow us the "sacred space" to center on God and place ourselves in a posture of prayer. This helps us to turn our prayer time away from simply a "Honey-do" list for God to a richer, more relational time of listening and being with the One who loves us and wants to reveal that love to us in prayer. "Be still and know that I am God" (Psalm 46:10) is an invitation to enter into the relationship that God wants with us.

Being still also allows us to know ourselves, to get in touch with what resides in deep, dark places of the soul that others (sometimes even we) don't get to see. And as we honestly come face to face with ourselves, the wonderful and the awful, the joyous and sad, the beautiful and the ugly, we can allow God to help us take those areas that need God's touch for transformation. We can also begin the hard work that we need to be about in resolving or reconciling the places of pain and hurt and we have a hard time letting go.

Try today to take some time to be quiet with yourself. Be quiet with God. Who knows? Your wild and weird dreams may become sweet and serene! Give it a try and see what happens.

De Colores,
Pastor Susan Diamond - First Christian Church - Montgomery, AL

Upcoming Dates To Remember



• Women's Emmaus Walk #110

August 20 - 23

LD: Deb Hempstead

• Men's Emmaus Walk #111

September 24 - 27

LD: David Smalley

Girl's and Boy's Chrysalis Flights



Fly With Christ

• Girl's Chrysalis Flight #49

May 29 - June 1

LD: Lisa Palomaria

• Girl's Journey #11

June 19 - 22

LD: Carla Pugh

• Boy's Chrysalis Flight #50

July 17 - 20

LD: Fred Turner

• Boy's Journey #12

July 31 - August 3

LD: To be named

For additional Emmaus and Chrysalis information for 2008, periodically refer to the Central Alabama Emmaus Community website: www.caew.org
You can also check online for periodic updates to this newsletter. The final version will be posted after sendoff for Walk 109.



Womens Central Alabama Emmaus Walk #109



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.



| Pilgrim Name | | | Sponsor | Sponsor Contact Phone |
|----------------------|------------------|-----------------------------------|---------------------------|---------------------------|
| Tiffany Arnall | Auburn AL | AUMC | Michelle Singleton | 334-887-8962 334-319-3124 |
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| Debra Keebler | Montgomery AL | St. Luke UMC | Charlotte Brewer | 334-284-3157 |
| Shirley Lazenby | Opelika AL | Trinity UMC | Jean Roberson | 334-741-7415 334-663-2178 |
| Sandi Madaris | Deatsville AL | Trinity UMC | Kem Mullins | 334-365-2813 334-279-9126 |
| Jackie Mathis | Alex City AL | River Road | Sherri Dunn | 256-794-1595 |
| Terri Monks | Auburn AL | Auburn Church of Christ | Dale Monks* Robin Ferrell | 334-727-7195 334-844-5487 |
| Carla Moore | Valley Grande AL | Northside Baptist | Belinda Davis | 334-872-4554 334-418-4180 |
| Connie Nease | Auburn AL | Lakeview Baptist | Sandy Lane | 334-887-6985 334-737-3399 |
| Lauren Patrick | Opelika AL | Cornerstone UMC | Dick Lane | 334-807-6985 334-737-3399 |
| Doni Patterson | Daviston AL | Bay Pines Baptist | Sharon Moore | 256-215-4045 256-329-2273 |
| Teri Phillips | Prattville AL | Vaughn Forest Church | Scott Phillips | 334-365-3212 334-288-5980 |
| Kelli Powers | Lanett AL | St. James UMC | Lisa Helms | 334-262-8432 334-242-7838 |
| Brenda Reeves | Alex City AL | River Road | Sherri Dunn | 256-794-1595 |
| Jan Rogers | Alex City AL | First Baptist, Alex City | Amy Hill | 256-234-9847 256-329-9797 |
| Sheryl Smith | Auburn AL | New Life Christian Center | Christy Flurry | 334-826-8498 |
| Ashlee Stagers | Prattville AL | East Memorial Baptist | Jeff Stagers | 334-491-4622 334-399-2930 |
| Jan Stone | Montgomery AL | St. Luke UMC | Charlotte Brewer | 334-284-3157 |
| Kayron Strother | Ashland AL | First Assembly of God | George Simpson | 256-276-0564 256-354-7633 |
| Kim Tarver | Clanton AL | Victory Chapel | Clyde Jones | 205-755-3366 205-755-5815 |
| Cathy Turner | Valley Grande AL | Crosspoint Christian Church | Donna Tidwell | 334-874-1331 |
| Gayle Walker | Prattville AL | Grace Community Church | Lori Starr | 334-887-6993 334-749-9003 |
| Marilyn Watson | Albertville AL | Church St. UMC | Gail Hawkins | 334-872-5208 334-874-1635 |
| Sue Watson | Opelika AL | Auburn UMC | Rose Coonley | 334-297-2541 334-826-1899 |
| Kerry Weldon | Auburn AL | Lakeview Baptist | Ali Hegwood | 334-742-9218 334-524-0478 |
| Elizabeth Wicks | Wetumpka AL | Mountain View Baptist | Hugh Wicks | 334-313-1997 334-514-4263 |
| Jodi Williamson | Notasulga AL | Cornerstone UMC | Jennifer Spencer | 334-502-6093 334-887-1990 |
| Ali Wilson | Auburn AL | Auburn UMC | Shannon Lowery | 334-887-7063 334-444-8297 |

In Case Of Emergency
Camp Alamisco
256-825-9482

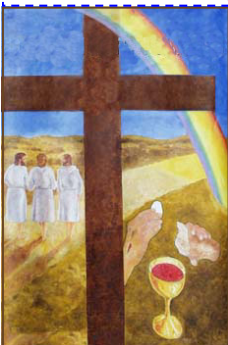
Team Roster - CAEW #109

*For I can do everything through Christ, who gives me strength.
Phillippians 4:13*



He is the image of the invisible God, the firstborn over all creation.

Colossians 1:15



Spiritual Director

Rev. LuAnne Wages-Smith

Lay Director

Sue Utsey

Assistant Spiritual Directors

Rev. Tony Hughes

Rev. Jim Sasser

Rev. Greg Nobles

Rev. Jamie Barkley

Assistant Lay Directors

Joy Beers

Debra Burnside

Darlene Gill

Sharon Irish

Table Leaders

Molly Cross

Emily Pace

Connie Parr

Wendy Rajan

Nedetria Talbot

Sid Utsey

Miranda Wilson

Assistant Table Leaders

Shay Baugh

Debbi Carmichael

Martha Ellis

Catherine Goodwin

Camille Morris

Connie Powers

Rubye Wilkerson

Board Representative

Christi Hall

Agape Needs: 72 of
Each Item

Music

Patty Macready, Chrystal Strickland,
Marian Woodman

Media

Tonya Cothran

May 2008



Background Team - CAEW #109

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.



| Support Area | Chair / Co-Chair | Assist |
|-------------------------|-----------------------------------------------------------------------------------|--------|
| Agape | Chair: Todd & Stacey Deavor Co-Chair: | |
| Book Covers | Chair: Sid Utsey Co-Chair: Christy Utsey | |
| Book Bags – Pilgrim Bk. | Chair: Sid Utsey Co-Chair: Christy Utsey | |
| Bed Tags | Chair: Jorie Welch | |
| Book Table | Chair: Jorie Welch Co-Chair: | |
| Candlelight | Chair: Angi Rhymes Music – Notasulga UMC | |
| Entertainment | Terri Sasser, Chrystal Strickland, Marian Woodman, Penny Colin, Susan Kolander | |
| Saturday night party | Chair: Faithful Hearts Reunion Group Co-Chair: | |
| Greeters | Chair: Troy Cluster Co-Chair: | |
| Logistics | Chair: Fred Cargill Co-Chair: Mike Wells, Dan Esco | |
| Food Prep | Chair: Frank Talbot Co-Chair: Dub Deavor, Lynn Kopp | |
| Meal Service | Chair: Terri Sasser Co-Chair: Aleta Fountain | |
| Photography | Chair: Steve Hartzog | |
| Refreshments | Chair: Rachel Colley Co-Chair: Gail Hawkins | |
| Housing & Registration | Chair: David Bowen Co-Chair: Mike McGuire | |
| Serenade | Chair: Buddy & Brenda Englebert | |
| Sponsor's Hour | Chair: Thina Biblis Co-Chair: Lindsay Griffies, Emily Cumbie | |
| 72 Hour Prayer Vigil | Chair: Shannon Mayes | |
| Speaker's Prayer Chapel | Chair: Steve Kopp Co-Chair: | |
| Worship | Chair: Dan & Shirley Esco | |

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



My wife Christy went on the Emmaus Walk about a year ago (CAEW #98). I noticed an amazing change in her relationship with God and her daily spiritual routine. She encouraged me to go, but I really was not interested. I received my notice that I could go on the April walk and all I needed to do was sign and send in my paperwork. I reluctantly waited until the last day to finally say yes I would go. I made a lot of excuses, (don't have time, can't leave work, can't be without my blackberry for 3 days).

When it finally came time for the walk, I was excited but unsure what to expect. The whole experience for me was very emotional and to feel the love from the Emmaus community was amazing. I will never forget the feeling of walking up that hill on Friday night going to the candlelight service. When I first heard the singing I had no idea what was about to happen. The love for Jesus from everyone there was amazing. To see all of the people who showed up in the severe bad weather was truly inspirational. After the closing I hugged my wife and told her "thank you" for sponsoring me. It became clear what she had been experiencing in the last year since her walk.

The walk has changed my life in such a positive way. I definitely feel that I have experienced Jesus in a new way and feel closer to him. I am excited about what my fourth days will bring. I pray each day that God will use me to advance his kingdom.

DeColores!

Matt Flurry - Opelika AL
CAEW #108
Table of Luke



The apostle Paul frequently wrote about the need to rely upon Jesus Christ's strength. In 2 Corinthians chapter 12:9, he passed on to his readers a promise the Lord had given him. It says "My grace is all you need. My power works best in weakness".

Paul was a great Christian leader. In God's eyes, he was no more deserving of grace than any other believer. You and I can have the same confidence in the Lord's power as this courageous first-century missionary.

When Paul received Jesus as his Savior, he was adopted as God's son. Paul had all the privileges that go with being a re-born child. In Acts chapter 2:38, his sins were forgiven. Paul was set apart for the Lord's service in Galatians 1:15. And John 14:17 says Paul received the Holy Spirit. He was an effective servant because the Spirit would release power into his life whenever God had a purpose for him to fulfill.

Consider Paul's jail time. The Holy Spirit provided physical and mental stamina so he could withstand imprisonment. At the same time, Philippians 4:18 says He burdened the hearts of other believers to provide for Paul's material needs.

Most importantly, Philippians 1:13 shows God's Spirit expanded the apostle's ministry by giving him the courage to speak of Jesus with his Roman guards.

The apostle relied upon God for strength. He never gave up on his faith. We serve the same all-powerful Lord. We have no excuse for running away from His plan. His Spirit dwells in us; ready to release power when we obey our Father's call.

Read and Study Ephesians 3: 13-19



Do you remember in the Gospels the critical factor of narrowness that Jesus taught His disciples about? He said, "Strive to enter through the narrow gate" (Luke 13:24). He said "Narrow is the gate and difficult is the way which lead to life, and there are few who find it" (Matthew 7:14). If you think deeply about those words, you may hear Jesus saying, "There's a way that leads to true, vibrant life - in your marriage, in your family, in your church, in your workplace. But it not the path the majority takes, and the entrance to it is very restricted. It's not the way most believers are walking, and that's why there's so little victory, so little experience of the power of the cross and the power of the resurrection."

(Henry Blackaby - Experiencing the Cross)

Spirit of the Living God

Fall afresh on me

Spirit of the Living God

Fall afresh on me

Melt me. Mold me.

Fill me. Use me.

Spirit of the Living God

Fall afresh on me





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

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 |

