



WALK TO EMMAUS

THE UPPER ROOM®



Spring Walks Edition 2016

Jackson Area Emmaus Community

3 P's for success - Pray, Participate, Provide

There are three things that we all can do to ensure that the Spring Walks succeed— pray, participate, and provide.

PRAY—begin praying right now for God to meet with the pilgrims in a new and fresh way, and to prepare their hearts and minds for the upcoming walks. Also for both the conference room and auxiliary teams.

Sign up for the 72-hour Prayer Vigil—by calling 517-262-1014 or email: nurseames@hotmail.com

PARTICIPATE— be a part of the auxiliary team, even if you can only come for a few hours. Come-and-go work opportunities include: serving in the dining room, mail room, kitchen, house-keeping, snack room, luggage carrying, set up and/or tear down, being a banquet server, and attending the candlelight and closing activities.

Contact Rick Denig (517-750-4001) or Roxanne Updike (517-536-8382 or 517-474-2487) to help with men's walk. For ladies walk, contact Shiela McEldowney at 517-250-0633 or shielamc16@gmail.com

PROVIDE— There are a number of items that you can provide for the upcoming walks. AGAPE— gifts and letters are so appreciated by the pilgrims. FOOD—food donations are welcome. Contact Sueny Miller at 517-358-8752 or m1lrt1me@hotmail.com

SNACKS—contact Carolyn Lindley at 517-240-9730 or clindley@arbor.edu for some ideas on what to donate.

MONEY—there are many expenses involved in putting on the walks that the registration fees don't cover. Send monetary donations to Jackson Area Emmaus, 5295 Timbercrest Trail, Jackson, MI 49201.

Why Donation Requests?

You may be wondering why the registration fees don't cover all of the Emmaus Walk expenses.

Currently, the registration fee per pilgrim is \$90 and each member of the conference room team and auxiliary pay \$50 for the weekend.

Please bear in mind that the registration fees have not been raised in the past three years, while inflation has created much higher food prices... especially meat. Assuming that we have a walk of 20 pilgrims, here is a breakdown of budgeted items:

- Food for pilgrims, team, and auxiliary—\$2400
- Church Use—\$200-\$350
- Upper Room— \$260 (\$13 per pilgrim)
- Supplies—\$100

- Printing -\$30-\$50
- Crosses for pilgrims-\$100
- Manuals and materials—\$50-\$100
- Trash pickup—\$35

In addition to expenses for the weekend, JAE must carry liability insurance as well as registration fees and insurance for the supplies trailer and the kitchen trailer.

Another deep concern is the depletion of the scholarship fund. We never want to turn pilgrims away because of their inability to pay the fees, but not having funds available for this purpose is troubling.

Your prayer support for the board is deeply appreciated. We are looking at ways to make the weekend more cost-effective and still keep the weekend affordable for the pilgrims and volunteers.

Welcome Aboard!

Tom and Marty Mathews have agreed to serve on the Jackson Area Emmaus Board, and will be taking care of the supply trailer.

The position of Auxiliary head is still open, as well as that of Community Spiritual Director, recently vacated by Pastor Bill Waldrige. Please pray that God will move on the hearts of those he would like to fill these positions.

Other board positions will be opening within the next year. One of these positions is Gathering/4th Day Coordinator. Joyce Huntington is currently serving in this role and would like to have an assistant that can move into this position when her term expires. If you're interested, contact Joyce at 517-914-5167.

Meet Kathryn Ames...



I function as prayer vigil person on the board. I took my walk at Heart of the Lakes in 2011, and sat at the table of Sarah. I am mother to four adult children (2 sons and 2 daughters) who are all educators. I am also the honored grandma of seven perfect grand-angels (5 boys and 2 girls, ages 2-13). They are the biggest blessings of my life ever.

The story of my walk with the Lord began back when I was 16, but I think I took it for granted for many, many years – until 2000 when my marriage of 29 years

came to an end. I needed the Lord more than I ever had at that point, and He became my everything - my father, my husband, my savior and friend.

In 2001 on New Year's Eve I developed severe chest pain and was taken to then Foote Hospital and then on to U of M hospital to have open heart surgery (to remove a blood clot that was lodged in foramen ovale of my heart). When asked by the anesthesiologist if I understood the magnitude of this surgery, I responded that I gave all of this to the Lord when they put me into the ambulance. He is in control.

I am a retired nurse following 44 years of service. With the onset of massive arthritis and 44 years of wear and tear on my knees - it became necessary to replace both knees two years ago. I obtained a diagnosis in 2014 of disabled. As a disabled woman, I no longer had health care insurance.

The road to obtaining disability insurance is long and difficult. Eventually, I had both knees replaced one at a time six months apart. Once again, throughout the process my Lord and Savior walked with me each day and brought me back with two healthy knees.

I totally believe in the power of prayer. The body of EMMAUS has prayed me through numerous situations since my initial walk. Perhaps that is why I said yes when Chuck Tobias asked me to serve on the EMMAUS Board as coordinator of the Prayer Vigil.

Prayer is something all EMMAUS members can do to support our program and team - and most importantly our Pilgrims on each walk. If you can set aside time to pray over the walk weekends (wherever you may be) please sign up by contacting me at 517-262-1014 or nurseames@hotmail.com. It is my pleasure to serve both the community and you in particular.

Just keep Singing... by Bea Furman, Music Director

There's a great old song called "How Can I Keep From Singing?" It's one of those songs that seems to call to one's heart and stir it. As Bert and I attended the Midwinter Singing Festival in East Lansing, we had the chance to sing this song twice. As we were singing it the second time at the close of the concert, I found myself asking "How Can I Keep From Singing, as long as I serve Him? The answer is simple. I just keep on singing.

When we get together as a community, how can we keep from singing? We Can't, as we're singing for His glory. We had a couple of times to do this as a community.

How awesome it was to sing Christmas carols at Summit Park Assisted Living and Arbor North,

and how precious that a group who had gone to Summit decided to take the same cheer on to Ridge Crest on their own! How could they keep from singing?

The other opportunity was at Pathway Community Church, in January. Mark Bartlett led the community in a prayer and praise service that truly blessed everyone there and God especially. How can we keep from Singing?

I pray that we will be able to do the same thing for the new pilgrims soon. What an awesome experience it is to sing "Jesus Jesus" and "Have You Seen Jesus My Lord?" As we help end the second day of the walk for the pilgrims, How can we keep from Singing? Simple! We Can't!

So keep singing, whether it be in your church, with the Emmaus Community, even in your shower! Share God's praises with everyone. Keep Singing! Keep Singing and spreading the good news of worship through your songs for Him!



Free At Last! (A P.O.W.'s Journey)

Ron Farrow graduated from high school in 1965. He jokes that his senior trip was to a country called Viet Nam, as a private in the US Army. At the army base, he became familiar with a Christian organization called the Navigators. The Navigators explained to Ron that he could call on Jesus, ask for forgiveness of sin, and that he could invite the Lord into his life. The message was clear, but it didn't take.

Alcohol became the coping mechanism that Ron used to get him through those rough days in Nam. As soon as he was off duty, he headed to the bar to numb the pain of what he had seen, heard and done in the name of war. Ron made it through not one, but two tours of duty in Viet Nam.

On the third tour, he was flying a helicopter over Cambodia when he was shot down. He and his crew were taken to a POW camp and thrown into cages – 10 to a cage with no sanitation. He would be released from the cage from time to time to receive horrendous torture, and under threat of more torture to assist in the brutalization or killing of other soldiers, including his own crew mates. Occasionally he and his cage mates would be let out long enough to dig holes for the burial of the men that didn't survive the camp. Ron's dog tag was draped over a dead body and placed, along with several other bodies, in his helicopter...to be discovered by the US Army.

Ron's parents received the flag-draped coffin of a soldier, grieved his death, and buried him in a cemetery in Howell, MI. Little did they know that their son was alive and living in a cage in the jungle of Cambodia.

As time went on, the number of survivors shrank, until there were only four men left in Ron's cage. The POW camp was being dismantled and would be moved. It was only a matter of "when" that the remaining four would be tortured and killed. "When the cage

got down to four men," Ron stated, "I started getting really worried. I was so cold that my teeth were chattering." In his terror he remembered what he had learned from the Navigators. "I got down on my knees in that human waste inside that cage and asked the Lord into my life." Immediately his teeth stopped chattering and he felt warmth throughout his body.

Next he heard planes flying overhead and the sound fading into the distance. However, one B-52, he later learned, was experiencing engine problems and the pilot had been instructed to circle back to base and drop bombs along the way. Ron said that it sounded like a giant was walking toward the camp as the "BOOM" of the bombs became louder and louder as they drew near his prison. And then there was bright light and Ron was flying through the air, and landing face down in the mud. He jumped to his feet and ran about ten steps before falling over a body. He grabbed the body and threw it over his shoulder – making his way into the jungle as fast as he could.

For 29 days he and his comrade wandered the jungle, naked and starving, evading capture. At one point, the enemy soldiers stopped to relieve themselves and one soldier urinated right into the brush where the two of them were hiding. They finally stumbled upon an Australian patrol, and were medivaced to Japan where they were hospitalized.

For the next 45 years, Ron suffered from PTSD, and did not sleep through an entire night. Plagued with violent nightmares, he sought help from the VA. Nothing they offered him helped. Though free from prison camp and free in Christ, he remained a POW whenever attempting to rest.

In the fall of 2014, Ron attended the Emmaus walk, where he sat at the table of Matthew. When bedtime

came that first night, Ron drifted off to sleep within a half hour. And then the nightmare came, which was so violent that he had to be driven home for the night. Arrangements were made for transportation to and from the Emmaus Walk, because of fear that Ron could inflict injury on himself or others if he stayed.

On the Friday evening of his Emmaus walk, Ron spoke with a pastor. This pastor challenged him to ask forgiveness of the Viet Cong for what he had done to them in the name of war. As Ron obeyed the Holy Spirit and asked forgiveness, the chains fell off. That night Ron slept through the entire night for the first time in 45 years!

It is now almost a year and a half later, and Ron is free from terrifying nightmares. God is using him in a powerful way to minister to those who are incarcerated, as well as sharing his testimony with groups and individuals. He is forever grateful for his Emmaus experience, and will be serving in the kitchen at the Spring men's walk.

To God be the glory for using the Navigators to bring Ron to Christ, and using Emmaus to bring emotional and spiritual healing.



“My chains are gone, I've been set free! My God my Savior has ransomed me!”

Spring Walk Rosters/Prayer Schedule

Male Pilgrims:

Larry Bailey
 Vernie Cassity
 Royal Denning
 Ken Fillmore
 Jay Ford
 Harold Frye
 Scott Glynn
 Joshua Khon
 Jacob Krueger
 Wyatt Mathews
 Kenny Miller
 Stephen Nadeau
 Richard Rodriguez
 Larry Snyder
 Joshua Winkel
 James Wright

As of 2/23

| Prayer Time | Talk | Talk Time | Men's Speaker | Women's Speaker |
|-------------|-----------------------------|-----------|--------------------|--------------------|
| F 8:50 am | Priority | 9:15 a.m. | Al Vasaris | Linda Boos |
| 10:55 am | Prevenient Grace | 11:15 am | Pastor Craig Adams | Rachel Woods |
| 1:25 pm | Priesthood of All Believers | 1:45 pm | David Sweet | Dawn Sebesky |
| 3:05 pm | Justifying Grace | 3:25 pm | Dave Goolsby | Tim Puckett |
| 6:15 pm | Life in Piety | 6:35 pm | Bert Furman | Jan Austin |
| S 8:25 am | Growth Through Study | 8:45 am | Brian Wood | Lanay Watts |
| 9:55 am | Means of Grace | 10:15 am | Tom Burgett | Craig Adams |
| 2:55 pm | Christian Action | 3:10 pm | Rob Wight | Sandy Bradley |
| 4:10 pm | Obstacles to Grace | 4:30 pm | Craig Adams | Rachel Woods |
| 6:45 pm | Discipleship | 7:00 pm | Tom Norton | Kim Miller |
| S 8:20 am | Changing Our World | 8:50 am | Terry Montgomery | Laura Battle |
| 9:40 am | Sanctifying Grace | 10:00 am | David Goolsby | Craig Adams |
| 10:50 am | Body of Christ | 11:20 am | Jack Fugate | Sande Ratliff |
| 1:20 pm | Perseverance | 1:40 pm | Frank Drechnowicz | Mary Ellen Loar |
| 2:20 pm | Fourth Day | 2:40 pm | Vern Updike | Karen Heffelfinger |

Female Pilgrims:

Joy Baade
 Cindy Beachey
 Patricia Crane
 Julie Freysinger
 Carletta Goucher
 Judy Henson
 Erika Johnson
 Beth Kilburn
 Beth Krueger
 Patricia Lipowski
 Nancy Meade
 Cathy Moore
 Kim Proteau
 Sherrie Snyder
 Ruth Terrell
 Amy Todd
 Katherine VanDerMeulen
 Melissa West
 Amy Wills
 As of 2/23

JAE Board of Directors 2016

Community Lay Director:

Jeff Sweet (517) 565-3259
 jeffsweet83@yahoo.com

Asst. Community Lay Director:

Sue Miller (517) 358-8752
 m1lrt1me@hotmail.com

Community Spiritual Director:

Acting Auxiliary Head/ Secretary:

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 jmjustin@comcast.net

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Site Selection/Bldg/Tear Down:

Butch Walker (517) 416-6058

Sponsor

Hour/Candlelight/Closing:

Chuck Tuckey (734) 426-5248
 CRTuckey@charter.net

Fourth Day/Gatherings:

Joyce Huntington (517) 914-5167
 joyce_norman@sbcglobal.net

Kitchen:

Andy Crisenbery (517) 990-0870
 (517) 746-6696
 shipexpress@gmail.com

Mailroom/Agape:

Arla Leininger (517) 474-8019
 arlajan@hotmail.com





Clothing Order Form







A portion of all proceeds benefit
Jackson Area Emmaus

"Be the hands and feet of Christ to the World"

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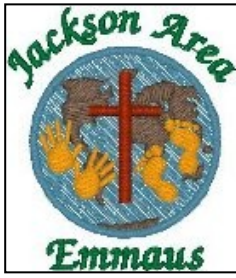
| ITEM DESCRIPTION | COLOR | SIZE | QUANTITY | PRICE EACH | TOTAL |
|---|--------------|--------------|----------|------------------|-------|
|  Women's Polo Shirt Material is 65/35 | (Circle One) | (Circle One) | | | |
| | Red | S M L XL | | \$19.00 | |
| | Banana | 2 XL | | \$20.00 | |
| | Black | 3 XL | | \$22.00 | |
| | Light Blue | 4 XL | | \$23.00 | |
|  Men's Polo Shirt Material is 65/35 | Red | S M L XL | | \$19.00 | |
| | Black | 2 XL | | \$20.00 | |
| | Banana | 3 XL | | \$22.00 | |
| | Light Blue | 4 XL | | \$23.00 | |
| | Red | LG & XL TALL | | \$21.00 | |
| | Black | 2 XL TALL | | \$22.00 | |
| | Banana | 3 XL TALL | | \$24.00 | |
| | Light Blue | 4 XL TALL | | \$25 | |
|  Crewneck Sweatshirt Material is 50/50 | Ash Grey | S M L XL | | \$18.00 | |
| | Black | 2 XL | | \$20.00 | |
| | Maroon | 3 XL | | \$21.00 | |
| | Light blue | 4 XL | | \$21.00 | |
|  Hoodies Material is 50/50 | Ash Grey | S M L XL | | \$21.00 | |
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| You may arrange to pick up your merchandise at no added cost. | | | | TOTAL DUE | |

Please make checks payable to Golden Touch Embroidery.

3018 Wildwood Ave. Suite B Jackson, MI. 49202 (517) 764-6250

Prices include the cost of embroidery and sales tax.

Thank you for your support of Jackson Area Emmaus.



DATES TO REMEMBER...

Spring 2016 Men's Walk

March 3-6
Heart of the Lakes United Brethren
7031 Jefferson Rd. Brooklyn, MI

Thursday:

Kitchen workers arrive 9:00 a.m.
Set up for walk 12:00 noon
Luggage luggers arrive 5:45- 6:00
Pilgrims arrive 6:00-6:15

Candlelight—8:30 p.m. Saturday
Closing—4:00 p.m. Sunday

Men's Walk Reunion

Saturday, Mar 12 before
Community Gathering

Spring 2016 Women's Walk

April 14-17
Cornerstone Christian Church
2395 West High, Jackson

Candlelight—8:30 p.m. Saturday
Closing—4:30 p.m. Sunday



Emmaus Board Meetings

Tuesday— Mar 22, 6:30 p.m.
Tuesday— Apr 26, 6:30 p.m.
Brookside United Methodist
4000 Francis St. Jackson, MI

Community Gatherings -

Saturday— Mar 12, 5:00 p.m.
Saturday— Apr 9, 5:00 p.m.
Saturday— May 14, 5:00 p.m.
Brookside United Methodist
4000 Francis St. Jackson, MI

Sponsorship Training

Saturday, Mar 12, 7:00 p.m.
Following community gathering