



From The Bread of Life

Walk to Emmaus

CRUMBS

Volume 24, Issue 4
Sept.- Oct. 2010

Men's Walk #99
October 7-10, 2010
First UMC, Wichita
Lay Director Eric Strickler
Spiritual Director Harry Cross

Women's Walk #100
October 14-17, 2010
First UMC, Wichita
Lay Director Sidney Worf
Spiritual Director Lyn Linde

SPRING WALKS

Men's Walk #101
March 3-6, 2011
First UMC, Garden City

Women's Walk # 102
March 10-13, 2011
First UMC, Garden City



BUSY!!!!!! Does that describe your summer? It does mine. I can't believe school is here and summer is over and fall is upon us. Do you ever catch yourself in that overdrive mode? I think that is common for most of us. But it will slow down a little and then pick up again closer to Christmas. In Zephaniah 3:17 it says, "The Lord your God is with you, He is mighty to save, He will take great delight in you, **He will quiet you with His love**, He will rejoice over you with singing." I catch myself going 90 to nothing. Then a voice tells me to slow down. I thank God that He has given me the ability to go 90 to nothing but I ask Him to quiet me so I can commune with Him. There are 4 questions Charles Stanley asks in his article in his publication "In Touch". 1. Why am I so busy? 2. What does God think about busyness? 3. What are the consequences of busyness? 4. What is the cost of my busy lifestyle? In a short condensing of the answers, Charles Stanley says "We should step off our treadmill of endless activities and grab our Bibles and sit down with the Lord. God has entrusted each of us with responsibilities and we should not neglect them, but we must guard against letting them push aside the most important things. He longs to have a close connection with us, but when our activities crowd Him out, His heart is grieved by our lack of interest. From God's perspective, busier does not necessarily mean more fruitful. Busyness is a thief that steals precious opportunities to enjoy and serve God." Fall also brings our next set of walks. They will be Oct 7-10 for the men, Oct 14-17 for the women, at 1st UMC in Wichita. The women's walk is our 100th walk and we would like to celebrate at community gathering that Saturday night at 7:00. It's also that time of year we need to elect new board members so we will have ballots each Saturday night of both walks. The board members went to a Leadership Training in Oklahoma City in August. It was a great training and we learned a lot as well as giving us a better understanding of Upper Room's guidance for Emmaus. There were about 50 people there from the south central region. Soooo....take the time to slow down and remember to thank God for our fast paced lives, but to always be still and wait on God and know He is here. I am looking forward to seeing you at the walks and I will continue to pray for your lives to be blessed. I ask you to pray for the upcoming walks, for the pilgrims and the walk teams. Be blessed as always in the days to come and lean on God for direction.

Donna Schrag, Community Lay Director, Walk #50

Walk #99 Men's Team: Harry Cross, Michael Gardner, Greg Lindenberger, John Decker, Steve Tims, John Bain, Jeremiah Lange, Eldon Gray, Bill Crymble, Alan Albers, Larry Harris, Ric Dalke, Alan Rush, Jamey Stapleton, Kurt Powell, Pat Lemmons, Matt Allen, Mark Maier, Bart Wilson, Ross Hays, Roger Mericle, Ralph Goodnight, Bryce Beckett, Dave Daniels, Eric Strickler, and Jim Jarboe

Walk #100 Women's Team: Susan Higbee, Kathy Wingert, Karen Cather, Coda Moscript, Diedre Dunham, Lee Humphrey, Wanda Tittsworth, Mary Stackhouse, Kim Wedel, Joleene Ross, Karen Grossman, Jenny Maier, Kate Goodnight, Lisa Mericle, Lyn Linde, Bill Stapleton, Jan Blasi, Cheryl Mickey, Shar Cross, Sidney Worf, Charlotte Wise, Lori Richards, Carla Lindenberger, and Deb Hartman

The next walk is just around the corner. Hard to believe isn't it? I often think back to my walk as a pilgrim and will never forget that first night. You know, the deer in the headlights look? I found myself gathered together in a big room with folks I didn't even know, repeating my name after someone behind a podium called it out, walking in single file while singing a song that's long out of date, sitting in a room telling others about a "new best friend" whom you know nothing about, watching a video of a guy who needs some hints on wardrobe attire, and then being told to zip the lip until further notice. No wonder no one tells what's on the agenda for the first night. No one would go. But then..... something.....happened. The eyes began to open, the heart began to be strangely warmed, and BOOM, God showed up! Crazy isn't it?

Well, that is about to happen again in less than 2 months. So, since you all have experienced what I'm talking about it would behoove you to pray for the new pilgrims that are about to experience the same thing. Pray that the fear and anxiety will quickly give way to the full experience of God's presence in their lives. And pray that the community will be strengthened because of these new folks who are about to join the ranks of those who eyes have been opened and hearts have burnt within them. Let it be so, Lord Jesus, let it be so! De Colores! Rev. Rick Just, 620.375.4471 rmljust@yahoo.com

Bread of Life Board of Directors

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...News from the Board...

Sponsorship:

Do you have someone you want to sponsor to The Walk to Emmaus?

Have you had sponsorship training? Need help? Contact Mel at sfcmlm86@gbta.net

Mel Meyer, Walk #71, Table of Mathew

Kitchen:

Well, October is coming quickly and I would like to remind everyone we need lots of help in the kitchen. We all need to pray for those God has laid it on their hearts to come on this walk and for the team. See you all there. The Kitchen Lady Patty Huffman

Agape:

Can you believe it's time for another set of walks?! My, how time flies. For those of you who wish to bring agape I need 75 pieces of agape for the walks this fall. Also, if any of you have extra stationary for writing those agape letters and would like to bring some to the agape room it would be greatly appreciated. Folks are always asking for stationary so that they can write letters. I have some flowery paper so if you have any masculine looking stationary that would be greatly appreciated. Of course I'll take any donations. If you'd like to hang out with us and help sort agape, figure out place settings, decorate the letter bags and just have fun, we would love to have you. See you in October. Deb Hartman Agape

Technology :

In an effort to include community that desire to serve on walks, we need an updated volunteer list. We ask that you prayerfully consider each service area and complete the new survey at the following website. This will give us a fresh start and help us have current information for those who truly desire to serve. You are always welcome to come and serve a day, a few hours or bring agape or snacks. The web address:

<http://tinyurl.com/29yqvyy>

Laura Hayden Technology -lhayden58@cox.net, 316.776.0898

Walk Activities:

Come to send off and help during the weekends any where you can. We need a pianist for Saturday night's entertainment and people to help with the cluck-cluck chorus. Let's have a large crowd for candle-light and closing. We will have childcare available for both Thursday Send-offs from 6 to 9 pm and both Sunday Closings from 3 to 6 pm. Phone 316.267.6244 ext 210 for childcare info. If no one answers, leave a message with age and number of children. Dave Cloud Activities

Prayer Room:

Sign up Today to participate in the 72 hour Prayer Vigils for the fall Emmaus Walks in Wichita by going online to <http://www.3dayol.org/Vigil/GetComm.phtml> and click on the **Bread of Life Emmaus Community Men's October Walk, or Women's October Walk**. If you do not have internet access, please call me and I will sign you up for one of the available time slots that will suit your schedule. Your prayer support is also important in the prayer room during the Walks. Please take a break from your other activities and stop in the prayer room for a while to pray for the teams and pilgrims. Remember, Christ is counting on you and we are counting on Christ! De Colores! Contact: Beth Strickler Prayer Room, beth@ehumc.org/ cell # 316-210-5103/ home #683-5103

Registrar:

The fall walks are upon us! We have a good number of pilgrims signed up already. Remember the cutoff date for registration is September 21st. If you have the forms done, get them in to me. If you have a pilgrim on the fence, so to speak, knock 'em off so they can get to go walking. Let's fill these walks up!!

Dick Heggstad Registrar

Facilities:

With Chelle's health challenges I am going to chair the facilities committee for the fall walks. In order for that to happen I need a committee. That's where you all come in. The walks being held this fall at 1st Church in Wichita are a ways from my house so watch your e-mail for more plans and show up to help if you can. Thanks ahead of time for your servant hearts. Steve Mayo Facilities

Editor's note: Chelle Tedrow is in a struggle with cancer and will be undergoing chemotherapy starting Sept. 3rd. Please keep her wrapped in prayer. Jim Jarboe

Snacks:

Can you believe that the fall walks are almost here? We are praying for the pilgrims and teams. We need your help with snacks. We will need 2 trays of sandwiches for send-off. If you or your community are willing to donate these please let us know. We will be working out of the small kitchen just off the gym (our conference room) in 1st UMC Wichita. We welcome volunteers to the snack kitchen. Come for fellowship and fun. Judi McKinney and Don Jansen, Snacks

Fourth Day Reflection:

For the last fifteen years, I have been inspired by the stories of deeper faith that have come from members of the Emmaus Community. One of my longest-standing friendships is with another pastor in Kansas City, who had a life changing experience with an ecumenical Cursillo Community there. I watched his spiritual life deepen and grow from his experience. When I went to Israel in 1998, among the pilgrims were several members of the Bread of Life Emmaus Community from Garden City. I was moved by their witness to how Emmaus had deepened their Christian walk. When I came to First United Methodist Church in Wichita more than six years ago, I met dozens of people who had found the deep love of

(Continued from 4th Day Reflection)

Christ through Emmaus. I was particularly moved by one couple, who told me that their marriage at First Church, and their Emmaus experience at First Church were the two most spiritually significant experiences of their lives.

So the seeds of those Christian witnesses were planted in my heart. Year after year, I have been surrounded by gentle, loving people who have invited me to consider the Walk to Emmaus. As a busy pastor in a job that requires significant commitment of my time, I had great desire to take my own spiritual walk, but an uncooperative schedule of responsibilities. But I knew that my desire, prayer, and support from my Church and many friends, would help me open the pathway when the time was right. Scheduling the time away was not easy, but in the fall and spring of last year, I made a commitment to Emmaus, and applied as a pilgrim for Walk #93 in Haviland. It was just what my spirit needed.

I can recall so many things that impacted me. Some were touching, some were funny, and all were God's gift. One of the letters I received was from my twenty-eight year old son. It began this way, "Dad, I got the strangest phone call I ever had in my life a few weeks ago. It was from some woman who said she was your Bishop's wife." Since I know my football-player son very well, I am sure that is exactly what he experienced. But he went on to share from his heart about his love for me, and his hopes and prayers that my experience at Emmaus would give me all the love I had poured into his life. I still tear up when I recall his words.

And his prayer was answered. From the first moment of my seventy two hour journey with Christ on my Emmaus Walk, through the spiritual experiences, through new and old friendships, and subsequent service for other pilgrims on their Emmaus walks and in the Bread of Life Community, and in my daily life, my heart is full of the love of Christ. Emmaus was not my conversion; that happened long ago. But Emmaus reconnected my heart to the source of love, Jesus, more deeply. For those who share this experience, my words will be familiar, as will my feelings.

For those considering a Walk to Emmaus or Chrysalis Flight, perhaps my words will stir a desire to know more and to answer God's gentle invitation. Please feel free to pass them on to others for whom they might be helpful. And these are my words of invitation. Every Christian, even those like me who have known the Lord a long time, will grow deeper in faith by spending seventy-two hours focused on Jesus and his love for you. As a busy pastor, with a busy life inside and outside the Church, quite simply, Emmaus was worth my time. It will be worth yours.

Dr. Michael Gardner, Table of Matthew, Walk #93

Board Election information: You can vote for the class of 2013 Board of Director's at both community gatherings or by going to the following URL- <http://tinyurl.com/2fg3stp> The online ballot will open October 2nd and close October 19th.



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We're on the web:
www.breadoflifecommunity.com

Monthly Gatherings of the Emmaus Community

Ark City/Walnut Valley Community - Contact Sylvia McAllister, 620-442-7685 or rmcalister1@cox.net - (3rd Sat.) - agape at 5:30, potluck, gather at 6:00 pm.
Cunningham - Contact Bill Stapleton, 620.324.5328 or wasi@qbta.net
Douglass - Spirit & Truth Community - 4th Monday 6:30 pm, 316-746-2913, Journey Christian Fellowship, 311 S. Hwy 77. firstchurch99@yahoo.com.
Edwards County - Kinsley UMC or Lewis UMC - (3rd Thurs.)- Alternates between Kinsley & Lewis: meet at 7:00 pm. Call 620.659.2273
Garden City - 1st UMC (located at Main & Kansas Avenue) - (3rd Sat.) - Meet at 7:00 pm. upstairs on the east end of the hallway, room 214. Email the Harders at dbbre@odsgc.net for more info.
Hayville - Contact Pamela Turkle, 316.524.3771
Haviland - Haviland Friends Church - currently not active, Contact Logan Vandenhook, 620.862.5617
Hutchinson - times and locations vary, Contact Barbara Gray, 620.664.6560 or baelgray@sbcglobal.net
Lakin - Lakin UMC - (3rd Wed.) - meet at 8 pm; bring snacks, Contact Jim Jarboe@620-355-6204
Larned - (3rd Mon.) - meet at 6 pm for worship followed by fellowship. Contact: Karen Skelton, 620.285.2909
Leoti - (twice a month) - 1st and 3rd Sundays at 6:30 pm, Leoti UMC
Marion County - Valley UMC - Contact Bob or Anita Brookens, 620.382.3556 or Gary or Jo Ella Hett, 620.382.3887
Quirira Community- Aiden -Ellinwood- 2nd Thursday 7:00 pm, alternating locations. Contact Pam Beck at 620-564-3720
Salina/Lindsborg - Trinity UMC, 901 E. Neal - (2nd Sun.) - meet from 4 pm to 6 pm; contact Pastor Bill
Topoka/Sonflower Emmaus Community - (2nd Sat.) - Location varies; for further info. Contact sonfloweremmaus@cox.net
Wichita Community - No gatherings currently scheduled
CKJMBS MAILING LIST: Our postal costs have increased as now each returned newsletter costs 44 cents. We are updating our mailing list in an effort to reduce returns, but we need your help. If you know you are going to be moving please make sure you add us to your change of address list. It's very easy to update your information by going to the Bread of Life Community website.