



Walk to  
**Emmaus**  
THE UPPER ROOM®

**Minnesota Emmaus Community Organized 1991**  
**February 2010 Newsletter**  
Website [www.mnemmaus.org](http://www.mnemmaus.org)

## FROM THE COMMUNITY LAY DIRECTOR

I bring greetings to my brothers and sisters in Christ of the Minnesota Emmaus Community. I am pleased and honored to represent our Emmaus Community as the leader of your Board of Directors for 2010. You have elected a dynamic and dedicated group of persons to assist in this process. You will note their names and positions on the Board elsewhere in this newsletter. We ask for your prayers for support and Holy Spirit guidance as we serve the Emmaus Community in 2010. Please know that you are always welcome and encouraged to have input and participation in the Board functions.

Our purpose is to follow the Upper Room model of Emmaus to renew the church as the body of the risen Christ by encouraging and developing leaders of the local churches.

One of the goals for 2010 is to develop board committees and thereby involve more community members in decision making and team development which makes walks possible and successful.

We will have 2 sets of walks in 2010. Our Spring walks will be held at the Koinonia Retreat center near Annandale, MN. The men's walk is 5/13-5/16 and the women's walk is 5/20-5/23. The Fall walks will be held

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## The Black Hole – AKA – the Dead Letter Office

The first MN Walk was in October of 1992. Since then, over 1800 people have attended a MN Walk. In those 17 plus years, many of us have moved, changed churches, changed names, added cell phones and email addresses, changed employment – well – it certainly won't surprise you to learn that our database may have some out-of-date information about you. And even worse – if you have moved and we don't know about it – this newsletter will probably not find you. We are beginning a project to clean this up. As the first step, we ask you to check several pieces of information in this newsletter. Please examine the name(s) and address on the front of this newsletter and confirm that it includes the correct information for all of the pilgrims who live in your household. Also examine the following information about household members that is currently in our database. It's in alphabetical order by household name. Date of Birth is optional.

**NOTE—if you receive this newsletter by mail, this space includes specific information about the people in your household that are members of the Community—home phone, emails, churches, clergy status, and birthdates. If you receive this newsletter by email, you have already received an email with that data about you, and most of you have responded with corrections. If you are neither, but are interested in receiving our newsletters, you may follow the same instructions to submit your name, phone number, and/or email. You will be contacted by one of our update team to be added to the database.**

By end of March, please confirm your desire to remain active with MN WTE and send corrections and additions by post, email, or phone to our update team at [mnemmaus01@gmail.com](mailto:mnemmaus01@gmail.com), or Molly Reko at US Postal, 809 Hilltop Road, Mendota Heights, MN, 55118, or phone Molly: 651-454-2208. To assure that your email is not treated as spam, please include the text Emmaus in the subject line.

During the month of April, our Membership update team will use the current data in the IMS database and attempt to contact all those people who have not contacted us. Those people whom we cannot locate will be

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*(CLD Message Continued from page 1)*

at Lake Koronis Assembly Grounds near Paynesville, MN. The Fall men's walk is 10/7-10/10 and the women's walk 10/14-10/17.

We as a board are always open to exploring additional sites for Emmaus walks in order to more easily accommodate our brothers and sisters in other parts of Minnesota and Wisconsin. If you know of a site you would like the board to consider, please let us know.

Please note the dates of the 2010 MN Emmaus walks and plan now to be part of candlelight and closing. If you would like to serve on a team or be involved in some way, please contact Team Selection. We ask you to also prayerfully consider whom you would like to sponsor as pilgrims for these walks.

I am excited about the upcoming year. We will, of course, have challenges along the way but we look at the opportunities ahead of us to serve God in this way and to serve the MN Emmaus Community. Thank you for the privilege of doing so.

Darlene Vandermyde Community Lay Director

*(The Black Hole—Continued from page 1)*

marked Inactive in the database. After that time there will be no further attempts to reach you by phone, email, or US postal. At any later date, you may reach us to be activated by sending email to the Communications Board rep named on our website [www.mnemmaus.org](http://www.mnemmaus.org). We need additional volunteers for the Membership Update Team. If you have internet connection and are willing to make some phone calls, please contact Molly [mollyreko@comcast.net](mailto:mollyreko@comcast.net) to volunteer. There will be a script so you know what to say. Also, if you have free long-distance calling capability, please let Molly know.

## Upcoming Walks—Needs and Requests

### Facilities

The upcoming walks in May will be the first to be held at Koinonia, which is the retreat center of Hennepin Avenue UMC. It is located on Lake Sylvia near Annandale Minnesota; It is about 80 minutes driving time west of Hennepin Church. It should serve our needs for the walks very well. It is very accessible from the metro area so that the travel time for those who are volunteering for agape and other short-term support will be minimized. The entire walk will be able to be conducted in the main building which also includes the chapel area. The grounds at Koinonia have many walking trails and the location on Lake Sylvia offers many opportunities for contemplation. We are looking for volunteers to help with set up and tear down. Because the walks will be on consecutive weekends we will not have to tear down as completely as usual between the men's walk and the following women's walk. It would be a good opportunity for a reunion group to volunteer for the set up and tear down. Please contact me if you are interested in serving in this effort.

Keith Sjoquist, Facilities Director, 612-741-1868  
[ksjoquist@gmail.com](mailto:ksjoquist@gmail.com)

### Music and Candlelight

We are in need of help with Agape Dinner music, Worship music and entertainment on all walks. If you play an instrument and would like to provide some quiet, spiritual, background dinner music for Saturday's candlelight dinner, we can use your talent.

If you like to sing and/or play an instrument or have an accompanist and could lead the singing at the Candlelight and Closing Services then we can use your talent also.

And finally, do you remember the entertaining skit with Mary Beth and the psychiatrist that often occurs at the Candlelight dinner? If you're a budding or accomplished Thespian and wish to exercise and sharpen up your acting skills by playing the part of either character—we need to know that also.

Please contact Bruce Schroeder, Worship/ Music Director, 715-962-4687, [bruce346@centurytel.net](mailto:bruce346@centurytel.net) and VOLUNTEER today!

**Co-sponsors needed**—Sometimes Pilgrims sign up for a Walk but don't have a sponsor. Sometimes co-sponsors are needed to help with sponsor tasks. If you are willing to sponsor a Pilgrim you may not know, please contact Jim Rottinger, 952-412-3594, [jrottinger@hotmail.com](mailto:jrottinger@hotmail.com) to volunteer.

**For Agape, Prayer Chart, and Book Table needs, see articles on page 6.**

# A MESSAGE FROM YOUR COMMUNITY SPIRITUAL DIRECTOR



Greetings to the Minnesota Emmaus Community, in the name of Jesus Christ; Son, Savior, and Lord, As the newly appointed Community Spiritual Director, (CSD), please allow me to introduce myself to you all. I am Richard Hutchison, member of the Wisconsin UMC clergy, "retired" for the last 3 years, married to Kathleen for 43+ years, and father of two.

Farming-Navy- Industry-Camp Mgr.- then finally surrendered to the call to seminary and parish ministry. The MN Emmaus Men's Walk #33 was like a second honeymoon with the Lord...I didn't think I needed it...but, Oh, what a blessing...the Walk, and then to serve on teams afterward. One of the responsibilities of the Emmaus CSD is to work with the Board to arrange for the Spiritual Leaders serving each Walk. It is here that we will be needing your help.

To all Emmaus clergy, if you are willing to serve on a 'Walk' team in the future, please give this some prayerful consideration, and if so, would you send me an email or call me so I can put together just such a working list. We are in need of several clergy for the up-coming Women's Walk #90 in May. If you are willing to serve that soon, please let me know soon. Our Emmaus Board is doing more long-range scheduling for the future whenever possible, and it would be most beneficial if we could fill those important positions of Spiritual Director and Assistant Spiritual Director early on. It may be that you would be willing to serve a little farther down the road. I could make note of that for future reference and contact you down the road a bit. You cannot imagine what a blessing it would be to know of your willingness to serve this blessed ministry, even if you can't help until several years in the future. If the Holy Spirit has been nudging you in this direction, now is the time to make yourself available. I am totally inept at reading minds, so I may never call those who are amongst the willing. Please let me know, even if you are not sure, or have questions.

To all Emmaus Laity, ...If your pastor is an Emmaus alum, please encourage them to consider

such servant-hood, - and - make sure that your congregation knows that such time in service outside of the local parish is NOT vacation time, but ministry to the greater Church.

Yours in Christ's service,  
Pastor Rich Hutchison  
715-349-8220 - rkutch@sirentel.net

## Emmaus Team Selection

You may have wondered how the Walk to Emmaus leadership teams are selected. Two teams are needed for each Walk—one for the conference room and one for agape support outside the conference room. That means finding 25-30 volunteers for each Walk. Teams are selected, with much prayer, by a team selection committee with final approval by the Emmaus Board. The process is:

- ◆ Six months to a year before a walk, the Board chooses a lay director (LD) and a Walk Spiritual Director (SD) from a list of experienced people.
- ◆ Several months before a walk, the team selection committee works with the lay director to select the conference room team, which is composed of the lay director, three assistant lay directors and five or six table leaders and assistant table leaders. In addition, The Walk SD and team selection committee select four Walk ASDs.
- ◆ Simultaneously an agape chair is (or co-chairs are) selected. The team selection committee works with the chair(s) to choose six to eight agape team members. Serving on the on-site agape team is often how new Pilgrims get involved with Walk teams.
- ◆ The goal in selection of the conference room lay and clergy teams is to have a balance of people—one-third very experienced, one-third with some experience and one-third who have never served on a team. The hope is to continually involve new people.

Like the pilgrim walk, serving on team is a wonderful spiritual renewal opportunity. Before a walk the team meets several times to plan and prepare talks and to learn and grow together as a team. Thus, it involves a commitment of time and prayer, both before the walk and, of course, the full three days of the walk. If you are interested in learning more about volunteering, contact Board Team Selection Chair, Mary Ann Smith at 612-722-3339 (email: [smith310@umn.edu](mailto:smith310@umn.edu)) or any of the Emmaus Board members.

## SPONSORSHIP --- PRIORITY #1

I am excited to serve you again as a member of the Minnesota Walk to Emmaus Board of Directors. I have been involved with this community since its inception, and attended my pilgrim Walk in Cedar Rapids, Iowa in 1992. I have served as a Certified Trainer for the Upper Room in Nashville, and also sat on the International Advisory Committee for Emmaus and Chrysalis. Throughout my travels and discussions with leaders from other Emmaus communities, it has become increasingly clear that the key to building and maintaining a vibrant community is good sponsorship. Not only does it serve to increase the overall membership numbers, but it also helps to ensure that pilgrims who are sponsored will become more involved in the work of their local church.

Sponsorship is a process, and there is more than one way to approach it. Unwise sponsorship is haphazard and undiscerning. The Emmaus experience may benefit the individual but not have a positive impact on the church. On the other hand, wise sponsorship is more than a casual effort. It is purposeful and prayerful, and the individual (together with the Emmaus movement) becomes integrated into the life of the church.

The process of sponsorship begins months before the weekend experience and lasts well into the Fourth Day. So what can we do now, when the Spring Walk dates seem so far away? First and foremost, we can pray for God's leading as to whom we should contact. Then listen for God's prompting. If you are trying to sponsor someone and all of your efforts are being thwarted, perhaps this is not the right person, or the right time. It takes prayer and discernment to know God's purpose and God's timing. The prayers of the sponsor should seek God's guidance to individuals whom God needs to be sponsored as opposed to praying for particular people to get onto an Emmaus weekend. A sponsor's prayer focus needs to be on who might become more vitally alive as a Christian disciple in their church, their home, and their workplace. Long before you speak to a potential pilgrim, you should be heavily involved in prayers of discernment and direction by God, asking for openness on the part of the potential pilgrim

to God's call to discipleship. Be sure that as a sponsor you are offering prayers that will help identify those individuals who are ready to begin/continue a life-long journey of faith and discipleship.

In recent years, the number of pilgrims who have attended our Walk weekends has increased. I sense a resurgence of the Emmaus movement in our community. But it will take the initiative of us all to continue to increase those numbers by inviting others to attend a weekend. There are special dynamics at work in the conference room when we have a full Walk. Each pilgrim's experience becomes enhanced by the greater number of ideas and points of view exchanged. It also gives the Holy Spirit more opportunities to work in and through others in order for a pilgrim to see things in a different perspective.

While it may be fun and rewarding for many of us to be a server at the Agape Dinner or walk past the pilgrims during the Candlelight ceremony, our focus needs to be on reaching out to those individuals whom God has chosen to be on our upcoming Walks. And this will not happen unless we are responsive to God's call to let the Holy Spirit work through us as instruments of His love and grace. As a community, we need to make sponsorship our top priority. To that end, I will be traveling throughout our community to conduct sponsorship training sessions --- to explain how and who to sponsor, and to provide much-needed information to both first-time and long-time sponsors. We ask that each of you consider attending one of these sessions in your area, and that you keep the Emmaus Board in your prayers as we embark on this important mission. But most of all, I ask that you be in prayer to be open to God's prompting, asking God who you should ask to attend the set of Walks in May.

Jim Rottinger, Education/Sponsorship

### ***Scheduled Sponsorship Seminars***

Richfield UMC, Minneapolis—Feb 13 12:30 PM  
Hilltop UMC, Mankato, MN—Mar 11 6:30 PM  
As new seminars are scheduled, they will be announced on the website and by email.

### **Registration Fee Change**

Please note that we have had an increase in the cost for our Emmaus weekends. The fee is now \$150 (\$15 non-refundable application fee and \$135 registration fee). If you have old forms with the previous cost on them, please print new forms from the Emmaus website – [www.mnemmaus.org/forms.htm](http://www.mnemmaus.org/forms.htm).

## SPONSORSHIP ---THE GREATEST GIFT OF ALL



How many times have you looked at the calendar, in anticipation of the next Emmaus Walk weekend, and said to yourself, "If I'm not busy that Saturday night, then maybe I'll go to Candlelight and hopefully see some of my old friends there." Of course your presence will provide support to the pilgrims and enhance their weekend experience, but for some of us, that reason almost becomes secondary. And how many of us, consciously or subconsciously, think that we don't need to take the time and effort to sponsor someone? Why do we let our laziness and indifference prevent us from even giving it a second thought? For some of us it may simply be a case of not being able to overcome our shyness, or our fear of rejection when making an invitation to attend the Walk. I know that at times I get caught up with the busyness of work, and life in general, and do not make sponsorship a priority. Or do we just assume that it's okay not to consider sponsoring someone because there are so many other people in this community who will gladly invite others to attend the

Walk? Well, if that were the case, then we would surely have waiting lists of potential pilgrims for years to come!

Now consider this .... what if your sponsor never took the time to pray about you, to offer the invitation, to collect personal agape letters for you, to drive you to and from the camp? What would your life be like today if you had never attended your pilgrim Walk weekend? I can tell you with certainty that I would not be the same person that I am today without my first Emmaus weekend in 1992. And I will be forever grateful to my sponsors for their wonderful expression of sacrificial love that they showed to me.

So what will be your response to God's call? Will you take a moment to pray and ask God to lay upon your heart the names of those individuals whom God wants you to invite to the Emmaus weekends this coming May? Perhaps it's time for us to step out of our comfort zone and do what our sponsors did for us. It's not too early to begin with prayer and discernment, as sponsorship is a long process. And because of the relational nature of Emmaus, that it represents God working person to person, calling each by name, it is up to each one of us to make that initial caring and loving invitation to someone else. Remember those five simple but powerful words that were spoken as the cross was put around your neck on Sunday afternoon ... "CHRIST IS COUNTING ON YOU!"

Jim

### Green Agape-not always about money

Sometimes it's about ways to use our resources more wisely. MN WTE has a goal to issue at least four newsletters a year – Mar, June, Sept, Dec. With a community of over 1300 households, postage and printing adds up. If 75 active households signed up to get the yearly newsletters from our website instead of mail, it would free up enough money for one full scholarship. If you want to help stretch our dollars, email [mnemmaus01@gmail.com](mailto:mnemmaus01@gmail.com) and ask to be removed from the newsletter hard copy list. Include the word Emmaus in the subject. Please include names and emails of all the household members. When newsletters come out, you will receive an email with a link to the newsletter on our website. Please read the article on page 7 on reaching you by email to assure we are able to contact you by email.

### Web Presence—Now and New

As soon as we know the dates and locations for the Sponsorship training sessions described on Page 4 of this newsletter, that information will be put on the website at [www.mnemmaus.org](http://www.mnemmaus.org). We will also be sending emails targeted to people nearby who might be interested in attending a session. But—just in case our email notification doesn't get through to you—if you are interested in attending one of these, please watch our website periodically to locate a session near you or to get updates on May walks.

We are considering an expanded web presence - giving our web page a facelift, and using Facebook to keep in touch with you. If you have web page design skills or would be interested in managing a Facebook presence, and are willing to help, please contact Molly Reko [mollyreko@comcast.net](mailto:mollyreko@comcast.net).

## **Agape-the thoughtful and selfless act of love**

Agape is defined as a selfless love, a love that is passionately committed to the well-being of another. Or more simply put – agape is Christian love in the spirit of charity. We see God's greatest gift of Agape love in John 3:16: *For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.*

For the upcoming walks in May, we will need food Agape, table Agape, banner Agape, green Agape and Team Agape.

Table Agape is a very important part of the weekend. I am sure you can remember when you went on your walk how special you felt when you received many gifts of Agape from people who did not even know you, but cared enough for you to make an Agape gift for you. I encourage and ask all of you to express your love in this manner and make a gift of Agape. Remember that for each walk 60 pieces are needed on average, or 120 pieces for both the men's and the women's walk.

Banner Agape: calling all artists, quilters, sewers, gluers, and people with ideas. Our banners are made by YOU. Fresh banners are needed and welcome. Talk to your reunion group and/or church members about this. There is plenty of time to get a banner made for the May walks. Sometimes these banners even include Wearable Agape that Pilgrims remove to pin on their clothes. That's always fun! It is an added bonus if you let me know the theme of your banner before the Walk. Sometimes speakers choose particular banners to be brought out before their talk – and your theme may be exactly what they want.

Food Agape: those of you that are sponsoring a pilgrim or have a pilgrim in your church attending a walk please bring or send food agape up with the sponsor to make sure that there is enough snack food for the weekend.

Green Agape: A gift of money is always helpful in ensuring that the pilgrims have the necessary supplies for the weekend. It is nice to have some of that money before the walk begins, or you can bring it to the Walk site. Donations to MN Walk to Emmaus can be sent to our registrar, Michelle Schober, 7001 Ximines Ln N, Maple Grove, MN 55369-7642. If you give a check, in the memo line you can indicate where this money is to be directed – for example,

green agape, scholarship, etc. Remember that gifts to MN Walk to Emmaus are charitable gifts that can be tax-deductible.

Agape Team: I am sure you can remember how it touched your heart to see those humble, cheerful and selfless people who were making things happen behind the scenes of your walk. Well, now is your chance to be a part of that amazing and moving team. We need people for the upcoming men's and women's walk to serve on the Agape Team and servers for Saturday night dinner.

To volunteer, please contact me by email at [croberle@gmail.com](mailto:croberle@gmail.com) or by phone at 612-616-6539. Also, you can contact me to arrange a way to get your agape to the walk if you are unable to bring it yourself.

De Colores! Christina Oberle



## **Books Wanted for Book Tables**

Thank you to all who have donated gently used books for the book table at our walks. Each walk has sold enough books to provide at least one scholarship. All proceeds from the book sale go for scholarships. The books are priced from \$1-\$5 as suggested donations. No one is excluded from receiving a book.

Our book supply is in need of updating. We are in need of more devotionals, good used bibles and books by well-known authors such as Yancey, Lucado, Joyce Meyer, Beth Moore etc.....

You may bring your used books to your Reunion groups or gatherings. You may also contact me directly or any of the board members. Thank you for your participation in this part of our Emmaus ministry. Jim Rottinger, Education/sponsorship

***May Walk Prayer Chart Signup*** In mid April, on our webpage, [www.mnemmaus.org](http://www.mnemmaus.org), you will find a link to the prayer charts for the May walks. You will be taken to the sign-in page of our IMS system. Click on the Prayer Vigils item where you can choose a time slot and fill in your information. Please include your name, city and state. If you provide your email, you will receive an email reminder. Call Christina Oberle, 612-616-6539, if you can't access our website or IMS and want her to sign up for you.

## Nominations Corner

It's not too early to begin to consider 2011 nominations for the Board of the Minnesota Walk to Emmaus. Each year, 5 (4 lay, 1 clergy) of the 15 board members complete their 3-year terms and 5 new members (4 lay, 1 clergy) come onto the Board. For many years, the nominations committee has nominated exactly 5 persons for this board and the community has voted on the slate as a whole. However, our National organization recommends that we actually nominate from 7-10 candidates. Community members would vote for 4 lay, 1 clergy independently, and we would tally the totals to elect the Board.

It's harder than it sounds. Seeking candidates willing to be nominated for the Board requires many phone calls, emails, and prayer. To move toward this model, we need your help! Please prayerfully consider whether you would like to serve on the Board, or whether you would like to recommend someone we should contact.

The board meets on the second Saturday of every month from 9 AM to 11:30 AM, but distance from the Twin Cities does not have to be a factor in your decision. Some members are "telecommuting" to the Board meetings using Skype® on the Internet. Board members may call in and attend meetings from their homes (or vacation sites).

This is a working board. All members have a particular responsibility and may have a team to support that area. Being on one of those teams is a good way to find out if you would enjoy holding a board position. Contact any board member if you are interested.

Meetings are currently held at Richfield United Methodist Church at 5835 South Lyndale Ave in Minneapolis. Community members are always welcome to attend these meetings.

Send your inquiries and nominations to Anne Roberts at [annelr634b@gmail.com](mailto:annelr634b@gmail.com) or by mail to 634 B Hidden Trail Court SW, Bemidji, MN, 56601.

## Reaching you by email can be hard

There are over 1000 of you who have given MN WTE your email and expect to receive email communications. And – we do try! But, at least 2/3 of these emails bounce. You can help assure you get our email communications. On the first page of this newsletter, we have included the information we have in the database about your email. If this is not correct, notify [mnemmas01@gmail.com](mailto:mnemmas01@gmail.com). Please include the "incorrect" email as well as your first and last name and new or preferred email.

Sometimes we can have the correct email for you, but your own email provider thinks it is spam, so they block it. You can improve your chance of receiving our emails by adding our sender name to your address book. Our emails are usually sent out under the name of the Board member responsible for communications, currently [mollyreko@comcast.net](mailto:mollyreko@comcast.net). Please add this to your address book so that your email client will recognize our email "from" name as legitimate.

Our email marketing service Constant Contact offers you the ability to "unsubscribe" from our distribution list, and you can trust it. People do unsubscribe—sometimes on purpose, sometimes by accident. If you unsubscribe—ONLY YOU can resubscribe. If you are not receiving our emails, go to <http://mnemmas.org/subscribe.htm> where you can subscribe or resubscribe to our mailing list. You will be asked to confirm your email address and fill in your first and last name before you save profile changes. Please leave the check mark in the box by Emmaus Community or you will not get mail.

**"Each one should use whatever gift he has received to serve others, faithfully administering God's grace in its various forms."**

**1 Peter 4:10**

## Your 2010 Board of Directors

Darlene Vandermyde	Community Lay Director	612-781-9839	d_vandermyde@yahoo.com
Lowery Smith	Past Community Lay Director	612-722-3339	lowery@ag-lime.com
Wayne Tomlinson	Secretary	763-755-8366	waynetom1@yahoo.com
Ralph Carter	Treasurer	952-935-2693	cart0077@yahoo.com
Rich Hutchison	Community Spiritual Director	715-349-8220	rkhutch@sirentel.net
Barb McKewin	Clergy	320-289-1491	bjmckewin@prodigy.net
John Roberts	Clergy	218-444-4777	johnlr@paulbunyan.net
Christina Oberle	Agape	612-616-6539	croberle@gmail.com
Molly Reko	Communications	651-454-2208	mollyreko@comcast.net
Jim Rottinger	Education/Sponsorship	952-412-3594	jrottinger@hotmail.com
Keith Sjoquist	Facilities	612-825-3576	ksjoquist@gmail.com
Lois Finseth	Gatherings/Reunion Groups	952-881-3375	lois@finseth.com
Bruce Schroeder	Music/Worship	715-962-4687	bruce346@centurytel.net
Anne Roberts	Nominations/Followup	218-444-4777	annelr634b@gmail.com
Michelle Schober	Registrar	763-425-0794	mschober4597@yahoo.com
Mary Ann Smith	Team Selection	612-722-3339	smith310@umn.edu



Minnesota Walk to Emmaus  
Molly Reko, Communications Director  
809 Hilltop Road  
Mendota Heights, MN 55118

### ***Minnesota Walk to Emmaus Upcoming Walks***

**Men's Walk #89**  
**May 13-16, 2010**  
**Koinonia Retreat**  
**Center**  
**Annandale, MN**

**Men's Walk #91**  
**Oct. 7-10, 2010**  
**Lake Koronis**  
**Paynesville, MN**

**Women's Walk #90**  
**May 20-23, 2010**  
**Koinonia Retreat**  
**Center**  
**Annandale, MN**

**Women's Walk #92**  
**Oct. 14-17, 2010**  
**Lake Koronis**  
**Paynesville, MN**

### ***Do you want to keep getting this news- letter by mail?***

*Please send request to Molly Reko at the return address above, or email [mnemmas01@gmail.com](mailto:mnemmas01@gmail.com) if you would like to stop receiving this newsletter by US Mail or if no one by this name lives at this address. The newsletters will continue to be available on line via our website.*

### **Communications Corner**

This newsletter includes information about our efforts to validate the information we use to contact you by phone, US Postal, and email. The next step will be up to you. You will need to contact MN Walk to Emmaus to remain on our active list.

If you do not contact us—we will try to locate you and determine your interest. But, if we cannot contact you, you will be removed from the active list.

Please read the Black Hole article on page 1 and follow the steps to assure that you stay on our active list.—or let us know you prefer to be inactive. On page 7, you can learn how to re-

ceive the information we send out by email. And, please spread the word so that your friends may also be aware of this effort.

