

SPECIAL  
POINTS OF  
INTEREST:

- **Men's Walk**  
November  
9-12,  
2017—  
Mankato
- **Women's**  
Walk No-  
vember 16-  
19, 2017 –  
Mankato

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Positions

# Minnesota Walk to Emmaus—

WWW.MNEMMAUS.ORG

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2017

From Pete Schenck-Community Lay Director

## “Come”

Mathew 14:22-36 tells us of Jesus testing Peter's faith. The seas were rough yet Jesus was able to walk upon the waves. Now granted, last year when this photo was taken



the seas were not rough but you get the idea.

What was Peter to do but to step out of the boat and step into faith. I've talked to many members of the Emmaus Community and I found that men are mostly hesitant to take that first step of faith and believe in the Emmaus role as a faith-building tool. As you can tell this has a lot to do with sponsoring new pilgrims. Em-

maus is not right for everyone and I can appreciate that but what we ask for is the opportunity to see for yourself. “Come”. Come to Emmaus. We welcome everyone to discover faith like you've never experienced before.

## The Goal

Emmaus, in the Emmaus model says that 20 pilgrims for a Walk should be the minimum. We've known that for a long time and yet we did walks with 5, 8, 11 pilgrims. The Board in May of this year voted for a policy of 20 pilgrims minimum for a Walk. Much of that was due to the cost-structure for the upcoming Walks at Good Counsel in Mankato. They charge us not only per person but also for each room used at the facility. Twenty pilgrims at \$200 per person was breakeven, give or take a few dollars. I'm sure that weighed into the equation. At the Board meeting on October 14th, the Board voted to rescind the 20-pilgrim minimum and to analyze each Walk independent of one another. Clearly the goal remains 20. Emmaus international will use that number as a determining factor if a community wishes to split away from the Minnesota Walk to Emmaus. Full Walks of 20 or more is a huge factor.

Full Walks need to continue, as the Spring Walks will be held at Koronis. The Men's Walk #119 will be held **April 19-22** with the Women's #120 **April 26-29**. Since we have a waiting list for the November 2017 Walks this year, I encourage early registration and payment for the next set. At Good Counsel we are limited by sleeping space but at Koronis, we are limited by conference room space. Each facility, each time needs to be analyzed for minimum and maximum occupancy.

The important factor here is the experience of each and every pilgrim. With your help we can achieve that goal.

## Taking it IN

I hope everyone will read the following article which I copied, with permission I might add. Lynette Doberpuhl is the Children, Youth, and Family coordinator for Holy Trinity UMC in Prior Lake. Lynette, after a while agreed to go on the Walk to Emmaus. This article, Lynette wrote spoke volumes to me at least as to why we are resistant to taking new things in. She wrote this for the *Sail* monthly newsletter for Holy Trinity UMC. Well said Lynette.

### After Amen

*Sometimes a few words can change everything. About a year and a half ago, I went on the Walk to Emmaus retreat. I didn't know a lot about what would be happening there, but I knew that it was an intensive three day program designed to replenish my spirit and help me focus on my faith. One of the things I did know as I arrived was that I would be cautioned, "Don't anticipate!" This meant, don't look ahead, don't worry, don't try to figure out, control or problem solve my way through the weekend; just relax and let it unfold. Essentially, they were telling me to stop being the way I was, because I was ALWAYS doing all of that, probably even when sleeping. This was a tall order. After a few opening sessions we had a break and I took some time to walk and lay out my problem to God.*

*What I was finding out was that I could let things happen, let the weekend unfold, but I was having trouble letting things IN. I was feeling like I needed to guard my heart, and I realized that I had been doing this for a long time. We try to protect ourselves when we don't feel safe, when we feel judged, when we feel like we are on our own, and when we feel overwhelmed. We put up armor and build walls and dig moats and maybe lay a minefield around that soft center of our hearts that we can't bear to see bruised up by one more disappointment, failure or demand we cannot bear. All those walls and barriers that we use to keep hurt at a distance brings a terrible cost. I felt somewhat impervious to the potential of being hurt, but I also felt very alone, and I had walled up some of the old hurts inside with me. Along with the bad, I was also keeping out all of the good. And I knew that this is not what God wanted for me. But I didn't know how to stop.*

*So, I prayed. I admitted to God I had engineered all of this, out of fear and without faith in God's plan. I said I trusted that if God would help me, I would be able to let go of the guardedness, but that I didn't think I could do it on my own. There were a few tears. The walls, the moat, the mines and the armor were all still there but I had given them to God. After Amen, I felt like something might change, but I couldn't imagine how. I rejoined the other participants. Before the next session started, someone read a piece out loud with a quote from scripture and it almost knocked me down:*

*"Do not be anxious about anything, but in everything, through prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." Philippians 4:6-7*

*There it was. The promise that I could let down my guard because God was already there doing the guarding. I wasn't on my own and never had been. The next breath I took was freer than any I could remember.*

*I would like to say that in those few words I was transformed and never looked back, but of course I still get in my own way sometimes and have to recommit to trusting. I would like to say that this is the verse that will solve your biggest problems, too, but you might be stuck in a different place. Whatever is holding you back, from trust, from love, from freedom, I do believe God has a message for you that will help you through it. I believe God is just waiting for you to ask and then say Amen. Peace!*

## The Back Page

As a relatively new, but not young, Community Lay Director, I have been blessed with an incredibly hard working and dedicated Board of Directors. Of course it's been that way before I was CLD but this Team is doing everything required of them plus more. The best part is that they don't always agree with me. Better yet, many of them come up with some really creative opportunities.

With the November Walks being our 25th year, the creative idea was to have the celebrations at every 4th Day Gathering. Shirley Jackson, Chair of the 4th Day Committee is working with Gathering Leaders in the region to assure that our 25th Anniversary one to remember. For regions who want to get involved in the Gathering Celebration, contact Shirley Jackson at **fourth-day@mnummaus.org**. Let's make this a great time to celebrate everyone who has been through a Walk, served on a Walk, Sponsored, and served on the Board of Directors.

### Board Positions Open!

Speaking of the Board of Directors, we do have a couple of openings. The Vice Chair position is being developed with qualifications and duties. This will be a very important role as it takes many of the functions the CLD is responsible for away, allowing the CLD to be more responsive to the Community. The secretary position was just vacated. The Secretary is a part of the Executive Committee and is responsible for record keeping and taking of minutes during the monthly Board meetings.

We are also always looking for committee members. Being a committee member provides you with an opportunity to help behind the scenes and yet serve on Walks either in the Conference room or Agape. If you really want to find out what goes on behind the scenes and get involved, please contact me at **cld@mnummaus.org**.

Thank you for everyone who has been involved with the Minnesota Walk to Emmaus! I looked back at the list of over 2400 pilgrims, who needed sponsors. It appears we will eclipse 2500 pilgrims on or just after our 25th Anniversary. I looked at the list of persons who have served on the Conference Room Team and Agape. If you look at all of the hours of training, all of the hours the Board contributes, and committee work, over 25 years, it involves roughly 70,000 hours of volunteer service! Amazing! Thank you one and all very much.

### Special Edition!

After spending three days at the Upper Room in Nashville, several changes to Emmaus and how we operate are forth-coming. In many cases it will be how the Board and hence the Community receives and distributes information but it also adds four new positions to the area and the Community. I'll be writing a special edition newsletter hopefully by the end of November.

### Board Meeting Cancellation

The November Board meeting is cancelled. The next Board meeting will be December 9th, 9:00 AM at Richfield UMC.

Finally, thank you to Lynette Doberpuhl for her article on page two. If you haven't had a chance to read her article, please look at page two. It's all about taking it all IN.

Hope to see you at Candlelight and Closing.

Blessings to everyone and God bless.

*Pete Schenck—cld@mnummaus.org*

*He is not here; he has  
risen! Remember how  
he told you, while he  
was still with you in  
Galilee: The Son of  
Man must be delivered  
over to the hands of  
the sinner, be crucified  
and on the third day  
raised again.  
Luke 24:6-7*