



Walk to  
**Emmaus**  
THE UPPER ROOM®

## GREETINGS FROM THE COMMUNITY LAY DIRECTOR

Like most Pilgrims after my Walk (no. 41 at Whispering Pines), I was all fired up. I recall a speaker saying “before you can change the world, you must change yourself?”. And I was determined to do that – I wanted to change the world to be more loving and kind – like the people on my Walk. If it was necessary to first change myself, with Gods’ help, I’d try to do it.

So, I tried to start a Reunion Group but there were only a couple of others in my community that had gone on a Walk and they didn’t have time. So I tried to reach others in other communities but they were too far away. So I tried to start a men’s group at the church I attended but the pastor wasn’t interested in the idea because it had failed before. It just seemed like every where I turned I hit a dead end.

But I was retired and we spent our winters in Texas so I looked up Emmaus in Texas on the internet and found 15 reunion groups in the small town that we had selected as our winter retirement home. I called the first one on the list and was invited to come to breakfast and attend a Reunion Group meeting. To make a long story short, I became a member of that group of about a dozen men – they have become some of my best friends.

As I attended the meetings and became friends and we went through our Service Sheet, I realized that, yes, I was a believer and yes, God had been and was very good to me, but that I really wasn’t doing much for Him – or much to change the world. And I remembered how I felt as I completed my Walk. I resolved to do more. As I realized how Emmaus had changed the life of the men in my Reunion Group in Texas, I began to realize how much needed to be done in Minnesota

and Wisconsin. I came home determined to do something to get Emmaus active again in Wisconsin.

And, in a meeting with the Rottingers and Cathy Hamblin, we agreed to try and get the Board to approval a Walk in Wisconsin in 2005. I was asked to join the Board. I served on the team on the Walks in Grantsburg and later that summer, I was asked if I would consider becoming Community Lay Director in 2006. After first declining, I was unable to put it aside and I finally said yes to what I believe was God’s call.

Now why am I telling you all of this - it’s not just that I want you to know me better. **If I hadn’t found the Reunion Group in Texas and learned that I needed to answer God’s call to work for Him, I would not be working for God and Emmaus today.** Without a Reunion Group, I would have been, as in the parable of the seeds, one of those seeds that fell on rocky places and that took root quickly but, because the soil was shallow, the plant was scorched when the sun came up. This is happening today to some of our Pilgrims because we are only doing part of our job.

Let’s be sure that every Pilgrim is TAKEN to a Reunion Group and to a monthly Gathering. Not just once, but several times. If you’re not part of a reunion group, email Rick Phillips at [rickp@bismark.com](mailto:rickp@bismark.com) or call him at (507) 289-3466. If one doesn’t exist in your area, start one. Read Mathew 13:3-9 and provide the “good soil” that will produce a crop up to one hundred times that which was sown.

DeColores,  
George Sorenson, Community Lay Director

## TREASURER'S REPORT FOR 2005

Five Walks were held. We touched the lives of 105 pilgrims as well as the team members. God was with us and actively working at these Walks.

The income for the year was \$44,927 and expenses were \$46,347, for a deficit of \$1,420.

The cost we charge a person to go on the Walk is presently \$135. Our costs range from \$110 to \$125 for accommodations plus \$10 to Upper Room for each pilgrim plus about \$15 per person on the Walk for other expenses. We make up the deficit by the love offerings taken at the Walk and by your donations.

So If you would like to help others experience Christ on the Walk to Emmaus, please send a check made payable to:

MN Walk to Emmaus  
Joan Phillips  
5325 Meadow Drive SE  
Rochester, MN 55904

*Minnesota Walk to Emmaus is a qualified 501 (c) (3) charitable organization.*

## FROM THE HEART

The season of Lent begins on March 1<sup>st</sup> this year. Many of us will experience Lent as a time of personal introspection lived out within the context of group interaction. Some of us will gather weekly with others in our local congregations to share a meal, a few prayers, a few songs, and a thought-provoking biblical message in the hope that we will be prepared to fully appreciate and celebrate God's love and grace on Easter morning.

Recently, I came across a research tidbit – an affirmation of something that we have known to be true because it makes complete sense. Personally, I find it interesting that we can spend a lot of money on research validating a truth that we knew through our life experiences to be true anyway. Even so, the revealed truth is worth passing on as we approach the Lenten season.

Cornell University Researchers wanted to know what people most regret. After surveying university employees, students, retired professors, and nursing home residents, they found that twice as many people were bothered more by what they did not do rather than what they had done. Missed opportunities were the most common of all regrets. Most regrets were from those who were unwilling to take chances. They feared too much the short-term consequence that failure would bring.

Many of us carry around the pain of lingering regrets from not doing something we had the opportunity to do – lovingly letting someone know how much we care about them, freely lending a helping hand to a stranger in need, graciously sharing our time and talents, steadfastly crafting a life of faith in Christ Jesus as our Savior and Lord. In the context of Walk to Emmaus... well, you know where your own regrets might be.

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## MY WALK TO EMMAUS

Although it's been over ten years since my pilgrim walk, I can easily recall the circumstances surrounding me just prior to leaving for the walk. I vaguely remember meeting with my sponsors quite a while before the walk. And I know they gave me good information about what to expect on the walk (without telling me anything!). After the meeting I felt going away for a 72 hour retreat seemed like a good way to continue my deepening relationship with God.

As the time grew close to leave for this retreat it seemed the busier I got with my work commitments. I hadn't really heard anything about the logistics of how I was getting there, what time to be there, and even where this walk thing was taking place. Then I began to wonder if I really was signed up to go. In fact, I found a piece of paper that had the registrar's phone number on it and I called her a day or so before the walk to see if I really was signed up to go.

I was actually hoping she would say no so that I could just stay home and get more work done. The registrar laughed in a knowing way and said, "Oh don't worry, everything is handled. I'm sure your sponsor will be getting in touch with you to arrange to pick you up to bring you down to Mankato." Her words were clairvoyant, my sponsor did call to tell me what to bring, when he was picking me up, etc., and the next thing I knew it was Thursday evening and I was in Mankato.

Once there, I really did try to follow the directions as the lay director instructed us. Those who know me can attest that this was very unusual for me to be so compliant. I credit that to the Spirit of God at work on the walk. I'm so grateful that I did allow to be led

My experience with the 72-hour cloistering for spiritual awakening or renewal is that the time feels like an accelerated season of Lent – putting forty days of preparation on the victory dance on Easter morning into three days of intense dialogue resulting in a similar dance of spiritual joy.

I guess it is being able to witness this dance of joy being experienced by others is why I look forward to serving on team whenever possible. And, I have to admit, I enjoy doing a bit of spiritual dancing myself.

Hello, my name is Jef Olson and I am the Community Spiritual Director for Minnesota Walk to Emmaus (2006 edition). In my calling as an ordained clergy person I am presently appointed to serve God and the community as the pastor of Stewartville United Methodist Church of Stewartville, Minnesota.

My prayer for each of us is that we will be able to understand our calling into a life of faith as an invitation to share God's love and our lives with each other – without regret; as a community committed to dancing with joy before the throne of our King.

DeColores!  
Jef Olson,  
Community Spiritual Director

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by the Spirit of God and those on the team of the walk. By Saturday morning God was already doing a healing work in me.

Early that morning I was in the chapel praying before the melodious bell rang. As I was praying, I felt the Spirit of God telling me to read Psalm 30:2 in which David says, "O Lord my God, I cried to You for help, and You healed me." For the rest of the weekend I felt the healing power of God working through the speakers, my table, the dying moments, at candlelight, and through the letters. I felt more love from the body of Christ than I had ever felt in my life, and through the walk I was reconciled with the body of Christ. God created for me an image of Christ without a leg. That image represented what I had done to the body of Christ. My actions were to only embrace those Christians that I wanted to. God demonstrated to me that weekend the power of the whole body of Christ. I was reconciled to this whole body and through the process became whole myself.

My journey since then has been to serve both the Walk to Emmaus and my church. I've had the blessing of serving on many teams in nearly every capacity. It doesn't matter what role I play on the walk. I know that wherever I serve I'm helping others meet Christ as I did on the Walk to Emmaus.

DeColores,  
Craig Wilson, Minnesota Walk to Emmaus #15, Table of David

*Editor's note: The purpose of "My Walk to Emmaus" is to describe your own Emmaus experience and how it has impacted your life. If you would like to share your story please submit it for publication in a future newsletter. You can email it to Craig Wilson at [cwilsoncpa@frontiernet.net](mailto:cwilsoncpa@frontiernet.net).*

## OUTREACH WALKS

As one of the original members of the Minnesota Walk to Emmaus community, I was very fortunate to have been able to experience the excitement surrounding the formation of our new community and our first set of Walk weekends. It was truly a blessing and a foreshadowing of many changed lives over the next 15 years. Who could have predicted back in 1991 that we would have nearly 2,000 members in our community at this point in time?

A similar event is taking place right now in eastern Wisconsin. A group of very committed Christians in the Appleton area, many of whom traveled to Athens, Georgia to make their pilgrim Walk, are passionate about bringing the Emmaus movement to Wisconsin. The Upper Room Emmaus Office has authorized our community to hold a set of Walks near the Appleton area in order to enable them to more quickly grow their Fourth Day community, thereby accelerating the process to forming their own Emmaus community.

The team formation process for the May, 2006 Outreach Walks has already begun, with lay and clergy members from

Appleton and Georgia already on board. We are now looking for those members from the Minnesota Emmaus community (preferably with previous team experience) who are willing to serve either in the Conference Room or help in an Agape role. Please contact Bonnie Chant if you are willing and able to serve. We could also use your support at the Candlelight and Closing ceremonies in May. But most of all we need your PRAYERS --- prayer that God will bring a sufficient number of pilgrims to these Walks in order for us to proceed with the weekends. Pray that those prospective pilgrims who have already been asked will prayerfully consider saying "yes" to attending the Walk. And pray for those yet to be asked, that God will lay their names on the hearts of prospective sponsors.

There are many ways for you to become involved with the upcoming Outreach Walks. I pray that God will give you the guidance and discernment with which to determine how He is best calling you to serve.

Jim Rottinger  
Former Community Lay Director

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## DO YOU KNOW OF A POSSIBLE SITE FOR A TWIN CITIES WALK?

We are looking for a walk site in the Twin Cities area. If anyone knows of a location that fits the general requirements listed below, please e-mail the information to Rick Thrun at [thrun@acegroup.cc](mailto:thrun@acegroup.cc)

- Conference room
  - 1000 sq ft or larger
  - six round tables for eight
  - Podium
  - Small table for Bible and candle
  - Sound system (optional)
  - Space for musician
  - Book table (may be outside of conference room)
  - Place to hang banners and display letters/prayer chart
  - Snack table (may be outside of conference room)
- Chapel
  - Seating for 100-150
  - Sound system (optional)
- Prayer chapel
  - Small table for bible and candle
  - Chairs for those praying for speaker
- Speaker changing room
  - Place to hang clothes for 15 speakers
- Dinning room
  - Seating for 70 plus people (pilgrims, team, agape)
  - Sound system for Saturday night entertainment
- Lodging
  - For 75-80
  - Team and pilgrims
  - Agape team (away from pilgrims if possible)
- Agape room
  - Large enough for 4-6 eight foot tables with 10 to 15 chairs
  - Space for banner rack
- Other
  - Access to copy machine
  - Access to refrigerator or cooler
  - Ample showers and rest rooms
  - Parking for community

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## TEAM SERVICE

Does your pilgrim Walk stand out as one of the most rewarding and life changing experiences you have had? I know mine does. Remembering the weekend and the contributions made by the conference room team, agape team, and community was "God's servants in action." Believe it or not, many people find being part of a Walk team more fulfilling than their pilgrim Walk. If you would like to be a servant on an upcoming Walk weekend, please contact me about team service and sharing your God given gifts. Remember, Christ is counting on us!

De Colores!  
Bonnie Chant  
Team Selection

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## CAN YOU HELP SPREAD THE WORD?

If you're reading this newsletter most likely you've received our new broadcast emails. This new service has generated a lot of excitement and we hope to continue to develop and improve our communications to the community through it. However, only about 40% of the community is currently being reached through this service. We do not have email addresses for half of the members, and for others we need to get updated information. This is where you can help.

We're looking for volunteers to get current information from Emmaus folks in their churches to help update our database with current information. Additionally, the volunteers can help distribute hard copies of the newsletters to those who do not have email access. If you can help in any way to spread the word please contact Craig Wilson at [cwilsoncpa@frontiernet.net](mailto:cwilsoncpa@frontiernet.net) or by phone at (952) 435-7176.

## WHAT IS A SPONSOR?

Being a sponsor is the act of each of us revisiting The Walk to Emmaus experience with the person whom God has laid on our hearts. Being a sponsor is one of the most important acts of the Walk to Emmaus. Do not take its responsibilities lightly or carry them out casually. Sponsorship requires extensive prayer, diligent thought and careful planning and follow-through.

Last summer, a member of the community shared their pilgrimage with me. They were disappointed when their sponsor came to pick them up and there were already a car full of people with the sponsor. They thought the ride to the walk site and the dinner would be a good time to share their faith and become more personal than they had been. It didn't happen. But, the walk weekend was a success for the pilgrim anyway. Since then, each time they sponsor someone, they make it special, they don't want a repeat of their experience to burden someone else. Since then, I have heard a similar story from many others in the community. Too many times, they are disappointed because they don't know what to expect. Remember, we are not a secret society. Please, answer their questions, be honest. As a sponsor, you are the beginning of making their weekend special. You are there for sponsors hour, candlelight and closing. You are the person they will most likely turn to on their 4<sup>th</sup> days.

Sponsorship is vital to the community. The next sets of walks are just a few months away. Start praying to sponsor someone today. In time, God will answer you and lay the name of someone on your heart. Pray some more. Set aside a time to talk to the person, tell them what it meant to you. Answer any questions they may have. Pray some more. Once they agree, fill out the sponsorship form and have them fill out their form. Pray some more.

If you have any questions, please go to the website: [mнемmaus.org](http://mнемmaus.org) or give me a call or send me an e-mail.

Serving Him,  
Michael Stelck  
Director of Education & Sponsorship  
MN Walk to Emmaus

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## UNCLE AND AUNT AGAPE NEED YOU!

Want to be part of serving on a Walk, but you're not sure where to start? The Agape committee has just the role for you. Every Walk has all of those special moments that just seem to happen – the Saturday Evening meal, Candlelight, the letters and banners, just to name a few. All of these moments were set up by the Agape team. If you love the idea of serving behind the scene, knowing that what you're doing is anonymous, but yet critical to the Walk, working with an Agape team is for you. If you interested in finding out more about how you can help, contact Lowery Smith at [lowery@ag-lime.com](mailto:lowery@ag-lime.com) or by phone at 612-722-3339 or Dave Bunnell at [DEBANDDJB@yahoo.com](mailto:DEBANDDJB@yahoo.com) or by phone at 952-758-3261.



### 2006 Board of Directors

George Sorenson	Community Lay Director	715-434-2723
Jim Rottinger	Former Community Lay Director	952-412-3594
open	Secretary	
Joan Phillips	Treasurer	507-289-3466
Rev. Jef Olsen	Community Spiritual Director	507-344-0324
Dave Bunnell	Agape	952-758-3261
Bonnie Chant	Team Selection	651-686-6480
Sue Lehrer	Gatherings & Reunion Groups	763-755-7331
George Lenarz	Sponsorship & Education	651-322-7643
Rick Phillips	4 <sup>th</sup> Day Gatherings/Reunion Groups	507-289-3466
Lowery Smith	Agape	612-722-3339
Michael Stelck	Education/Sponsorship	507-282-4069
Rick Thrune	Facilities/Site Selection	507-643-6320
Beth Tomlinson	Registrar	763-755-8366
Craig Wilson	Communications	952-435-7176
Mary Kay Zalar	open	651-771-3677
Dan Zei	open	715-212-2233

### MN Emmaus Community Monthly Gatherings

#### Austin

1st Friday - 7:00 p.m. - First UMC  
Elliot Larson 507-433-6437

#### Blaine

3rd Friday - 6:00 p.m. - Blaine UMC  
Beth Tomlinson 763-755-8366

#### Lake City

**3<sup>rd</sup> Wednesday – 6:00 p.m.**  
Lake City UMC  
Constance Anderson 507-289-3419

#### Buffalo Lake

2nd Tuesday - 5:30 p.m. potluck - Zion UMC  
Linda Duehn 320-848-2637  
Church office 320-833-5356

#### Mankato

1st Thursday - 7:00 p.m. - alternating  
Hilltop UMC or Belgrade UMC  
Craig & Diane Zimmerman 507-385-0250  
Jeff Adams 507-344-0324  
Don Putzier 507-345-1553

#### Marshall

Wesley UMC  
Jean Metcalf 507-537-0932

#### Rochester

4th Friday - 7:00 p.m. - Bethany UMC  
Rick Phillips 507-289-3466

#### Colfax, WI

Monthly – 7:00 p.m.  
Colfax UMC  
Kathy Tape 715-962-3383

#### Cumberland, WI

2<sup>nd</sup> Thursday, 7:00 p.m.  
Cumberland UMC  
George Sorenson 715-434-2723



This Minnesota Emmaus newsletter is published for the Minnesota Emmaus Community © 2006

To submit ideas and information please contact: Craig Wilson  
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952-435-7176

e-mail: cwilsoncpa@frontiernet.net