

IMPORTANT DATES

GATHERINGS

June 15th at Regional Locations

July 7th at Camp Crestfield Girls

Chrysalis Candlelight

August 10th at Regional

Locations

September 14th at Ingomar UMC

October 13th at Men's Walk

Ingomar UMC

November 9th at Ingomar UMC

December 14th at Regional

Locations

CHRYSLIS FLIGHTS

Camp Crestfield near Slippery Rock

Boy's Flight #6 June 29-July 1, 2007

Girls Flight #5 July 7-9, 2007

FALL WALKS

LUTHERLYN

Men's Walk October 11-14, 2007

Women's Walk October 18-21, 2007

SPRING WALKS

LUTHERLYN

Men's Walk April, 2008

Women's Walk April, 2008

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GARTH JOHNSTON
5877 PLEASANT STREET
SOUTH PARK, PA 15129.

THIS NEWSLETTER MAY BE VIEWED AT WWW.TRWE.ORG

Three Rivers Walk To Emmaus

1995-2007 Fifteen years of Walking with Jesus

June 2007

FROM THE COMMUNITY LAY DIRECTOR

Looking Backward, Looking Outward, Looking Forward

If you missed it all I can say is... "You should have been there!" The Gala 15th Anniversary of Three Rivers Walk to Emmaus was a spirit-filled celebration of friends, team members, sponsors and pilgrims.

As we looked back and shared stories, like the story of Cleopas and his friend on the road to Emmaus, we were able to re-member parts of our Walk and our 4th Day journey and remember the blessing of this ministry of love. We looked backward and answered again the two questions; "What has the Walk to Emmaus meant to me?" and "What am I going to do about it?" We looked backward and considered the blessing that is the Walk to Emmaus.

The Reverend Victor Perez, International Spiritual Director for Emmaus and Chrysalis shared the wonderful things that are going on in Emmaus worldwide. He helped us to look outward to a community of faith that is-

- Offering Walks in the US in Spanish and Korean languages.
- Opening Emmaus communities in Africa, and a Chrysalis community in South Africa, expanding in Asia, going to and offering Walks in Eastern Europe and Russia, training in Guatemala and holding Walks for the 1st time in Nicaragua.
- Translating Emmaus materials into nine different languages.

Rev. Perez helped us to look outward and see a bigger picture of Emmaus, and we dedicated our 15th Anniversary offering to the African Emmaus communities, sending \$2,110.00 to our brothers and sisters in Christ in Zimbabwe and Ghana to help them begin their communities.

We have looked backward, and outward...should we look forward? What does the future hold? In the near term we have Chrysalis Flights in late June and early July. We have Lay Directors beginning to make contact with potential team members for Walk #s 63 & 64 in October. Sometimes our vision is limited to the next Flight or Walk. Can we look beyond that?

Reverend Perez told the story of the faithful members of the Emmaus community in Singapore flying long distance, across water, just to attend Candlelight at the 1st Walk in Taiwan, and doing it again the following week for the Women's Walk...looking forward to begin a new Emmaus community. Does the perspective that comes from looking back at the blessing of this ministry in our lives, and outward to see God at work bringing people across the globe into a closer relationship with Him change our viewpoint? When we look forward what can we do? What can we accomplish if we look beyond the next Walk? Help to birth a new Emmaus community? Open up our community to be more diverse and truly represent the colors of God's love?

Pray about these things and for your Three Rivers Walk to Emmaus Community, and trust that God will lead us in His will.

DeColores!
John McMullan – TRWE #37



FROM THE COMMUNITY SPIRITUAL DIRECTOR

Love Notes from Linda

There is that old saying: When life deals you lemons, make lemonade!

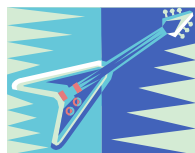
But life can deal us several consecutive hard blows and then we pile up our stress, and then our stress piles us up in illness because our bodies reflect our frame of mind.

In my time of stress related illness, I have been searching for ways to cope, and in Rick Warren's book *God's Answers to Life's Difficult Questions*, I have found the following and wish to share these bits of wisdom with you.

COPING WITH STRESS

- 1) Know who you are and whose you are! God's beloved child. If you don't know who you are, you will subconsciously let other people manipulate you and pressure you into believing you are somebody you aren't.
- 2) Know whom you're trying to please! Even God doesn't please everybody. Don't cave in to **CRITICISM** because you are concerned about what others think of you, or **COMPETITION** because you worry about whether somebody else is getting ahead of you, or **CONFLICT** because you're threatened when anyone disagrees with you. **REMEMBER**, when we feel pressure, we are choosing to allow other people to put us under pressure.
- 3) Know what you are trying to accomplish! Unless you plan your life and set priorities, you will be pressured by other people to do what they think is important.
- 4) Focus on one thing at a time! When we diffuse our efforts, we are ineffective!
- 5) Don't do everything yourself! We don't delegate for two reasons: Perfectionism and insecurity.
- 6) Make a Habit of personal prayer! Prayer is a gigantic stress-reliever.
- 7) Take time off to enjoy life! Rest and recreation in life are not optional. Balance in life is a **KEY** to stress management.
- 8) Give your stress to Christ! Christ can transform your lifestyle from stressful to satisfied.

A (big hug)
Loving you in Christ, I am
Linda Tunnell
DeColores!



A Call to Musicians

For me, music has always been a very important part of the worship experience. Whether a single pipe organ or piano, or a huge praise band, nothing prepares me better for worship than taking the time to sing praises to God. I know I'm not the only one feels this way.

If you are a musician or singer and would be interested in returning your talent to God through the Emmaus community, I need to hear from you. The community needs musicians and singers to lead and participate in the worship experience now more than ever. With the implementation of our new regional gatherings, more musicians are needed at the same time to cover our four locations.

As our community grows walk by walk, I know there are more musicians out there coming into the community, but I don't know whom you are. If you are interested in taking a more active role in our worship opportunities, please give me a call at 412-761-5585 or send me an email to introduce yourself to cubistdog_42@yahoo.com. I look forward to hearing from you.

In His service,
Colin McRoberts

Gala Gathering May 11, 2007

In attendance-

Members from 60 of our 62 Walks, and
Members & Guests from 12 other Emmaus communities, plus
Butterflies from 2 TRWE Chrysalis Flights!

Dinner for 238 TRWE Members & Friends!
Gathering of over 250 faithful Emmaus folks!

**SPECIAL MUSIC, PRAISE, WORSHIP, COMMUNION,
A SPECIAL MESSAGE FROM REV. VICTOR PEREZ –
INTERNATIONAL SPIRITUAL DIRECTOR FOR EMMAUS & CHRYSALIS,**

\$2,110.05 Raised for new Ghana & Zimbabwe Communities.

A Blessing to all who attended! DeColores! & Decolores!



Board Notes

Board of Directors News



TRWE By-Laws Change

At the March 3rd Board Meeting the Three Rivers Walk to Emmaus Board of Directors approved a Safe Sanctuary Policy for the TRWE Emmaus & Chrysalis Community. The Upper Room calls for covenant communities to a) protect the vulnerable in our community and b) comply with the local United Methodist Annual Conference policies- the Western PA Annual Conference employs Safe Sanctuaries. We demonstrated our willingness to comply with a unanimous approval of the proposed Three Rivers Emmaus/Chrysalis Safe Sanctuaries policy.

The Board of Directors has further determined that Safe Sanctuaries be permanently codified in the TRWE By-Laws; following a motion to amend the By-Laws at the March 3rd Meeting, said revision to the Three Rivers Walk to Emmaus By-Laws was voted on and approved at the March 31, 2007 Board of Directors Meeting. This action was also by unanimous affirmative vote.

Safe Sanctuary will be added to the by-laws as “Article XI – Safe Sanctuary Community”, thereby moving current Article XI (501C3) to Article XII; and states-

“The Three Rivers Chrysalis and Emmaus Community seeks to provide a safe and secure environment for the children, youth, and vulnerable adults who participate in our programs and activities. Therefore, it will be the policy of the Three Rivers Walk to Emmaus and Chrysalis Community to maintain and abide by a Safe Sanctuaries Policy. The TRWE Safe Sanctuary Policy should meet or exceed the standards of the United Methodist Church as directed by the Emmaus/Chrysalis offices of the Upper Room.”

Rules for changes to the By-Laws are specifically laid out in Article VIII of the current TRWE By-Laws stating:

“Proposed amendments may be presented to the Board by any member of the Board one (1) month in advance of consideration by the Board. If the amendments are voted in the affirmative by a three-fourths (3/4) vote, notification will be circulated to the membership by the newsletter/newsflash; and if no petitions signed by at least twenty-five (25) community members objecting to the new amendments are received within sixty (60) days of the mailing of the notification the amendment will be accepted. If an objection petition is received, the amendment will be considered voided. If the Board then wishes to submit the amendment to the entire Community for a vote, it may do so. A majority of votes cast by the membership will decide the matter.”

If you have any questions regarding the Safe Sanctuaries Policy or change to the TRWE By-Laws please contact John McMullan – Community Lay Director at 724-772-6623, via e-mail at jmcmullan@zoominternet.net, or via the TRWE.org website.

WHAT IS THE LETTER OF AGREEMENT?

The Letter of Agreement is the document that lies at the heart of the relationship established between the local Emmaus community and the Upper Room International Emmaus Office. This relationship is covenantal with each party having specific responsibilities. Functionally the Letter of Agreement has four parts.

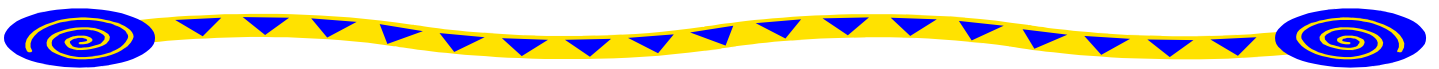
The first part of the Letter describes what The Walk to Emmaus is and actually empowers the local community to establish and administer the Emmaus program per The Upper Room guidelines. There is a statement that explains the need for an annual renewal of this Letter of Agreement.

The second part of the Letter of Agreement contains the statements of responsibility for each party. The first ones relate to the local Emmaus community and the remaining ones are what the Upper Room International Emmaus Office commits to do.

The third section of the agreement is the signature and information part. There are places for the signature of the Lay and Spiritual Directors as well as the Agape chairperson. There also is space for the signatures of the remaining board members.

The fourth section of the Letter is for the International Emmaus Office to provide important operational information. The International Lay Director's signature is found in this section. The Letter of Agreement is processed in the following manner. The Letter of Agreement, cover letter, and financial report from the Upper Room Emmaus Office are sent to each Emmaus Community in early to mid January. The community then completes all their appropriate signatures and sends the original signed document back to the International Office by the end of March. At that time additional information is added to your Letter of Agreement; it is finalized by signature of the International Emmaus Director and a copy is returned to the local Emmaus community. A copy is sent to your Emmaus Regional Representatives and the original is filed. The cycle is then complete for that calendar year. The International Emmaus office recommends that the Letter of Agreement be the topic of a Gathering or appropriate community meeting, thus transferring the significance of the letter and its covenantal understanding to the community at large.

Dr. Richard A. Gilmore
International Lay Director
The Walk to Emmaus



Regional Gatherings are back in June!

*****Four Great Locations – One Night*****

East – First UMC Murrysville
North – Harrisville UMC

Central – Ingomar UMC (Community Center Building)
South - 1st Presbyterian, Houston, PA

Friday, June 15th (Special Note: this is the 3rd Friday!)

Faithful Servants are needed!

If you would like to assist as a Leader, Clergy, 4th Day Speaker, Musician, Snack/Fellowship Time Coordinator with Clean Up, please contact

John McMullan–724-772-6623 jmcmullan@zoominternet.net or
Colleen Clark- (412)-366-3278 colleen.c.clark@verizon.net

Three Rivers **CHRY**SALIS

Hi Everyone!

It's that time again to get ready for our youth version of the walk to Emmaus called Chrysalis. Chrysalis Flights are for teens that have completed the ninth grade.

The Boys Flight is June 29 – July 1, 2007. It starts Friday morning at 8:00 am.

The Girls Flight is July 6 – July 8, 2007. It also starts Friday morning at 8:00 am.

We need your help. If Chrysalis or Emmaus was a good experience for you, would you please consider Giving that same gift to someone else that you care about?

I would like to ask you to pray and ask God if you should sponsor someone for the up-coming Boys or Girls Flight?

If you have never sponsored someone before – We have help! On the next page is a guideline of responsibilities for sponsoring someone. We also encourage you to ask your sponsor to help you with sponsoring someone for the first time!

Teen's summer calendars fill up fast. Please pray and if you are lead to invite someone, please begin the process now; and get your caterpillar's registration in as soon as possible.

The cost for the week-end has been reduced! The total week-end cost is now only \$100.

We are at a different camp this year. Their fees allowed us to reduce the cost.

The Camp both flights will be at this year is called **CAMP CRESTFIELD**. Camp Crestfield is in Slippery Rock, PA and I've included directions (read on!).

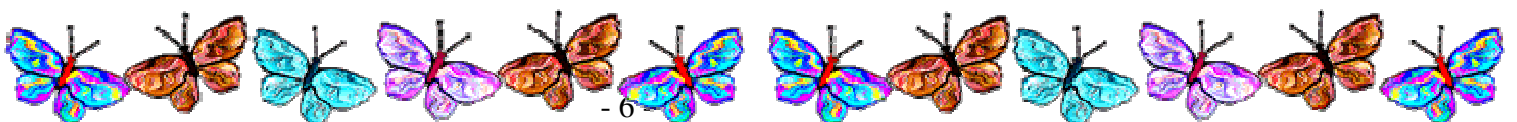
If you cannot sponsor someone, please consider coming up to the camp during the week-end to serve a meal, pray for the team and caterpillars, and of course, please come and let your light shine at **Candlelight!!!** You can sign up to serve on line (www.trwe.org) or at the June Gathering. Weather permitting; Camp Crestfield has an outdoor chapel on a hill, which would be a beautiful candlelight! **Candlelight is Saturday night of each flight.**

Thank you for praying for this ministry, for considering sponsoring others, and for serving!

Fly with Christ!!!!!!

Heidi Varner (phone number 412-833-2944)

Heidiv491@msn.com



Sponsor's Checklist

Pre Weekend:

1. Pray for your caterpillar.
2. Check the spelling of your caterpillar's name. Would he prefer a nickname?
3. Gather Agape letters
 - a. Gather letters from family and close friends – no gifts.
 - b. Put the caterpillar's entire name on the envelope.
 - c. Put the word **'family'** or **'friend'** in the upper right hand corner. Any letters over 12 will be sent home with the caterpillar at the end of the weekend. Please have important letters banded together in order of importance – family on top.
4. Invite parents to send-off, parent's meeting and closing, (but not candle light, except if they are 4th Day). Chrysalis differs from Emmaus for Closing. Since this could be life changing for young people, parents benefit from hearing about their teen's experience. (The parent's meeting will be held during sponsor's hour).
5. Finalize plans for transportation to camp.

Weekend

1. Pray for your caterpillar.
2. Have your caterpillar at the camp by 8 AM on Friday. Please register them. Breakfast is not served on Friday.
3. Make final payment at registration. Amount due for your caterpillar is \$75. If deposit was given.
4. Attend send-off and sponsor's hour. If you cannot, have someone do this in your place.
5. Deliver personal letters, table agape and snack agape to agape room.
6. Attend pre-candlelight and candlelight services on Saturday. Be at camp by 7:45 PM.
7. Attend closing on Sunday with the new butterfly's parents. Be at the camp by 4 PM. Dinner is not served on Sunday.
8. The Chrysalis Board asks that Sponsors and 4th Day parents do **not** serve meals and try not to let your caterpillar see you during the week-end until Candlelight. Your help will be greatly appreciated in the background and this gives the caterpillars the space they need to form community.

Post Weekend

1. Pray for your new butterfly.
2. Schedule some time with your new butterfly to discuss the weekend.
3. Help your new butterfly find a sharing (reunion) group.

Invite her to Emmaus Gatherings and encourage her to go to Chrysalis Hoots by bringing her to the first several Hoots after the Flight. More information will be coming about those dates.

July gathering will be on Saturday July 7th

at Camp Crestfield new location

Driving Directions Crestfield

(We have generally found that [mapquest](#) gives relatively accurate directions to Crestfield. Use the address below to use for a mapquest search for Crestfield)

**195 Taggart Rd.
Slippery Rock, PA 16057**

From PA Route 8:

- Follow PA Rt. 8 to the junction of PA Route 173
- Turn West onto PA 173 and follow 3.5 miles into the Borough of Slippery Rock.
- At the second stop light, turn left onto West Cooper Street (This is at the intersection in front of Sheetz).
- Follow W. Cooper Street for 2.8 miles. This road becomes Crestview Rd., and eventually becomes Taggart Rd. after crossing Slippery Rock Creek.
- The Crestfield Dining Hall and offices will be on the left as you come up the hill. Parking is located on the right.

From Interstate 79

- Exit the Interstate at Exit 105 (Old exit 30).
- Turn East onto PA Route 108.
- Follow PA 108 for 0.7 miles.
- At Dairy Queen, turn right onto West Park Rd.
- Follow West Park Rd. for appx. 1 mile
- Turn Left onto Kelly Rd.
- Follow Kelly Rd. for appx. 1 mile.
- Kelly becomes McCoy Road at the intersection of Barron Rd. Go straight at this intersection to take McCoy Rd. Follow McCoy Rd. for another 1 mile.
- At bottom of hill, turn right onto Taggart Rd.
- The Crestfield Dining Hall and offices will be on the left as you come up the hill. Parking is located on the right.

At any time, feel free to contact the Crestfield office for help in locating the center: (724) 794-4022

Three Rivers Chrysalis Flight #6 AND #7

Priesthood of All Believers	Tammy DeBonis	Lay Director	Rolen Burnette	Priesthood of All Believers
Faith	Heidi Pifer	Adult ALD	Larry Eckert	Faith
	Julie DeBonis	Youth ALD	Andy Burnette	Next Steps
Ideals	Rachel Claypool	Youth ALD	Andrew Johnston	Ideals
	Peggy Osborne	Board Rep	Randy Stevens	
Prayer	Penny Larkin	Adult TL	Mike Varner	Prayer
Marriage	Wally Wells	Adult TL	Mike Bodnar	Marriage
Single Life	Jan Lovich	Adult TL	Rus Welch	Single Life
	Suzanne Rackley	ATL	Wes Kindelberger	
	Julie Colvin	Youth TL	Todd Becker	
Christian Action	Tori Martin	Youth TL	Sean Newport	Christian Action
Study	Athena Kitchen-Flint	Youth TL	Eric Rackley	Study
Prodigal	Simone Smit	Youth TL	Jesse Cibella	Prodigal
Next Steps	Emily Gusew	Youth TL	Mike Zeminski	
	Joanna Sickels	Technician	Donny Fickley	
	Jess Baier	Music	Dean Wells	
	Marcy Taylor	Music	Mike Sickels	
	Janne Walters	Music	Andrew DeBonis	
	Kim Zielinski	Logistics	Craig Hunkele	
	Alyssa Conner	Logistics	Buddy Fickley	
	Andrew Holsing	Logistics		
		Dining Room	Rick Rackley	
	Jill Cheetham-Mitchell	Agape – Adult	Jay Newport	
	Melanie Jamison	Agape		
	Chanel Smit	Agape	Judy Newport	
	Kayla Reese	Agape		
	Lindsey Swartz	Agape		
	Colleen Clark	Prayer Chapel	John Ruppel	
	Jonica Walters	Prayer Chapel	Eric Tang	
God's Gift to You	Laurie Sponaule	HD S D	Les Boone	God's Gift to You
God Loves You	Maggie Foreman	S D	Sarah Wrona	
		S D	Ken Gryger	
		S D	Rand Edwards	
		S D		
	Heidi Varner	C		
	amp Monitor	John DeBonis		

Please keep the teams in your prayers as they prepare to spread
 Gods love to a new set of young people.
 Pray for the caterpillars and their sponsors



TRWE 07-08 COMMUNITY CALENDAR

JUNE	
June 15 th	<i>Regional Gatherings – 4 Locations 1 Night!</i> North – South – Central – East
JULY	
July 7 th (Saturday)	Gathering @ Chrysalis Candlelight Location: Camp Crestfield Slippery Rock
AUGUST	
August 10 th	<i>Regional Gatherings – 4 Locations 1 Night!</i> North – South – Central – East
SEPTEMBER	
September 14 th	All Community Gathering Annual Meeting Team Commissioning – Ingomar UMC
OCTOBER	
October 13 th (Saturday)	Gathering @ Men’s Candlelight TRWE #63 Camp Lutherlyn, Prospect, PA
NOVEMBER	
November 9 th	All Community Gathering Ingomar UMC
DECEMBER	
December 14 th	<i>Regional Gatherings – 4 Locations 1 Night!</i> North – South – Central – East
JANUARY 2008	
January 11 th	All Community Gathering Ingomar UMC
FEBRUARY	
February 8 th	<i>Regional Gatherings – 4 Locations 1 Night!</i> North – South – Central – East
MARCH	
March 14 th	All Community Gathering Ingomar UMC Team Commissioning
APRIL	
April 12 th	Gathering @ Men’s Candlelight TRWE #65 Camp Lutherlyn, Prospect, PA
MAY	
May 9 th	All Community Gathering Ingomar UMC



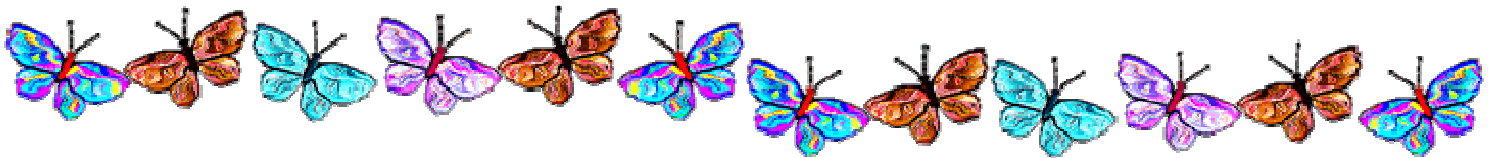
Coming Soon! An Emmaus Cookbook.

Have you ever been to a Gathering and had something wonderful to eat and wish you had the recipe? Or maybe you were on team and someone made something great for the Agape meal? Well if you would like that recipe or you have recipes that you would like to share, we are putting together a Cook book.

Please send your recipes to Linda Claypool, 2419 Lakemont Drive Gibsonia PA 15044 Or watch the web site for a form to fill out. The proceeds from this cook book will go to the Chrysalis Scholarship Fund. Recipes are due before Aug 1. Forms are available in this newsletter

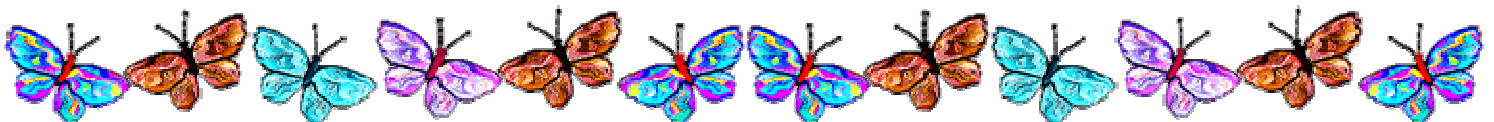
How many times have you wanted to sign up for the payer vigil or to work 4th day on a walk and missed sign up at gathering!

Now available on the TRWE website
(www.trwe.org)



Did you sign up to receive the prayer chain requests but are not receiving them? Did you change your email address and not let Bo Pratt know? If you want to be included in the prayer chain, please send your correct email address to Rpratt2707@aol.com.

Prayer requests may also be sent here.





RECIPE COLLECTION SHEET

FOLLOW INSTRUCTIONS ON BACK

For office use only	Recipe No.
---------------------	------------

Category _____

Recipe Title _____

Submitted By _____

INGREDIENTS: Use abbreviations: pt. qt. pkg. env. c. tsp. T. oz. lb. gal. doz. sm. med. lg.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

DIRECTIONS: _____

INSTRUCTIONS

- **TYPE OR PRINT CLEARLY IN INK, NOT PENCIL, AND PLACE ONLY ONE RECIPE PER FORM.**
- If more room is needed, use another sheet of the same size and staple together.
- List all ingredients in order of use in ingredients list and directions.
- Include container sizes, e.g., 16-oz. pkg., 24-oz. can.
- Keep directions in paragraph form – not in steps.
- Use names of ingredients in the directions, e.g., “Combine flour and sugar.” DO NOT use statements like, “Combine first three ingredients.”
- Include temperatures and cooking, chilling, baking, and/or freezing times.
- Anything not part of the recipe (ingredients, directions, contributor name, serving size or recipe title) will not be included unless you select Recipe Notes for an extra charge.
- Be consistent with the spelling of your name for each recipe you contribute.
- Your recipes should fit into the following categories:

Appetizers & Beverages
Soups & Salads
Vegetables & Side Dishes
Main Dishes

Breads & Rolls
Desserts
Cookies & Candy
This & That

Dear Friend,

Our organization is preparing a taste-tempting cookbook featuring favorite recipes from members of our community. Our cookbook will be beautifully illustrated and bound and is sure to be treasured for years.

We would like you to submit 3 or 4 of your favorite recipes so you can be represented in our memorable collection. Follow the instructions above. Your name will be printed with each of your recipes.

Each cookbook will contain helpful cooking hints, recipe category dividers, a table of contents, an index, and special pages of interest to our community. The cookbook will be typeset in an easy-to-read format and professionally printed and bound.

Proceeds from our cookbook sales will help fund future projects sponsored by our organization. Your help in contributing recipes will ensure that our cookbook will be a success.

We anticipate a great demand for our cookbooks, and we want to be certain we order enough. You can reserve one or more copies for yourself and your family at this time to be assured of receiving them.

Please reserve _____ cookbook(s) for me.

Name _____

P.S. Please submit your recipes to the committee within 5 days so they can be turned over to the publisher. Thank you!