

Twenty Two Years of Walking with Jesus

IMPORTANT DATES

GATHERINGS:

June 13th 7:00 pm - All Community

- Ingomar UMC

July 11th 7:00 pm - All Community

- Ingomar UMC

N.E. LEADERSHIP TRAINING

August 9th - 9 am – 6 pm

- Ingomar UMC

FALL WALKS:

Men's Walk #91 Oct. 30-Nov 2
Candlelight – Nov. 1 @8:00

Women's Walk #92 Nov 6-9
Candlelight – Nov 8 @ 8:00

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FROM THE COMMUNITY LAY DIRECTOR

The Pathway of Peace

PHILIPPIANS 4: 6-7

All of us have responsibilities— related to work, family, community or church—and we may rightly feel some concern about how our natural cares get out of balance. The result is *anxiety*.

Though Paul faced an inordinate number of trials (2 Cor. 11:23-28), he was able to say, “Be anxious for nothing.” He understood that anxiety reveals a lack of faith—it’s not possible to be worried while fully trusting God. Fretfulness also takes a toll by draining energy and dividing the mind. Besides that, disproportionate apprehension prevents service to the Lord by keeping one’s focus self-centered rather than God-centered.

To keep concerns in balance, we must present our requests to God (Phil. 4:6) who is ready, willing, and totally sufficient to handle every care we bring Him. We do this by:

1. PRAYER. The Greek word implies worship and appreciation for God’s attributes, not some panicky thought tossed His way.
2. SUPPLICATION. Our cry of humility conveys total helplessness and dependence upon Almighty God.
3. THANKSGIVING. We are to approach God without blame or complaint, but with gratefulness that He will ultimately use the difficulty for our good, as He has promised. (Rom. 8:28)

Philippians 4:7 says that when we bring God our requests in this way, the result will be His wonderful, inexplicable peace. Realizing this, we should learn to go to Him first—not as a last resort.

DeColores,

Bryan Pass, 2014 Community Lay Director



FROM THE COMMUNITY SPIRITUAL DIRECTOR

Dear Three Rivers Emmaus Family,

"The day of Pentecost had come, they were all together in one place. And suddenly from heaven there came a sound like the rush of a violent wind, and it filled the entire house where they were sitting. Divided tongues, as of fire, appeared among them, and a tongue rested on each of them. All of them were filled with the Holy Spirit..." (Acts 2: 1-4)

With Pentecost just around the corner (we will be celebrating the birthday of the church on **June 8th** this year), I've been thinking a lot about the **Holy Spirit** lately. Specifically what it means for to us to be open to the way the **Holy Spirit** works in our lives. We don't talk too much about the third member of the Trinity, who is often left alone, forgotten, maybe because we don't know how to explain the Holy Spirit.

As the Three Rivers Walk to Emmaus community Spiritual Director, I believe that we are a community who prays together and who seeks to be open to discerning God's will. I encourage each of you to pray for those you know by name, as well as for your ministry, asking whether it is God-inspired and led or ego driven and prideful. As leaders in our churches, it is our responsibility to lead others to be open to God's **Spirit**.

What does it mean to be open to God's **Spirit**? It means to take God seriously and want God to guide us in and through our lives. Take prayer, for instance. Are you comfortable with prayer? Is prayer (both public and private) a priority in your life? How about discernment? Do you give priority to seeking God's guidance through prayer and Scripture? Do you have strong faith-in that you are willing to trust God in all situations and circumstances-especially in difficult times?

Would you say that our community is spiritually vibrant? Do you see evidence of the **Holy Spirit** working in and through our walks? Our leaders? Our board members? Our worship?

I realize that these are tough questions. I ask them to get you thinking, to seek an answer to the question:

Is the Three Rivers Walk to Emmaus Community open to God?

The future is filled with uncertainty. The way to overcome the fear that the unknown brings with it is to trust in God. Whenever we trust in God, amazing things happen! What I've noticed is that every time we pray together and seek God's will, and trust in God, we are blessed so abundantly-beyond measure!

Becoming a spiritually vibrant community means that we become a community that cares deeply and prayerfully about discerning God's will in everything! When we do that, God's abundant blessings flow through every part of the community. So I continue to pray, and ask that you will as well, to seek the guidance of the **Holy Spirit** and be open to the way the Spirit is working in your life and what the Spirit is calling us to do together as the body of Jesus Christ.

To prepare you as you begin this journey, I share with you the Vineyard Guild Prayer:

Holy God, Beloved Trinity, let me always be rooted in you so that I may live in you and you in me. Bless me so that your grace may flow through me, allowing me to bear your fruit to a hungry and helpless world. As I wander, prune me of all that inhibits your growth in me. Let me do nothing apart from you so that your joy may be complete in me. In Christ's name I pray. Amen.

Rev. Cindy Parker, Community Spiritual Director TRWE #64

E-Day and Emmaus Northeast Regional Training Day Combined

Saturday, August 9th, 2014 – Ingomar UMC 9 to 4

Who should attend? YOU! All TRWE 4th Day should give serious thought to attending, young and old, new and experienced.

What is “E-Day”? The “E” in E-Day stands for *education*. Annually, our Three Rivers Walk to Emmaus Community hosts one. It’s an opportunity to get behind the scenes and get into and beyond the teaming manual for Emmaus for some additional education, training, AND inspiration. It is especially helpful for persons newer to the Emmaus community who may be considering being on team for upcoming walks. BUT all community members benefit from a refresher – the model and spirit of Emmaus are that deep that there is ALWAYS something new that will grow us in faith, outreach, and service to Christ and the community.

What is a “Northeast Regional Training”? Each year, staff and volunteers from the Walk to Emmaus National in Nashville tour the country and present an in-depth mini seminar on the Emmaus model and share insights into Emmaus community health and development from a tremendous wealth of experience. The format includes worship, presentations, open Q&A and discussion. TRWE has had the blessing of hosting this event for the past couple of years and we are glad to do it again.

This year these events are combined. In other words, NE Regional Training is “E-Day” for our community. In this way, we all get to benefit from the training and education offered directly by the “keepers of the model” at Nashville. I hope you plan to attend. It never fails to be a blessing to those who attend.

Those who know that you will be attending and can volunteer to help set up, help with lunch and snacks, please contact me by phone or email: c: 724-816-1625; e: krgrgyer@comcast.net

May you be blessed to be a blessing this day and always.

Ken Gryger, Assistant Community Lay Director, TRWE

SUMMER IS ALMOST HERE...

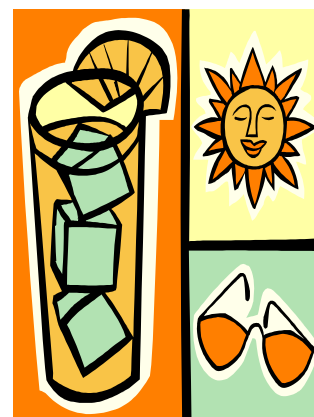
...And we get a little more relaxed with our normal crazy schedules. However, God never goes on vacation or puts us on the back burner for 3 months and neither does the TRWE Community. Please mark your calendars and include these:

Important Dates for the Summer Months

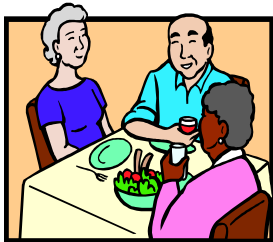
All-Community Gathering-**June -13th-2014-7pm**-Ingomar UMC

All-Community Gathering-**July-11th-2014 7pm**- Ingomar UMC

N.E. Leadership Training/ E-day - **August 9th 9am-6pm**- Ingomar UMC



REUNION GROUP UPDATE



Welcome to our newest TRWE Community members from Walks 89 and 90!! I'm in the process of following up with your sponsors to make sure you have an opportunity to join a Reunion Group.

The accountability and support of Reunion Groups is central to the Emmaus experience.

Being Sponsor is not just getting your pilgrims to and from the Walk. It includes **your** continuous support in their 4th Days. Reunion Group helps build on the Emmaus movement, for the development of Christian leaders and the renewal of the church ministry.

I'm happy to report that there have been a few new Reunion Groups started since the last set of Walks, so check out the www.trwe.org website for details☺

If there are not any groups in your area, please consider starting your own with your sponsor or those you have sponsored. It only takes 2 for a group☺ The www.trwe.org website has all the updated information, as well as a form to complete and send to me, if you have started a new group. Please check it out and invite a friend to join you.

DECOLORES,

Judy Grice, Reunion Groups Board Representative

TRWE #40

*"For where two or three
come together in my name,
there am I with them."
Matthew 18:20*

CALLING ALL MUSICIANS!!!

Do you sing or play an instrument? Do you enjoy using your musical talent to give praise to our Lord? Then...

...WE NEED YOU!

You may be new to the Three Rivers Emmaus Community or you may have been around for a while. You may even have served in this capacity in the past and be thinking that I know who you are. Please, help me to update our musician's list by giving me your name, phone number, and the instrument you play (if any). Email your information to me at lynn.keener@yahoo.com or call 412-734-5117.



We would love to have **YOU** join us in leading our community in joyful praise.

Lynn Keener

TRWE Board of Directors (music)

A WORD ABOUT SPONSORSHIP

What Are YOU Waiting For?

There's an old joke about a warden who asked a man on death row what he would like to eat for his last meal. The inmate said, "I would like to have a huge piece of watermelon." The warden said, "You must be kidding? It is December. Watermelons have not yet been planted, let alone harvested." The inmate said, "That's okay **I don't mind waiting.**"

I wonder if this is the attitude of the Community when it comes to sponsoring a pilgrim. "I know the walks are four months away and you're thinking that there's plenty of time, **I don't mind waiting.**"

Each and every time we get close to the walks there is a flurry of activity. Someone on the board referred to this time as the "Chinese fire drill". It seems like each and every walk most of the sponsoring is done at the last minute. Many times we have only a few pilgrims right up to the deadline. I understand that it may be difficult to get a commitment from some people but as a sponsor, it is your responsibility to move this process along as quickly as possible.

I believe we need to be intentional in our sponsorship. While it's not our intention that sponsors pressure the perspective pilgrims, we need to make sure that we get this process done in a timely manner. As a sponsor, I believe we need to pray that God will give us the strength to overcome the obstacles we shall surely meet, and the wisdom to make good use of the opportunities we shall surely find. In that way you will help all involved and help this community to realize its fullest potential.

Men's walk #91 Oct 30 to Nov. 2.

Women's walk #92 Nov. 6 to 9.

Deadline for pilgrims' registration is OCT 13th.



As a sponsor, I believe we need to pray that God will give us the strength to overcome the obstacles we shall surely meet, and the wisdom to make good use of the opportunities we shall surely find.

May God bless you all!

Ernie DeLuca
Outreach

SHARING DIVINE LOVE



**It is God's desire
that we emulate
His agape love at**

Matthew 22:39 says “You shall love your neighbor as yourself,” but as we go through our 4th Days, it may be difficult at times to always love those around us. Perhaps someone snaps at us and we feel disappointment ... perhaps someone cuts us off in traffic and we feel anger ... perhaps someone says a cruel word and we feel sadness ... at times, perhaps we are that “someone”.

As Charles Stanley wrote in his May 8, 2014 daily email devotion, “Agape – or divine love – is the reason we are able to care for someone who mistreats us; it’s God’s doing, not ours.”

When you experience a time (and you definitely will) that “someone” is unlovable, get out your knitting needles, your hot glue gun, or your craft basket and make some Agape gifts for the upcoming Fall Walks. Turn that disappointment, anger, sadness (or even guilt) into some awesome Agape for either the Women’s, Men’s or both Walks.

But, when you make the Agape gifts, take it one step further. Give one of those Agape gifts to the person who was unlovable to you or if you were that “someone” who was unlovable, give yourself a piece of Agape. Put it somewhere significant so you can look at it and remember that it is God’s desire that we emulate His agape love at all times, even when “someone” doesn’t deserve it.

Words to live by ... emulate God’s agape love in all ways and on all days.

DeColores,
Janet Stewart, Agape Board Representative

PS. Check out this website for ideas www.niemmaus.com/agape

VIT (Very Important Trailer) - DELORES NEEDS YOU...



Can you help give
DELORES some TLC?

DELORES, our TRWE trailer, needs to be inventoried. If you have been wondering how you can help the TRWE community, please join me on June 21 at Family Retreat Center around 12 noon when I will be doing a thorough inventory of our supplies and setting up inventory sheets. Anyone interested in helping, please contact me at mps123@zoominternet.net or phone me @ 724-972-6656. I would appreciate any help and may God Bless

A CHANGING OF THE GUARD

A Fond Farwell

You know, they say time flies when you are having fun. Well that was truly the case for me, as my time as the Registrar for the TRWE community is coming to an end. I have been truly blessed by this opportunity and by all the people with whom I was able to work and meet these past years. I will miss so much about being registrar, but I think what I will miss the most is getting to meet the new pilgrims as they enter the walk on Thursday night. What a wonderful group of people you have all been.

I want to take a minute to thank the Community for permitting me to serve. Also I would like to thank my wife, Bonnie and all those who have helped and supported me during this time. I could not have done what I did without each of you. Most importantly I want to thank God for calling me to this.

I can't leave without reminding you of something you already know. The success of the Emmaus movement is the sponsor AND (the statement on all of our crosses) "Christ is counting on you". Please keep up the good work.

I leave knowing that the job of registrar is going to be in good hands. At the May meeting of the board, we elected Judy Grice to handle and run registration. She will be working with Janet Ruckel and Sharon Gallagher. I am calling them the "*dream team*". Again I get to see how blessed we are as a community. God is so good. The pilgrim application now reflects that information. Applications will now go to Judy and her address is reflected on the updated form on the www.TRWE.org website. Please make sure you use that one for your fall pilgrims.

I pray that you will remember that God is working in your lives and that you will always know the love and peace that only our God can give you.

DeColores,
Bill Wiegand, Registrar

The heart of man plans his way, but the Lord establishes his steps.

Proverbs 16:9



Visit www.trwe.org – for all your TRWE questions!

REFLECTIONS FROM THE LD'S OF WALKS #89 & #90

Last month, for the 90th time, a group of Christians retreated from the world and sat at the Table of Koinonia. When I think of how the weekend went, my mind always goes to the quiet moments at the Pilgrim's Chapel. We shared communion in an intimate setting and were able to set burdens down and were relieved that we do not have to ever pick them up again.

Everyone in the conference room was touched by the phenomenal presentations. They meditated, summarized and put on the most hilarious skits that the world may not be ready for yet.

We had wonderful entertainment during Saturday's dinner...and walking into that barn, being greeted by the Body of Christ letting their lights shine before us -- such a beautiful, heart- warming event.

Thank you all, for your hard work, your encouraging words, and your prayers. So many blessings were showered upon us, new friendships were made. Can't say enough about the outpouring of 4th Day support. The stellar team members were awesome in using their God-given gifts for His glory. I love them all! A special thank-you to the Emmaus Board of Directors who did some heavy-duty lifting in making sure the weekend went according to God's plan.

At the north regional gathering, two new members from Walk #90 came and were inquiring about a reunion group that they could join. Boy, did that ever put a smile on my face.

Thank you for entrusting me with this honor.

[Pam Walter, TRWE #90 Lay Director, Table of Gentle Hands](#)

Throughout my life, I have been blessed in so many ways. I've had the opportunity to play on a high school championship football team; was provided the means to complete college and graduate school programs that prepared me for a career that spanned over 30 years; was given a second chance to marry a wonderful woman; a wonderful son and two step-daughters; five lively grandchildren; and the chance to visit and become part of a Christian community in western Kenya.

Then, this past spring, God took me by my hand and led me on Walk 89 as the Lay Director. His blessings continued to overflow by allowing me to take this walk with the Spiritual Director and Lay Director from my original walk, Walk 49. He brought to my side on the team, friends and brothers in Christ from my church and from the Emmaus Community, some of whom I have known for years, and some whom I would be laughing and growing with for the first time. Then, He brought fourteen pilgrims to the walk and my life, who would laugh and cry and grow spiritually with me and the entire team.

Throughout the teaming process, the preparation for the Walk, and the Walk itself, God also brought into my life Board members, leaders from Women's Walk 90, 4th Day servants of Christ, and individuals throughout the entire world who would bless me, the team and the pilgrims with their prayers and thoughts.

At times on this journey, I thought my heart would explode from all of the love and support that all of these individuals poured out upon me. Truly, I experienced the warmth and love of Christ through these individuals. "Thank You" to all of you who were such an important part of this opportunity and blessing for me.

God bless you in your 4th day.

[Cheryl Nite, TRWE #90 Lay Director](#)



SPOTLIGHT ON 4TH DAY



Early in the summer of 2010 my dear friend and colleague Bob Dove came to me and asked if I would meet with a woman who was heading up a spiritual weekend for women who had incarcerated family members or friends. Because I worked so closely with the offender population, Bob thought that it would be helpful to her if I was able to give some insight as to how to locate women to participate in the weekend.

I agreed to meet with this woman named Heidi Walker who was overwhelmingly kind and truly filled with the spirit of God. We met many times and I agreed to help prepare for the 1st Kairos Outside Weekend. Heidi, *my new best friend*, told me that in order for me to work on the Team for Kairos Outside I had to first participate in the Three Rivers Walk to Emmaus Weekend. Afraid not to say yes for fear this Godly woman was sent to usher me to another level of my spirituality, I agreed to attend the weekend.

My name is **Carena Phillips** and I attended the Three Rivers Walk to Emmaus #76 and I sat at the Table of Ruth. When I went on the Walk, I had many questions about my relationship with my husband, whom I clearly knew that God placed in my life, but from whom I was separated due to actions that caused him to be incarcerated. I knew God all of my life and understood that he protected me from any harm, so I couldn't understand why he would have brought this wonderful spirit filled man into my life to take him away.

I remember the first talk was about priority. What is important to you and how do you prioritize the people and things in your life? Wow, what a struggle I was having with knowing what meant the most to me--things or People? Stuff or souls? The whole weekend was filled with messages from God through other's testimonies. I cried and cried and cried and cried so much until I thought something had happened to my mind. Then the night before the weekend concluded we were led up a long, long, very long (so it appeared) walkway to a barn with the doors shut tight with bagpipes playing deep in the woods that you could not see. My heart pounded with anticipation as to what was next and where were these people leading me.

Suddenly the doors opened and there stood hundreds of people singing and smiling and praising God. And we sang, "Let Your Light Shine So They'll See Him, Let Your Light Shine the Kingdom of God Is At Hand".

God was revealed to me in a way that has allowed me to look far beyond the human faults and to truly understand the love and mercy of God in both my husband's life and mine.

The impact of those words in my life, as a person who heard them for the first time, affected me so much that it has become one of my theme songs in life. I went on to better understand my purpose and what that weekend was to represent in my life and my new beginnings. From that point on, I was open to a whole new understanding of my spirituality and my connection to a universal family and how Kairos Outside would allow me to **Let My Light Shine So They Would See Him!**

DeColores

Carena M. Phillips, TRWE #76 & Board Secretary

**5th Kairos Outside Weekend – October 31st-November 2, 2014
at St. Paul's Monastery on the Southside of Pittsburgh**

This event is designed to provide women of incarcerated family members and friends experience a spirit filled weekend where they can rekindle their minds, bodies and souls to begin the healing process from the effects incarceration can have on families. You can be part of this 4th day experience by serving on team, being a day angel, donating agape or supplies.

For information on how you can get involved contact: Jackie McKee at 412-407-7055

MARK YOUR CALENDARS NOW!!!

**Save the Date – Make a Note – Tell your Emmaus Friends
2014 Important EMMAUS Events**



June 13 – All Community Gathering	October 13 – Application Deadline
July 11 – All Community Gathering	October 30 - #91 Men’s Walk
August 9 – Leadership Training & E-day 9AM – 5 PM	November 1 – Gathering & Candlelight 7 PM
September 12 – All Community Gathering	November 6 - #92 Women’s Walk
October 10 – All Community Gathering	November 8 – Candlelight 8 PM
	December 12 – All Community Gathering

Note: All Gatherings begin at 7:30 PM
AND All Community Gatherings are held at Ingomar UMC

CONGRATULATIONS TO SCOTT GALLAGHER!!!

Scott is one of our newest Board members and has graciously accepted the challenge of Kitchen Representative for the walks. Not only is he part of our Board, but he is the pastor of Garden City UMC in Monroeville. He is married to a wonderful woman, Sharon, and they have 3 daughters. Recently Scott received his Doctorate degree in theology. Next time you see Rev. Scott Gallagher, please give him a warm CONGRATULATIONS!

Great Job Good and Faithful Servant,
TRWE Community

SCHOLARSHIPS

A HUGE thank you to all of those generous scholarship donations our Three Rivers Community has received!!! Thanks to your generosity, our community has been able to help many people who would otherwise not be able to attend a walk. There are approximately 5 pilgrims and 5 team members on each walk who are in need of monies in order to attend. Without your generous gifts that would not be possible! There is always a need-so if you find yourself with a little extra money from your tax return, why not give the gift that keeps on giving-the gift of Emmaus and God’s extravagant love! To send a scholarship gift, please mail donations to our TRWE Treasurer:

Wes Kindelberger, 921 Summit Drive, Wexford, PA 15090

wesmokin@aol.com

If you would like to share your 4th day experience, write a story to be published in one of the “**Spotlight on 4th Day**” columns and send it to communications@trwe.org . Remember to reflect on the questions asked at the end of your weekend “What has this weekend meant to me and what am I going to do about it?” when writing your story.



PRAYER CHAIN

If you have a prayer concern that you would like lifted in prayer or have other information that you want to share with the Community, please send the information to Rpratt2707@gmail.com

Newsletter Information

If you choose to get your newsletter by US Mail...Please send a check (Payable to TRWE) for \$10 for a 1 year subscription to: Kathy Shusteric, 627 Sandy Hill Road, Irwin, PA 15642 Please send newsletter questions to communications@trwe.org.

If you know someone who does not have e-mail, please pass this information to him/her.

This newsletter may be viewed at www.trwe.org

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