



### IMPORTANT DATES

#### FALL WALKS @ FRC

Men's Walk #99,  
October 27-30, 2016

Women's Walk #100,  
November 3-6, 2016

#### GATHERINGS

June 10, 2016

North -

East - Murrysville UMC @ 7pm

South - Meadowlands @ 7pm

#### E-DAY & EMMAUS REGIONAL TRAINING

August 13, 2016 @ 9am-4pm  
@ Ingomar UMC

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..."Then their eyes were opened, and they recognized him; and he vanished from their sight. They said to each other, "Were not our hearts burning within us while he was talking to us on the road, while he was opening the scriptures to us?" - Luke 24:31-32

#### FROM THE COMMUNITY LAY DIRECTOR....

*WELCOME TO THE THREE RIVERS WALK TO EMMAUS COMMUNITY ALL PILGRIMS OF WALKS #97 AND #98!!!*

Over the course of your Emmaus weekend, you experienced the burning of your hearts that Luke describes in the above scripture. You have been renewed in your faith, challenged to go into the world leading a life



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of piety, study and action. You entered into your fourth days with a new energy to serve, some knowing where that will lead and others just waiting on the Lord.

You were told that Emmaus is not your churches, to go back and be strong – or stronger - leaders there. The Vision of Emmaus is “Fourth Day Leaders Embodying Christ” and its Mission is “Empower Leaders to be the Hands and Feet of Christ”. So Emmaus works for your church; each person goes back from the Emmaus weekend empowered to be a leader, to be the hands and feet of Christ, indeed to lead others to a deeper relationship with Jesus Christ.

So where does your participation in Emmaus fit in?

To support the Walks is to give the gift of your experience to others, to give opportunity for other church leaders to grow in their faith. You can do this in many ways:

- Begin serving in a fourth day capacity – serve a meal, sign up on prayer vigil, attend Send Off, Candlelight and Closing, make agape gifts
- Sponsor a pilgrim – you might want everyone you know to come, but be careful. Emmaus is not for everyone. There are guidelines about who to sponsor. Look in your packet or ask someone to explain the process.
- Be open to learn about Emmaus. In August there will be a Leadership Training Day, open to all in the Emmaus Community. Learn about all facets of the Walk, why we do what we do and how we do it.
- Attend Gatherings – reconnect with people from your Walk or Christians who live outside your immediate living circle. Give a short talk about how your 4<sup>th</sup> days are going.
- Become part of a Reunion Group – hold each other in loving accountability for your spiritual journey. Pray with and for each other.
- Serve on a team. Emmaus uses a model of progressive



servanthood. Generally, after you have served in a 4<sup>th</sup> day capacity you have more understanding of how the weekend flows. Then you can move into team service, generally the support team followed by the conference room.

We invite you to become active members of the TRWE Community. You will bless us with your service and provide other pilgrims with the realization of the depth of God's love for them. And, in it all, and through it all, you will also be blessed.

DeColores!

Lill Griffith

TRWE #28 Table of Sarah

*You are not called to serve in a place. You are called to serve in place of the Savior.*

**DID YOU LOSE YOUR EMMAUS CROSS?** One was found in the parking lot at Family Retreat Center after Candlelight of the Women's Walk. If it belongs to you, contact Lill Griffith 724-445-7475.



## **E-DAY & EMMAUS NORTHEAST REGIONAL TRAINING DAY**

Saturday, August 12th, 2016 – 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 "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 do.

Those who plan to take advantage of this opportunity and who can volunteer to help set up, help with snacks, or cleanup, please contact me by phone or email:

c: 412-657-8876 email: chub.dietz1@comcast.net.

May God bless YOU as YOU bless others on your 4th Day.

Chub Dietz  
Assistant Community Lay Director, TRWE

### **A NOTE FROM THE REGISTRAR COMMITTEE:**



Many thanks to the Walk #97/98 Sponsors. It was a pleasure meeting and serving you and your pilgrims. We welcome like a great group of men and women to our TRWE Community!! They are: ***Jerry Kuhn, Dennis and Debbie Durstine, Tim Edwards, Dean Nutter, Shawn Zwigart, Jeff Zibrat, Abe Johnson, Mike Tusey, Gary Kaufman, Bob Beabout, Robert and Jennie Henry, Gary and Donna Kanouff, Joe Ruffing, David Heasley, Mike Dinger, Michelle Earnhardt, Helen Lichtenfels, Jackie Nixon, Deb Pyle, Andrea Gump, Missy Davies, Jodi White, Debbie U’Ren, Brenda McMinn, Judy Klein, LuAnn Eckman, Melanie Hutson, Teri Barr, Judy Brown, Debbie Downing, Criss Crider, Stephanie Sortwell, Cathy Baumann, Lynne Scherf, Westlynn Davis and Stephanie Manko.*** We look forward to seeing you and your sponsors at future 4th Day Community Events!

It’s never too early to send in a pilgrim application. Pray and ask God to guide you to whomever He is calling to attend. Sponsorship is as rewarding as being a pilgrim and information can be found on the [www.trwe.org](http://www.trwe.org) website regarding sponsorship. You can also download a pilgrim application from the same website. (Be sure you have the current application with Judy Grice’s address: 1105 Vista Valley Rd, Washington, PA 15301.) The application deadline for both Fall Walks is October 10, 2016. As always, we look forward to serving you.

DeColores,  
Judy Grice TRWE #40, Sharon Gallagher #72 and Lisa Wahl #5



Pilgrims to begin praying for on the upcoming Fall Walks are: Karen Talerico, Jaymi Neely and Debbie Rhodes.



## INTO THE FOURTH DAY

Thanks to everyone who signed the Prayer vigil and who volunteered as Fourth day help. Thanks for helping make these weekends a Blessing for the men and women of walks 97 and 98.

John W. Turnbull Jr.  
Fourth Day Coordinator

## AGAPE FOR WALKS

**THANK YOU** to all of you who sent Agape for Walks 97 & 98. The outpouring of Agape love was terrific! Our boxes were overflowing with delightful gifts of love.

BUT, it's not too soon to start thinking of the fall walks. Those dates are: Men's - October 27-30, and Women's - November 3-6.

While these dates seem so far in advance, with all the vacations and family things going on in the summer, that time will fly by. Remember - no personal names are to be on the Agape. You can use your initials and walk numbers, Pilgrim of Walk #?, your reunion or agape group name.

There were a few items left at the camp.

*A) book - Body Building - Creating a Ministry Team Through Spiritual Gifts.*

*B) Glasses case - cloth green*

*C) Clip board*

If these items belong to you, please e-mail me at [ferrets6@aol.com](mailto:ferrets6@aol.com) and I will see what we can do to get these items back to you.

Last but not least by any means, **THANK YOU** to those men & women who served on the Snack and Agape teams. It was the first time for all of you and you did a great job. It was a pleasure working with all of you.

Madeline Rainey  
Agape Co-ordinator



## OUR GOD IS AN AWESOME GOD... (Testimonial)

Gary and I want to let you and the other board members know that, as well as receiving a great spiritual renewal in our faith during our Walk to Emmaus #97 & #98, we have been blessed with a healing to Gary. Gary has suffered with chronic back pain since 1994. He had bulging disc in L3,L4 and L5 that were operated on in the 1990's and then scar tissue developed and was pressing against the nerves in his spine and could not be fixed in 2003. He went through many medical procedures and injections into his spine until 2010 when the injections no longer worked. His two choices were a morphine pump or a spine stimulator. He did not want to be on drugs so he decided to go with the spine stimulator which is inserted in his spine and controlled by a remote control device. This device only masked the pain, but gave Gary relief enough to be able to walk and work with minimal pain. There were days however that he would comment that death was surely better than the daily pain he suffered.

Then we were invited to the Walk to Emmaus not knowing how that was going to change our life! Gary said that the day the lesson was on the woman who reached out and touched Jesus' cloak to be healed from her bleeding, he said a prayer to God, stating, 'God, if you could do this for her, I have faith you do this for me.' At that moment he said that little by little his pain went away. When Gary came home, I noticed a difference in him right away. He looked ten years younger. He told me he was not in pain anymore, but he did not reveal to me until I came home from my walk to what extent. The Tuesday after I returned home from my walk is when he informed me that he no longer was turning on his spine stimulator. Gary has no more pain; he has been healed! He also was due for his 5-year blood work from cancer and has been declared cancer free. Gary and I feel very blessed and know that his walk with God and his faith in God granted him the relief in his back that only God could give. Our God is an Awesome God!!

DeColores!  
Gary and Donna



## FROM THE COMMUNITY SPIRITUAL DIRECTOR...

We apologize but our Community Spiritual Director, Rev. Scott Gallagher, is on the road (literally) and unable to submit an article for this newsletter. You might say he is on his own road to Emmaus.

Revs. Scott Gallagher and Justin Judy invite church members and friends to join them on a 520-mile walk around Western PA to the 2016 Annual Conference session of the United Methodist Church in Western PA. "We are both excited and anxious as we begin this ministry," Gallagher posted on their Occasional Thoughts blog. "Final cuts are being made as we look to lighten the backpack we carry. As we do so it reminds me of how much excess we tend to carry throughout our lives. "We are so grateful to the congregations, families, and co-walkers who are housing us along the way. Words fail to express how very much we appreciate all the support we have received," he added. The purpose of their journey is three-fold: To envelop our Conference in prayer; to draw attention to the need for physical activity and health of clergy and laity, and to emphasize the connection of the church to the communities we serve. "The Walk will directly connect with 100 church communities," Gallagher said. "It will enable us to see our Conference in a new way; to merge ministry with physical health, and give us the opportunity to see ministry opportunities that we may have sped by before. The Walk will be a visual witness to the UMC moving ahead. "The Walk is not a fundraising event," he added. "It is a prayer-raising, connection-raising, and health awareness-raising event." Gallagher and Judy don't expect others to walk the entire 520 miles with them, but they invite people to join them as they pass through nearby areas -- for any distance anywhere they choose -- or walk in their own communities. The complete route is listed below and they'll have a web-based tracking system to follow their progress. "The Western PA Conference of United Methodist Church is spectacularly beautiful, filled with communities of amazing people, and served by hundreds of clergy and congregations," the two pastors said in a letter. "However, we often pass through at 25-70 mph or hastily move from task to task. Whether we are traveling in our automobiles or managing our way through busy schedules, we can easily miss out on the beauty and connection with the people we are called to serve." These same schedules and responsibilities can limit the time spent caring for our physical bodies, they added. "Each and every person is beautifully created in the image of God. However, in our work to live out our call we often neglect to take care of ourselves in the same way we wish to care for others," they noted. - Learn more at Scott's blog: <https://occasionalthoughts.org>



## **SURVEY COMING SOON....**

When was the last time you attended an All Community Gathering? Haven't been to one lately, or at all? Why? What do you LIKE about All Community Gatherings....and what DON'T you like?

These, or similar questions, are ones that the TRWE Board of Directors will be asking all active community members in the next few months. Why are we doing this? Because, as your Board, we want to continue to find ways to make Gatherings a cherished and fulfilling experience. Our Walk is not over on Sunday. As you know, our 4th Day goes on until that glorious time when we meet our Savior.

Until that day, we are called to support each other, help each other grow, to build up each other, and to share in the joy of Christ's love. We do this in many ways: in Reunion Groups, in our Churches' Small Groups, in our Worship Services.... and in our Regional and All Community Gatherings.

We want your help to make these Gatherings "all they can be". So, when you are given this opportunity to share your thoughts, PLEASE take a few minutes to give us your feedback. This is YOUR chance to be a vital part in shaping what future Gatherings look like, as well as when and where they take place.

We will be gathering this information over the next few months, then spending time evaluating responses and formulating plans to put in place beginning in 2017. When you are called to provide feedback, please say "yes" – no matter what your thoughts are – good or bad.

Decolores

Chub Dietz

Assistant Community Lay Director, TRWE