

January 2015  
Newsletter

# Three Rivers Walk To Emmaus

## Three Rivers Walk To Emmaus

Twenty Three Years of Walking with Jesus



### FROM THE COMMUNITY LAY DIRECTOR

Dear Emmaus Friends,

Only by God's grace Jesus Christ has played a major role in my life since 1984. Not that He didn't before that...I just didn't realize it. It wasn't until then that I began to understand that fact more fully. Jesus and I had an extremely intimate moment in the Pilgrim's chapel while I knelt at the foot of a cross on Delmarva Walk to Emmaus No. 3. God became very real to me. Jesus confronted me with my own self-serving nature and pettiness. Jesus also spoke to me, not in words, but in some kind of imagery, of His plan that was so much bigger than I, a plan to relieve others...many others...a world full of others in both space and time, of the misery of their own isolation and self-serving behavior.

He would do this by drawing them into relationship with Himself, not exactly like He had done me, but in ways suited to each individual in His time and His way. The thing is: He invited me to help. My heart leaped in a split second from the utter, crushing devastation of realizing how, in my self-serving pettiness for all those years, I had harmed Him and His cause to the sheer elation and joy that, in spite of all the garbage and baggage, Jesus was inviting me to be a part of His grand scheme. I was worthy to be counted among those He calls. If you had been peeking in the chapel in those silent moments you would have seen a penitent kneeling quietly, sobbing gently. But if you could have peeked inside that quiet penitent you would have experienced all the noise and light, the calamity, of the very Creation of the universe itself. God had moved a soul from being part of the problem to part of His solution...by an encounter with the Risen and Living Christ and by the ministry of the Holy Spirit...on an Emmaus Walk.

“...and their eyes were opened in the breaking of the bread.”

Above, I've shared a little of my story. That account is the flashback I experience nearly each time I share in the breaking of bread, and I am reminded once again of a calling to be part of God's solution, no longer part of His problem. What's your story? I look forward to hearing it as one of the 4<sup>th</sup> Day Talks at a Gathering sometime.

The Emmaus model is not necessarily intended to be the primary means of conversion. But that's just the way it worked on me. By all outward appearance, I would have appeared as a young and fairly enthusiastic budding church leader whose pastor thought this Emmaus experience may be of benefit. In the broader sense, the Emmaus Walk is designed to urge a person from point A to point B, regardless of what's at point A – new to faith, more mature in faith, matured in faith to the point of tired and worn out in faith. The point B: made new, renewed, refreshed, restored, revitalized to a thriving, vital faith in the Risen and Living Christ. The neat thing about point B? Point B (otherwise known as 4<sup>th</sup> Day) just keeps growing and expanding into an even fuller and richer life of gratitude and service – part of His solution.

#### IMPORTANT DATES

##### GATHERINGS:

February 13<sup>th</sup> 7:00 PM Regional

- South-Meadowlands UMC
- North-Leesburg Presby
- East-Murrysville UMC

March 13<sup>th</sup> 7:00 PM All Community

- Dutihl UMC

##### SPRING WALKS @ FRC:

Men's Walk #93 April 16-19  
All Community Gathering &  
Candlelight – April 18 @ 7 PM

Women's Walk #94  
April 30-May 3  
Candlelight – May 2 @ 8:00

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## FROM THE COMMUNITY LAY DIRECTOR - continued

As we move into 2015 together as members of an Emmaus Community, please let me share a few more things with you. Please consider...the breaking of the bread and eyes being opened – mine, yours, the persons in your Reunion Groups, the persons we are going to sponsor this year and next. Consider point A to point B in God's terms, through God's eyes. Where are you? How can you be an encourager of those around you from point A to point B? Here may be some of the ways the Emmaus model may continue to unfold for all of us in our 4<sup>th</sup> Days:



42 And they devoted themselves to the apostles' teaching and the fellowship, to the breaking of bread and the prayers. 43 And awe came upon every soul, and many wonders and signs were being done through the apostles. 44 And all who believed were together and had all things in common.

Acts 2:42-44

**Show Up** – Take fullest advantage as possible of the Emmaus Community to continue to feed and nurture your Walk with Christ and your service of your local church by regular participation in Reunion Group, Gathering, and Team and Walk activities.

**Grow Up** – As described above, Point B is not a destination point. Rather, Point B, 4<sup>th</sup> Day, is the beginning of a new life-long journey of growth in love and service of our Lord, Jesus Christ. We grow by submitting to the challenges God places in our lives to serve Him in community. Grow up by living the challenge to serve in your local church, to sponsor, to serve on team for the first time, or to serve on a team in a new position for another time, or in 4<sup>th</sup> Day Walk activities.

**Step Up** – The Emmaus Model is a model of **Progressive Servanthood**. Each new involvement grows us and prepares us for the next so that we are never asked to exceed our readiness. It's a beautiful model, not the only model perhaps, but since 1984 I have not found one better to urge one another on in Christian growth and maturity to serve our local churches and pastors, and ultimately His kingdom. What might stepping up mean for you in 2015? Serving on Team? 4<sup>th</sup> Day support of a Walk? Starting a new Reunion Group? Revitalizing your old Reunion Group? Playing host at a Gathering? Being part of a Board member's committee? Serving as a Board member?

I am humbled before God and you and grateful to God and you to be offered the privilege to serve you in 2015 as your Community Lay Director. I am humbled and privileged to serve alongside an awesome group, which is your Board of Directors of TRWE. Please respond with great thanks to the amazing servants who are going off the board and with great thanks for those who are stepping up to serve the Board for 2015. Please also pray for me, your Board, and one another as you consider your daily and weekly prayer habits.

In Christ alone and by His power and grace and by the ongoing ministry of the Holy Spirit, I remain, humbled, privileged, and grateful.

De Colores!

*Ken Gryger*  
*Community Lay Director - 2015*  
*Three Rivers Walk to Emmaus*



## FOOD FOR THOUGHT ON BEHALF OF THE COMMUNITY SPIRITUAL DIRECTOR

Take your spiritual temperature for 2015?

Flu season abounds this time of year, and it is serious this go around, perhaps a stark reminder of the need for us to maintain our immune systems and do our best to avoid exposure – wash your hands often, don't touch your face, pick your nose, or rub your eyes. The nightly news of the 5 year old hospitalized at Children's Hospital seriously ill with the flu or the national total of elderly whose deaths have been attributed to flu related complications remind us daily to guard our physical health, BUT, what about our spiritual health? What is the daily reminder to guard our spiritual health and bolster our spiritual immune systems?

Following are ten simple questions put in terms of a doctor's annual check-up to check our spiritual health. If you were to rate yourself from 0 to 5, 0 being doing very poorly and 5 meaning you are doing really well, how do you score?

1. Healthy Appetite: Do I have a growing hunger for God?
2. Vitality: Am I passionate about knowing what the Word of God says?
3. Routine Self-examination: Do I have greater sensitivity to sin in my life?
4. Healthful behavior: Do I have a decreasing appetite for worldly ways and systems?
5. Engagement with world around: Is my sphere of love increasing?
6. Inner life: Is my prayer life rich and satisfying?
7. Discipline: Am I finding it easier to obey God?
8. Productivity: Does my life demonstrate a trend of increasing fruitfulness? Am I fruit-bearing?
9. Outside interests: Do I exhibit a trend of increasing compassion for the lost, the least, the last? Are my prayers centered around physical healing of friends and acquaintances, while neglecting their spiritual health and wholeness?
10. Getting outside oneself: Am I more passionate in both private and corporate worship?

Please don't misunderstand. This survey isn't designed to make anyone feel bad about themselves. The annual check-up at the doctor's office simply establishes the baseline, the status quo OR it rates us against where we were in a previous baseline test. It is what it is!

The next question is: What do we do about it?

“ For this reason I remind you to fan into flame the gift of God, which is in you through the laying on of my hands” . 2 Timothy 6

So, if your spiritual temperature is off, if your spiritual check-up came up a little short of what the Great Physician might be wanting for you, do something about it. Lean on Him! Fan your flame! Reconnect with Emmaus friends at Reunion Group and Gathering! Step up to serve on team! Serve your local church and community!

Here's to good (spiritual) health for all in 2015!

*De Colores! Ken Gryger* writing on behalf of the vacationing *Rev. Cindy Parker (CSD)*

## WHAT ARE THE TRINKETS IN YOUR TREASURE BOX?

This morning as I was reminiscing about 2014, I got my box of treasures out of the hall closet. As I fingered each keepsake, memories of a different place and time flowed through my mind...

...Here's a broken tee from my first game of golf ... the snow globe from my third grade visit to the Pittsburgh Zoo ... a stone I got when I visited the Stewart Castle in Ireland. And here are a few pieces of Agape from my Walk (TRWE #46). There are also a number of Agape items that I received while serving on Team on various other Walks.



As a Pilgrim on a past Walk, you and I both know the Agape received during those 72 hours is exciting yet overwhelming ... but as I am reflecting this cold winter day, I realize the gift of Agape was just as awesome when I served on Team.

The point in my journey down memory lane this afternoon is not to prove that I am indeed a sentimental person. Most of you already know that. The point I am trying to convey is to remind each of us the impact our gifts of Agape can have on the Pilgrims (and Team members).

Now, I realize the *trinkets in my treasure box* are probably quite different than the ones you may be savoring from your lifetime. But some that we may have in common might just be Agape from past Walks. Do you still have your crown of sparkling stars? The red water bottle? The cross that the mimes placed tenderly into your palm?

Now that you are thinking about the Agape you received in the past, what gifts of Agape can you share during the upcoming Walks? The Walks are three months away and you probably have plenty of time to devote to making Agape ... football season is almost over and the temperatures have been sub-zero during the days (and nights). Thus, please consider making gifts of Agape for the Pilgrims (and Team members) of **Walks # 93 and # 94**. It may be that your gift of Agape is one that a Pilgrim (or Team member) might treasure for years to come.

*Janet Stewart, Outgoing Agape Board Representative*

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VISIT [WWW.TRWE.ORG](http://WWW.TRWE.ORG) FOR ALL YOUR TRWE QUESTIONS!

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<sup>19</sup> Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, <sup>20</sup>but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. <sup>21</sup>For where your treasure is, there your heart will be also.

Matthew 6:19-21

## NEW YEARS RESOLUTIONS

As I write this...I'm wondering how you are doing with your new year's resolutions. Some of us have resolved to lose weight, exercise more, get healthy, quit smoking, etc. Seems like most of our resolutions are in the category of self-help. But don't give up. Stay focused and with God's help it is possible.

Do you remember the first talk you heard on your weekend? Priority? The primary reason resolutions fail is because we don't make them a priority. Similarly, our relationship with the Lord can feel distant or lukewarm because we fail to put God first in all we do. One way of fanning the spark of love for God is through participation in a reunion group. Reunion groups help us to live out at least two dimensions of discipleship: study and fellowship. There's nothing like being able to pray in a small group for one another. There's also nothing like the wonderful fellowship we experience with the Lord in our midst.

If you are not part of a reunion group at this time, I encourage you to go to [www.trwe.org](http://www.trwe.org) and click on reunion groups. Contact the group leader for confirmation of meeting times and directions to the location. Remember that there are no 'lone ranger Christians.' We all need Christian friends to walk this walk with us.

Reunion group leaders: have you contacted pilgrims in your area to personally invite them to fellowship with you all? More people are willing to try something new when they have been personally invited. Try it. You may be pleasantly surprised!

If you don't have a reunion group in your area, consider starting one. For more information, go to the website ( [www.trwe.org](http://www.trwe.org) ) or contact me. [revmtimko@gmail.com](mailto:revmtimko@gmail.com) or call 724-228-7470.

 DaColores!

*Merle Timko Reunion Group Coordinator*  
TRWE #42

## MEMORIAL SERVICE

The All Community Gathering on March 13, 2015 will be held at Dutihl UMC. At this Gathering we will have a Memorial service for those who have passed on to be with Our LORD in 2014 or for others who have passed from previous years & have not been memorialized. Please send names to Ken Gryger at [kgryger@comcast.net](mailto:kgryger@comcast.net) by February 14th. We will also be doing the team commissioning for the spring walks at this Gathering.

### My New Year's Resolutions

- Diet
- Exercise
- Less Facebook
- Quit Smoking

My prayer for us in 2015 comes from Godspell.

*"Day by day, oh, dear Lord, three things I pray. To see thee more clearly. Love thee more dearly. Follow thee more nearly, day by day ..."*

**SAVE THE DATE**

**ALL COMMUNITY WALKS  
ALL COMMUNITY PICNIC  
JULY 11TH  
FUN FOR THE ENTIRE FAMILY  
DETAILS TO FOLLOW**

**SPOTLIGHT on 4<sup>th</sup> DAY**

My name is Lill Griffith. I was on the Three Rivers Walk to Emmaus #28 and sat at the Table of Sarah.

I remember the Closing – Walks 27 and 28 were simultaneous – so all the men and women who had just completed their Walks were there answering those two questions to the Three Rivers Community members.

What did this Walk mean to me? **The complete realization that I am a child of God.**

What am I going to do about it? **Continue serving my church and now the TRWE Community...BUT, with a different heart and mind.**

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“...when you intentionally look, you really can see God at work in the everyday things of life.”

So, after many more years and many more Walks, where am I on my Fourth Day journey?

Discovering (that’s an ongoing process) that the *Sanctifying Grace* of God sometimes leads you on paths you don’t necessarily appreciate until you get there. Discovering that when you intentionally look, you really can see God at work in the everyday things of life. Discovering that when you intentionally listen, God speaks to you – words of conviction, but also words of encouragement.

Daily devotions (*piety*), small group meetings (*study*), and volunteering in church and community (*action*) give me ample opportunity to see and hear God. Because as we learned, if one is missing, you will be weakened and possibly stumble. With His strength, I continue to try to stop, look and listen so that this child gives all the glory to her Father.

DeColores. *Lill Griffith*

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## SPRING 2015 WALKS

### A Note from the Registrar Committee

The weather outside may be frightful but the **fire** (Holy Spirit) is so delightful☺ We are excited to report that we have 2 men and 8 women registered for the Spring 2015 Walks.

Robert Fofflygen	Sandra Fofflygen
Zachary Jupin	Trudy Negri
	Karen Harshbarger
	Donna Bussey
	Agnes Curfman
	Lauren Nosker
	Shela Shields
	Christine Lewis

**Please begin praying for these pilgrims now.**

**SPRING WALK DATES: MEN’S WALK #93 APRIL 16-19  
WOMEN’S WALK #94 APRIL 30-MAY 3**

The Holy Spirit is working on many others out there in our community, He just needs you to be His hands, feet and mouth to extend the invitation. Please prayerfully consider and listen for who God is placing on your heart, that needs their fire reignited for the Lord.

March 30<sup>th</sup> is the application deadline and it will be here before you know! So right now, go to the [www.trwe.org](http://www.trwe.org) website and print out an application form, so you have one with you when the “Yes” response comes. (Please use application with Judy Grice’s address on it and throw any old application forms away.) We look forward to hearing from you.  
DeColores,

*Judy Grice TRWE #40, Janet Ruckel TRWE #2 and Sharon Gallagher #72*



**Please mail application and applicant’s non-refundable \$25.00 deposit to:**

Judy Grice, Registrar  
1105 Vista Valley Road  
Washington, PA. 15301

**Questions**

Phone: 724-225-7806  
Or

E-mail: registrar@TRWE.org

## NEW LOCATION FOR ALL COMMUNITY GATHERING

After much discussion the Board of Directors decided to accept the offer from Dutihl UMC and move the All Community Gatherings to their church for 2015.

The decision was made totally because of convenience and to accommodate those traveling from longer distances, where they would need or like to have a meal before the Gathering. Dutihl UMC is very central to the Cranberry turnpike exit and Route 79 and very easy to find.

Dutihl United Methodist Church  
1270 Dutihl Road  
Cranberry Twp., PA



**MARK YOUR CALENDARS NOW!!!**

**Save the Date – Make a Note – Tell your Emmaus Friends  
2015 Important EMMAUS Events**



Feb 13 – Regional Gathering	Aug 14 – All Community Gathering & E-day
Mar 13 – All Community Gathering	Sep 11 – All Community Gathering
<b>Mar 30 – Application Deadline</b>	Oct 9 – All Community Gathering
Apr 16 - #93 Men’s Walk	<b>Oct 12 – Application Deadline</b>
Apr 18 – Gathering & Candlelight-7 PM	Oct 29 - #95 Men’s Walk
Apr 30 - #94 Women’s Walk	Oct 31 – Candlelight 8 PM
May 2 – Candlelight 8 PM	Nov 5 - #96 Women’s Walk
May 29 – Regional Gathering	Nov 7 – All Community Gathering & Candlelight 7 PM
Jul 11 – All Community Picnic	Dec 11 – All Community Gathering

**Note: For all Gatherings, doors open at 7:00 PM and service begins at 7:30 PM  
AND All Community Gatherings are held at Dutihl UMC**

**THE EMMAUS BOARD**

A special THANK YOU to our retiring Board members **Wes Kindelberger, Janet Stewart, Ginny Spindler and Ernie DeLuca** for their service to our Emmaus Community! You have served us well!

**2015 Board and Positions**

Comm. Spiritual Director	Cindy Parker	Fellowship	Lisa Foust
Community Lay Director	Ken Gryger	Fourth Day	Carena M. Phillips
Asst. Community Lay Director	Lill Griffith	Kitchen	Tom Gomola
Secretary	Barb Gusew	Music	Lynn Keener
Treasurer	Chub Dietz	Outreach/Tech	Scott Gallagher
Agape	Bryan Pass	Purchasing	Mike Schmidt
Communications	Kathy Shusteric	Registration	Judy Grice
Facilities	Janet McKibbon	Reunion Groups	Merle Timko
Webmaster	Mike Wild	Literature	Lois Dille

*"As a leader...your principal job is to create an operating environment where others can do great things."*

--

Richard Teerlink

**BOARD NOMINATION SEASON FOR TRWE BOARD OF 2016 IS NOW OPEN**

Dear Community, Each year the community elects 6 members to the Board of TRWE to a 3 year term. 18 Board members, 6 retire each year, 12 remain, 6 newly elected members come on insuring continuity. It is not too early to consider persons you might nominate to the Board. It is a process that runs from January through September each year. Qualifications: Walk experience and appreciation for the model of Emmaus, participation in Reunion Group, Gatherings, Walk 4th Day, maturity, competence, respectability and leadership. Consider Titus 1:5-9 or church equivalent passages describing elders of the, man or woman.

Please reply to Lil Griffith [ddglrm@gmail.com](mailto:ddglrm@gmail.com) with your nominations until further notice.

## NEEDED – 4<sup>th</sup> DAY BOARD REP to complete term...

Many of you may know that we continue to lift up in prayer our dear sister in Christ, Carena Phillips, while she is under nursing care following surgery and treatment for burst vessels in her brain. We have been asked by the family to pray but not visit during this time. Carena's absence from the Board of TRWE leaves a great void in so many ways; she is so spirited and enthusiastic, prayerful and God-honoring. The loss of a person on the Board also means those functions must be assumed across the rest of the Board positions or we seek to temporarily fill the position to complete the remainder of the term. Please consider filling out the remainder of Carena's term. The vacancy is the *4th Day Board Rep* position and I can explain the job responsibilities by email and / or phone. Please reply directly to me, Ken Gryger at 724-816-1625 OR [krgrgyer@comcast.net](mailto:krgrgyer@comcast.net).

Thank you! DeColores. *Ken*



## UNDERSTANDING THE EMMAUS COVENANT

Dear Three Rivers Walk to Emmaus Community,

Since the founding of TRWE over 20 years ago, an elected Board of Directors has entered into a covenant agreement with the International Leadership of the Walk to Emmaus. As a scripture-based faith community, the notion of covenant is nothing new to us, God makes covenants with His children. There are expectations set for each side. Blessings abound in honoring the covenant. Negative consequences follow dishonoring the covenant. Below is printed the 2015 Walk to Emmaus Covenant between the Upper Room International Walk to Emmaus / Chrysalis Office and the Three Rivers Walk to Emmaus Community for your information. I hope you take the time to read it through. Here are a few things that strike me as I read through it and sign it again this year as one of the Board members representing your Emmaus community.

First, we don't exist without this covenant. We might be a great group of servant-hearted Christian people who can muster two sets of weekend retreats each year but we couldn't call them Walk to Emmaus walks, nor our community a Walk to Emmaus community. And not that we covenant just for the sake of a name or the use of a name. Rather, what's behind the name, beneath the name: a community based model that serves to share an experience of God's love and grace in Jesus Christ with those whom God has called. It's the consistency the model provides that allows us to sense connectedness with a world-wide Emmaus community. We can embrace a brother or sister from South Africa, Buenos Aires or South Korea with a bold shout "De Colores!" just as easily as ones from western Pennsylvania knowing full well we have shared a common experience of the love of Christ, as though they had just been on the same walk we were.

Second, this covenant emphasizes a shared yet simple vision and mission. **Vision:** Fourth Day Leaders embodying Christ! **Mission:** Empowering leaders through Emmaus and Chrysalis to be the hands and feet of Christ! I've been wordy enough. You get it! The local church is the hope of the world. The local church needs empowered leadership! Guess what: we're it! Not because I said so but because **Jesus** said so. He ascended leaving His earthly mission in our care and by the power of the Holy Spirit.

Lastly, for those of you newer to TRWE, welcome! Welcome to a covenant community serving this vision and mission. As we've said before in different ways, Emmaus may not be the only model to encourage servanthood of Christ, but it's a really, really good one. It's one that's proven over the years its worth and value. And what's more, it's the one to which we have covenanted to uphold.

I know I speak for the Board of Directors of Three Rivers Walk to Emmaus Community by saying we are honored to sign this covenant on your behalf, a community of covenant-keepers serving both vision and mission, to embody Christ and empower leaders to be the hands and feet of Christ!

DeColores,

Ken Gryger  
Community Lay Director  
Three Rivers Walk to Emmaus 2015

## 2015 WALK TO EMMAUS COVENANT LETTER

Between  
The Upper Room International Walk to Emmaus/Chrysalis Office  
And

Name of Community: Three Rivers Walk to Emmaus  
STATE/COUNTRY: Pennsylvania, USA

This agreement is hereby entered into this 3<sup>rd</sup> day of January, 2015

Hereinafter, "The Upper Room International Emmaus/Chrysalis Office" will be "the Emmaus/Chrysalis Office" and the other party, "the Local Community".

By signing this covenant,

### **The Local Community agrees:**

1. To become an Upper Room "Walk to Emmaus Community" in accordance with the program's mission and vision.
2. To annually review and renew its Covenant with the Emmaus/Chrysalis Office.
3. To conduct the Emmaus program in accordance with the current copyrighted Upper Room Emmaus materials.
4. To foster in Emmaus activities the openness to diversity and the theological balance that is reflective of Upper Room Ministries which invites interdenominational, interracial and international participation, and fosters a spirit of Christian acceptance and unity.
5. To have an elected local governing body that will conduct its business in accordance with the Emmaus/Chrysalis Office guidelines and, in a manner that honors Christ and His church.
6. That all current Community Board of Directors members and all Weekend Conference Room members are active participants in a Group Reunion or accountability group.
7. To be in communication with the Emmaus/Chrysalis Office regarding scheduled Emmaus weekends, election of new officers and other developments affecting the quality of the Emmaus ministry.
8. To update and maintain their community's information on the Emmaus Boardroom website.
9. To refer to the Emmaus/Chrysalis Office for the interpretation of the Emmaus materials.
10. To seek prior written approval from the Emmaus/Chrysalis Office for translation of and/or printing of any and all Emmaus documents in any language.
11. To function entirely as a servant of the Church.
12. To cooperate with and keep denominational leaders, other church officials, and the Emmaus/Chrysalis Office informed about the activities and fruit of the local and international Emmaus Movement.



**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

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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](http://www.trwe.org)

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Visit our website at  
[www.trwe.org](http://www.trwe.org)

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