



EMMAUS NEWS



Newsletter of the Canberra Monaro Emmaus Community

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A message from our Community Lay Director

Gatherings 2025

Saturdays 2pm - 5pm

9 Aug: including Commissioning of Going Fourth LD and SD @ O'Connor UC

13 Sep: @ O'Connor UC

8 Nov: Country Gathering @ Yass including Board elections if required

13 Dec: 12.30pm BBQ Gathering @ O'Connor UC

Events

20 Sep: O'Connor UC Community Day

11 Oct: 10am-5pm Going Fourth @ O'Connor UC

19 Oct: BBQ Fundraising @ Belconnen Bunnings

Walks 2026

Men's #99: 30 April - 3 May 2026

Women's #100: 14 - 17 May 2026

(Aug - Dec 2025 calendar is at the end of the Newsletter)



Hello Wonderful Emmaus Family,

“As a people of love, we will serve the Lord with Joy”

This is our CMEC motto. I like it. It is a statement of who we are. It is a statement of how we strive

to act, as much as we humanly can. I liked it so much, that I typed it into AI Overview in Google... and I want to share what it pointed out.

Love as the Motivation: Aligns with the greatest Commandment to ‘love God and others’. [Reminder]

Joy as the Attitude: To serve God with gladness, delight and a willing heart. [A conscious choice]

Biblical Basis: Did you know that serving is mentioned over 1,100 times in the NIV translation? [Important]

Beyond Duty: This perspective moves us beyond a mere sense of duty or obligation, allowing us to find happiness and fulfilment in serving. [Another conscious choice]

Reflection of Relationship: Taking joy in service reflects a healthy, vibrant relationship with God. [God’s strength]

Impact on Others: Serving with joy can inspire others and be a powerful witness to the love and grace of God! [Amen]

So all this suggests that service to God should not be a begrudging obligation, but rather a heartfelt expression of love and gratitude. Hmm...OK – yep... true in a perfect world. But...sometimes serving can be tiring, hard and feel onerous. Honestly, sometimes serving can feel ‘just too much’.

I'm human, we're all human. And this is not a perfect world. So how do we keep serving with heartfelt expressions of love and gratitude?

Ha ha! What Google AI didn't mention – the one thing that holds **so true** for Emmaus – is that **we serve together**. We don't serve on our own, in isolation. We don't have to have all the answers, all the strength, all the know-how. **We serve together**, supporting, uplifting, stepping in, upholding, laughing, crying and praying for each other throughout it all. And together we remind each other that we're doing it for God in Jesus' strength and the Holy Spirit's wisdom.

Celebrate and Look Ahead

A huge thank you to the **Walk #98 & #99 Teams** for your **Debrief sessions** and WLD reports. Our Community is blessed by your service and our After Walk Gathering was a true celebration of serving with joy!

Now we look forward to supporting our new Walk #99 & Walk #100 Walk Lay Directors (WLD), Andrew Johnson and Jill Pearson, in their preparations for the 2026 Walks. **Team selection** meeting is on the 9th August. Please be praying for Andrew and Jill as they journey with God in building their Teams.

Going Fourth is well in hand with Trish Dooley as LD and Deb Glassford as SD. Come along to the Gathering for their Commissioning on Aug 9th and make sure you book 11 Oct into your diaries now!

O'Connor Uniting Church Community Day is a fabulous chance for us as Emmaus Community to serve the OCUC church family and O'Connor community. Jim Curtis has the planning well in hand. But we all have **opportunities to serve** across the day.

October 19 we'll also hold our very **first Bunnings BBQ Fund Raiser** at Belconnen Bunnings. Pencil out an hour or two to join in the fun cooking snags and serving the wider Community as the Canberra Monaro Emmaus Community.

I'm so glad to be a part of Community as we continue to serve together, encourage each other and gather as one big, different family. Let's joyfully continue to be that witness of God's grace and love – in everything we do.

God's Peace to You and De Colores

Von



Gathering at 2pm on Saturday 9 Aug @ O'Connor Uniting Church including Commissioning of Going Fourth LD and SD



A message from our Community Spiritual Director



Hi Community,

What a blessing it was to be helping to serve in the dining room on the Men's Walk #97 and to be SD on Women's Walk #98.

We had a lovely group of 8 ladies all who by Friday had gelled in their table

groups. They were so connected all weekend it was a blessing to see. And the sharing at the end of what God had done in their three days and what they intended to do about it on their Fourth Days always amazes me. And this time

was no less special. I have decided to recap on the message that the Lord gave me for the Closing of the Women's Walk for the pilgrims, or our new Community members, which I feel is good for us all to remember.

John 15:1 [Jesus says] *"I am the true Vine."*

Then verse 4 continues, *"Abide in Me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in Me."*

De Colores

Joy Waldron

Woman's Walk #98 Reflections

As God prepared me to lead Walk 98 as WLD, He gave me two key verses as His message to the Walk Team.

1. Jeremiah 16:19 "Lord, You are my strength and fortress, my refuge in the day of trouble" – Let God be your strength when you feel weak, your fortress when your enemies come against you, and your refuge when you need to retreat from life's pressures.
2. Isaiah 26:4 "Trust in the Lord always..." – In all things, at all times, trust in the Lord.

With God's guidance a wonderful Walk team was formed, with the vision that God had prepared the way for each team member, as well as for the team as a whole; a Godly team of His servants.

God did indeed prepare and grow this amazing team for Walk 98, a team He spoke to and grew personally as they took up His invitation

to serve the pilgrims he would bring and to be His hands and feet.

God also challenged us to "Build and the Pilgrims He selected would come" - and they did.

As WLD, it was such a privilege to see the growth in each team member, and the team as a collective, supportive group, and to hear their amazing insights through each of the Talks presented on the Walk.

God brought 8 fabulous Pilgrims to undertake the 72-hour Emmaus Walk #98, with each table team growing together and responding with great discussions, questions and a growing understanding of the Life of Grace in Christ, and the invitation offered to each of them. The wisdom in God's guidance for team membership was often seen, as the right person at the right time provided the right response, insights and support to the Pilgrims over the three days, meeting them where they were on their own journey with Christ.

Each team member also grew in their own journey with Christ, and it was so encouraging to see God at work in them during this time, and as they continued on their Fourth Day journeys.

Personally, as WLD, God reminded me often that He was preparing the way, and this was not something I could do in my own strength. He also reminded me that as we walk in the Life of Grace through Him, we must persevere and give things to Him that come to distract us from His mission. The cost of perseverance is definitely worth the Life in Grace.

In conclusion, I am reminded of two key things from the opportunity of serving as WLD on Walk 98:

1. That it is such a blessing to be asked to serve God and the Emmaus community in this way, despite the workload and busyness, and
2. God does prepare the way – we just have to let Him. He prepares each of us for the journey and opportunities He has planned for us.

De Colores

Lynda Douglas WLD Walk #98

Dear Community

It is so lovely to be asked to lead Going Fourth #19 this year. Team formation went well once I started letting go and letting God place people on my heart. Happy to say I now have a full team:

Music Director: Mick Brown.

Spiritual Director: Deb Glassford.

Prayer Directors: Wayne and Teresa Scott.

ALDs: Dean Warwick and Jess Rogers.

Speakers: Kirsty Ross and Greg Cole.

Co-Ordinator: Jane Barr.

Please uphold the team in prayer as they prepare for Going Fourth as some of them are having a tough time.

I was shopping at Koorong just before the Women's Walk and was wondering what my theme would be for Going Fourth. I had 3 ideas and then I saw a coffee mug that said "The Lord is my strength and my song" from Psalm 118:14. It spoke straight to my heart and I thought "that's it!" So my theme is **Strength, Song, Salvation**. There is so much in this little verse that you can unpack and really dwell on. My prayer is that when you come to Going Fourth and hear what the speakers have to say that you will be able to relate to their stories and understand just what it means to have God as your Strength, Song and Salvation.

Come and join us on 11th October 2025 at O'Connor Uniting as we celebrate as a community the things of God and all that He has done for us and continues to do for us.

De Colores

Trish Dooley

**Going
Fourth!!**
Strength, Song, Salvation

O'Connor Uniting Church Community Day - 20 September

Our community is blessed by the folk at O'Connor Uniting who generously provide us with a venue as well as storage for all our equipment at no cost. Without this support, it would be very difficult to host our community at gatherings and training and run our Walks.



A couple of years ago the O'Connor community ran fun days and CMEC provided volunteers to run the free sausage sizzle. Sadly, last year they were unable to organise their annual fun day event due to reduced numbers and reduced capacity. So, as a way of thanking the O'Connor community for their generosity, we offered to assist with the organisation of their 2025 fun day, and to help make their community outreach event happen.

The O'Connor Fun Day will take place on Saturday, 20 September 2025 from 10am to 3pm. We have invited a number of people and groups who also make use of the O'Connor facilities to support us, and make it a great day.

In addition to providing event and admin planning support, the CMEC will run the BBQ and a White Elephant stall, and perhaps a secondhand book stall.

I would love to hear from anyone who is willing to step up and assist with the BBQ and other stalls. Please reach out to me directly or to Von via email, or chat to us at one of the gatherings.

Jim: jim.curtis@bigpond.com

Von: cld@canberramonaro.emmaus.org.au

We would also appreciate help with searching for some or all of the white elephants you have around your home and donate any books in reasonable condition for our secondhand book stall.

All funds raised at our community stalls will contribute to our fundraising efforts this year, which will help make our Walk registration fees affordable.

De Colores

Jim Curtis

Save the Date - 19 October



Canberra Emmaus Community will be running the BBQ at the Belconnen Bunnings from 8am - 4pm

This simple sausage sizzle will raise a lot of money to help keep the Walk Fees down. Please contact Michelle on 0458 199 490 for more detail



Get to know ...

Meet Andrew Johnson, Lay Director Walk #99

Hello friends. My name is Andrew Johnson. I joined the Canberra Emmaus Community around 2012 when I completed my pilgrimage on Walk #73 at Greenhills. My Fourth Day journey since then has included serving on team for several Men's Walks. I have loved being able to serve on team with other like-minded men and women, intent on supporting and serving new pilgrims to experience the Walk. Now I am excited to have been called to be the Lay Director for Men's Walk #99 in 2026.



I have been fortunate to have been aware of Jesus all my life. I was born in Canberra in the early 1970s. My family attended a local Anglican Church during my school years and I met my wife during University. We were married in the mid-1990s, and soon after joined Belconnen Baptist Church (now Mosaic Baptist), which continues to be our home Church. We now have two adult children, who are completing university courses this year and are about to embark on the next big stage of their life adventures.

Over my life, I have been blessed by God's patience with me as I have stumbled and fumbled my way towards Him. My relationship with Jesus has gotten richer and more exciting as I have grown and matured and learnt more about the depth of His love and His purpose for us.

Jesus call on us to love and disciple others is what drew me to the Emmaus Community. A Community of disciples committed not only to support one another on our Fourth Day journey but also to continue to invite and bless other fellow believers. As part of a community joined by Jesus, I am far stronger than I am as an individual. Together we can support, encourage and continue to build one another.

As a pastime to support my family, I have worked for over 30 years in different Government agencies in Australia and New Zealand. But it is the things beyond work that I find more inspiring. I have a passion for maps and the outdoors. Some years ago, when my children were still in primary school we took up orienteering. Orienteering is a competitive sport that requires bush navigation skills, fitness and perseverance. It has provided us with the opportunity to travel around Australia together to attend different events and have some fabulous times together.

I'm looking forward to leading the team for Men's Walk #99 at Greenhills at the end of next April. I'm especially grateful to the Emmaus Community for your support and prayer.

De Colores

Andrew



Hi Fellow Prayers

I like to think that I am a reasonable prayer intercessor, but in reality, I know I spend lots of time praying for my own needs. I'm quite good at praying for my family, for friends who ask me for prayer or when I see some terrible tragedy in the news.

When our annual Walks are on, I put my name down on the 72-hour prayer vigil, but in my daily life this is certainly something that I need to work on.

I recently read a devotion titled 'I am an Intercessor', where Paul (1 Timothy 2:1-5) urges us to be an intercessor for all people, because "this is good, and pleases God our Saviour, who wants all people to be saved and to come to a knowledge of the truth". This really challenged me, as we all know and have experienced that prayer changes lives! If you feel challenged by this passage, I would like to encourage you to pray for Emmaus pilgrims



and team on their Walks, both in Australia and overseas.

Here's a couple of links to sign up to 72-hour prayer vigils to pray for Australian Communities <https://vigil.emmaus.org.au/> and for overseas Communities in America and South Africa <https://www.prayervigils.net/>. There is plenty to pray for with Walks, Face to Face, Kairos inside, Kairos outside, Chrysalis and Cursillo happening all over in the next month, so let's be Intercessors and bless their socks off.

Let's be a praying Community!

De Colores

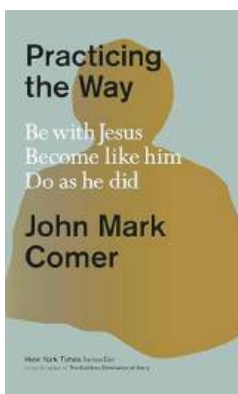
Jane

Prayer Vigil Coordinator

Book Review

Book Review: Practicing the Way by John Mark Comer

This year, my church has worked it's way through 'Practicing the Way' in weekly sermons and I plan to participate in an 8 week 'Practicing the Way' course that we will then be running.



In one sentence, PTW is an invitation to rethink what it means to follow Jesus. Comer invites us to 'apprentice' to Jesus - "be with Jesus, become like Jesus, do as Jesus did". We are invited into spiritual practices in a way that makes them accessible in our uber-busy modern world. Comer draws on insights from thinkers like Dallas Willard and encourages us to adopt a 'Rule of Life' to grow in faith and love.

This book is a great resource for anyone interested in spiritual growth, offering clear steps and an accompanying (free) online course to help bring the concepts in the book to life. Ultimately, PTW encourages us to live an intentional life of faith with purpose.

De Colores

Dale Cooper

Noticeboard

Direct donations

Have you thought that instead of making a one-off donation at a Gathering, you could make a regular weekly, fortnightly or monthly donation? By doing this, you will help ensure that we can keep supporting Pilgrims and meet the running costs of Emmaus. To make a direct deposit use the following details:

Name of bank account: Canberra Monaro Emmaus Community

Bsb: 634634, Account Number: 100021977

Reference: your name

Credit card payments

Our Community utilises a Square Card – tap and go service.

You don't have to pay with cash. Pay with credit or debit card at any Gathering - a Board member can help!

Emmaus Newsletters

You can opt in to receive Newsletters from both the Australian Emmaus Community and the Upper Room.

News from the Australian Emmaus Community

[News \(emmaus.org.au\)](http://emmaus.org.au)

News from the International Emmaus Community

The Upper Room Newsletter can be accessed through their website [here](#)

Reunion groups can use zoom

Emmaus has a Zoom license that is available for all the Emmaus Community. If you would like to use it to hold a Reunion Group Meeting, Bible Study, Team Meeting or to have a chat with friends over coffee, then please use it, that is why we have it.

Just contact Andy Visser at secretary@canberramonaro.emmaus.org.au to book in your meeting

Lost your Emmaus Name Badge??

You can order a new Emmaus name badge by sending your name (first and last name) to our Registrar Michelle Southwell at

registrar@canberramonaro.emmaus.org.au

Emmaus Board Members - contact details

Emmaus Role	Name	Email
Community Lay Director (CLD)	Von Chenery	cld@canberramonaro.emmaus.org.au
Community Spiritual Director (CSD)	Joy Waldron	csd@canberramonaro.emmaus.org.au
Secretary	Andy Visser	secretary@canberramonaro.emmaus.org.au
Treasurer	Andrew Chenery	treasurer@canberramonaro.emmaus.org.au
Registrar	Michelle Southwell	registrar@canberramonaro.emmaus.org.au
Web Administrator	Neil Glassford	webadmin@canberramonaro.emmaus.org.au
Music Coordinator	Gary Bates	
Community Member	Jane Barr	
Community Member	Kat Santosuosso	
Community Member	Dean Warwick	
Community Member	Brad Ramage	





Canberra Monaro Emmaus Calendar 2025v7 August – December

AUG	Sat	9	Team Selection Walks #99 & #100 (2026)	11am – 1pm	O'Connor UC
		9	Gathering + Commissioning GFLDs and GFSD #19	2pm – 5pm	O'Connor UC
	Mon	11	Board Meeting	7.30pm	Zoom
	Sat	23	Going Fourth Team Training	10am – 5pm	O'Connor UC
SEP	Mon	8	Board Meeting	7.30pm	Zoom
	Sat	13	Gathering	2pm – 5pm	O'Connor UC
	Fri	26	Newsletter		Email to Community
	Sat	20	OCUC Open Day	TBC	O'Connor UC
OCT	Sat	11	Going Fourth	10am – 5pm	O'Connor UC
	Mon	13	Board Meeting	7.30pm	Zoom
	Sun	19	Bunnings BBQ Fund Raiser	8am – 5pm	Belconnen Bunnings
NOV	Sat	8	Board Meeting	11am	O'Connor UC
		8	Country Gathering (Board Elections if required)	2pm – 5pm	Yass (Venue: TBC)
	Fri	28	Newsletter		Email to Community
DEC	Sat	13	BBQ Gathering	12:30pm	O'Connor UC

Canberra Monaro Emmaus Walks

2025 Going Fourth | 11 October 2025

2026 Walks - Greenhills

- **Men's Walk #99** 30 April-3 May
- **Women's Walk #100** 14-17 May

2025 Public Holidays (Aug – Dec)

ACT		NSW	
Labour Day	Monday 6 October	Labour Day	Monday 6 October
Christmas Day	Thursday 25 December	Christmas Day	Thursday 25 December
Boxing Day	Friday 26 December	Boxing Day	Friday 26 December

2025 School Terms (Aug – Dec)

School Terms	NSW 2025	ACT 2025
Term 3	Mon 21 July – Fri 26 Sep	Mon 21 July – Fri 26 Sept
Spring Holidays	Mon 29 Sep – Fri 10 Oct	
Term 4	Mon 13 Oct – Fri 19 Dec	Mon 13 Oct – Thurs 18 Dec
Summer Holidays	Eastern Mon 22 Dec – Mon 26 Jan 2026	
	Western Mon 22 Dec – Mon 6 Feb 2026	