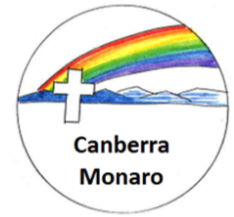




EMMAUS NEWS



Newsletter of the Canberra Monaro Emmaus Community

PO Box 2286, Canberra City ACT 2601

email: canberramonaro@emmaus.org.au

website: <http://www.canberramonaro.emmaus.org.au>

Facebook: <https://www.facebook.com/groups/2351465338485753/>

A message from our Community Lay Director

Walk Applications

A Walk Application form is attached to this Newsletter. You can complete it by either:

Online: open and save a copy of the PDF to your computer, enter all details, print and sign, scan the signed form and email to the registrar; or

Manually: print the form and enter all details and mail to the PO Box.

Walk payment

Mens Walk #89:

20-23 May 21

Women's Walk #90:

3-6 June 2021

Cost: \$230 per person (Team or Pilgrim). Contact the Registrar to discuss available payment options. Payment method - see details for online giving below.



It seems in many ways that we are flying through 2021 at a hectic pace. The Walk Teams are now well into training. Training and team formation has not been without its issues, that is one reason why the Walk Lay Director gives the Perseverance Talk! Please be in prayer for both the Walk Teams.

As we commemorate Easter with our family, friends and churches it is a great reminder of the overwhelming agape love of God for each one of us. May this encourage each one of us to pass this agape love on through sponsorship, prayer, agape gifts or service for others. Many of our Community members are struggling through health and family issues, please uphold each other in prayer.

If you are considering sponsoring someone to attend this year's Walks then you don't have a lot of time. Registration for the Men's Walk closes on April 29th and for the Women's Walk on May 13th. The registration form can be found elsewhere in this Newsletter.

I was not able to attend the last Gathering, thanks to those who filled in for me at short notice. There has been a trend on recent times of low attendance numbers at Gatherings. Now, numbers are not everything and I really enjoy meeting with those who are there. I am wondering however, is there something we are not doing or perhaps are doing that is a hindrance to people attending. I would greatly encourage confidential feedback on this, a strong community requires strong gatherings! Our next Gathering is on Saturday April 10th at O'Connor Uniting Church, I would love to see you there.

I have also noticed that many people are not wearing their name badge. I have a very poor memory, it really helps me if you wear one. If you have lost yours or changed your name then contact either Kirsty Ross our Registrar or myself and we will organize to get you a new one.

Direct Deposit details for online giving

If you can't make it to a Gathering or prefer cashless offerings to support the Emmaus Walk, online giving can be made at:

BSB: 634634

Acc: 100021977

Acc Name: Canberra Monaro Emmaus

Reference: your name

Next Gathering

10 April 2pm

O'Conner Uniting Church.
Covid safe sign in available - download the Check in CBR app.

Remember to bring a plate of food to share.

Emmaus Name Badge lost?

If you've lost your name badge, you can order a new one by seeing your name (first and last) to our Registrar Kirsty Ross at registrar.canberramonaro@gmail.com

Sometimes it can be difficult to find someone who is able to give a Fourth Day Talk at a Gathering. If you would like to share what God has been doing in your life recently then please let me know.

Not only do we have Walks coming up in May and June, we will also be holding a Going Fourth in September. More details will be coming soon.

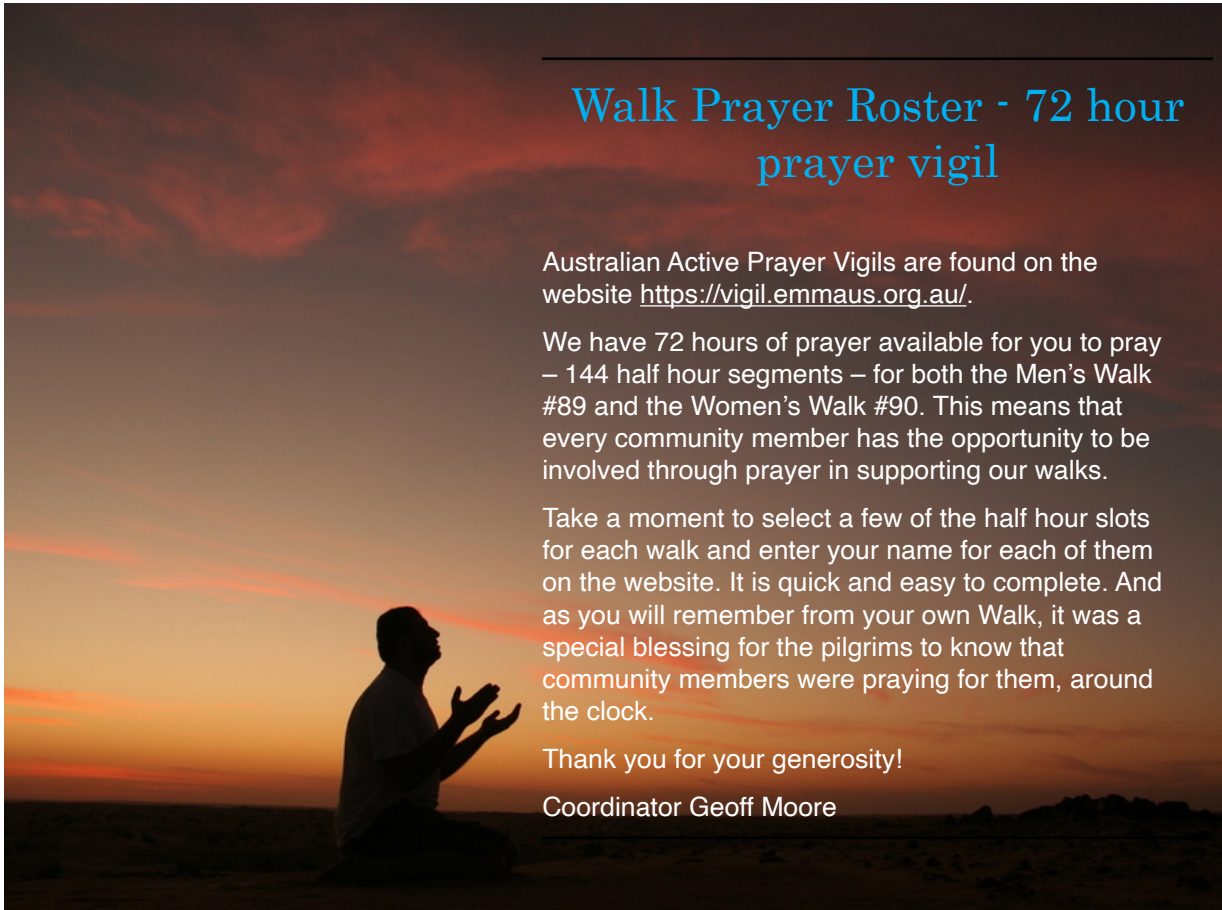
De Colores
Andrew

April Gathering Saturday 10 April 2pm @ O'Conner Uniting Church

Covid safe sign available - download the Check in CBR app.

Please remember to bring a plate of food to share!





Walk Prayer Roster - 72 hour prayer vigil

Australian Active Prayer Vigils are found on the website <https://vigil.emmaus.org.au/>.

We have 72 hours of prayer available for you to pray – 144 half hour segments – for both the Men’s Walk #89 and the Women’s Walk #90. This means that every community member has the opportunity to be involved through prayer in supporting our walks.

Take a moment to select a few of the half hour slots for each walk and enter your name for each of them on the website. It is quick and easy to complete. And as you will remember from your own Walk, it was a special blessing for the pilgrims to know that community members were praying for them, around the clock.

Thank you for your generosity!

Coordinator Geoff Moore

A message from our Community Spiritual Director



The Prayers Jesus Prayed: Lament- a reflection on Psalm 88

Psalm 88, and others passages of lament can be difficult to read. Our culture is not one that embraces suffering and sorrow. We shun and bury sadness. We are not practiced in lament.

Of course, the Bible invites us into a very different space. Jeremiah was know as the ‘weeping prophet’. His prophecies come to us through a broken heart. The little book named ‘Lamentations’ is another example of a weeping soul brought before God.

The Psalms also embrace – and give us words – for times of sorrow, loss, and lament. Such seasons can, of course, bring us closer to God. They can also have the opposite effect and cause us to recoil from prayer.

These are, however, good times for us to consciously turn to the Psalms of lament. Whether we are left speechless – or with abundant words of complaint – these Psalms can give us words, permission, and companions. They can remind us that we are not the first to know heart-ache.

Psalm 88 is especially potent. It begins with an affirmation of God's presence:

*O Lord, God of my salvation,
when, at night, I cry out in your presence,
let my prayer come before you;
incline your ear to my cry.*

This prayer is not denying that God is near. Although the psalmist twice points to the 'wrath' of God in this translation, there is no confession of sin. This is not a Psalm of repentance. Nothing here points to a link between suffering and sin. Yet, this poet does suffer. There is comparison here to the the experience of death. Friends seem to be lost. The writer cries out continually – 'night' and 'morning' seem to cover the entire day. There is desperation.

Perhaps we imagine physical suffering. Perhaps there is profound loss. Is this a reference to some kind of disaster or the experience of war? Fortunately, we do not know the exact circumstances. It gives us license to apply this lament widely – to bring our own pain to the prayer – and to God.

There are two additional characteristics of this Psalm worth noting. First, this Psalm, like many, includes the term Selah. We believe it is a musical term -pointing to something like an instrumental break. There is space allowed in this lament. Second, this psalm is not resolved. The Psalm does not take us on a journey from lament to joy. Psalm 88 remains in sorrow.

Prayer has not bought an instant-fix. There is no miracle before the prayer ends. It invites us to bring our complaint before God – but this has not promised resolution or the removal of suffering.

And yet, the Psalm – and others like it (consider Psalm 130, 42-43, 10) – invite us to bring our complaint to God in faith. They invite us to believe that God knows what God is doing – even when we do not.

Conversation Starters:

Do you agree that we are a culture prone to avoid lament? If so, what are the ways we avoid sadness?

How significant is it to recognise in this Psalm that suffering and sin are not always linked?

In what circumstances can you imagine turning to Psalm 88 for inspiration in prayer?

What would it look like to embrace this lament for yourself? For another? For a suffering community?

How do you respond to the unresolved nature of Psalm 88 and the other lament Psalms mentioned here? Does this inspire you to – or discourage you from – prayer?

Peace,

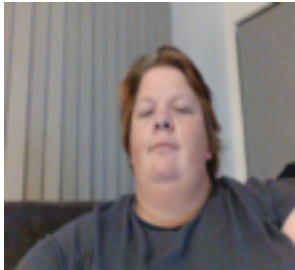
Mark

Mark's Blog

Our Community Spiritual Director, Mark Beresford, publishes weekly Bible reflections on his website, Barefoot Follower: Inviting Reflection on the Stories of Jesus (<https://barefootfollower.life>). You are welcome to visit this site anytime.



Get to know more about ... our Registrar



Registrar and board member.

Kirsty Ross, walk 76, Greenhills, table of Esther.

Name of Coordinator's role and brief

description of what you do in that role

I am the Registrar and I am also on the board. As Registrar I receive and process the applications for the walks and going fourth. I also make the name badges for all the pilgrims and anyone who has lost their badge.

Personal Family Details

I am a single mother of 2 children named Leah age 11 and David age 7.

Favourite Food

My favourite food is lasagna especially when homemade.

Favourite Music

Christian music especially Big Daddy Weave at the moment

Favourite Hobby

Playing Animal Crossing New Horizons on the Nintendo Switch

What kind of work do you do?

I am a full time carer for both my children who have disabilities. I am also a university student studying Primary Education (teaching) part time.

Christian background – brief

I was raised in a Catholic home growing up. I made the decision to be a Christian around 2012. I would say that I am still a kind of new Christian as I am early in my journey.

Involvement with Emmaus

I have been involved with Emmaus through being the Agape fairy, Assistant Table Leader, being on the board and now as registrar.

De Colores, Kirsty Ross

Canberra Monaro Emmaus Community Prayer Grid

Join our Prayer Grid and each month you can pray for a Community member AND someone will pray for you.

How to join

- Email your name and contact details to the Prayer Grid coordinator: aychen@grapevine.com.au
- Your name will be added to the Prayer Grid
- You will receive an email asking for permission to share your contact details with your Praying Person
- You can communicate through the month to share specific prayer requests and praise points



Prayer is powerful, the key, the weapon, better than sleep!

Opportunity to Serve: Coordinator Role

Would you like to serve our Emmaus Community by taking over the Prayer Grid Coordinator's role? For more information, contact Von Chenery aychen@grapevine.com.au



Sponsorship Spot

Co-Sponsorship - Share the Mission

Sponsorship **Pray and Plan**



A Walk to Emmaus can ONLY happen with full Community support. The Conference Room team is fully supported by the Community completing many behind-the-scenes tasks. Sharing the mission of Sponsorship is a vital role.

Support the Walk by being available to Co-Sponsor with a Conference Team member. Help with tasks like driving the pilgrim to Greenhills, attending the Candelighting service to pray for the Pilgrim and come to Closing.

Sharing the sponsorship mission, strengthens our community, and a strong community keeps going in its mission to revitalise God's church.



Ask

Do you ever find it hard to capture the essence of an Emmaus weekend in words? Here are some questions you might use in the 'asking'...and a description of the Emmaus Walk.

- Want to know more about God's love and grace?
- Does your life seem balanced?
- Are you too tired, too busy, or are you just going through the motions?
- Do you need spiritual refreshment and renewal?

The Walk to Emmaus Australia is a non-denominational movement for Christian growth and renewal. The Men's and Women's walk weekend runs from Thursday evening to Sunday evening inclusive.

It focuses on an individual's personal relationship with God, allowing them to participate honestly and openly in a supportive environment.

How were members of our Emmaus family impacted by being Sponsored and taking on the role of Sponsor?

Our Sponsorship Stories



Dale Cooper

What was a highlight of being sponsored to do a Walk to Emmaus?

Soooo many highlights, but the very real agape love, expressed in so many ways, was at times a little overwhelming (in a good way) but a beautiful experience for me.

What was the best part of being a Sponsor?

One of the best parts without doubt, was seeing the faces of my sponsored pilgrims at Candlelighting, followed by the discussion in the car on the way home after the closing ceremony. But even more, the very best part was seeing the change in some of them after the Walk - the real life changes and increased love for Jesus.

When asked for his sponsorship story, Bernie Rodgers replied...

"I had declined an invitation several times over about two years, and my sponsor was being so good about it but obviously disappointed.

However, God was not to be beaten and as I was asked one more time... and just as I was about to say "no" again, in came the big guns. No, not God but my Grandmother (long deceased).

I saw my sponsor's smile (in front), God's smile (behind) and my Grandmother's stern face (in the middle). She said "Bernard!" and I signed up there and then."

God Bless, Bernie



Tell us your Sponsorship story

Share your Sponsorship story with our Emmaus family. Send your story, answering the two questions:

What was a highlight of being sponsored to do a Walk to Emmaus?
What was the best part of being a Sponsor?

Send your story and a photo to: canberramonaro@emmaus.org.au

You might like to print out the Sponsorship Overview and Timeline included a few pages down.

Being a Sponsor – What is Involved

This is a shortened version of the talk given by Wayne Scott, at the Emmaus gathering at O'Connor on 13th February 2021.

This is not your usual 4th day talk about my journey since doing my Emmaus walk. Instead I have been asked to talk about being a sponsor. Over the years, Teresa and I have sponsored many pilgrims.

I guess the first question is why have we done this?



- Firstly we both enjoyed and gained great benefit from doing our own walks and it was fairly natural that we wanted to share this opportunity with others. We could see that this was something that was useful and could build up people in their own walk with God.

- Secondly it allows you to feel part of the walk and community. Even when you are not on the walk team, if you are sponsoring a pilgrim you feel you have a vested interest in the success of the walk and it means you get involved by taking the pilgrim to the walk, praying for them in the chapel after they depart for downstairs, getting on prayer and serving rosters and attending candlelighting and closing.

- Thirdly you get a kick out of seeing the pilgrim blossom and hearing about their experiences. For me one of the highlights of any walk is driving the pilgrim home from Greenhills after the walk and listening to their stories. By this time they are usually tired but on a bit of a high and it is always interesting to hear how they responded and reacted to the different events of the walk and what for them were their most meaningful experiences.

Sponsorship is important. When it comes down to it, without sponsorship there would be no more walks and without new walks and new pilgrims the community would stagnate and die. Put simply without sponsorship there is no community.

But sponsorship needs to be done well. I have been on team and seen at first hand the problems when the sponsor has either not known what was required of them or has not been able to do everything required of them.

I cringe when it comes near a walk and there don't seem to be enough pilgrims and a call comes out for more pilgrims. Why, because I know that even with the best will in the world the sponsor is going to struggle to do what needs to be done for that pilgrim with such a short time frame.

Common problems in sponsorship include:

1. Sponsoring people for the wrong reasons. Not everyone is ready for an Emmaus walk. Health, circumstances, personal problems, attitudes etc. may mean that the walk may be wrong for them now. Remember it should be God's timing. Don't pressure them if they're not ready. When they are ready they will say yes. Don't sponsor someone because you think Emmaus will fix their problem. Rather sponsor someone because you can see Emmaus as a way to boost their faith journey. A classic example of sponsoring someone for the wrong reasons happened a few years back. This particular pilgrim was engaged to be married and the father-in-law to be sponsored him to help sort him out. It turned out the fellow had a substance issue and on the first night a few hours after being left everything went pear shaped and the police had to be called to remove the pilgrim. In talking to my pilgrim on the way home from Greenhills he didn't know much about what went on thankfully but said there was a lot of shouting and carry on the first night which had made it difficult for the pilgrims to get to sleep. Talking to the leaders afterwards however, it was a bit more stressful and memorable for them.

2. A second problem is where the pilgrims have not had the walk fully explained to them so they are not prepared or have wrong expectations. The most common is where they think there will be some physical walking and they have brought their walking gear and are waiting all walk for it to happen. Whenever I sponsor, I meet with my pilgrim to talk about the walk and answer any of their questions. I will tell them about unusual things like taking off your watch and turning off phones for the weekend and about the silence the first night and why. Also let them know that they will be going off site for a special service on the Saturday night and the general format of the walk i.e. worship, talk, discussion, communion each day, lots of food opportunities won't go hungry etc.

3. A third problem is where the pilgrim is not supported. This can take many forms such as the pilgrim has to find their own way to Greenhills, the sponsor doesn't attend candlelighting to pray for the pilgrim, the sponsor doesn't put their name down on the prayer roster or come out to serve or the most common one where the sponsor fails to get sufficient letters of encouragement for the pilgrim. I know this can be a problem or challenge if you haven't left yourself enough time or don't know the pilgrim particularly well and who are his family and friends. I remember a challenge I had one year, my pilgrim was a single person with no family locally. None of his friends knew his family but with judicious conversation and questioning I found out that he came from Perth. Luckily his surname was not that common, there were only 4 of that name listed in the white pages so I proceeded to ring them. Again I was lucky and my second call got through to his family. I explained who I was and what I was ringing about. His mother was very suspicious especially when I said you can't tell your son about this as we want it to be a surprise, so I said I would send a sponsorship letter to her which explained it all. She was happy with the letter when she got it and prepared a letter for the pilgrim. The pilgrim of course was quite astonished that I had been able to track down his parents and get a letter from them. Again I have been on team when a sponsor has not provided any letters or only one or two. In that case it is often a frantic effort by the team, especially, from those on the back table, to write some letters of encouragement so the pilgrim will not stand out and will have some when they are distributed on the Sunday afternoon.

4. A fourth problem is those sponsors who think their job is finished when the walk finishes and do not take their pilgrim to the after walk gathering or encourage them to go to gatherings. The result is that many pilgrims do not become involved and are thus lost to the community and the community is not renewed.

Sponsorship can be a real joy as you see your pilgrim blossom as they go through and grow through the experience. I thoroughly recommend it. The Challenge, who can you sponsor for this year's walks?

De Colores

Wayne

Serving our Pilgrims



Dear Community

Our teams are training hard for the upcoming walks but they can't do it without you.

They would love to see your smiling faces as you serve them with fantastic food and beverages.

We have loads of spaces so please let me know if you can help out at any of the times below. If you wish to have a meal after you have finished serving Breakfast is \$10 and Lunch or Dinner is \$15. Dinner on Saturday night is \$20.

Men's Walk		Women's Walk	
Friday 21st May 2021		Friday 4th June 2021	
Breakfast	7.15am	Breakfast	7.15am
Morning Tea	10.00am	Morning Tea	10.00am
Lunch	11.45am	Lunch	11.45am
Afternoon Tea	2.15pm	Afternoon Tea	2.15pm
Dinner	4.45pm	Dinner	4.45pm
Saturday 22nd May 2021		Saturday 5th June 2021	
Breakfast	7.15am	Breakfast	7.15am
Morning Tea	9.30am	Morning Tea	9.30am
Lunch	11.45am	Lunch	11.45am
Afternoon Tea	3.30pm	Afternoon Tea	3.30pm
Dining Room Set-up	4.00pm	Dining Room Set-up	4.00pm
Dinner	4.45pm	Dinner	4.45pm
Sunday 23rd May 2021		Sunday 6th June 2021	
Breakfast	7.15am	Breakfast	7.15am
Morning Tea	10.00am	Morning Tea	10.00am
Lunch	11.05am	Lunch	11.05am

Patricia Dooley trish.dooley1961@gmail.com

Volunteers!



Emmaus SPONSORSHIP - the Most Important Job of All Sponsorship (Community strength lies in good sponsorship)



What is Sponsorship?

- ♥ Sharing the Walk to Emmaus experience with a person God lays on your heart.

Preparation to Sponsor

1. Commit the Sponsorship process to God in prayer. Listen for discernment. God’s timing not mine.
2. Identify who God is leading you to ask. Be God’s instrument, receive God’s instruction, die to self.
3. If you do not ask, you will not get a “yes”.

Why Sponsor?

- ♥ Revitalisation of Christians who will pay it forward to family, church, community.
- ♥ Build up the Body of Christ.

Christians to Sponsor?

- ♥ Bringers of vision, commitment and understanding to the church.
- ♥ Quiet servants of the church.
- ♥ Seekers of rekindling and reconnection.
- ♥ Seekers of personal spiritual growth.
- ♥ Willingness to be servant leaders.
- ♥ Respected by clergy and lay people who encourage others to attend to build a balanced leadership base for Emmaus.

Don't Sponsor to:

- ♥ Fix a Pilgrim issue.
- ♥ Replicate your Emmaus experience in your Pilgrim.

People not to Sponsor

- ♥ Non-Christians.
- ♥ Believers defensive of unique beliefs.
- ♥ Non-mainstream believers.

Responsibilities of the Sponsor

Before:

- ♥ Pray, Pray, Pray!
- ♥ Approach potential Pilgrim... ask them to pray.
- ♥ Follow up ... God’s timing.
- ♥ Complete Application and send in.
- ♥ Source agape letters.

During:

- ♥ Take Pilgrim to Walk venue, settle in.
- ♥ Send off and Sponsor’s Hour, Chapel Prayer.
- ♥ Support Pilgrim’s family and home (if needed).
- ♥ Servanthood for mealtimes.
- ♥ Attend Candlelighting.
- ♥ Attend Closing and take home.

After:

- ♥ Invite to first community Gathering.
- ♥ Encourage to join a Reunion or Accountability Group.
- ♥ Shepherd 4th Days by staying in touch.
- ♥ Encourage silent servanthood.
- ♥ Encourage serving at next Emmaus Walk.
- ♥ Encourage to become a Sponsor.

Frequently Asked Questions

Q: How many Pilgrims can I Sponsor?
A: One Pilgrim per Walk is ideal.

Q: Can I be on Team and Sponsor?
A: Not ideal... be invisible to Pilgrim to allow them to be themselves.

Q: Could I sponsor a couple?
A: Yes – try and get them in the same year to enable open discussion between them.

Q: Could I Sponsor Clergy?
A: YES!

Q: Can I co-Sponsor?
A: Yes, share the mission and the organizational tasks.

Canberra Monaro Emmaus Dates 2021

JAN	Sat	16	Board Meeting and workshop	2pm	Board Member's House
FEB	Sat	13	Board Meeting	11.00am	O'Connor UC
	Sat	27	Gathering 1st Training #89 and #90	2.00pm 9.00am-4.00pm	O'Connor UC
MAR	Sat	13	Mega Agape Morning	10.00am – 1.00pm	O'Connor UC
	Sat	13	Board Meeting	11.00am	O'Connor UC
	Sat	27	Gathering 2nd Training #89 and #90	2.00pm 9.00am-5.00pm	O'Connor UC
APR	Sat	10	Board Meeting	11.00am	O'Connor UC
	Sat	17	Gathering 3rd Training #89 and #90	2.00pm 8.45am-4.45pm	O'Connor UC
MAY	Sat	8	Final Training #89 and #90	9.00am-1.00pm	O'Connor UC
	Sat	8	Gathering	2.00pm	O'Connor UC
			Commission Team #89 and #90		
	Mon	17	Board Meeting	7.30pm	
	Thu	20	Men's Walk #89		Greenhills
	Sat	22	Candlelighting	8.00pm	Weston Creek UC
Sun	23	Closing – Men's Walk #89	3.45pm	Greenhills	
JUN	Thur	3	Women's Walk #90	2.00pm	Greenhills
	Sat	5	Candlelighting	8.00pm	Pencilled in...
	Sun	6	Men's Debrief	1.30pm	Greenhills
	Sun	6	Closing – Women's Walk #90	3.45pm	Greenhills
	Mon	21	Board Meeting	7.30pm	
	Sat	26	WLD training with CLD & PCLD	Time	tbc
JUL	Sat	10	Women's Debrief	11.30am	O'Connor UC
	Sat	10	After Walk Gathering – meet the Board	2.00pm	O'Connor UC
			Commission WLD & WSD #91 & #92		
	Sat	17	Commission - #15 Going Fourth LD and SD Going Fourth #15 Training	8.45am-5.00pm	O'Connor UC
Mon	19	Board Meeting	7.30pm		
AUG	Sat	14	Board Meeting	11.00am	O'Connor UC
			Gathering	2.00pm	
			Commission Team Going Fourth #14		
Mon	16	Team selection meeting	4.00pm		
		Board Meeting	7.30pm		
SEP	Sat	11	Going Fourth #15	8.45am - 5.00pm	O'Connor UC
	Mon	13	Board Meeting	7.30pm	
	Thur-Sat	16-18	National Conference		Toowoomba
OCT	Sat	9	Country Gathering	2.00pm	tbc
	Mon	11	Board Meeting	7.30pm	tbc
NOV	Sat	13	Board Meeting	11.00am	O'Connor UC
			Final Gathering (Board Elections if required) BBQ lunch	12.30pm	