



EMMAUS NEWS



Newsletter of the Canberra Monaro Emmaus Community

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A message from our Community Lay Director

Gatherings

Saturdays

- 1 Apr - 10am-4pm [Going Fourth #17](#)
@ O'Connor UC
- 13 May - 2pm @ O'Connor UC
- 3 Jun - 2pm @ O'Connor UC
- 8 Jul - 2pm Country Gathering @ Yass
- 12 Aug - 2pm @ O'Connor UC
- 16 Sep - 2pm @ O'Connor UC
- 7 Oct - 2pm @ O'Connor UC
- 18 Nov - 2pm @ O'Connor UC
- 9 Dec - 1230pm BBQ @ O'Connor UC

Walks 2023

- Men's #93: 19-22 Oct 23
- Women's #94: 2-5 Nov 23



Going Fourth #17 is almost here and will be held on Saturday 1st of April from 10am to 4pm. In this Newsletter you will find more details. It is always a great day of fellowship, worship and hearing three great messages from God.

A big thank you to Mary McNeice and the Going Fourth Team for all your work and being vulnerable so that we will be blessed. I urge you not to miss this special day. Sign up now!

The weekend of March 31st to April 2nd Jim Curtis and I will be attending the National Emmaus Conference in Toowoomba. I am looking forward to spending time sharing with the leaders of other Emmaus Communities from around Australia as well as the International Lay Director, Hess (Doc) Hall from the US. I am excited to bring home fresh ideas and ways of "doing" Emmaus. Watch this space!

Continue to uphold in prayer Andrew Chenery and Tracy Randall, Walk Lay Directors for Walks #93 and #94. They are in the Team Selection phase of their role. This can often be a difficult and slow process requiring perseverance. Pray that God will show them and provide the "right" person for each team role.

There are so many more people involved in a Walk than just the Walk Team and the Pilgrims. Two roles that are vacant at the moment but are vital to a Walk are the **Prayer Coordinator** and the **Candlelighting Coordinator**. Even though they are vital, they do not involve a lot of time. If you are interested in finding out more about what is involved in these roles please contact myself or our Secretary Von Chenery.

After each Walk a review meeting is held to look at how we might be able to run Walks more effectively. A number of suggestions have come from this. Two that impact the whole Emmaus Community are Serving at Meals during a Walk, and praying for the Walks during the 72 hour Prayer Vigil. At last year's Walks we

had difficulty filling both these areas. In this Newsletter you will find an excellent article by our Serving Roster Coordinator Kirsty Ross on serving at meals. There is also an article on the 72 Hour Prayer Vigil which includes information on how to be involved in praying for our Walks and other Walks held all around the world.

Enjoy Going Fourth,

De Colores

Andrew

Going Fourth

Going Fourth is coming soon - on April 1 – no I'm not fooling you because it is April fool's day. This is such a great opportunity to be refreshed, inspired and encouraged in your faith journey and to enjoy fellowship with friends in the Emmaus community.

The team were so blessed during the training day as the Holy Spirit led the speakers to share what "Fully His" looked like for them in their unique journeys. You can also reflect on Ps 86:11-12 and meditate on these words and allow the Holy Spirit to speak to you and encourage you. These verses can be a heart-felt prayer.

Are you thirsty for more? Do you long to follow Jesus more fully? Do you long to be more effective to represent Jesus in this world? Look forward to sharing this day with you.

Please join as a community to pray for the Going Forth team: James, Jane, Dan, Trisha, Beth, Marie and Laurie, Carolyn, Stephen and Mary

Blessings

De Colores

Mary McNeice (LD Going Fourth #17)



A message from our Community Spiritual Director

Preparation for Easter



Easter is nearly upon us, and I think we can say that it is fully time to prepare for it.

Indeed, it is probably past time.

Preparations for Going Fourth are nearly complete and our budding teams are preparing already for this year's Walks.

So, what does effective preparation involve?

1. A change in Focus

You can't begin to prepare for anything until you begin to think

about it. There is that still small voice that calls us to consider that we need to get ready for whatever is coming.

The prophet Isaiah speaks about hearing a voice. The voice calls out in the desert and tells us about the coming of the Lord.

A few years ago I went to central Australia and I quite enjoyed the desert, but I eventually came home a bit earlier than I had planned, partly on account of loneliness. The desert may not be a good place for you right now either. Today you may feel like you are in the desert. The desert of your life may feel like a spiritually barren wasteland. Your soul is dry and parched. You are weary and thirsty – in need of living water. You may find yourself living consistently without taking any significant time for prayer, or having a difficult time worshiping or witnessing; nothing seems to please you or give you peace.

And yet the voice cries out - change your focus. Turn from yourself and your troubles to God, for the startling sound of the voice crying out reminds us of God's unfailing love even in the dry times.

2. A change in Priorities

If we are to make preparation, there is a second step we must take. Change our priorities.

When you think about John the Baptist, what were his priorities? I'm pretty sure we can say that John was not consumed with the riches and cares of this life. His priority was on the Lord instead of the pursuit of wealth and position. He lived life very differently from how the high priest and social elite within Jerusalem lived. He lived life very differently from how most of us live today. Now I'm not suggesting that we should imitate his lifestyle, not even Jesus did that, but his voice calls us to imitate his commitment to his calling, and to consider our own priorities in relation to God's call.

His life reveals that obedience to God's call is more desirable than the acceptance of men or the living of a comfortable life. He is looking for faithful submission, not cultural acceptance.

So what priorities might the voice be calling you and me to change?

3. A change in Activities

So the third step in the process of preparation after changing our focus and then changing our priorities is to change our activities. In Isaiah 40:4 there is an image of road works, preparing the way for the coming king. I learned about roading in my forestry degree, and it was fun – very practical.

The voice calls:

A. *Fill in the valleys of indifference.*

Valleys can be dangerous places, and many a bushwalker has lost their way and their life because they tried to take the easiest way out, got into a valley and could not be rescued in time.

Indifference is often seen as the easiest way, but we cannot be indifferent about the truth because we will be indifferent ultimately about

Jesus. Jesus said, "I am the way, the truth and the life." Jn 14:6. If we do believe in him we have to do something about it and make the daily decision to follow Jesus.

B. Flatten the hills of pride.

Mountains are as dangerous as valleys. There is often steep climbing, cliffs and obstacles.

When we are on the mountain on a spiritual high and feel that we are going great, look out for pride and remember that all we accomplish is by the grace of God.

C. Straighten the crooked ways.

When you see a sign on the highway "Old Highway", what would you imagine that road is like? It is usually twisty and rough.

So, straighten out the road. As you focus on the goal ahead don't get distracted. This is something I have to be careful about. Just as Jesus set his face towards Jerusalem and would not be distracted so we too need to keep the main thing the main thing.

D. Smooth out the rough places of sin.

Finally, there is still the very important smoothing of the road before we would consider the road ready for use.

We grow to become more like Jesus by rooting out sin, always being honest, and having no shady dealings. Cleaning up your life can become a not insignificant job in and of itself.

As I have grown older, Sanctification is an essential part of my preparation not only for a life in mission, but also in preparation for the day I see Him face to face in Glory. The process of change or more properly, transformation, is not really about us gritting our teeth, trying harder and working to change ourselves, but it is about heart transformation which is about worshiping God and him alone.

The spiritual preparations we make for Easter, a Walk or anything in life by changing our focus, changing our priorities and changing our activities, prepares us for mission and ultimately prepares us for His final return.

De Colores

Jim

Serving in the dining room on the Walk

Think back to your own Emmaus Walk and remember how you felt when you saw people in the dining room welcoming you and serving your meals. When I did my Emmaus Walk I felt surprised that people who did not even know me would come and serve. The act of others serving those on my walk really demonstrated God's love to me.

Information about serving rosters

What?

- Helping to set up the dining room tables before each meal.
- Greeting pilgrims and team as they enter the dining room.
- Serving tables with drinks, checking in with the people at the tables to see if they need anything, cleaning away the tables as people are finished.
- Cleaning the tables after the meal is finished.
- Serving breakfast, morning tea, lunch, afternoon tea, dinner and supper.



Who?

- Servants are aged 18 years old or older.
- Generally servants are people who have done an Emmaus Walk and those who know pilgrims on the Walk.

When?

- Serving is available for the whole of both the Men's and Women's Walks.
- Opportunities are available to serve at all meals on the Walk, setting up on the Thursday, decorating the dining room on the Saturday afternoon, and setting up on the Sunday afternoon.

Where?

- The dining room at Greenhills Conference Centre.

How long for?

- Serving at breakfast, lunch or dinner takes approximately 1.5 hours each.
- Serving at morning tea, afternoon tea or supper takes approximately 45 minutes each.

Cost?

- The cost is very low as the only cost of serving is if you would like to have a meal with your fellow servants after serving. Cost for meals are \$15 except the Saturday dinner which is \$25.

Reasons to serve

- After the humbling experience of being served on your pilgrim Walk, you can now pass on that experience to new pilgrims.
- Through serving you are demonstrating agape love to the pilgrims and to the team.
- Serving together with others is a bonding experience.
- There is a real sense of satisfaction seeing others that you are serving enjoying themselves and the experience of the dining room.
- Feeling like you are a part of a team on the Walk and that you are making a difference.

Sign up?

- You can sign up to serve on the Walk by putting your name down on the rosters. I would recommend signing up early so you can block this time out in your diaries.
- You can sign up by making contact with the serving roster co-ordinator, Kirsty Ross
- You can sign up to have a meal - this needs to be done at the latest two weeks before the Walks.

De Colores

Kirsty Ross



72 Hour Prayer Vigil



During each Walk the Community makes a commitment to pray for the Walk, the Team and the Pilgrims from Thursday evening until the end of Closing on Sunday evening for the 72 hours of the Walk. To achieve this a Prayer Vigil is put together broken up into 30 minute slots (or spots); this works out to be 144 half hour slots in each Walk Prayer Vigil.

Individuals commit to pray during certain times by putting their name on the Prayer Vigil. This can be done multiple times. The Prayer Vigil is then put up in the Walk Conference Room on Friday afternoon during the Walk so the Team and Pilgrims can see they are being continually prayed for.

So, what can we do?

a) **Become the Prayer Coordinator** – Geoff Moore has done a great job for many years but has now stepped down. If you feel you would like to take on this very important role see Von or Andrew.

b) **Get the Prayer Vigil out early and promote it.** The paper version of the Vigil is available at the three Gatherings before a Walk.

c) **It is available online.** This has been the case for a number of years and will be so again this year. Go to the National Emmaus Website (www.emmaus.org.au); at the bottom on the left is a blue rectangle that says Prayer Vigils. This will take you to a list of all upcoming Walks in Australia and some overseas ones as well. Scroll down to the one you are interested in, open it and find a vacant time slot and put your name down and supply an email address. An email will be sent to you confirming the time(s) you have chosen and this can be used as a reminder.

d) **Another option is go direct to the Prayer Vigils (<https://vigil.emmaus.org.au>) to sign up.** Or go through the Canberra Monaro Emmaus website (canberramonaro.emmaus.org.au).

e) We are trying to renew and form new links with overseas Emmaus Communities. We can pray for their Walks during their midnight hours and they can do the same for us. The link to many overseas Walks and Chrysalis Flights is (www.prayervigils.net)

It is such a blessing to pray for the Pilgrims and Team during a Walk. We don't want people to miss out on the opportunity to be blessed and to bless others.





What is a 4th Day Talk?

At most Gatherings we have a Community member share a brief message about how God has been working in their life since they did their pilgrim Walk. 1 Peter 3:15 tells us to be ready to explain the hope we have within us. A 4th Day Talk is just that! It doesn't need to be long (10 minutes is plenty), it just needs to be real.

You might have just done your Walk or it might have been many years ago, it doesn't matter. If you share what has God done in your life I can assure you, what you say will powerfully impact others within the Community.

If you would like to give a 4th Day Talk, see or email our Gathering Coordinator Kat Santosuosso and she will find a time at a Gathering for you to share and bless us all.



Emmaus Contact Details

Emmaus Role	Name	Email
Community Lay Director (CLD)	Andrew Southwell	cld@canberramonaro.emmaus.org.au
Community Spiritual Director (CSD)	Jim Curtis	csd@canberramonaro.emmaus.org.au
Secretary	Von Chenery	secretary@canberramonaro.emmaus.org.au
Treasurer	Andrew Chenery (one year - 2023)	treasurer@canberramonaro.emmaus.org.au
Registrar	Michelle Southwell	registrar@canberramonaro.emmaus.org.au



2023 Emmaus Board Members and Coordinators

Community Lay Director (CLD)	Andrew Southwell
Community Spiritual Director (CSD)	Jim Curtis
Treasurer	Andrew Chenery (2023, non-Board position)
Secretary	Yvonne Chenery
Minute Secretary	Andy Visser
Community Member	Kirsty Ross
Community Member	Mike Rowe
Community Member	Gary Bates
Community Member	Kat Santosuosso



2023 Canberra Monaro Emmaus Coordinators

Registrar	Michelle Southwell
Newsletter Editor	Dale Cooper
Training/Education Coordinator	Mike Rowe
Music Coordinator	Gary Bates
Supplies Coordinator	Matthew Smith
Agape Coordinator	Deb Glassford
Reunion Group Coordinator	Jenny Best
Web Coordinator	Neil Glassford
Candle Lighting Coordinator	TBA
Walk Prayer Coordinator	Vacant - can you help!
Gathering Coordinator	Kat Santosuosso
International Agape Coordinator	Kirsty Holmes
Walk Dining Room Coordinator – Men’s Walk	Jane Barr & TBC
Walk Dining Room Coordinator – Women’s Walk	Vacant - can you help!
Walk Serving Coordinator	Kirsty Ross



As you can see there are some vacancies. Can you help? Would you like to know more...?

Contact us - Speak to a Board Member at the Gathering or email:

Andrew Southwell cld@canberramonaro.emmaus.org.au

or Von Chenery secretary@canberramonaro.emmaus.org.au

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 \(emmaus.org.au\)](https://emmaus.org.au)

News from the International Emmaus Community

The Upper Room Newsletter can be access 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 Von Chenery 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