



# EMMAUS NEWS

Newsletter of the Canberra Monaro Emmaus Community

PO Box 3398, Belconnen DC ACT 2617

email: [secretary@canberramonaro.emmaus.org.au](mailto:secretary@canberramonaro.emmaus.org.au)

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



## Gatherings

### Saturdays

7 Oct - 2pm @ O'Connor UC

18 Nov - 2pm @ O'Connor UC

9 Dec - 1230pm BBQ @ O'Connor UC

## Walks 2023

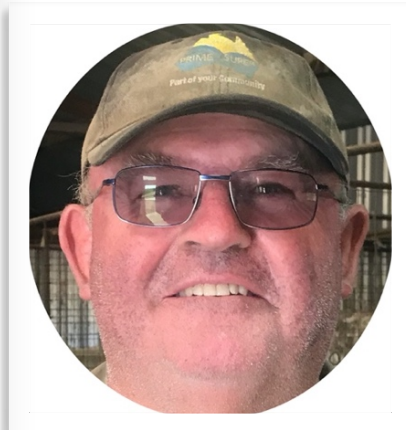
### Men's #93: 19-22 Oct 23

Candlelighting Service 21 Oct: 8pm  
Closing Service 22 Oct: - 3.45pm

### Women's #94: 2-5 Nov 23

Candlelighting Service 4 Nov: 8pm  
Closing Service 5 Nov: 3.45pm

## A message from our Community Lay Director



***"It is more blessed to give than to receive"***

Did Paul get it wrong when he quoted Jesus as saying this in Acts 20:35? So often in today's society we live as if it is more blessed to receive than to give.

Has this thinking crept into our Emmaus Community? I notice

there are still quite a few unfilled spots for serving meals on both Walks; the same applies on the 72 hour Prayer Vigils. Is it also reflected in the number of pilgrims that are being sponsored? Are we missing out on blessings because we are not giving of our time, our effort, our humility and our resources? It is not always easy to sponsor a pilgrim; serving at a meal requires some sacrifices and praying for the pilgrims and team can be outside our comfort zone. But be assured, when Jesus said "It is more blessed to give than to receive" He was right! Don't miss out on that blessing.

This year's Walks are close now. If you are still planning on sponsoring someone for the Men's Walk, sorry you have missed the boat, registration closed on September 28. However it is not too early to register for next year when the Walks will be held in May. There is still time to register a pilgrim for the Women's Walk - registration closes on October 12th.

The Men's Walk will commence on Thursday October 19th and runs until Sunday October 22nd. The Women's Walk is held 2 weeks later from Thursday November 2nd until Sunday November 5th. There is a separate article in this Newsletter with details on the Candlelighting and Closing Services for each Walk. Please be in prayer for the Walk Teams, the Pilgrims and Greenhills as we ask God to especially bless this time during the Walks.

The last Gathering on September 16th was an awesome time of Worship and Fellowshiping with God and each other.

The singing was powerful and inspiring. I have asked O'Connor Uniting Church to check the structural condition of the hall as I am sure we lifted the roof off the place! It was great to see both Walk Teams up the front and to be able to commission and pray for them. Tracy's 4th Day Talk about God speaking to us through "Moments of Awe" was so good and to then be followed by the Communion Service which so strongly reminds us of why we are doing what we are doing was so powerful.

Our next Gathering is on Saturday October 7th at O'Connor Uniting Church at 2pm. This is the last Gathering before the Walks. It will be great to see you there and to fellowship together as we prepare ourselves to serve God in whatever capacity during the Walks. Please note it is not on the usual 2nd Saturday of the month!

The Board have been dealing with a few "heavy" issues as well as preparing for Walks #93 & #94. We are also well into the planning stage for Walks #95 & #96 in 2024. We really do value your prayers as we meet and seek God's direction. There will be changes to the personnel on the Board for 2024. Have you considered serving for a term on the Board? If you would like to know more see Andrew Southwell or Von Chenery for a chat about it. The Board will be meeting in the morning before the next Gathering at 11am.

I am looking forward to see you at the next Gathering on the 7th, serving a meal at Greenhills, at a Candlelighting Service or at a Closing Service.

## De Colores

### Andrew

## 72 Hour Prayer Vigil

Do you remember as a pilgrim the impact of seeing all those names on the Prayer Vigil up on the wall in the Conference Room?

Do you agree that covering the Walk in constant prayer is important?

If you said yes to either of these questions, how about you do something about it!

You have an opportunity to put your name down on a spot(s) for this year's Walks.

- Go to [vigil.emmaus.org.au](http://vigil.emmaus.org.au) and find the Canberra Monaro Walks 93 & 94 near the bottom of the list,
- Click on them and up pops the Prayer Vigil.
- Put your name down on a vacant time spot that works for you. By providing your email address you will receive an email confirming the date and time.
- Easy! Write it down on your calendar or your phone to remember to pray.

Do you have to pray for the full 30 minutes? That would be fantastic, however most people struggle to do that! At least commit to pray for the Pilgrims, Team members and the whole Walk for some time during that 30 minute period.

The paper version of the Prayer Vigils will be available for the last time before the Walks on October 7th.

### **Show God's love in Prayer**



## A message from our Community Spiritual Director



### What about these Good Deeds?

*[Matt 5:13] "You are the salt of the earth. But what good is salt if it has lost its flavour? Can you make it salty again? It will be thrown out and trampled underfoot as worthless. [14] "You are the light of the world—like a city on a hilltop that cannot be hidden. [15] No one lights a lamp and then puts it under a basket. Instead, a lamp is placed on a stand, where it gives light to everyone in the house.*

*[16] In the same way, let your good deeds shine out for all to see, so that everyone will praise your heavenly Father.*

Good deeds are held up as an aspirational model in society. When I was a Scout, we were supposed to do a good deed every day, which, when you think about it, is in one sense a pretty low bar to set: does one good deed offset all the bad things I did as a kid? Many people think people get to heaven by their good works - think of all the cartoons and jokes about getting into heaven. Like this one:

*A teacher asked the children in her Sunday School class, "If I sold my house and my car, had a big garage sale and gave all my money to the church, would I get into heaven?"*

*"NO!" the children all answered.*

*"If I cleaned the church every day, mowed the yard, and kept everything neat and tidy, would I get into heaven?"*

*Again, the answer was "NO!"*

*"Well," she continued, "then how can I get to heaven?"*

*In the back of the room, a five-year-old boy shouted out, "You gotta be dead!"*

When thinking of God and his requirements, people might think, "I'm not good enough" and they give up because they believe that they cannot attain such standards. However, don't misunderstand this verse and assume it means we are saved by the good works we do. This is not what Jesus is saying here. In the beatitudes He has just announced that salvation is received by those *"who are poor and realise their need for God, for the Kingdom of Heaven is theirs."* We are saved by the sheer grace of God, and faith is the instrument by which our salvation is received. *"God saved you by his grace when you believed. And you can't take credit for this; it is a gift from God. Salvation is not a reward for the good things we have done, so none of us can boast about it."* (Ephesians 2:8–9).

So, good works are not a test of our salvation, but they are a test of how we are progressing with the beatitudes, i.e. if we are living under the anointing of the ungrieved spirit, Jesus reminds us to show our deeds, for this glorifies God.

Our good deeds are not to glorify us. Our goal is not for people to say, "What a wonderful person you are," but rather to see what God has done in us—how He saved us and changed us, and how we give all the glory to God.

Firstly, our good deeds are light that shows the way. Jn 14:6, Jesus is the way and the truth and the life. He is not just a way, but the way, meaning the only way; we cannot acknowledge any other way despite the world saying that your way is for you, but my way is just as good.

Secondly, our good deeds are light that brings warmth. Just as the sun warms our day and melts the frost of the morning, so our anointing should not leave others cold, but draw them in. The anointing beckons. It radiates a good, warm feeling. It makes people feel wanted and accepted.

Best of all, such behaviour brings glory to our heavenly Father. That is what should motivate us—to know that our good deeds bring praise to Him.

Jesus tells us in these wonderful words that it is important that our faith doesn't become so weak that it is useless in preserving or flavouring, nor so dim or hidden that it cannot be seen. Let's get excited about a God that is eager to bless and good to serve, and trust

that others, and especially our pilgrims, will be curious about the love, peace and hope that we display.

**De Colores**

**Jim**

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## Walk Registration Reminder (Women's Walk only)

Registrations for the upcoming Women's Walk Thu 2nd - Sun 5th Nov are still open!! The cut off date is 12 October 2023. Forms are available at the following link:

<https://canberramonaro.emmaus.org.au/ministries/application-forms-information>

Sponsor now and start arranging those Agape letters!!!!

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## Team Payment Reminder

Team members - don't forget to make your payment (\$255) for the Walk - best by online deposit:

BSB: 634634

Account number: 100021977

Account name: Canberra Monaro Emmaus

Ref: First initial and Surname, Walk# eg JBloggs #93

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## Agape!!

Hi everyone, with such a short time left until the walk, I hope everyone is finalising their agape for this year's walk.

If you are having any issue, or need anything, please contact me and I will endeavour to help.

If possible, could you please send me a list of your/your groups agape, or send a photo with your items in it. It just gives me an idea of what agape is coming, and any much loved agape that isn't coming any more.

If you need assistance getting your agape to the walks, please let me know. You are welcome to drop off agape for both walks at the same time (clearly labelled please) and I'll take the Women's agape home until that walk. If possible, please get your agape out to Greenhills on Thursday from 3.15pm, or on Friday of the Walks so the Agape Fairy has time to plan out its distribution for the weekend.

Thank you so much for all the faithful agape makers again this year. The impact of each piece is immeasurable and truly makes the walks special. Thank you!

**De Colores**

**Deb Glassford**

0411 481 447  
[deb@nooooool.com.au](mailto:deb@nooooool.com.au)



## Please pray for the Walk Teams

Position	Men's Walk #93	Women's Walk #94
WLD	Andrew Chenery	Tracy Randall
WSD	Jim Curtis	Mary McNeice
ALD	Andy Fleming	Jan Pearsall
ALD	Michael Rowe	Lynda Douglas
ALD	Daniel Santosuosso	Glenise Henderson
ALD	Greg Cole	Jill Pearson
ASD	Ken Perrin	Jenny Moore
ASD	Gary Barkley	Joy Waldron
ASD	Andrew Robb	Debra Glassford
ASD		Sally Cullen
TL	Peter Chenery	Kat Santosuosso
TL	Jeff Neill	Jess Rogers
TL	Richard Poire	Sharon Winslade
TL		Delia Quigley
ATL	Daniel Rogers	Andy Visser
ATL	James Prior	Christine Carroll
ATL	Rich Ward	Kate McFarlane
ATL		Carmel Steenbergen
PD	Michelle Southwell	Miriam Carrick
PD	Yvonne Chenery	Jane Barr
MD	Gary Bates	Trisha Winterbotham
MD	Stephen Wray	
BR	Gordon Henderson	Teresa Scott

## Opportunities to serve on walks 2023

There are opportunities to serve in the dining room on the upcoming walks. Serving in the dining room is a very important part of the weekend and your gift of service is a great way to show agape to the pilgrims and the teams.

Listed below are the available times and days for the upcoming walks. Information about serving in the dining room.

### How long does serving take?

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.

### Am I able to have a meal after serving?

Meals are available for servers, cost for breakfast and lunch is \$15 and dinner costs \$25. If you would like a meal please sign up to serve and request a meal. The cut off to request a meal is 2 weeks before each of the walks.

Men's walk cut off date for a meal is Saturday 7th of October.

Women's walk cut off date for a meal is Saturday 21st of October.

### Mens' Walk opportunities to serve

Day and meal	Time	Spots available	Cost for meal
Friday Breakfast	7:15am to 8:45am	3 spots	\$15 or BYO
Friday Lunch	11:45am to 1pm	2 spots	\$15 or BYO
Friday Afternoon Tea	2:15pm to 3pm	1 spot	No meal
Friday Dinner	4:45pm to 6pm	6 spots	\$25 or BYO
Saturday Breakfast	7:15am to 8:35am	1 spot	\$15 or BYO
Saturday Morning Tea	9:30am to 10:15am	2 spots	No meal
Saturday Lunch	11:45am to 1:15pm	2 spots	\$15 or BYO
Saturday Afternoon Tea	3:30pm to 4:20pm	2 spots	No meal
Saturday Dining Room Set up	4pm to 4:45pm	1 spot	No meal
Sunday Breakfast	7:15am to 8:35am	5 spots	\$15 or BYO
Sunday Morning Tea	10am to 10:35am	1 spot	No meal
Sunday Lunch	11:05am to 12:20pm	3 spots	\$15 or BYO
Sunday Set up for closing	3:00pm	2 spots	No meal
Washing tablecloths	Pick up Sunday 12:20pm	4 spots	No meal

## Women's' Walk opportunities to serve

Day and meal	Time	Spots available	Cost for meal
Friday Breakfast	7:15am to 8:45am	2 spots	\$15 or BYO
Friday Lunch	11:45am to 1pm	3 spots	\$15 or BYO
Friday Afternoon Tea	2:15pm to 3pm	2 spots	No meal
Friday Dinner	4:45pm to 6pm	6 spots	\$25 or BYO
Saturday Breakfast	7:15am to 8:35am	3 spots	\$15 or BYO
Saturday Morning Tea	9:30am to 10:15am	2 spots	No meal
Saturday Lunch	11:45am to 1:15pm	4 spots	\$15 or BYO
Saturday Afternoon Tea	3:30pm to 4:20pm	2 spots	No meal
Saturday Dining Room Set up	4pm to 4:45pm	2 spots	No meal
Saturday candle lighting supper	10pm to 11pm	1 spot	No meal
Sunday Breakfast	7:15am to 8:35am	5 spots	\$15 or BYO
Sunday Morning Tea	10am to 10:35am	1 spot	No meal
Sunday Lunch	11:05am to 12:20pm	3 spots	\$15 or BYO
Sunday Set up for closing	3:00pm	3 spots	No meal
Washing tablecloths	Pick up Sunday 12:20pm	4 spots	No meal

### Interested in serving?

If you are interested in serving in any of the available positions please contact Kirsty Ross by email on [bumble\\_bee1983au@hotmail.com](mailto:bumble_bee1983au@hotmail.com) or by phone on 0424372010.

**De Colores**  
Kirsty Ross



## Get to know – Sally Cullen



**Who am I:** Rev. Sally Cullen Walk 59 Greenhills (first Cursillo 1997).

**My role on the Walk:** ASD, supporting the SD and LD and working as a team to provide

spiritual support to pilgrims and team.

**Personal Family Details:** Enthusiastically supported by my parents Peter and Sylvia Cullen, both Cursillo people and Kairos for Dad. Both have been on Emmaus team as well. I'm the eldest of four siblings and aunt of six.

**Favourite Food:** The one I eat most when out is Ginger Chicken from Ban Thai in Goulburn – excellent GF options, great food!

**Favourite Music:** Currently enjoying Ctiyalight, Graham Kendrick, Stuart Townend and Emu Music.

**Favourite Hobby:** Listening to audiobooks and podcasts especially the Bible Project and things about US politics.

**What kind of work do you do?** Many things. Rural Chaplain to Binda Parish (7 tiny

churches), SRE teacher at 5 rural schools, nursing home chaplain at 2 rural nursing homes, casual teacher, tutor of K-12 specialising in learning difficulties and in my spare time selling Postie clothing by party plan and hosting B and B guests!

**Christian background:** Brought up in an active and involved Christian family, mostly in the Anglican Church but with a season at the Uniting Church. Involved with Cursillo as a kid when Mum and Dad were part of the team taking it to Rockhampton Diocese in 1984. Part of ISCF, Easter Camp, Camp Pelican, Blackstump, Antioch, ECU etc – country kids take what we can get. Very involved in church locally, and in South Korea where I lived for 2 years and part of an exploratory ministry called F5. The last Cursillo I was on, God was clear about seeking ordination. God was also clear the call was to a non-standard ministry, and here we are. Celebrating 6 years of ordination as priest in November.

**Involvement with Emmaus:** I've been aware of Emmaus for a long time. In Cursillo I have had Emmaus people on my team and know a number of Cursillo people who have been to Emmaus. When Tracy (long time friend) asked me to be involved, I was happy to be able to say yes.

De Colores

Sally

## Candlelighting and Walk Closing Service Details

**Walk Candlelighting Service Details (bring your Reunion Group or Emmaus friends!)**

### Men's Walk #93

Saturday October 21st  
Held at Weston Creek Uniting Church  
16 Parkinson St, Weston  
Service commences at 8pm  
Concludes around 10pm after the Pilgrims and Team arrive

### Women's Walk #94

Saturday November 4th  
Held at Weston Creek Uniting Church  
16 Parkinson St, Weston  
Service commences at 8pm  
Concludes around 10pm after the Pilgrims and Team arrive



### Walk Closing Service Details

**Men’s Walk #93**

Sunday October 22nd  
 Held at Greenhills Conference Centre  
 1437 Cotter Rd, Stromlo  
 Be there and seated at 3.45pm

**Women’s Walk #94**

Sunday November 5th  
 Held at Greenhills Conference Centre  
 1437 Cotter Rd, Stromlo  
 Be there and seated at 3.45pm

## Community Fun Day



On Saturday September 9th the O’Connor Uniting Church held a Community Fun Day. It was a great way for the local Church to open their doors so people from the surrounding area could meet each other and people from the congregation. As an organisation that uses the O’Connor Church’s facilities we were asked if we would like to be involved by operating the BBQ for the free sausage sizzle. In addition, there was free face painting, cake stalls, craft activities, a white elephant stall and the Tongan Church had a food stall and choir, plus a lot more.

It was a wonderful day starting at 10am and running to 2pm. We were not rushed off our feet but there was a steady stream of people taking up the offer of a free sausage sandwich. It was good to see local families with young children coming from the surrounding area to learn a bit more about the church in their neighbourhood.

Thank you to the O’Connor Church for asking us to be involved and thanks to those from the Emmaus Community who took time out of their Saturday to help on the BBQ. Tracy Austwick, the main organizer, was greatly appreciative of our efforts. We even had the opportunity a few times to talk a little about what Emmaus is and does.

## Emmaus Contact Details

Emmaus Role	Name	Email
Community Lay Director (CLD)	Andrew Southwell	<a href="mailto:cld@canberramonaro.emmaus.org.au">cld@canberramonaro.emmaus.org.au</a>
Community Spiritual Director (CSD)	Jim Curtis	<a href="mailto:csd@canberramonaro.emmaus.org.au">csd@canberramonaro.emmaus.org.au</a>
Secretary	Von Chenery	<a href="mailto:secretary@canberramonaro.emmaus.org.au">secretary@canberramonaro.emmaus.org.au</a>
Treasurer	Andrew Chenery (one year - 2023)	<a href="mailto:treasurer@canberramonaro.emmaus.org.au">treasurer@canberramonaro.emmaus.org.au</a>
Registrar	Michelle Southwell	<a href="mailto:registrar@canberramonaro.emmaus.org.au">registrar@canberramonaro.emmaus.org.au</a>
Web Administrator	Neil Glassford	<a href="mailto:webadmin@canberramonaro.emmaus.org.au">webadmin@canberramonaro.emmaus.org.au</a>

## Want to be part of a new BRAVE venture?

Want to be part of a new BRAVE venture?

O'Connor Uniting is trialling a Fresh Expressions church space at 5pm on Sundays, from 15 Oct to 10 December. The venture will be called BRAVE as it is hoped that the space created will enable people who aren't church goers to feel both safe and brave enough to be and share some of their authentic selves because the group is loving, understanding and respectful.

This style of gathering is designed to not be like a traditional church service. Instead, it aims to tap into Australia's growing spirituality, by encouraging people to connect to God and each other around relatable activities, using what might be perceived as secular resources (e.g. popular songs). The gathering will occur in the church hall, with tea, coffee and a children's area provided.

The format will be 10 minutes of silent personal reflection, one contemporary song (such as Brave by Sarah Bareilles; Where is the Love by Black Eyed Peas; Dusk to Dawn

by Xavier Rudd), followed by a facilitated discussion about what the song says about faith and life. Finally, we will close in a prayer blessing.

It is hoped that during the first month of the trial, the group might develop some guiding principle statements to articulate the faith gathering's operations and purpose. In the second month, as well as having a faith gathering, a simple meal might be introduced if there is sufficient interest in the group and in staying after the gathering for food and fellowship. If you would like to be a part of this group, and contribute to creating a gentle space for the exploration of faith, please contact Tracey Austwick, [taustwick23@gmail.com](mailto:taustwick23@gmail.com).

### Blessings

Tracey Austwick

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### Kairos Information Morning

Kairos Information Morning Saturday 4th November, 10:30 - 12:30, at St Thomas the Apostle Parish Centre, Boddington Cr, Kambah. Come and hear about how God is using Kairos Prison Ministry to change the lives of those in prison and those impacted by this.

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### Canberra Monaro Emmaus Calendar – the Remaining 3 Months of 2023

<b>OCT</b>	Sat	7	Gathering	2pm	O'Connor UC
	Tues	10	Board Meeting	7.30pm	Zoom
	Thurs	19	<b>Men's Walk #93 – Team 3pm onwards</b>	7pm Pilgrims	Greenhills
	Sat	21	<u>Candlelighting</u>	8pm	Western Creek UC
	Sun	22	Closing Ceremony - Greenhills	3.45pm	Greenhills
<b>NOV</b>	Thurs	2	<b>Women's Walk #94 – Team 3pm onwards</b>	7pm Pilgrims	Greenhills
	Sat	4	<u>Candlelighting</u>	8pm	Western Creek UC
	Sun	5	Closing – Greenhills	3.30pm	Greenhills
	Sat	18	Men's & Women's Debrief	11am – 1pm	O'Connor UC
		18	Gathering - Meet the Board. Board Elections.	2pm	O'Connor UC
		18	- Commissioning <b>WLD #95 and #96</b>		
Tues	21	Board Meeting	7.30pm	Zoom	
<b>DEC</b>	Fri	1	Newsletter		
	Sat	9	Team Selection #95 & #96	10:30am	O'Connor UC
		9	BBQ Gathering	12.30pm	O'Connor UC

# 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](mailto: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](mailto:registrar@canberramonaro.emmaus.org.au)