



EMMAUS NEWS



Newsletter of the Canberra Monaro Emmaus Community

PO Box 3398, Belconnen DC ACT 2617

email: secretary@canberramonaro.emmaus.org.au

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

A message from our Community Lay Director

How is our aim? Are we on target?

Gatherings

Saturday

9 Dec - 12.30pm BBQ

@ O'Connor UC

Walks 2024

Men's #95: 2 - 5 May 2024

Women's #96: 16 - 19 May 2024

(See Calendar on the last page for all of next years activities)



The aim of Emmaus is, and I quote, "to inspire, challenge and equip local church members for Christian action – in their homes, churches, workplaces and communities."

So how are we doing? There can be a tendency to think that the purpose of Emmaus is to run Walks. This is like putting the cart before the horse. Emmaus is not here so that it can run Walks, rather, Walks are held by an Emmaus community to help

achieve the aim of inspiring, challenging and equipping local church members for Christian action!

We have all been a pilgrim on a Walk; have you been inspired, challenged or equipped for Christian action this year? If not, we have missed our target! The questions that follows are: is this because you did not commit yourself to the task asked of you; or were you afraid God was asking too much of you or did you have your priorities wrong? As we know, God doesn't ask all of us to be on a Walk Team (what a crazy situation for a Community that would be!). However maybe He asked you to pray, serve meals, make agape gifts, encourage others, and the list goes on. We are so fortunate that our loving God forgives us over and over so we

have another opportunity to hit the target next time.

Walks #93 and #94 were a great time of blessing to all involved. The responses by the Pilgrims and feedback from the Team members confirm this. Thank you to Andrew Chenery and Tracy Randall for your leadership and to the Teams for being open to God's leading as you served on team.

As this is the first Newsletter since the Walks I would like to warmly welcome the new pilgrims to our Community. Welcome Greg Champion, Su Chua, Kirby Fraser, Jo Van Heel, Peter Hicks, Rachel McNally, Keren Mitchell, Noa Muranyi, Carole Neill, Tim Newnham, Chris and Gaye Pitt, Ryan Prosper and Fiona Stevenson.

As one set of Walks comes to a conclusion, planning has begun for the next Walks. It was great to be able to Commission the incoming Walk Lay Directors at our November 18th Gathering. Andy Fleming for Walk #95 and Jane Barr for Walk #96. Please pray for them as they begin asking people on to team.

The 2024 Emmaus Calendar is in this Newsletter. This is an important document. It is not put together for fun but to help each one of us be involved in the Community. How can you hit a target if you don't even know when to be there? Each one of us plans differently. Maybe you use a paper diary/calendar or one on your phone. It doesn't matter, I encourage you to get this information incorporated into your system. In my house, I have a paper diary I carry around with me, while my wife has her own plus a phone calendar. We then have an "easy2see" calendar in the kitchen that combines all that information plus a white board that has our appointments and work schedules for the week on it - even then we get it wrong sometimes!

Here is a quiz: When is the Mega Agape morning? When is the Country Gathering? What is happening on the 11th of June?

This is my last Newsletter article as the Community Lay Director. I want to thank you all for your encouragement and fellowship during the past 4 years. I can honestly say I have been inspired, challenged and equipped as I served in this role. I will stay on the Board for one more year to assist in the transition. I commend Von Chenery to you as the incoming CLD, a person who truly wants to serve her Lord and lead and serve the Canberra Monaro Emmaus Community. A big welcome to Andy Visser as the incoming Secretary, a humble person who also loves her Lord and what Emmaus represents both to her personally and to Community. Kirsty Ross is stepping down from the Board after serving for 4 years - thank you Kirsty for your many contributions to Emmaus through the Board. Mike Rowe, Kat Santasuosso and Gary Bates continue to serve along with Jim Curtis our Community Spiritual Director, and we welcome Dean Warwick as our newest Board member.

Saturday December 9th at 12.30pm is our final Gathering for the year. This will be a little different to a "normal" Gathering with a BBQ and a time of fellowship, thanksgiving and reflection to conclude the year. I look forward to seeing you there. Put it in your diary!

De Colores

Andrew

"Lets Wrap it up" Gathering

Saturday 9 December @ 12.30pm

BBQ lunch provided:

wrap your sausage & coleslaw in a slice of bread,

wrap your hand around a mug of tea, coffee or cordial, and

wrap up 2023 in thanksgiving, reflection and fellowship.

We will be wrapt to see you there!



A message from our Community Spiritual Director



Well, the walks for this year are now behind us, and I want to reiterate the community's and my own welcome to the new pilgrims. I trust that your Fourth Days are full of joy in the Lord. As we all look back on these walks, or perhaps on our own pilgrim walks, I wonder what you most remember?

I would think for most, it is the outpouring of the Agape gifts, and so I thought that I might reflect on the meaning and purpose of agape gifts in the

Emmaus Walk as we close this year and head to the Christmas season where we celebrate the stupendous gift of Jesus.

We use a relatively uncommon term 'agape' on the walks (and we are sometimes not too sure how to pronounce it!). In our language, we have only one word for love. When someone says, "I love you," it can mean anything from "I have deep feelings for you" to "I can tolerate you." The Greek language has different words for different kinds of love. For instance, there is **eros** which refers to the love or strong desire that is sung about in love songs about feelings between two persons. **Philia** refers to brotherly or sisterly love. It is the care and concern for one another that is typically found in families and among friends. However, an even greater kind of love is that of agape.

The word **agape** was used by early Christians to refer to the self-sacrificing love of God for humanity and the reciprocating love toward God and among one another. In simple terms, agape means love, as in the love of God. The

intent of the Emmaus movement is to present an interdenominational and transformational time away to enable a person to become more intentional about his or her relationship with God. God's love (agape) for the participants finds expression by the team through opportunities for worship, prayer, fellowship, study, creative expression, singing, listening, discussion, and reflection. The goals are to infuse participants with an ongoing sense of God's love and purpose as they transition back into the world and to sustain and support them as members of the Body of Christ. The purpose of transforming and revitalising lives in Christ must not be taken lightly. Therefore it is essential that each team member be fully grounded in the theory and practice of unconditional love, or agape love, as expressed through one's attitudes and actions towards others.

So, in the Emmaus Movement, agape acts are special acts of prayer, sacrifice and expressions of Christian love on behalf of a Pilgrim by another Christian. This Agape starts long before the walk happens. Sponsorship of a pilgrim is the ultimate act of agape since by prayerfully seeking God's guidance and through self-sacrifice in prayer and assisting them to attend, you are seeking the best for that person. When you sponsor, you can bless another individual with the experience of three days in His presence. At the walk General Agape letters from other communities and the 72-hour prayer vigil are introduced on Friday afternoon and illustrate God's love for everyone through community prayer and sacrifice. This becomes part of the wave of love that builds and washes over the pilgrims during their three-day-weekend experience. It is the first glimpse of the concept that even people they don't know have been praying specifically and intentionally for them since before the weekend began, and are holding them in prayer at that very moment, and will continue to support them as the body of Christ.

What a powerful tool and act of agape to take back to the local church!

On Saturday, the pilgrims become increasingly aware of table agape which is the same for everyone but shows up as a gift for each person, reflecting the fact that God loves us all the same but cares for each of us individually. On Sunday afternoon, the personal agape letters from family and friends communicate God's love for each pilgrim in personal ways that are unique through relationships.

Agape love is expressed also by the Speakers, for each of the fifteen talks given during the weekend concerns the gift of God's love through personal accounts and teachings. Moreover, the talk "Prevenient Grace" directly address the good news of God's unconditional love for everyone. For some pilgrims the scriptures or personal examples cited by the speakers may provide profound encouragement for developing and furthering a personal spiritual journey.

The Walk to Emmaus Handbook refers to the teams supporting the Conference Room as "anonymous positions of servanthood." In planning a weekend, great care is given in forming teams that are balanced in skills, experience, and theology. Continuing to encourage and build up the body of Christ is the gift gained through serving on an Emmaus team. Planning, providing, and preparing or

servicing meals and snacks are all acts of agape in the spirit of the Great Shepherd feeding the sheep. Each community manages the kitchen and meals somewhat differently. We have the Greenhills professional staff to cook and a Dining Room Co-Ordinator, (or two) and many community members who come out to serve. Other Communities cater and cook for themselves, an even greater self-sacrifice.

I have drawn on an Emmaus Library booklet called "The Role of Agape" by Susan Jackson for some of this content; it and the other books in our library are well worth reading.

As the festive season is almost upon us, I hope to see you at our last Gathering for the year on Sat 9th Dec, and may I extend my warmest wishes for a Merry Christmas and a Happy New Year! May the Holy Spirit bring joy to your homes and hearts, and may the coming year be filled with new opportunities to serve our Lord Jesus Christ, not only in our Emmaus community but wherever He leads you.

De Colores

Jim

Walk Reflections

Men's Walk #93 Lay Director Report - Andrew Chenery



It was my privilege to lead the most excellent group of men and women to deliver this year's Men's Walk to Emmaus retreat at Greenhills. Just like previous Walks, it was so evident that the Holy Spirit moved amongst us – and richly blessed us all. Our dedicated team and supportive community carried out their roles with excellence, reflecting God's spirit of kindness and generosity.

Each and every Walk I'm inspired by hearing the pilgrim's responses at Sunday's closing service; and this 'Walk was no different! Each pilgrim had different experiences across the weekend but each received exactly what God intended to bless them with and build into them 😊

I want to express my gratitude to all the wonderful members of our community who contributed to the success of Walk #93. Whether through serving meals, offering prayers for the team and pilgrims, participating in Candlelighting and/or Closing services, sponsoring pilgrims, or creating Agape in its various forms, your support has truly blessed our community. To my brothers and sisters in Christ, Thank You 😊

De Colores,

Andrew Chenery

Prayer Vigil Reflection - Dale Cooper

After a couple of reminders, I realised that I needed to contribute to the prayer support for the upcoming Walks. I must confess that when I went to sign up on the prayer vigil, an early thought was 'what times could I realistically commit to'. Somewhat guiltily, I picked my times for prayer to be during 'civilised' hours, hoping that some **real** prayer warriors would commit to the early morning or late night slots (although I did accidentally pick an 1130 pm slot thinking it was 1130 am. Palm slap to forehead!!

Having picked a half dozen or so slots, I put silent (vibrating) alarms into my favourite Apple device so that I'd be reminded when to pray. Good plan I thought, but of course, as so often happens, life intervened and half of my time slots ended up being coincident with a meeting or lunch / dinner that I needed to be part of. Darn! What to do?

I didn't think I could excuse myself from a group meal or a meeting with the words 'excuse me, I have to slip away and pray for a half hour'my thinking was that it might seem odd or even rude to the non-Christians I would be with. So, I did my best - when my silent alarm vibrated on my wrist watch, I looked down and snoozed it for 10 minutes. During that 10 minutes I then did my best to find the mental and conversational space to ask the Lord to help me in my awkwardness and I'd fire off a succession of arrow prayers (I had prepared by reviewing the generic schedule for the Walk so that I always knew what activities to pray for specifically). I managed what I could, and when the alarm went off again, I snoozed it again for ten minutes and so on, to make my way through my half hour time slot. A couple of times I did manage to excuse myself and sneak in a few quiet minutes of prayer in private. On those occasion when I had a genuinely 'free' half hour it was easier to relax into prayer for all the Walk participants and activities.

Participation helped me to feel a part of the Walks (in spirit) and more broadly part of the wonderful Emmaus Community.

Dining Room Server Reflection - Kirsty Holmes

When I was a pilgrim last year, "food opportunities" were special. I felt looked after while I focused on the people around me and my walk.

I recall thinking what a kind thing the servers were doing just for us.

When the opportunity to get more involved came along this year, I felt



that serving at meal times was something I could do for the pilgrims. I live in Yass so I thought I could help at lunch and afternoon tea and then stay for the candle light service. Just one day to put my name down and lock in on my calendar.

I really enjoyed my time seeing everyone interacting with each other and it was great to meet new people and see some familiar faces too.

I felt involved and connected and reminded of my walk. Reminding me I was loved by God...I hope the pilgrims I served felt that too.

Ok ...with our eyes fixed on 2024

2024 Emmaus Walks – MAY 2024

Planning for 2024 Walks has already begun. So please add the dates to your calendar and pray for our new Walk Lay Directors (WLDs) as they draw together their Conference Room Teams.



Men’s Walk #95 – Walk Lay Director: Andy Flemming:

- Thu 2 May: 3pm onwards - Team meets; 7pm Pilgrims arrive. Greenhills.
- Sat 4 May: 8pm - Community arrives for Candlelighting Service. Western Creek UC.
- Sun 5 May: 3.45pm - Community arrives for Closing Ceremony – Greenhills.

Women’s Walk #96 – Walk Lay Director: Jane Barr:

- Thu 16 May: 3pm onwards - Team meets; 7pm Pilgrims arrive. Greenhills.
- Sat 18 May: 8pm - Community arrives for Candlelighting Service. Western Creek UC.
- Sun 19 May: 3.45pm - Community arrives for Closing Ceremony – Greenhills.









Who can you Sponsor?

Who can you Sponsor?	Remember the Steps
<div style="border: 2px solid green; border-radius: 20px; padding: 10px;"> <p style="text-align: center; color: green; font-weight: bold; margin: 0;">Frequently Asked Questions</p> <p>Q: How many Pilgrims can I Sponsor? A: One Pilgrim per Walk is ideal.</p> <p>Q: Can I be on Team and Sponsor? A: Not ideal... be invisible to Pilgrim - allow them to be themselves.</p> <p>Q: Could I sponsor a couple? A: Yes – try and get them in the same year to enable open discussion between them.</p> <p>Q: Could I Sponsor Clergy? A: YES!</p> <p>Q: Can I co-Sponsor? A: Yes, share the mission and the organizational tasks.</p> </div>	<p style="text-align: center; font-weight: bold; margin: 0;">Sponsorship</p> <div style="text-align: center;">  </div> <div style="text-align: center; margin-top: 10px;">  </div>

Registration forms are available online at: [Pilgrim Registration Forms \(Word and PDF\)](#)

Use the Sponsorship Timeline included below to help you be the best Sponsor you can be

Timeline for Sponsors

	<p>4 months before the Walk</p> <ul style="list-style-type: none"> Seek God in prayer about who you should ask to attend the next Emmaus Walk. Continue in prayer though the whole Sponsorship process.
	<p>3 months before the Walk</p> <p>Approach the person and ask if they would like to attend a Walk.</p>
	<p>2 months before the Walk</p> <ul style="list-style-type: none"> Seek the response about attending the next Walk. Start the sleuth work in finding and contacting family, friends and significant people in the pilgrim's life for Agape letters.
	<p>6 weeks before the Walk</p> <ul style="list-style-type: none"> Send info about Pilgrim Letters to friends, family of your Pilgrim. Provide a date for the letters to be back to you.
	<p>3 weeks before the Walk</p> <p>Make sure your Pilgrim's Application form with any dietary or special needs is sent to the Registrar.</p> <ul style="list-style-type: none"> Organize to serve on tables at your Pilgrim's Walk – at least once.
	<p>1 week before the Walk</p> <p>Pilgrim letters should be back to you on the Monday, follow up if required.</p>
	<p>During the Walk</p> <p>Thursday night of the Walk</p> <ul style="list-style-type: none"> Take your Pilgrim to the Walk, collect their badge, room number and help set up their room. Attend supper with them. After supper, take Agape letters to Prayer Chapel and pray for your Pilgrim. <p>Saturday night</p> <ul style="list-style-type: none"> Attend Candlelighting and invite Emmaus friends to come too. During the Candlelighting service, pray out-loud for your Pilgrim. <p>Sunday afternoon</p> <ul style="list-style-type: none"> Attend Closing. Take your Pilgrim home and debrief if appropriate.
	<p>After the Walk</p> <ul style="list-style-type: none"> Your Pilgrim is now on their Fourth Day and a new community member. Keep in touch with your Pilgrim during their Fourth Days. Invite your Pilgrim to the next Gathering or Candlelighting and Closing. Encourage your Pilgrim to sponsor someone else and share the Emmaus experience.

2024 Emmaus Contact Details

Emmaus Role	Name	Email
Community Lay Director (CLD)	Von Chenery	cld@canberramonaro.emmaus.org.au
Community Spiritual Director (CSD)	Jim Curtis	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

Our Community NEEDS us in 2024

Candlelighting Coordinator

Help to bless our Pilgrims, Teams and Community...

There is a full Job Description with steps to follow.

If you want to serve but need a role with a shorter time commitment – this is the one for you.

Are you Interested? Is this the mission for you?



Serving Roster Coordinator

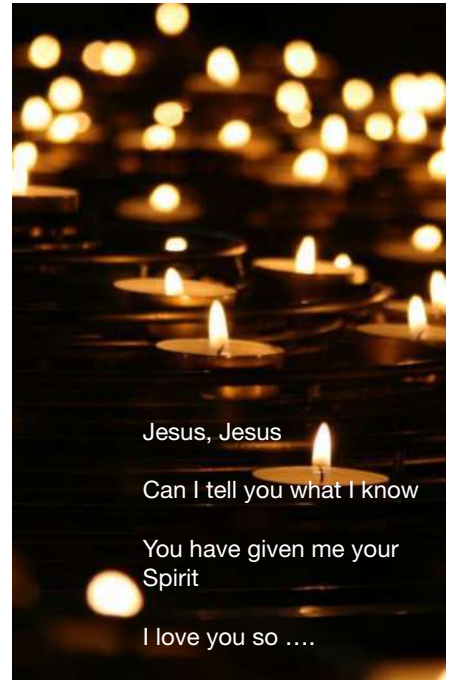
Do you have a passion for organising? Do you have skills in helping others... to serve others?

This is the job for you!

We all know that an Emmaus Walk cannot run well without the Dining Room Servants!

The smiles, the warm greetings, the cheerful service, serving food, serving coffee and tea, cleaning up.

These are ALL gifts of Agape to our Pilgrims and Team.



Jesus, Jesus

Can I tell you what I know

You have given me your Spirit

I love you so

We need a Serving Roster Coordinator to gather Servant Teams for each meal for the 72 hours of the Walk.

- You will have support from past Coordinators
- The Serving Rosters are created and yours to command
- There will be a Manual to follow

Can you help?

Email CLD: cld@canberramonaro.emmaus.org.au

Email Secretary: 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! 1.9% surcharge applies.

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



Canberra Monaro Emmaus Calendar 2024

JAN	Sat	13	Board Workshop Board Meeting	10am - 12noon 1pm - 3pm	CLD House
		20	Meet with Walk #95 & # 96 WLDs, ALDs & MDs Runsheets & Easy Worship Training	10am - 1pm	O'Connor UC
	Fri	26	Newsletter including 2 Weeks of Prayer Focus		
FEB	Sat	3	1st Training #95 and #96 – Board	8.30am - 5.30pm	O'Connor UC Hall/Church
	Sat	10	Gathering	2pm - 4pm	O'Connor UC
	Tues	13	Board Meeting	7.30pm	Zoom
	Sat	24	2nd Training #95 and #96	8.30am - 4.30pm	O'Connor UC Hall/Church
MAR	Sat	9	Mega Agape Morning	10am - 1.00pm	O'Connor UC
			Board Meeting	11am - 1pm	O'Connor UC
			Gathering	2pm - 4pm	O'Connor UC
	Sat	23	3rd Training #95 and #96	8am - 4.30pm	O'Connor UC Hall/Church
	Fri	29	Newsletter – Email to Community		
APR	Sat	13	Final Training #95 and #96	8am - 1pm	O'Connor UC Hall/Church
			Gathering & Walk Team Commissioning	2pm - 4pm	O'Connor UC
	Tues	16	Board Meeting	7.30pm	Zoom
MAY	Thurs	2	Men's Walk #95 – Team 3pm onwards	7pm Pilgrims	Greenhills
	Sat	4	Candlelighting Service – Community	8pm	Western Creek UC
	Sun	5	Closing Ceremony – Greenhills	3.45pm	Greenhills
	Thurs	16	Women's Walk #96 – Team 3pm onwards	7pm Pilgrims	Greenhills
	Sat	18	Candlelighting Service – Community	8pm	Western Creek UC
	Sun	19	Closing Ceremony - Greenhills	3.45pm	Greenhills
	Tues	21	Board Meeting	7.30pm	Zoom
Fri	31	Newsletter – Email to Community			
JUN	Tues	11	Board Meeting	7.30pm	Zoom
	Sat	15	Men's & Women's Walk Team Debrief	11am - 1pm	O'Connor UC
				Gathering – After Walk Celebration / Meet the Board	2pm - 4pm
JUL	Tues	9	Board Meeting	7.30pm	Zoom
	Sat	13	Walk Team Selection #97 & #98 (2025)	11am - 1pm	O'Connor UC
	Sat	13	Gathering – Commissioning GFLDs and GFSD #18	2pm - 4pm	O'Connor UC
	Sat	20	Going Forth Team Training	10am - 4pm	O'Connor UC
	Fri	26	Newsletter – Email to Community		
AUG	Tues	6	Board Meeting	7.30pm	Zoom
	Sat	10	Country Gathering	2pm - 4pm	tbc
SEP	Tues	10	Board Meeting	7.30pm	Zoom
	Sat	14	Going Forth	10am - 4pm	O'Connor UC
	Fri	27	Newsletter – Email to Community		
OCT	Tues	8	Board Meeting	7.30pm	Zoom
	Sat	12	Gathering	2pm - 4pm	O'Connor UC
NOV	Sat	9	Board Meeting	11am	O'Connor UC
				Gathering – (Board Elections if required)	2pm - 4pm
	Fri	29	Newsletter – Email to Community		
DEC	Sat	14	BBQ Gathering	12:30pm	O'Connor UC

Canberra Monaro Emmaus Walks

2024 Walks (booked with Greenhills)

- **Men’s Walk #95** Thursday 2-5 May
- **Women’s Walk #96** Thursday 16-19 May

2024 Public Holidays

ACT		NSW	
New Year’s Day Holiday	Monday 1 January	New Year’s Day Holiday	Monday 1 January
Australia Day Holiday	Friday 26 January	Australia Day Holiday	Friday 26 January
Canberra Day	Monday 11 March		
Good Friday	Friday 29 March	Good Friday	Friday 29 March
Easter Saturday	Saturday 30 March	Easter Saturday	Saturday 30 March
Easter Sunday	Sunday 31 March	Easter Sunday	Sunday 31 March
Easter Monday	Monday 1 April	Easter Monday	Monday 1 April
Anzac Day	Thursday 25 April	Anzac Day	Thursday 25 April
Reconciliation Day	Monday 27 May		
King’s Birthday	Monday 10 June	King’s Birthday/Volunteer’s Day	Monday 10 June
Labour Day	Monday 7 October	Labour Day	Monday 7 October
Christmas Day	Wednesday 25 December	Christmas Day	Wednesday 25 December
Boxing Day	Thursday 26 December	Boxing Day	Thursday 26 December

2024 School Terms

School Terms	NSW 2024	ACT 2024
Term 1 (Eastern)	30 Jan – 12 Apr	Mon 29 Jan – Fri 12 Apr
Term 1 (Western)	6 Feb – 12 Apr	-
Autumn Holidays	Mon 15 Apr – Fri 26 April	
Term 2	29 Apr – 5 July	Mon 29 Apr – Fri 5 July
Winter Holidays	Mon 8 Jul – Fri 19 Jul	
Term 3	22 July – 27 Sep	Mon 22 July – Fri 27 Sept
Spring Holidays	Mon 30 Sep – Fri 11 Oct	
Term 4	14 Oct – 20 Dec	Mon 14 Oct – Tues 17 Dec
Summer Holidays	Eastern Mon 23 Dec – Thur 30 Jan 2025	
	Western Mon 23 Dec – Thur 6 Feb 2025	