

March 2015

www.qcemmaus.org

Grapevine

QC Emmaus / QC Chrysalis



Upcoming Gatherings

March 21 – Aledo UMC
Board Meeting—3:15 pm
Potluck—5:00pm
Worship—6:00pm

May 2— Geneseo First UMC
Reunion Meeting—3:00pm
Board Meeting— 3:15pm
Potluck—5:00pm
Worship—6:00pm

Emmaus Walks

Men's Walk 103:
April 16-19, 2015
Camp Summit

Women's Walk 104:
April 23-26, 2015
Camp Summit

Chrysalis Flights

Girl's Flight 117:
June 25-28, 2015
Camp Milan

Boy's Flight 118:
July 9-12, 2015
Camp Milan

Emmaus Walks

Held at Camp Summit
3321 57th Ave
New Windsor, IL

Chrysalis Flights

Held at Camp Milan
Milan, IL

From the Community Spiritual Director Running on Prayer: Part Three (Avoiding Injuries and Pitfalls)

This "Running on Prayer" is the third installment of four parts. The first dealt with "Preparation" or how to get ready for a serious attempt at the spiritual discipline of prayer. This second part looked at "Getting Started." This third part is about avoiding injuries and other pitfalls that can happen while we move through prayer. Next time we will look at "Enjoying the Adventure."

A few years ago I went out for a cross country trail run in the rain (crazy I know). Cross country trails can be a lot of fun, but they also have surprises, like streams to cross and steep hills to climb that seem to come out of nowhere. On this particular run, I started up a slick hill and felt a stabbing pain in the calf muscle of my left leg. I stopped for a minute and it didn't seem much of an injury so I began to run again...you know, like "run through the pain." The trouble with that strategy was that I ended up tearing a muscle to the point that it ended up bothering me for almost a full year.

Other nasty things can happen while running. You can slip and fall (been there done that), you can run out in front of traffic if you are not looking, or you can get lost. I have a nephew who went out for a run and got lost. He kept running and ended up in another state! (Actually, he was vacationing in North Carolina near the border of Georgia at the time, but it makes for a cool story when I leave that part out).

So, what are the possible injuries and pitfalls in prayer?

"The Terrible Toos"

In running it is too much intensity too soon, and too many miles that can get you injured. In other words, overuse. In prayer the "Terrible Toos" would be the opposite--not enough intensity and too little with not enough use. Ephesians 6:18 says to "Pray at all times and on every occasion in the power of the Holy Spirit. Stay alert and be persistent in your prayers...." When we follow that directive, and bring intensity as well as consistency to our prayer life, we will not have to worry about injuries of too little and too light.

"Keep Your Balance"

In running, it is important to stay on your feet! Slick surfaces or unseen obstacles can cause problems that could lead to injuries such as falling or twisting your back or an ankle. In prayer, some of those slick surfaces or hidden obstacles could be unconfessed sin, unforgiveness and disobedience. Even one of these three things can cause prayer to be ineffective and can do great harm in our spiritual lives. Psalm 66:18 states, "If I had not confessed the sin in my heart, my Lord would not have listened." Matthew 6:14-15 states that God forgives us only when we forgive others. And I John 3:21-21 states, "...If our conscience is clear, we can come to God with bold confidence. And we will receive whatever we request because we obey him and do the things that please him."



BIBLE TRIVIA

Who was David's father?

(Look in Ruth 4:22)

When Jesus was in the wilderness,
what was he tempted to turn into
loaves of bread?

(Look in Matt 4:3)

Upcoming Spring Walks

Men's Walk #103

April 16-19, 2015

Lay Director—Kyle Gagliardo

Women's Walk # 104

April 23-26, 2015

Lay Director—Kathy Ramp

Newsletter Items

If you have original poems or other original works that you would like to have published in the QC Emmaus Newsletter, please send them to me at drgag71@hotmail.com.

Pilgrim Message: If you have a testimony about your walk we would like to hear about it, please send me a short story about your experience to drgag71@hotmail.com.

“Drink Plenty of Water”

Injuries happen when runners get dehydrated or they do not have enough stored water that the body needs. A prayer in Psalm 42:1-2 demonstrates the need to “thirst” after God, “As the deer longs for streams of water, so I long for you, O God. I thirst for God, the living God....” Prayer becomes natural and can even become a craving when we focus His guidance and leadership. Our lives will be filled with a desire for God and not for other things that can prove to be idols in our lives.

If you are feeling that your prayers have been on the injured list instead of in the finished column, perhaps it is time to look at what might be causing the lack of success. These are just some of the things that can hinder an effective time with God. You may be seeing how these or other things have hindered and injured your prayer life. But remember that the One we pray to is the One who can allow His empowerment to lead us back to the spiritual health of “running on prayer” again.

Roger Perry, Community Spiritual Director

Greetings from your Community Lay Director

Greetings Emmaus and Chrysalis Communities. When is the last time you attended or visited a youth group meeting or youth group Sunday school class at your church? When is the last time you poked your head in the door of a youth meeting to say thank you to the leaders and youth alike for their participation? Can you greet some or all of the youth by name?

I would like to encourage each of you to do these things or be creative to find other ways to get to know some of the youth in your church. Which of the 15 to 19 year olds in your church might be ready for participating in a flight and taking the journey from caterpillar to butterfly?

I am asking that each of you pray about this. The Chrysalis experience begins with the prayerful discernment and invitation from a sponsor.

I am praying that each of you find a way to say thank you personally to those that are leading and planning classes or activities for the youth in your church. That each of you pray about which youth in your church you might sponsor.

Best Regards,

Nathan Skjerseth

Quad Cities Emmaus Community Lay Director

Prayer Vigil

The prayer vigils for both the Emmaus Community and Chrysalis Community are available online shortly before the Walks and Flights. If you would like to sign up to pray during the weekends, you can do so at <http://www.3dayol.org/Vigil>. Click on “Check Out List Of Prayer Vigils” and select the Quad Cities Emmaus Men’s and Women’s walks or the Quad Cities Chrysalis Community and sign up. Remember to sign up early and often! **You are also welcome to pray in the Agape Chapel at Camp Summit during the Weekends. De Colores!**

Spring Cleaning Alert!

We are looking for Team Manuals. If you have been on a team recently, and you think you might have a team manual in your closet/garage/trunk/refrigerator, take a look. There will not be any fines, penalties, or retribution—we just want to have enough for our future Lay Directors to distribute. If you have one, contact Becky Layman: bobelayman@gmail.com. Thank you for your cooperation.

Who Should You Sponsor?

We are fully in the “Season of Sponsorship” of candidates for the upcoming Spring 2015 Walks. In our churches, the businesses we work in, the neighborhoods we live in, and other organizations we belong to, there are people we know who are waiting to build a stronger personal relationship with Christ and His witness in their life.

We can be the conduit to connect them to that relationship, through the Emmaus Walk experience, of “knowing Jesus”, rather than just “knowing about Jesus”. But.....start with prayer! Ask the Holy Spirit to help you identify those whom He wants you to invite and that He will prepare their minds and hearts for His invitation. Expect positive outcomes!

Ask your pastor for names of candidates within your church; ask others in your church who have had the Emmaus Walk experience to engage in this important Sponsorship step. Don’t do it all yourself. Let’s make the 2015 Emmaus Walks a great success for the Lord. Please begin your process of prayer, identification of candidates and invitations.

Sponsorship applications can be found at www.qcemmaus.org and sent to:

Quad City Conference of Walk to Emmaus
 PO Box 971
 Moline, IL 61266

Please contact Carl Loweth, Emmaus Registrar @ 563-505-1196, or other Emmaus Board members with any questions.

Upcoming Summer Chrysalis Flights

Girl’s Flight # 117

June 25-28, 2015

Lay Director—Candi
Terrill

Boy’s Flight #118

July 9-12, 2015

Lay Director—Chad
Butterfield

BIBLE TRIVIA

Answers to Dec Questions

Which musical instrument did David play for Saul?

Harp/Lyre (1 Sam 16:23)

What was Jesus wrapped in when he was born?

Swaddling clothes (Luke 2:7)

Quad City Walk to Emmaus
P.O. Box 971
Moline, IL 61266
www.qcemmaus.org

Non-Profit Organization
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We're on the Web!

See us at:

www.qcemmaus.org