



Upcoming Gatherings

**October 4 – Asbury
UMC, Bettendorf, IA**

**Potluck—5:00pm
Worship—6:00pm**

November—

**TBA—Check website for
updates**

Emmaus Walks

Men's Walk 101:
Sept 18–21
Camp Summit

Women's Walk 102:
Sept 25-28
Camp Summit

Chrysalis Flights

Girl's Flight 115:
Nov 6-9
Camp Milan

Boy's Flight 116:
Nov 13-16
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 One—“Preparing to Run”

Greetings to the Walk to Emmaus Community!

This article is a “re-run” from two years ago. I plan to follow it up with at least three more in following newsletters. In order to do that, I felt that I needed to start with this one again. My hope is that it will give you some tools to help you on your spiritual journey as we use running as a metaphor.

When I first started running again, after several years of not running, it was nothing short of hard and painful work. It is still hard and I am not very good at it, but I really like running. It is a struggle for me to get in shape to the point that I can run easily and I have been trying with slow success for over eight years now.

There is just something about running that I love. The more I run the more I want to run. Funny how that works--the more I am able to run the easier it becomes. I'm not very good, but I still like to get out and run for the enjoyment and pleasure I receive from it.

What I have experienced in my prayer life is very similar to running. Many people are gifted runners and there are people who are spiritually gifted in the area of prayer. But for most of us, we have to work harder. But, even though we have to work harder, we can still enjoy the journey along the way.

So, for you powerful prayer warriors and spiritually gifted intercessors this is not going to make much sense to you. But for most people prayer is a lot of hard work! There is a reason that the Bible talks about a “sacrifice” of praise! When you decide to develop your relationship with God, it can be frustrating at the start—sort of like running. So it is good to begin with a solid plan.

Let's look at praying like someone would look at running. Like running, there are things to consider as you get serious about prayer. The first thing to do is to prepare. Here's how:

1) “Workout schedule.”

Set aside the time to pray by putting it in your calendar or daily planner. Can you schedule a time each day of the week? If not, how many days can you schedule each week? You pick the length of time to spend in prayer. Five minutes, half hour, hour, you designate the time allotted.

2) “Find a good running course.”

Like finding a running course that works for you, pick out a good place for you to pray. Finding the right spot will help you focus on the task of praying. It may be a closet or a favorite chair. Or it may even be a running trail!

3) “Obtain some good running shoes.”

Proper equipment will help in your prayer development. Even though you don't need running shoes to pray, there are some things that will help. The Bible is very important for effective prayer. If you want to get to know God, you've got to read His book. Later, you will even want to pray the promises of God that you find in scripture.

(continued)



BIBLE TRIVIA

"Hate stirs up strife", but
what does love cover?

Look in Pro 10:12

What killed the plant that
God provided Jonah for
shade? Look in Jon 4:7

Upcoming Fall Walks

Men's Walk #101

Sept 18-21, 2014

Lay Director—Eric Moore

Women's Walk # 102

Sept 25-28, 2014

Lay Director—Deb Johnson

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.

Prayer can be one of the most exciting parts of being a Christ Follower. It is the opportunity we have to spend time with the God of the universe—to have His attention and to know that He knows our needs. We can “run” to God just because we want to spend time with Him and He wants to spend that time with us. So, as you prepare to ramp up your prayer life, be sure that you have scheduled the time, have a place to meet with God and have what you need to pray.

In the next newsletter, I want to carry the prayer running metaphor even further and talk about getting started on your prayer training.

I love you and continue to pray for you,

Roger Perry, Community Spiritual Director

"God does nothing but in answer to prayer; and even they who have been converted to God without praying for it themselves, (which is exceeding rare,) were not without the prayers of others. Every new victory which a soul gains is the effect of a new prayer."

John Wesley in Vol. XI, p. 437 (5).

Greetings from your Community Lay Director

It is an exciting time as our teams are formed and we are getting prepared for the fall walks later this month. Today I am writing you about the Emmaus group reunion. It is a small accountability group of two to 12 persons who have usually participated in the three-day Walk to Emmaus and who want to continue their pursuit of a life lived wholly in the grace of God. With the regular support of a few faithful friends, the gift of God's love in Jesus Christ becomes a lifestyle of Christian discipleship through the threefold discipline of piety, study, and action.

I don't know about you, but a small accountability group is vital to me and my growth in faith. I need to be in a group that meets regularly and builds each other up, and holds each other accountable. Reunion groups share stories of their walk with Christ since their last meeting.

Members listen to one another, celebrate the grace of God in each person's life, and reinforce each one's core commitment to living in union with Christ in all facets of daily life. Members express that reinforcement through gentle accountability, encouragement, and support of one's stated discipline and plans.

Are you in a small accountability group that follows the main principals of a reunion group? Whether it is a formal Emmaus reunion group or another type of small group that follows the same principals, we would like to know. After each set of walks we encourage and try to facilitate new community members becoming a part of a small accountability group.

Please let Jana Coots (Reunion Group Director) know if you are in an accountability group, where you meet, when you meet, and who to contact if they wish to join. We want to hear from you whether your group is open or closed at the moment. Contact info: Jana Coots (jcootsbett@icloud.com) (563) 343-5590.

Reunion groups are a way of preserving your walk with Christ.

DeColores, *Nathan Stjerweth*, QC 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!

Chrysalis Update

Team selection for the fall flights are in progress. For some reason past commitment to Chrysalis teams has been less than expected. Remember it is important that all the team meetings be attended if possible. Lately team members treat the meetings as something to do if something better doesn't come along. When you say yes to being on team you are agreeing to give the team your best. Everyone on the team is depending on you to do your part. When you skip out you hurt the rest of those on the team and potentially the butterflies on the weekend. Remember Christ never said it would be exciting, fun or easy. What it will be is worth while with eternal consequences. Another issue is individuals who feel they can come for only part of the weekend. The expectation is you will be at the camp for the entire 72 hours except for illness or other family emergencies. Again when you say yes, you are making a commitment to the team, the butterflies and to Christ. Please give it your best. Please take this commitment at least as serious as any other team or activity you are involved in.

With the Weekends coming in November, now is the time to get out there and sign up candidates for the weekend. As you may remember the girls flight was canceled due to insufficient numbers this summer and the boys flight went with 5 butterflies. We can not maintain a community when we cancel flights or have low numbers. Please invite youth and get those applications in now. Don't wait until schedules fill up with other things. The cut off date for applications has been changed to the Monday of the week before the flights or 10 days before the flights. At this time it will be determined if the weekend will go. If the weekend is approved, applications will be accepted for another week.

The 2014 Chrysalis Board Elections will be held during the girls and boys flights in November. We have two women and two men whose terms are up and will need to be replaced. Those whose terms are expiring are Jeff and Katrina Gerber, Paulette McGreer, and Kipp Spence. We will also need to elect three youth to the board, Those youth currently on the board whose terms are expiring are Kaitlyn Poff and Samantha McGreer. Any Emmaus/Chrysalis community member can nominate an individual from the Emmaus/Chrysalis community for the board. Once a nomination has been received the individual will be contacted to determine if they agree to adding their name to the ballot. Nominations will be accepted until October 5th. Nominations can be submitted by contacting Carl Roloff at quadcitieschrysalis@gmail.com.

Upcoming Fall Chrysalis Flights

Girl's Flight # 115

November 6-9

Lay Director--

Stephanie Roloff

Boy's Flight #116

November 13-16

Lay Director--A.J.

Roloff

BIBLE TRIVIA

Answers to June Questions

When there was no water to drink in the wilderness, how did Moses provide it? God told him to strike a rock (Exodus 17:6)

When Jesus walked on water, which sea was it? Sea of Galilee (John 6:1-19)

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

Non-Profit Organization
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Return Service Requested



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We're on the Web!

See us at:

www.qcemmaus.org