

GREATER DAYTON EMMAUS



450 ALEX-BELL RD. CENTERVILLE, OH 45459

MARCH 2026



MARCH GATHERING **March 9, 2026**

Meet the new pilgrims from the winter walks at the monthly Gathering on March 9 at 7:15pm at NORMANY UMC in CENTERVILLE.

Pilgrims (or others) are invited to attend a Share Group Orientation Session beginning at 6:30pm.

Spiritual Director

“...Gotta Let My People Go!”

“Do not be afraid. Stand firm and you will see the deliverance the Lord will bring you today. The Egyptians you see today you will never see again. The Lord will fight for you; you need only to be still.” Exodus 14:13-14

Did you have the opportunity to experience the skit by Moses and the Pharaoh-ettes on your walk weekend? The chorus to the song goes, “Pharaoh, Pharaoh, oh, oh, let my people go, huh, yeah, yeah, yeah, yeah, yeah, yeah.”

That song, while humorous, still holds a truth that resonates on each walk weekend. People get set free from so much that bound them in their past. Some are bound by un-forgiveness, emotional pain, fear, regret, trauma, the death of a loved one, divorce, ...the list goes on.

But little by little, talk by talk, meditation by meditation, day by day, skit by skit, the walls start coming down.

In the book of Exodus, Moses returns to Egypt with the assignment from God to go and tell Pharaoh, “to let my people go.”

Little did he know the journey it would take them on. Pharaoh hardens his heart, but after experiencing the ten plagues he finally agrees to let the people go. He later changes his mind and he and his army come chasing after God’s people. Moses and the people are caught between the proverbial rock and a hard place with Pharaoh’s army behind them and the Red Sea before them. Moses reassures the people with these words from scripture, “Do not be afraid. Stand firm and you will see the deliverance the Lord will bring you today. The Egyptians you see today you will never see again. The Lord will fight for you; you need only to be still.”



I’m sure that what happened next surprised even Moses. God parted the Red Sea and allowed them to cross on dry land. And then true to his word, he delivered his people from that which had kept them in bondage. Pharaoh’s army tried to come across also and end up drowning in the Red Sea.

We have a similar experience on the Walk to Emmaus. We trust our sponsors and show up on Thursday evening for send-off, oblivious to the journey we are about to experience. We sit at tables creating community with one another and soaking up all that we can in this short course on Christianity. Many of us come on Thursday night with a lot more baggage than we go home with on Sunday. Thanks be to God.

If we give ourselves fully to the experience, “The Lord will fight for you.”

“God wants his children to be set free, and that means children like you and me,

So, give him your problems and take his hand, and let him lead you on to the Promise land.”

Singing, “Pharaoh, Pharaoh, oh, oh, gotta let my people go, huh, yeah, yeah, yeah, yeah, yeah, yeah.”

DeColores,
Palmer Jason, SD



A WORD FROM THE COMMUNITY CHAIR

Greetings Community,

It has been such an honor and privilege to represent Greater Dayton Emmaus as your Community Lay Director and Chairman of the Board. I have enjoyed all the many ways we have interacted over the last couple of years.

You have a tremendous board who is determined to see our community flourish again and you have a new Community Lay Director, Mike Baughman, coming on board April 1, who is also determined to see our community grow.

Please continue to be as supportive to our leadership as you have been to me. We are planning our annual Board Retreat this month so keep us in your prayers.

I am excited to welcome our newest community members from Women's Walk #114. Please welcome them as you seen them.

Please continue to sign-up to serve in any way that you are able to. Many hands make for lighter work. We serve the Lord with all our heart, mind and soul and serve our neighbor as yourself....remember that.

As for future walks, come to the Gathering on March 9 to learn when we are scheduling the next men and women's walk, and who God has called to lead these weekends.

God is moving in Greater Dayton Emmaus. We have been so blessed to see our new community members serving and sponsoring new pilgrims. I will continue to pray for our future and follow where God leads me.

DeColores,
Brenda Baker
Community Lay Director



Fourth Day Feast
An Emmaus Ministries International Virtual Gathering



April 24, 2026
[Zoom link to the virtual gathering](#)

The banner features a red mosaic border. At the top, the title 'Fourth Day Feast' is written in a black cursive font, with 'An Emmaus Ministries International Virtual Gathering' in a smaller, black sans-serif font below it. In the center, there are three circular icons: a globe, a cross, and a group of people. At the bottom, the date 'April 24, 2026' is displayed in a large, black sans-serif font, followed by the text 'Zoom link to the virtual gathering' in a smaller, black sans-serif font with a blue underline.

WWW FIND THE INFO YOU NEED:
DAYTONEMMAUS.ORG

A yellow banner with a blue globe icon on the left. The globe has the letters 'WWW' in blue over it. To the right of the globe, the text 'FIND THE INFO YOU NEED:' is written in a bold, blue, sans-serif font, and 'DAYTONEMMAUS.ORG' is written in a smaller, blue, sans-serif font below it.

ARE YOU A "DETAIL" PERSON?



Is God calling you to use the talents he's given you?

Some board positions are still open and treasurer is one of them! If you love numbers and strive for perfect balance, it just makes "cents" for you to serve on the board.

Besides Treasurer, a Board Secretary is also needed.

Board members serve a 3-year term and begin April 1. Training is available from current board members.

Please pray on this opportunity!

Contact Mike Baughman or any current member of the board for more information or to express interest in the position.

[Click here](#) for board member contact info.



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Greater Dayton
Emmaus



MARCH GATHERING:
MARCH 9 @7:15 PM
Share Group Orientation- 6:30 pm
NORMANDY UMC, CENTERVILLE, OH

EASTER SUNDAY
APRIL 5

APRIL GATHERING:
APRIL 13 @7:15 PM
NORMANDY UMC, CENTERVILLE, OH

4TH DAY FEAST
INTERNATIONAL EMMAUS
GATHERING
APRIL 24 @8PM ON ZOOM

MAY GATHERING:
MAY 11 @7:15 PM
NORMANDY UMC, CENTERVILLE, OH

JUNE GATHERING:
JUNE 8 @7:15 PM
SULPHUR GROVE UMC, HUBER HEIGHTS, OH

MEN'S WALK #74 &
WOMEN'S WALK #115
DATES TO BE ANNOUNCED SOON!



Good Shepherd's Corner



Please join us in warmly welcoming the pilgrims of Emmaus Walk #114 into our community!

We celebrate the ways God has worked in their hearts and look forward to walking alongside them as they continue their faith journey.

We invite everyone to gather on March 9th at Normandy United Methodist Church. A Share Group Orientation will be held at 6:30 pm in the chapel, followed by the community gathering at 7:15 pm.

Sponsors play an important role and are asked to personally bring their pilgrims to both the Share Group Orientation and the gathering to help ensure a smooth and welcoming transition into community life.

As March also brings Saint Patrick Day, we are reminded of his mission to share Christ's love with the people of Ireland. The American traditions of wearing green, leprechauns and drinking do not have anything to do with who Saint Patrick really was. He was sold into slavery as a teenager and spent years being a shepherd. God called him home to England, but his heart knew that Ireland needed Christ. As a Bishop in the Catholic Church, he returned to Ireland as a missionary. He performed miracles and brought thousands to Christ.

May his example inspire us to extend hospitality, encouragement, and faith to our newest Emmaus brothers and sisters as we continue helping others discover the love and grace we have found in Christ.

In a renewed effort to connect with the spirit of servanthood in the Emmaus community, I encourage all community members to complete the **Willing Servant Form**.

This important resource helps connect members of the Emmaus community with meaningful opportunities to serve, allowing each person to share their gifts in support of future walks and gatherings.

It is important to update this form to ensure our database of members is accurate. Please take a few minutes to complete a new form. You can find it on our website and can print it and bring it with you to gathering.

<https://daytonemmaus.org/willing-servant-form>

We look forward to celebrating together—
De Colores!

Emily Adams
Good Shepherd/ Outreach



Learning about Lent

When is Lent? It's the forty days before Easter excluding Sundays. It begins with Ash Wednesday and is a time where Christians focus on simple living, prayer, and fasting in order to grow closer to God.

In earlier times, people used Lent as a time of fasting and repentance. Since they didn't want to be tempted by sweets, meat, and other distractions in the house, they cleaned out their cabinets. It was a great feast! That's where the tradition of Mardi Gras comes from. But Christians still know its origin and hang onto the true spirit of the season.

What is Ash Wednesday? Ash Wednesday can begin with a service where we recognize our mortality, repent of our sins, and return to our loving God. We may make resolutions and commit to change our lives over the next forty days so that we might be more like Christ. In an Ash Wednesday service, a minister or priest may mark the sign of the cross on people's foreheads, using ashes.

Why ashes? In Jewish and Christian history, ashes are a sign of mortality and repentance. When we die, our bodies eventually decompose and we become dust/dirt/ash. Repentance, because long ago, when people felt remorse for something they did, they would put ashes on their head and wear "sackcloth" (scratchy clothing) to remind them that sin is pretty uncomfortable and leads to a sort of death of the spirit. This was their way of confessing their sins and asking for forgiveness.

Where do the ashes come from? On what we now call Palm Sunday, Jesus rode a donkey into Jerusalem while people waved palms and cheered. Less than a week later, Jesus was killed. The palms that were waved in joy became ashes of sorrow. We get ashes for Ash Wednesday by saving the palms from Palm Sunday, burning them, and mixing them with a little oil. It's symbolic.

So what is Lent? At Jesus' baptism, the Spirit of God appeared and a voice from heaven said, "This is my Son, My Beloved, with whom I am pleased." Afterward, as told in Matthew 4:1-11, the Spirit sent Jesus into the wilderness, where he fasted and prayed for 40 days. During his time there he was tempted by Satan and found clarity and strength to resist temptation. Afterward, he was ready to begin his ministry.

Why "Do" Lent? How do I start?

Our lives are filled with distractions that take us away from living a life with Christ. We try to fill the emptiness inside us with mindless TV, meaningless chatter, stimulants, alcohol, too many activities, or other irrelevant stuff. We run away from life and from God.

Lent is a great time to "repent" — to return to God and refocus our lives to be more in line with Jesus. **You might try one of these practices for Lent:**

Fasting: Some people have been known to go without food for days. But that's not the only way to fast. You can fast by cutting out some of the things in your life that distract you from God. Some Christians use the whole 40 days to fast from candy, TV, soft drinks, cigarettes, or meat as a way to purify their bodies and lives. You might skip one meal a day and use that time to pray instead. Or you can give up some activity like worry or reality TV to spend time outside enjoying God's creation. What do you need to let go of or "fast" from in order to focus on God? What clutters your calendar and life? How can you simplify your life in terms of what you eat, wear, or do? Learn more about or design a fast.

Service: Some Christians take something on for Christ. You can collect food for the needy, volunteer once a week to tutor children, or work for reform and justice in your community. You can commit to help a different stranger, coworker, or friend everyday of Lent. Serving others is one way we serve God.

Prayer: Christians also use Lent as a time of intentional prayer. You can pray while you walk, create music or art, or savor a time of quiet listening. All can be ways of becoming more in tune with God.

Christians from many different traditions celebrate Lent. How will you use the time to grow closer to God?