

GREATER DAYTON EMMAUS



450 ALEX-BELL RD. CENTERVILLE, OH 45459

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OCTOBER 2026



SEE YOU AT THE GATHERING

MONDAY, OCTOBER 12, 7:15 P.M.

***Sponsorship Training at 6:30 p.m.
Normandy United Methodist Church,
450 West Alex-Bell Road, Centerville.**



Please wear
your name tag



Sponsors,
meet in the
Logia Room



4th Day Speaker:
Missy Schuler
Community Prayer:
Brenda Baker



Music: Suzzi Luken
Special Presentation:
Julie Wehrkamp



Communicate Well

I was doing some reading in the book of Philemon (it's a really short book) and came across this verse –

“That the communication of your faith may become effectual by the acknowledging of every good thing which is in you in Christ Jesus.”

As many times as I have read the “page” of Philemon, that verse never struck me until now. Paul told Timothy to stir up the gift that was in him. And I have watched too often as we have “let things slip” and then try and figure out why we are crossways of where we intended to be.

In Philemon, the Apostle Paul was saying that what we try and demonstrate about what we believe becomes more effective as we recognize and acknowledge the **good things** that are in us from the Lord Jesus. With all that is happening in the world that might seem difficult, but it is not impossible. **His love is in you. His faith is in you. His mercy is in you. His joy is in you.** And so much more just waiting to be acknowledged and released.

Do you remember at the end of your three days with Him how you understood His love in a greater measure? Do you remember how you felt for days afterward? Sometimes life gets in the way, and it has a tendency to cause us to not remember the good and only focus on the crisis or trial we are now facing.

When we remember and begin to declare His goodness and the truth of what He has done in our lives, the reality of that truth (His Word) becomes real to us and we actually begin walking in it. As we walk in it, we make way for His Spirit to minister to us, and even at times through us to others the faith we hold so dear and precious. In other words, as the scripture declares

“the communication (or sharing) of our faith becomes effective.”

We should never let the experience of our weekend get too far from our heart. In our fourth days we should endeavor to continue to walk out the truths we learned then and continue to learn now. One way is by staying in the Word. Renewing our heart and mind with the Word is very beneficial. Among other things it helps us to:

1. Implant truth in our heart.
2. Keep sin from creeping in.
3. Keep us dependent on Him.
4. Prepare us for dealing with life.

I want to encourage you to take the time daily to fellowship with the Lord, spend time in His Word allowing His Word to minister to your life and His Spirit to speak to your heart anew and afresh.

“For the Christian, dependence is just another word for power.”

De Colores,

Bishop Brian K. Hayes

Spiritual Director



Seven Minutes to a New Spiritual Life



Our lives consist of a series of minute-by-minute activities, and we all know that the choices we make about those activities determine how well we succeed in our day. We have also heard that small changes in our daily life repeated over time can dramatically affect our future. Of course, that can be for good or not so good, so let's look at some positive changes.



If you want to improve your physical health, you can get an app on your phone for a seven-minute workout. Carry out those actions in a vigorous way and you can lose weight, tone your muscles and improve your mental health. In fact, after a short time, you may find that you actually enjoy this activity and the results it produces so you increase the time, which leads to even further improvement.



In our Emmaus weekends, we present several spiritual activities that, if taken home with us and repeated over time, can change our spiritual health.



The first is prayer. We pray to start the meetings, before each speaker, before each meal, during daily Communion and at the end of each day. In between, many of us might have found a quiet corner in the chapel, sanctuary, a vacant room or outside to pray alone. Prayer allows us to slow our heart rate, relax our minds, center our thought processes and open our hearts. If we simply prayed five short times each day, (in the morning, at each meal and before bedtime) we may spend a cumulative seven minutes.



The second activity is study. An easy way to start is with a daily devotional. There are many available, typically with 365 pages that can be read and digested in seven minutes. Read the first thing in the morning with your breakfast and you can have a fascinating start to each new day. Try reading the Bible on a regular basis for a few minutes a day. Open it randomly or choose a book and read one chapter each day – again about seven minutes.

The third is to share with others.

How about a seven-minute conversation with someone – your spouse, children or a friend – maybe even a stranger. Do we even talk to our spouses in a seven-minute-long conversation during the day? Lots of chatter, but no real deep thoughts. Nobody at home? Then call someone on the phone that you have not seen or spoken to in a while. You will both experience a brighter day.

The final one is to serve others. Give something away. Drive a friend to a medical appointment, volunteer at church for an hour, clean out a closet and donate some stuff to the local thrift store, take flowers from your garden to a neighbor. Contributing small incremental times to others will lighten your load and fulfill your life in a new way.

Blessings,

Mike Baughman

Community Lay Director

Register now for both Winter Walks

Registrations are open for our winter Walks to Emmaus. Sponsors, go to our website, www.daytonemmaus.org, and print a registration form or pick one up at the Gathering. Fill out and email, text or mail to:

Men's Registrar Gary Stanforth at gstanforth.lisw@gmail.com

or Women's Registrar Julia Crowl, gderegistrar@daytonemmaus.org.



Do you have the power we need?



Please contact Linda Haller if you can help set up and tear down the sound equipment for October's Gathering or future Gatherings. The equipment needs transported from her car to the sanctuary and back again.

Also, we still need willing servants to run the system during the service. Please help if you are able. Thank you!

Contact Linda Haller at Lmusicteach@aol.com



Here's your invite to join my team

Hello Dayton Emmaus Community! Welcome to Fall, when the air turns crisp, and the sound of falling leaves and smell of wood fires fill the neighborhood. I hope that you are doing well and enjoying the changing season. In every passing day please be in prayer for our community.

As your Good Shepherd, I want to encourage you to be involved in your share group. It is important to maintain contact with others who support each other in their walk with Christ. We can't do this alone. I think often of Hebrews 10:24-25: *"Let us think of ways to motivate one another to acts of love and good works. And let us not neglect our meeting together, as some people do, but encourage one another."*

There are a few things that I am asking that you do to help this community. **The first thing that I am looking for is a willing servant who would like to help me at Gatherings serving the Rainbow Table.** I would like someone willing to commit to attending Gatherings and assisting on Walk Weekends in support of our new pilgrims. It is important that we all help each other and many hands make light work. Please feel free to contact me or come speak to me at the Rainbow Table at the next Gathering.

I am also attempting to build a database of Share Groups. Please let me know when you meet, where you meet and if you are willing to have new pilgrims join your share group. And I am looking for Share Group mentors. Do you love meeting and praying with others? You may be just who I am looking for! I am trying to find a few select individuals to help shepherd new Share Groups to follow the reunion card and establish a routine. If you have been a table leader on a walk this would be a similar activity. Please contact me if you are interested.

The next thing I ask is that you please attend monthly Gatherings on the second Monday of every month. Our next few Gatherings are October 12th, November 9th and December 14th. Please put them in your calendar right now so you remember to attend. If you see that these dates are not on your church's calendar, please reach out to your church secretary and add them to the calendar so that it will remind others in your congregation about our monthly gatherings.

The last thing that I will ask of you is to prayerfully consider sponsoring a pilgrim. We are in need of pilgrims for both the upcoming men's and women's walks. Has your pastor been on a walk? Have leaders in your church been on a walk? Have members of your small group, Sunday school or bible study been on a walk? Who do you know that needs time with Jesus? If you are interested in sponsorship, please attend the sponsorship training that is prior to the gatherings at 6:30 for the instruction and guidelines for sponsoring pilgrims.

Let us all encourage each other, stir our hearts to love and serve all of our people. They will know us by our love. De Colores!

Your Good Shepherd,

Emily Adams

daytonemmausgoodshepherd@gmail.com

FALL & winter Calendar

Board Retreat: Unity and Team Building

Saturday, October 3, 9 a.m.-2 p.m.
Breakfast provided, Potluck lunch
Jubilee Community Church, Miamisburg

UPCOMING GATHERINGS

Second Monday each month:

October 12, November 9, December 14

Sponsorship Training, 6:30 p.m.

Gathering service, 7:15 p.m.

Normandy United Methodist Church
450 Alex-Bell Road, Centerville

Men's Walk #75

January 21-24, 2027

Leader: Tim Macy

Women's Walk #116

February 18-21, 2027

Leader: Cathy Berry