

The Walk Way

Eastern Shore Emmaus Newsletter



July Dates to Remember

Eastern Shore Community Gathering

July 11, 2026
Franktown UMC
7551 Bayside Rd
Franktown, VA 23354

Potluck at 5:30 PM
Gathering and Service at 6:30 PM

ES Emmaus Board Meeting

July 27, 2026
7:00 pm
Craddockville UMC
3346 Boston Rd
Craddockville, VA 23341

All are welcome

Articles from Community
Members are welcome!! Please
submit in MSWord format before
the 20th of the month to:
Jean Baker
Jean.mbakera@cox.net

A Message From Our Community Lay Director

Hello to our Eastern Shore Emmaus family!

It is truly a joy and blessing to be a part of this wonderful Community! With much gratitude I can say that so very many times, my heart has been touched by our Emmaus Walks and the people who participate in them and all of the other activities! For all those blessings received, I must remember how important it is that my church is where my primary purpose lies. Emmaus is not a church and should not take precedence over my church.

Have you ever heard the saying “Summertime and the living is easy”? I remember that from way back. Throughout my life, Summer has always been a time of fun activities, vacations, family time and more. James 1:17 says that “every good gift and every perfect gift is from above, coming down from the Father of lights, with whom is no variableness, neither shadow of turning”. This verse reminds me of where my happiness and joys come from. Our merciful and gracious God bestows the good things in our lives. The feeling of being safe and watched over and free from fear and worry allow us to enjoy the special moments, times and seasons. Our WLD’s for the Fall Walks, Johnny Haislip and Nikki Nelson have been busy with preparations. Leadership teams have been selected. Teaming selection is next and the cutoff date for team applications is the July gathering which will take place July 11 at Franktown United Methodist Church. Our pot-luck meal will start at 5:30 and we will commence worship and praise in the sanctuary at 6:30. We hope to see you there.

In order for our Walks to take place and for full teaming to begin, we have to meet our minimums of 15 pilgrim applications, prior to the beginning of full teaming. Cody Lewis is our Pre Weekend Chair and will be announcing through our Facebook page and gatherings where we stand in that regard. If you have a candidate who is willing to attend, please do not wait until the last minute to turn in those applications. Keep praying for those Pilgrims yet to come.

De Colores!!!

Frank Walter, Community Lay Director



An Article From Our Spiritual Director



Emmaus July Spiritual Director Devotion

“Cast all your cares on Him, for He cares for you.” 1 Peter 5:7

God Cares for You!

How many times have you read this verse? How many times have you heard sermons on this verse? Now comes the real question, “Do you believe it?” I assume that most of you said yes, I believe it. But let us take a good look at this verse and determine what proves that we believe it.

Think about it, “Do you cast all your cares on God?” To be honest with you myself, I often find myself holding on to cares that I believe I can take care of on my own. I tend to show that my real belief in this verse is that when I get to the place, my care is bigger than I can manage, then I will cast it on the Lord. If I am to be honest about it all, I react to my cares as if God expects me to take responsibility of certain cares and not bother Him. The result is a temporary relief of the problem. In a brief time, I am back again dealing with the same problem. So, let us look at the promise from God’s perspective.

God does not put any limitations on His promise. First, it includes all our cares. Cares that we foolishly brought on ourselves, cares that are just part of everyday life. Big cares, small cares, physical cares, spiritual cares, relationship cares, and life decision cares.

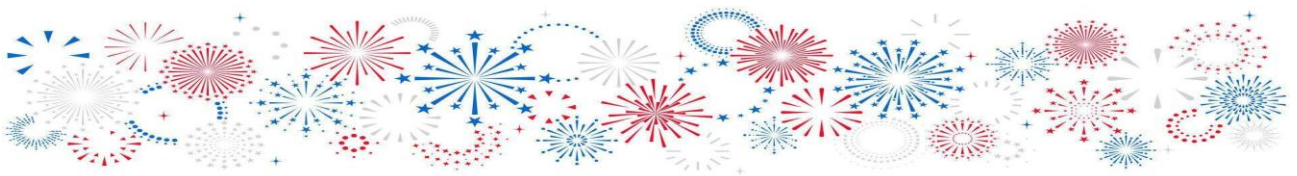
Spiritual Director (continued)

Secondly, God does not say to us what we may have heard our parents say to us when we got into a mess. No, God never says to us, “You made your bed, now sleep in it.” The fact is that God cares for us in every situation and wants to take our cares every time. The Bible calls this God’s unconditional love. So what load are you carrying today? God wants to lighten your load right now, but your only act of obedience needed here is to cast your care on Him. Let go and let God. It is God’s spiritual weight loss program for you today.

De Colores!

Joe Barnes

Spiritual Director



Praise and Worship

Our Walks, Gatherings and other activities of the Emmaus Community are not the same without music. We are in great need of musicians for all of these activities. If you play a musical instrument, please consider contributing your talent to make a joyful noise to the Lord!



Message from a Community Member

You may remember from previous communication that Kim Godwin (ES 118) made the trek to the Eastern Shore Emmaus for his walk after the Emmaus walk in his area was cancelled. He has since become a pastor to a church in the Lake Gaston area. This is a letter he sent to me.

My Dear Sister in Christ,

First thank you for your part in making everything happen for walk 131 and Cindy being able to have the amazing experience that she had. We sincerely enjoyed meeting you in person Saturday.

An amazing part of walk ES131 was one of the banners that was hung up was from my walk ES118 which truly blessed Cindy in an incredible way. It made her feel closer to me as if I was there on her walk.

I asked Saturday night how the banners were selected and after some discussion learned that usually it is for past lay leaders who are currently teaming and that it was a "happy accident" that the banner from ES118 was selected. Turns out the daughter of one of the pilgrims (Daff Daffigan) who walked on ES118 (who passed away last year), was a pilgrim on ES131. She just stood in front of the banner and cried. My wife comforted her and shared that her husband (me) was on that walk. So one pilgrims dad, and one pilgrims husband had shared that same walk. But it doesn't end there one of the team members was engaged to Cody who took walk ES118 when she walked on ES119 and shortly afterwards they were married. Thus Cody her husband was a pilgrim on ES118.

So that one banner affected at least 3 people deeply on the ES131 walk. If it was truly a "happy accident" then I can only say it was no accident. God's hand was fully in it. If it was actually done for the 3 ladies who it meant so much too all I can say is THANK YOU THANK YOU THANK YOU!!!! It truly made Cindy's walk that much more incredible. I was amazed when Cindy told me that she got to see the banner I walked under as it was hung up and how it affected at least those 3 ladies.

I wanted you to be aware of how God truly showed up and showed out for Cindy during ES131.

In His Service,

Kim Goodin ES118
Pastor River Ridge Chapel



Board Members serve a three year term and Board Elections take place in November. **Five Board Members will be rotating off of the Board this year.** Please take some time to pray and consider if serving on the Board is something that God is calling you to do. Requirements:

- Have teamed on a walk within the last 3 years and 2 years have elapsed since you walked
- Have a attended a DODU
- Be active in your local church
- Be active and attend ES Emmaus activities

Outreach

July 9 – July 12, 2026	July 9 – 12, 2026	July 16 – 19, 2026
Women’s Walk #2216 Concho County Emmaus Community Christ the King Retreat Center San Angelo, TX 76905	Girl’s Chrysalis # 116 North Georgia Chrysalis The King’s Retreat Dallas, GA 30132	Women’s Walk #167 Iowa Walk to Emmaus Grace UMC Spencer, IA
Women’s Walk #92 New Horizon Emmaus Amherst Retreat Center Amherst, TX	July 16 – 19, 2026	July 20 – 23, 206
Boy’s Flight #50 Greater Cincinnati Chrysalis Anderson Hills Church Cincinnati, OH 45255	Women’s Walk # 41 Georgia Foothills Walk to Emmaus Camp of Colors Dahlonge, GA 30533	July 23 – 26, 2026
Men’s Walk # 41 Georgia Foothills Walk to Emmaus Camp of Colors Dahlonge, GA 30533	Men’s Walk # 67 Highland Emmaus Community of Virginia Emory & Henry College Emory, VA 24327	Women’s Walk #127 Reynoldsburg Emmaus Reynoldsburg Community Church Reynoldsburg, OH 43068
Men’s Walk # 200 Greater Indianapolis Area Emmaus Emmanuel UMC Noblesville, IN	Women’s Walk # 193 Central Mississippi Emmaus 6 Mile Camp Crystal Springs, MS 39059	Women’s Walk # 34 Sunrise Emmaus Community Talon Point Channing, TX
Boy’s Flight #54 Central Mississippi Chrysalis 6 Mile Camp Crystal Springs, Mississippi 39059	Women’s Walk # 201 Greater Indianapolis Area Emmaus Emmanuel UMC Noblesville, IN	Women’s Walk #68 Highlands Area Emmaus Community of Viginia Emory & Henry College Emory, VA 23427
Men’s Walk # 166 Iowa Walk to Emmaus Grace UMC Spencer, IA	Men and Women’s Walks #49 High Plains Emmaus The ARK Amherst, TX	July 30 – August 2, 2026 Men’s Walk #290 Blue Lake Emmaus Blue Lake Assembly Andalusia, AL

Our Website (esvaemmaus.com)

You may not be aware of some of the things that you can do on the website. You can submit applications for teamers and for pilgrims. You can review Emmaus by-laws and Standard Operating Procedures (SOPs), view Walk photos, and even read the Newsletter! Gathering and Walk dates are there as well.



Prayer Vigils

The prayer vigils for ES 132 and ES 133 are posted on the Website so you can see the open spots. To fill the times you would like to pray contact Pat Johnson at 757-894-1108. The rosters must be filled prior to the walks so sign up now!



Kitchen Help

Three helpers are needed for each meal for each walk. You can view the empty spots and contact Karen Thornton at 512-999-8364 to sign up for the meals with which you can help.



Luggage and Clean Up

Many hands make light work! Workers are needed for each walk on Sunday to transport the pilgrim's luggage to the Worship Center and to clean the camp. Bethany Busic is our coordinator. Contact her at 443-235-9299 to sign up.

You can also access the Eastern Shore Emmaus Community Directory through our Facebook page. If you need to make any changes to your information you can fill out the form on the website and submit the changes.



T-shirts, Sweatshirts, Ball Cap, Visors and Pens with various ES Emmaus logos are available for purchase. If you are interested in buying any of these items, please contact, Curt Dennis, Jr. and he will make arrangements to get them to you. He will take orders from you and will deliver them to you at the following gathering.

Curt Dennis
443-783-1892



Revolutionary War Facts You May Not Know

In 1776, shortly before the Declaration of Independence was signed, a plot to kill George Washington was uncovered. The most shocking part of the plan was that Washington's own bodyguard (Thomas Hickey) led the plan along with several other prominent figures. The secret committee that revealed the plan would go on to lay the groundwork for the CIA.

While the British army held New York City, many passed the time acting in Broadway shows. Most were Shakespearian but the British actors were known for inserting their own prologues, filled with pro-British sentiments.

Invisible ink was used to write secret messages. Dr. James Jay created a mixture of ferrous sulfate and water that would dry completely clear. If one held the paper to heat or douse it with a revealing chemical the messages became visible. George Washington made great use of the ink writing between lines or in the backs of books.

Deborah Sampson was a fierce and loyal Patriot. She disguised herself as a man named Robert Shurtleff and was successful in going unnoticed for two years. Her disguise lasted until 1783 when she became very ill and woke up in a hospital. Surprisingly, she was honorably discharge and received a full military pension. It is believed that a number of other women joined the fight.

The famous Paul Revere did more than just ride through Boston to alert his neighbors of an oncoming British attack, even more than a talented silversmith. Revere dabbled in dentistry on the side, a highly lucrative, if undertrained, trade at the time. Revere was asked to identify a body of a soldier he was believed to know. The body was too decomposed for Revere to identify so he checked the man's mouth and indeed found the ivory teeth Revere had made for him and wired into his jaw. This is believed to be the first instance of identification through dental forensics.

Eastern Shore Emmaus Prayer Chain



Prayer is our most powerful gift when done in faith. God loves to move when we pray. He is not a God who forces his will on his people, but in love waits for us to seek his heart and ask him to move and work in our lives and the lives of others. There is no more important task before us today than to learn what it is to pray in faith.

Mark 11:22-24 says, “Have faith in God. Truly, I say to you, whoever says to this mountain, ‘Be taken up and thrown into the sea,’ and does not doubt in his heart, but believes that what he says will come to pass, it will be done for him. Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours.” Jesus illustrates an important link between prayer and faith. When we have faith that God will move as he has told us he would and we pray in response to that faith, the impossible happens.

We have been given the incredible gift of conversation with a God who longs to move in response to our prayers. What obstacles stand in your way today? Where do you need a miracle? Who needs prayer around you? Spend time capturing the heart of your heavenly Father and praying with boldness. He waits to respond to your prayers and do the work only he can do.

With those thoughts about prayer in mind, I’d like to invite each of you to join the Emmaus Prayer Team. The address to remember, is EmmausPrayerTeam@gmail.com.

**Steve Johnson
Emmaus Prayer Team Coordinator**

Sponsorship Corner

What do you think is the last activity of the Walk to Emmaus? I'm willing to wager that most of you will say the Closing ceremony.

No! The last activity is the **Day of Deeper Understanding!** Only then can a pilgrim be able to continue his/her journey as a Team member and/or as a Sponsor.

Your Fourth Day continues for the rest of your life. You must continue to connect with your Emmaus family through Teaming, Sponsorship, Gatherings and Reunion groups. Haven't gotten a Reunion group yet? Make one! Call your table mates and make arrangements to get together. Don't let the fire go out!

Jean Baker ES 107



Directory, Website, Newsletter

Greetings to everyone! The Emmaus directory and website are being maintained by Steve Johnson. Please remember that if you notice errors in the current directory please contact Steve by completing a contact information form on the website (esvaemmaus.com). Please send **any** information you may have such as addresses, marriages, deaths and email addresses on file. Steve has posted a link to the directory on the Eastern Shore Emmaus and Chrysalis facebook page.

Community members may request access to the **Eastern Shore Emmaus and Chrysalis Facebook** page. You will be requested to provide your walk location and date to be allowed in. It is for Community Members Only!

The Walk Way Newsletter will be sent via email as close to the first of the month as possible (provided all requested articles are received). You may submit articles for the newsletter; they will be included (after review) if received before the 20th of the month. The newsletter editor is Jean Baker 757-650-2303 Jean.mbaker@cox.net Please contact me if you wish to be added/removed from the newsletter distribution list, you are not receiving or cannot open the newsletter.

Don't forget this month's Gathering
Saturday July 11, 2026
Franktown UMC
7551 Bayside Rd
Franktown, VA 23354
Potluck at 5:30
Gathering and Service at 6:30