

The Walk Way

Eastern Shore Emmaus Newsletter



May Dates to Remember

Eastern Shore Community Gathering

May 9, 2026

Day of Deeper Understanding
3pm followed by
Pot Luck at 5:30
Monthly Gathering 6:30

Markert Street Methodist Church
75 Market Street
Onancock, VA 23417
DODU at 3:00 PM
Potluck at 5:30 PM
Gathering and Service at 6:30 PM

ES Emmaus Board Meeting

May 25
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.mbakerc@cox.net

A Message From Our Community Lay Director

Hello Eastern Shore Emmaus!!!

It's amazing that Easter has passed, the Spring Walks are over and May is here. God has blessed us with a group of new members and our Day of Deeper Understanding is coming up. This is also our monthly Community gathering for May. Please remember that if you sponsored someone this Spring, or on any Walks prior, attending the DODU will qualify them to team and sponsor others, as well. This will take place at Market Street Methodist Church 75 Market Street Onancock on May 9th. The big church with the dark brown cedar shake siding. Things will get going at 3:00PM. We will have our community supper at 5:30 and worship in the sanctuary at 6:30. We hope that our new community members will stay for the entire gathering.

Our Community continues to amaze! What a wonderful group of Christian people who are willing to serve the Lord in so many ways. This is evident in the support offered to the Walks. The attendance at the special events, from Sponsor's Hour to the Closing and all of the other opportunities the weekends present. But, let's not forget that Eastern Shore Emmaus is not a church and should not interfere with or take the place of our churches.

At the closing for the Women's Walk, for the first time, I had the privilege of announcing the next Weekend Lay Directors and Spiritual Directors for the Fall Walks, ES132 and ES133. Johnny Haislip will be WLD for the men, with Pastor Bob Boyce as HSD. Nikki Nelson will be the WLD for the women with Pastor Jim Riley as HSD. Johnny and Nikki, like all WLD's, received a Sand Dollar pin. The 5 holes in the sand dollar represent the wounds Jesus received on the Cross from the crucifixion. The 5 pointed star represents the Star of Bethlehem, which guided the Wise Men to Jesus after His birth. And the sun bleached whiteness represents purity and restoration. Please keep our WLD's and HSD's in prayer in the upcoming months, as they make their leadership selections and prepare for the Walks.

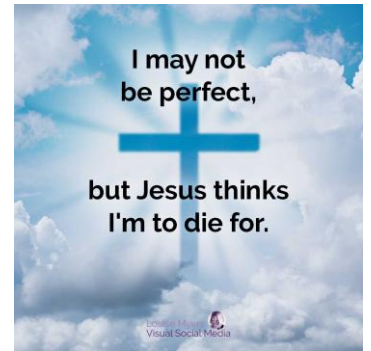
My focus going forward will be gratitude. Each day, I will do my best to focus on what the Lord has done for me. Psalm 107:1-2 says "Give thanks to the Lord for He is good; His love endures forever. Let the redeemed of the Lord tell their story- Those He redeemed from the hand of the foe". We are so blessed. Let's each share that good news with someone who needs to hear it!

De Colores!

Frank Walter ES104 Community Lay Director



An Article From Our Spiritual Director



Emmaus May Spiritual Director Devotion

“Do all things without complaining and disputing. That you may become blameless and harmless, children of God without fault in the midst of a crooked and perverse generation.”

Philippians

2:14 – 15

Serve as a Servant

I love teaming. I love teaming because it is not my responsibility to manage the walks. I am just part of the team. I can be the Spiritual Director or Assistant Spiritual Director, but my responsibility is the same. I am part of the team and only offer my spiritual gifts as needed to fulfill that role. Every member of that team has its role to fulfill with spiritual gifts to fulfill that role. God has chosen those individuals for those roles based on their gifts and personality. This is what makes each walk special and empowered to do what God has planned to accomplish. I say all this to remind us that if I look at the way someone is fulfilling their role during a walk and I say to myself, “I would not do it that way.” Then that is fine if I keep that to myself unless asked by the individual in that role what I think would work better. Only then has God opened the door for me to give any advice or comment. Otherwise, if God wanted it done my way, then He would have assigned me that role.

I know that it is tough to work all week and then on Friday night drive up to two hours and team for seven weeks preparing for the walk, leaving the church where we team at 12 to 1 am in the morning and drive two hours back home. I know it is tough to spend 72 hours away from home for the weekend with no stop to catch a breath to serve the pilgrims with agape love. But I know what commitment I am making every time I agree to team. And no matter the challenge put on my body to endure, it is worth it all to watch God accomplish what He accomplishes every walk I am on. We laugh when we say, this was the best team, the best pilgrims, the best weekend every time, but the truth is that because it is God’s weekend, it is always the best each time.

But what is important for all of us on that team to remember is the verses I am sharing today. It will affect how good the weekend turns out for you. Do all things without complaining and disputing. Yes, all things. All team meetings no matter who is leading, talking, sharing, asking questions, having struggles, how long they last to how far we drive.

Spiritual Director (continued)

Serve as a Servant (continued)

Notice God does not challenge what you and I may be complaining or disputing about. No, he warns the complainer, “That you may become blameless and harmless, children of God without fault in the midst of a crooked and perverse generation.” To **Serve as a Servant to me means**, I do not want God to blame me for the harm I cause to the team and the walk for the pilgrims by complaining or disputing. I want to be a child without fault during the work He is doing in the lives of the people on each walk. It seems the only way that a walk cannot be the best walk falls on the shoulders of complainers. So, serve as servants and let God do the rest and give you and I the strength and power to endure any hardship and share the joy of what He does.

De Colores!

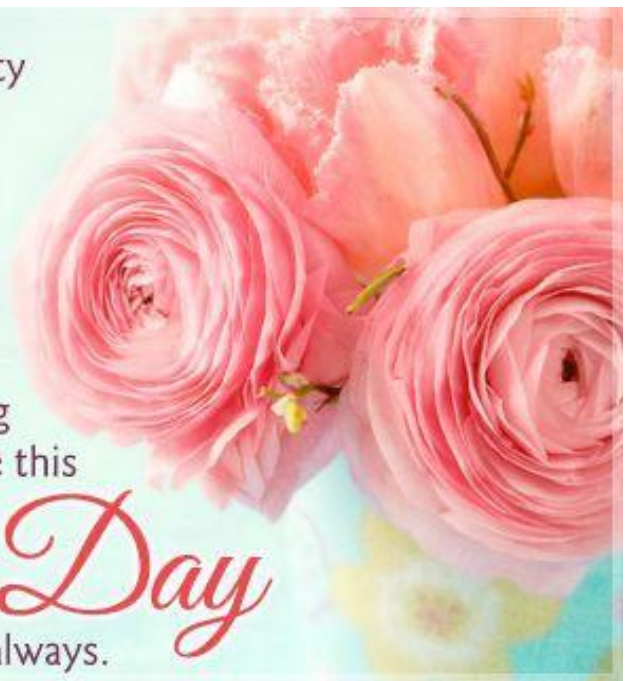
Joe Barnes E.S. 114

Charm is deceptive, and beauty
is fleeting; but a woman
who fears the Lord
is to be praised.

PROVERBS 31:30 NIV

Wishing you God's unending
favor, kindness and love this

Mother's Day
and always.



Message from a Community Member

Dedicated to ES 131

Proverbs 3:5-6 “Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.”

The Story Of “I”

I spent years building a life where I was the sole architect and the final decision maker. I planned my career with me as the front runner, convinced that I held the blueprints to my own success. Every promotion I earned and every milestone I reached felt like a personal trophy, confirming my belief that I was the master of my fate. I looked at the life I had constructed and told myself that as long as I worked harder and thought faster than everyone else, I would always remain on top.

I treated every obstacle as my personal punching bag, or like a puzzle that only I alone could solve. When times were seemingly good, I spent money like it was just paper on an endless printing press. When financial struggles occurred or plans went sideways, I stayed up late into the night, mapping out contingencies and backup plans. I believed that stress and anxiety was simply the price I paid for being in charge, and I wore my exhaustion like a badge of honor. I convinced myself that if I just held the reins a little tighter, I could force the world to bend to my will.

It seemed that out of nowhere I found myself looking at myself...I was constantly saying "I can fix this" or "I will handle it," even as the weight of those promises began to crush me. I navigated through trials, loss, health scares, addictions, and broken promises, by relying solely on my own understanding. I thought I was being strong, but I was really just being stubborn, refusing to look up from the narrow path with multiple forks of lefts and rights that I had paved for myself. I was so focused on my own footsteps and I never noticed I was walking toward a cliff's edge of burnout, emptiness, and isolation. If lost was a place.....I had made a home there.

I eventually hit a wall that no amount of my personal effort could penetrate. The strategies that had worked for so long had suddenly failed, and the control I thought I possessed slipped through my fingers like dry sand on a windy day. I stood in the wreckage of a plan I couldn't save, realizing that the thinking” I’m in charge approach” had led me into a maze with no exit. The more I struggled to regain my footing, the more I realized how fragile my self-made foundation actually was.

I sat in the silence of my defeat and finally opened the eyes of my heart to the words of our Lord who was watching and waiting for me the whole time. I had a feeling of a direct challenge to my life and a need to change this life I had been leading. I read the instructions to trust in the Lord with all my heart and to stop leaning on my own limited perspective. I saw the promise that if I acknowledged Him in all my ways, He would be the one to make my paths straight. I realized then that my paths had all been crooked and endlessly forked because I was the one trying to draw them, and I was finally tired of being my own lost guide that never knew how to navigate anything anyway.

I took a deep breath and let go of the heavy burden of "I." I surrendered my need to know the outcome. I surrendered my pride, and I surrendered my desperate grip on the steering wheel of my life.

It all faded away..

I acknowledged that I am not the one in control, and for the first time in years, I felt a sense of peace that my own efforts could never produce. I gave it all over—the fears, the failures, the ambitions, the problems, the uncertainties, and certainly the tomorrow I haven't even seen yet—and now I finally trust the One who truly knows the way.

Lord I hear your call, Lord I give up, Lord I cave in, Lord my head bows, Lord my hands touch, Lord my knees buckle, Lord I fall, From now on Lord I.....Surrender All.

C L Greene



Outreach

April 30 – May 03, 2026	May 7 – 10, 2026	May 23 – 25, 2026
Men's Walk #91 Show Me the Way Emmaus Baptist Assembly/ campground Mount Vernon, MO 65712	Men's Walk #92 Crossroads Emmaus Cathedral Oaks Worship & Retreat Center Weimer, TX 78962	Girl's Flight Piedmont Chrysalis Camp Carefree Stokesdale, NC 27357
Women's Walk # 112 Sandhills Walk to Emmaus Pinehill Baptist Camp Bennettsville, SC 29512	May 14 – 17, 2026	May 28 – 31, 2026
Men's Walk #48 Greater Scioto Valley Emmaus Koinonia Farms Camp Laurelville, OH 43135	Women's Walk #99 Blue Ridge Emmaus Bonclarken Flat Rock, NC	Women's Walk #110 Houston Bay Area Emmaus The Lodge at Danbury Danbury, TX 77534
Women's Walk # 116 Illinois Heartland Emmaus East Bay Camp Hudson, IL 61748	Women's Walk #162 Eastern Panhandle of W VA Emmaus Marlu Ridge Conference Center Jefferson, MD 21755	Men's Walk #218 New Life Emmaus Well Spring Retreat Center Blanco, TX
Women's Walk #289 Blue Lake Emmaus Blue Lake Assembly Andalusia, AL	May 22 – 24, 2026	
May 7 – May 10, 2026	Boy's Flight #64 Nebraska Chrysalis The Crossing Retreat Center Lexington, NE 68850	
Women's Walk #88 Florida Crown Emmaus Camp St. John, Marywood Retreat Center St. Johns, FL32259	Girl's Flight #64 Nebraska Chrysalis The Crossing Retreat Center Lexington, NE 68850	

Eastern Shore Emmaus Prayer Chain



Solitude and prayer occur in a time set apart where the rush, noise, and anxiety of the world fall mute on the ears and heart of a child of God completely lost in the peace and presence of the Creator. Solitude is a time to be with your heavenly Father, free from the distractions the world offers us at seemingly every moment. We are made for consistent time spent in solitude.

Solitude and prayer are life-giving. It's necessary to the Christian spiritual life. Richard J. Foster said, "Loneliness is inner emptiness. Solitude is inner fulfillment." Solitude is one of the most important and life-giving spiritual disciplines. If you want to hear God, you must practice solitude. If you want fortitude in your life, a steadfastness that surpasses your circumstances, you must practice solitude. You are designed for time spent in the quiet, simply being with your heavenly Father.

So how can you best practice solitude? The first step is finding a place where you can spend time with God free from distractions. Find a place where you know you won't be interrupted. Second, give yourself an amount of time to spend with God just being in solitude. It could be ten minutes or an hour. Madeleine L'Engle said, "Deepest communion with God is beyond words, on the other side of silence." Solitude and prayer can be a point of deep communion where words aren't required in light of God's glorious nearness.

With those words about solitude and prayer mind, I'd like to invite each of you to join the Emmaus Prayer Team. To make prayer requests the address to remember is:

EmmausPrayerTeam@gmail.com.

Steve Johnson



Spring

Congratulations to our Fall Lay Directors!!

**Johnny Haislip
Head Spiritual Director Bob Boyce**

**Nikki Nelson
Head Spiritual Director Jim Riley**

Welcome to Our New Community Members !!

ES 130

Michael Brittingham

Kip Granger

David Chin

John Jones

Austin Daly

Jayden Phillips

Mark Davis

Travis Roberts

Richard Derr

James Warden

Rick Dowden

Eric Zickafoose

Alex Farlow

Wayne Zickafoose

ES 131

Judy Beasley

Alyssa DeYoung

Bonnie Bosworth

Melissa Firlein

Kelli Chronowitz

Cindy Goodin

Tiffani Chronowitz

Brittany Parks

Molly Daly

Maria Ruscitto

Julie Dahm

Crystal Sellman

Renee Dewer

Alyssa Warden

The History of Mother's Day

In the US there were repeated efforts to establish a Mother's Day holiday in the late 1800's. Ideas about what it should stand for and how it should be observed conflicted.

Julia Ward Howe (author of the Battle Hymn of the Republic) an abolitionist and activist, was horrified by the death and destruction she had witnessed in the Civil War and concerned about the Franco-Prussian War unfolding abroad. Howe issued an "appeal to womanhood throughout the world" to create an international body of women to find ways to avoid war and bloodshed. When this effort failed she sought to establish an annual Mother's Day for Peace to be celebrated in June. Her contemporary, **Ann Maria Reeves Jarvis**, bore more than a dozen children but most of them died from diseases such as measles and diphtheria. She worked hard in her community to help other families avoid the tragedies that she had suffered. She organized women's groups to undertake projects to improve local environmental conditions and understanding of hygiene practices. The Civil War changed the focus of her work. Jarvis and Howe shared the belief that women, especially mothers, were best suited to bring people together with a goal of peace. After Ann Jarvis' death, her daughter **Anna Jarvis** set out to honor her mother's legacy by establishing a National Mother's Day on the second Sunday in May (the day her mother died). She did not focus on peace activism but on the idea of honoring one's own mother. President Wilson issued a proclamation of the first national Mother's Day in 1914. Anna grew discontented as commercialization increased in celebration of the holiday. She had wanted an earnest "holy day" in which hand written, heartfelt letters of gratitude were sent to mothers. She became so distraught that she started a petition to have it recalled in 1943. Mother's Day provides an excellent opportunity to reflect on and honor the role of mothers in our own families and in the rich and complicated history of our nation.

The monthly ES Emmaus Board Meeting is held the fourth Monday of the month at 7:00 pm
Craddockville UMC
33464 Boston Rd, Craddockville,
VA 23341
All community are welcome to attend

As a Reminder:

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 attended a DODU
Be active in your local church
Be active and attend ES Emmaus activities

Sponsorship Corner

Sponsors! Please make sure the New Community members that you sponsored for the Spring walks come to the Day of Deeper Understanding on Saturday May 9 at 75 Market Street Methodist Church. It starts at 3 pm and is immediately followed by a potluck dinner (new Community do not need to bring a dish), the Board provides chicken and the May gathering and service. **Anyone who has not yet attended a DODU are invited to attend.** Remember you cannot team or sponsor a Pilgrim unless you have attended this special day

Fall Applications for teaming need to be submitted soon! Leadership teaming for h men's walk will start the end of July!!

I will email a newsletter to all new community who submitted an email address on the walk roster. **If you wish to continue to receive the newsletter electronically please contact me** at jean.mbakerc@cox.net If there is no email address I will USPS you a hard copy **ONE** time with instructions to contact me if you wish to continue to receive the newsletter. Anyone wanting a hard copy monthly needs to let me know and reimburse me \$20 per year for printing and postage costs.



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.mbakerc@cox.net
Please contact me if you wish to be removed from the newsletter distribution list, you are not receiving or cannot open the newsletter.

Don't forget this month's gathering!
Market Street Methodist Church
75 Market Street
Onancock, VA 23417
DODU at 3pm
Potluck at 5:30
Gathering and Service at 6:30