

Cross Point Emmaus

Cross Point Newsletter©
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March 1, 2023

“Spend your time and energy in the exercise of keeping spiritually fit. Bodily exercise is all right, but spiritual exercise is much more important and is a tonic for all you do. So exercise yourself spiritually, and practice being a better Christian because that will help you not only now in this life, but in the next life too.” 1 Timothy 4:7b-8 (The Living Bible)

Pandemic (insert shivers and shudders here). Remember it? Everywhere we looked we saw signs telling us how to keep ourselves safe, healthy, and virus free. Wash your hands. Wear a mask. Stay home. Stay at least six feet apart. Clean and sanitize surfaces often. Don't touch your face! As time went by and we practiced those things in our personal lives and the life of our church, I realized that those are mostly wise practices. Pandemic or no pandemic, practicing many of those safety measures helps us maintain our physical health and makes us prepared for other viruses if they come. It is important—for ourselves and others—that we make good choices about our physical health and well-being. But we know something the world doesn't know; we are much more than physical beings. We are also spiritual beings, created by God in the image of God, and we have a tremendous need—also for the sake of ourselves and others—to maintain our spiritual health and well-being.

It is vital in all times, but especially when facing times of illness, stress, pain, anxiety, and conflict, that we face those times spiritually prepared. How do we do that? It starts with making good choices about our spiritual health practices. We are Christians, saved by grace through faith in Jesus Christ. As such, we are part of a community of faith, a family of believers—the church. One very important thing each of us was told near the end of our Emmaus Walk is that Emmaus does not replace or become our church; Emmaus' goal is to equip and strengthen the church.

Being active and faithful participants in the life of our churches helps prepare us for life's challenges and successes. We and our faith families walk life's path together and give support to one another. To best prepare ourselves spiritually means giving ourselves to be faithful in prayer, faithful in worship, faithful to study the Word of God, faithful to serve God and others selflessly and sacrificially, and faithful to share the witness of a life saved by grace. As people of the Christian faith, being prepared spiritually is about developing and maintaining an authentic relationship with God, through Jesus Christ, our Lord and Savior, empowered by the presence of the Holy Spirit.

My prayer for you, my Emmaus family, is that you would draw closer to God and close to your church family. As you give yourself fully...*“17Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God's love and keep you strong. 18 And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is. 19 May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God”* (Ephesians 3:17-19, NLT).

De Colores!

Rev. Steve Littrell

Cross Point Emmaus Community Spiritual Director

2023 Spring Walk Important Dates

Thursday Night Send-Off 7:00pm

Men's - April 13, Women's - April 20

Saturday Night Candlelight 8:00pm

Men's - April 15, Women's - April 22

Sunday Closing 4:00pm

Men's - April 16, Women's - April 23

4th Day 6:00pm April 25

First Methodist Church, Ardmore

FOURTH DAY

Dear Brothers and Sisters in Christ,

How exciting it is to be in preparation for a new set of walks!!!! I know that you are praying and lifting up the pilgrims and team members for the weekends. My role as a board member is the Fourth Day gathering. We have these particular gatherings on the Tuesday immediately following each Women's Walk. The main reason we gather for our "Fourth Day" is for the men and women, who just completed their Walks, to join a reunion group. A reunion group is a group of individuals, men with men and women with women, who meet to continue their walk with Christ together. A reunion group can be a lifelong group that can be a key instrument in deepening your walk with Christ Jesus.

Our next Fourth Day is scheduled for Tuesday, April 25th, at 6:00pm at the First Methodist Church of Ardmore, OK.

De Colores!
Rev. David Daniel

TABLE AGAPE

Have you ever tried to out give God? Read Luke 6:38! It says 'give and it will be given to you. A good measure, pressed down, shaken together and running over! When we give our table agape to the pilgrims God will bless! Anything you do in His name will be blessed!

De Colores!
Terry Pierson

VOLUNTEERING

Do you know what areas are available to serve? There are many tasks that are greatly important and support the Walks and the Conference Room, such as:

- Set Up & Tear Down Crew** (before men's and after women's)
- Kitchen Crew** (cooking, washing, table serving)
- Snack Agape** (menu, setup, décor)
- Table Agape** (assist meal setup, décor, agape gifts, agape letters)
- Cabin Steward/Angel** (cleaning, tidying, supplying cabins)
- Team Assistant** (errands, ensuring schedule, support)
- Prayer Room** (setup/decor, prayer for pilgrims/team/requests) - *considered as also a Conference Team role*

If you are still interested in volunteering for an entire Walk (weekend) or for certain days, please fill out a volunteer form online at www.crosspointpointemmaus.org or contact the Lay Directors, Scott and Cheryl Heller.

The Hands & Feet Team will be glad to have you!

NEXT GATHERING:

March 4
12:00 PM

Generations Church
Thompson Square
2015 W. Broadway St, Unit 24
Ardmore, OK
(Mexican Food Theme)

2023 Spring Walks

April 13-16 - Men
April 20-23 - Women

PRAYER FOR OTHER COMMUNITIES

The Georgia Foothills Walk to Emmaus

Men's - March 16-19th

Women's - March 23-26th

Closer Walk - Upper New York

Our Walks are starting back up this spring. These are our first since pre-pandemic, your prayers are greatly appreciated.

Men's 120 - April 13-16

Women's 120 - May 4-7

The Delmarva Chrysalis Community

Is hosting two flights this spring.

Girls flight is March 17,18,19

Guys flight is April 14,15,16

We are asking for prayers and an agape letter for our weekend binder. Thank you and God Bless You!

Oconee River Basin Emmaus Community -

Madison, Georgia

Men's Walk #28 - March 9-12

Women's Walk #29 - March 16-19

A MESSAGE FROM OUR COMMUNITY LAY DIRECTOR

I heard that you had such a wonderful time of fellowship and worship at the February Gathering, so we will try it again on March 4, 2023 at Generation Church (2015 W Broadway St, Ardmore, OK - located in Thompson Square). We will meet at Noon for lunch and the theme is Mexican Food. Please bring a dish that goes with the theme and any type of dessert is always a hit.

I thought I would let you know what is happening in Cross Point Emmaus. Our second team training, at Asbury UMC in Ardmore, is February 25th. Continue to pray for our Lay Directors: Scott and Cheryl Heller, Spiritual Directors: John Hollon and Sharon Hale, along with the entire men's and women's conference room team. The March 11th training will be in Madill, OK at First Methodist Church. April 1st training is at Ardmore First Methodist Church with Commissioning/Gathering at 4:00pm.

We are starting to receive Sponsor/Pilgrim applications, which is wonderful, but we need more. Continue to pray about sponsoring a Pilgrim.

At our January board meeting, Trent Maness (clergy), Toni Hignight (clergy), Becca Glaser (lay), and John Terry (lay) were welcomed to the Emmaus Board. It has been a tough few years with Covid derailing the Walks, therefore it is exciting to have fresh faces and fresh ideas to carry on the tradition of Emmaus. As a board, we will do our best to provide the leadership, but it is you, the Community, that makes up Cross Point Emmaus.

You are the heart.

De Colores!

Patty Tickel

Please sign up for the Prayer Vigil online!
You may contact Melissa Grace if you have any questions.

CANDIDATE & SPONSOR APPLICATIONS

Applications for Pilgrims/Sponsors are **due March 23**. We still have openings remaining for both the men and women.

We are also receiving applications that are incomplete. Here are the requirements, prior to the submission of an application:

1. **Signature of Candidate Applicant**
2. **Signature of current candidate's Pastor**
3. **Deposit amount of \$125 (check or cash)**
4. **Completed "Sponsor Sheet"**
5. **Sponsor's signature**

An application that is received without the above requirements is not considered submitted. Please understand that as a Sponsor, you are responsible for obtaining the Candidate Application (with all signatures) from your Candidate and then submitting that application with your sponsor application and payment (minimum deposit amount—paid by candidate, church, or whomever), to the Registrar. The candidate should not be submitting any form directly to the Registrar, as this is reserved for the Sponsor.

If you have any questions, please contact Judy at muchhuntin@hotmail.com or 580-504-7924.

CHURCHES' CANDIDATE ATTENDANCE

We have received many questions regarding the selection of candidates (pilgrims). All applications are carefully processed and prayed over. This past Walk, the Board focused on filling vacancies rather than the process of the written model. We, the Board, are committed to following the Emmaus Model for successful leadership. Below is an extract from Emmaus Ministries Community Manual:

"There should be no more pilgrims from one church than there are pilgrim tables in the conference room. Pilgrims from the same church should be at different tables. This facilitates each pilgrim's having his or her own experience. Limiting the number of pilgrims from one church on a Walk also helps the Community develop its diversity, which is part of The Upper Room Walk to Emmaus model. Church diversity should be monitored by the Registrar, who should make note of this diversity for the person who prepares the table assignments. Sponsors should be informed of the necessity of church diversity so they do not expend all of their energy trying to get many people from one church to attend a particular walk event. The Board of Directors of the Emmaus community should adopt these diversity guidelines as policy to protect the Registrar, thus allowing the Registrar to carry out policy instead of being placed in the apparent position of establishing policy."

Cross Point's Walk to Emmaus events have six (6) table groups in the conference room. Based upon the Model, there should be **no more than 6 pilgrims from one church on a particular Walk (six men and six women)**. Pilgrim applications are accepted on a chronological basis; therefore, we will consider the first 6 applications from a church for each set of Walks. Applications exceeding this limit will be carried over to the subsequent Walks. The Registrar will notify the Sponsors of any holdovers and in the event that a selected candidate can no longer attend, the next chronologically received applicant will be contacted, and so forth.

We greatly appreciate your understanding and support, as we are preparing and hoping to steadily grow our Community and hold regularly scheduled Walks.

Kenna Johnson
Newsletter & A/V Tech

FEBRUARY 2023 GATHERING

Thank you to everyone who prepared/setup, attended in person or in prayer, lead in worship, spoke, and supported the community at the last Gathering! It was the largest Gathering we've had in a very long time and all commended the new time schedule. We hope you can enjoy us at the next Gathering!



EQUAL COMMITMENT RULE

A question has been asked: "Can a person attend the Walk to Emmaus if their spouse doesn't want to?" The following is an article in the Board of Directors Upper Room Handbook. (Every year the Crosspoint Emmaus board signs a Covenant Letter with the Upper Room Emmaus to follow the Emmaus model.)

"In the Covenant Letter, the following statement regarding married couples and their participation as pilgrims on the Walk to Emmaus weekend event: 'Married couples are encouraged to make an equal commitment to participate in the Walk to Emmaus.' This does not mean that Emmaus is only for married couples. Emmaus embraces persons regardless of their marital status. The rule reflects the concern for and the desire about the effect of Emmaus participation on marriage and the family.

Emmaus does not want to become a wedge in any marriage. The equal commitment rule helps to guard against this. The Walk to Emmaus can be a launching pad for new commitments and directions in a marriage. These potentials may not be realized by the couple at the time of presentation of information about the Walk. The equal involvement of both members or parties of the couple is necessary for the marriage to derive this potential. Thus the rule is provided to assist Emmaus in strengthening the marriage and the family bonds and to avoid those practices that are known to potentially adversely affect a marriage.

Emmaus can be a vital agent in strengthening the spiritual bond in a marriage. Both members of the couple should be approached at the same time when the Walk to Emmaus is being presented and applications are being offered. At this point in the conversation, there should be strong encouragement for the couple to make an equal commitment to participate. The equal involvement of couples will strengthen the Emmaus movement and will help strengthen the local church.

Experience has shown that the application of the equal commitment rule has resulted in the active participation in Emmaus and the local church of both husband and wives who probably would not have attended the Walk to Emmaus event otherwise. These persons made the commitment to attend because their spouse wanted to attend. While the initial motive may have been to help the spouse, they have found that the Emmaus experience has been a vital ingredient in their Christian growth. The weekend experience became a very personal event in their lives.

The equal commitment rule is not intended to be a barrier to prevent a person from attending the Walk to Emmaus if his or her spouse will not attend. Individual circumstances may prevent a husband or a wife from attending the same set of walks. This should not be used as a reason to speak to them individually. The presentation of the Walk to Emmaus still should be made simultaneously to both parties of the couple. This allows the couple to discuss their involvement and to examine their schedules before making the commitment to attend. There is nothing wrong with the couple delaying to a later date so they can take advantage of the same set of walks. Let the couple make that decision.

'It is important that the wisdom of the rule be honored in Emmaus communities. The equal commitment rule represents a practical ideal to which Emmaus Communities should be committed and toward which sponsors should work in all cases. It is important to remember, however, that the equal commitment rule represents wisdom, not law. This is a place for reasonable exceptions. Exceptions can be made by Board of Directors when there is no possibility of the participation of both spouses and there is reason for assurance that the marriage will not be adversely affected by the participation of only one spouse.' (from The Upper Room Handbook)

There may be instances in which a couple has never shared in religious participation during their marriage. The two have agreed that the one spouse could be as active as he or she wants and the other spouse accepts this without any conflict. This is a part of reality of their marriage and they have been able to cope with it.

How are these situations handled? The equal commitment rule is to be applied with grace."

SPONSORSHIP

The Handbook on Emmaus devotes an entire chapter (3) to Sponsorship and stresses the importance of good sponsorship. The board asks sponsors to read that chapter before pilgrims are committed to a Walk. The Handbook on Emmaus, chapter 3, is available on the website at <http://www.crosspointemmaus.org>.

In considering sponsorship of a pilgrim, we ask that you read the following information and pray for the participant's openness to God's call to discipleship.

- Sponsorship can be unwise or wise. Wise sponsorship is careful, intentional, prayerful, and purposeful because it results from God's leading. The pilgrims are to return to their churches and community renewed in their commitment to be effective disciples.
- The aim of a sponsor should not be "to get all my friends to go," to fill up the weekend, to fix people's problems, or to reproduce one's own religious experience in others. The aim of the sponsor is to bring spiritual revitalization to Christians who will, in turn, bring new life and vision to the work of the church in the congregation, home, workplace, and community. The aim of sponsorship is to build up the body of Christ.
- If God is leading you to sponsorship, invite the participant to take part in the Cross Point Walk to Emmaus for the sake of a more vital relationship with Jesus Christ. Ask the participant to make a commitment by filling out a registration form. If the participant is married, the sponsor will speak with both spouses and encourage an equal commitment by each.

If you would like more information, these excerpts were taken from The Upper Room website at <http://www.upperroom.org/emmaus/invitation> from "Invitation to the Journey: SPONSORSHIP".

(You can copy and paste the web addresses, above, into your browser.)

A MODEL SPONSOR

Jean Johnson Green, a member of the Nashville Upper Room Emmaus community, was interviewed and quoted as saying the following about sponsorship:

"Sponsorship is like being a godparent. A godparent doesn't just stand with a person at the front of the church, but helps him or her grow in the spiritual life. One time, a woman couldn't go to the Walk because she had a one-month-old baby. She said, 'There's no way I can go, because I have no one to keep the children.' And I said, 'Oh, yes, you do!'

During the three days, I always try (if family's involved) to let the family members know that I've seen the pilgrim, who is doing well and having a good time. Sharing information about the spouse is especially important to the wives when the husbands are going through, because the wives haven't been through yet and don't know what it's all about. I took one lady (a wife) out to dinner that Friday night.

After a Walk, I strongly feel that you should call the persons you sponsor. Sometimes people are excited to change the world, but the fire can die down if it's not fed. As a sponsor, my job is to see that the fire is fed and grows. It doesn't take that much - a phone call, an invitation to a Gathering. Maybe instead of my going to Candlelight, I keep the kids so the couple can go or so they can work on an Emmaus weekend.

I also try to get my pilgrim together with some other new pilgrims to get started in a reunion group. I meet with them several times and show them what it's all about. I have my own group, but I help the new group get started. When I don't see the persons I've sponsored at a Gathering, my responsibility isn't to pester them but to maintain contact, offering to go with them the next time, and maybe having dinner with them afterward."

Her practice serves as a good model for us all.

SPONSORSHIP CHECKLIST

Here are a few suggestions for recruitment that should increase your effectiveness, help you properly interpret Emmaus, and carry out your responsibility in sharing God's grace as a sponsor.

1. When you are talking to a married person, you should talk with both husband and wife. We want both husband and wife to make the decision together. Their applications should be turned in together.
2. Remember, the Walk to Emmaus is not for everyone. These three days cannot rectify every problem marriage, entuse every disenchanted church member, cure disturbed persons, or make saints of sinners. The Walk to Emmaus is designed to change environments through Christian leaders. Pilgrims should not only know where the path is, they should already be walking on it. We don't need just any candidates, we need the best.
3. Feel free to share with a potential applicant what Emmaus meant for you as fully as will help, realizing that all explanations will fall short. It is not that we are not allowed to tell what went on, but that it is difficult to explain. We want their experience to be fresh, especially for Candlelight and agape letters, which will hopefully be surprises.
4. Do not assume the person you are sponsoring will experience the same things you did. Each of us is at a different place on our spiritual journey. For some, the Emmaus experience will be a mountaintop, a new beginning. For others, it will be a strengthening for the journey they are already on. We must not pre-judge our candidates or set them up with unhelpful expectations.
5. As part of assuring your applicant that you are personally interested in their attending, make plans to take them to Cross Point Camp for Send-Off. Please remember that there will not be a meal for the pilgrims upon arrival. Make sure that you pilgrim has had a meal prior to arrival at the camp. Do not arrive before 6:30pm and not after 7:15pm. You transporting them, helping them with packing and registration, and participating in the Send-Off and Sponsor's Hour, are a form of prayer and sacrifice.
6. During the weekend, you and your family become an important resource for the pilgrim's family. Leave your phone number with their spouse. Do something special for them during the weekend like giving them a few hours during the day for personal time. Share a meal with them. Let the pilgrim's spouse know that you love and care for them.
7. You have responsibilities to the pilgrim. Pray for him/her during the weekend.
8. Write your pilgrim letters of prayers and sacrifice, and make sure others do likewise, especially those closest to them. A sample agape letter request is available online also. When gathering letters from loved ones, please write the letter "F" in the top right corner of the envelope, so they are given priority. Each pilgrim needs **at least 12** letters.
9. Support your pilgrim with your presence at Candlelight and Closing.
10. After the Walk, stay in contact and support the pilgrim you sponsor during their Fourth Day. Be responsible for getting them to the Fourth Day Gathering following their Walk. Take them to at least their first Gathering and Community Training. Help them become involved in a Group Reunion as soon as possible.
(2012)

PAYPAL DONATIONS & FEE PAYMENTS

Do you know that you can donate monetarily to our Community through PayPal? You may use this feature to pay team and candidate fees, or donate for any designated purpose (snack agape, scholarship fund, general fund, etc). You may also choose to setup reoccurring donations. Visit our website and click on "Donate," or login to your own PayPal account and send your donation to "info@crosspointemmaus.org." Please specify what the donation or payment is intended for, in comments/purpose. You may also scan this QR Code to donate on a mobile device.



Scan. Pay. Go.

On the Road to Emmaus

13 Now that same day two of them were going to a village called Emmaus, about seven miles from Jerusalem. 14 They were talking with each other about everything that had happened. 15 As they talked and discussed these things with each other, Jesus himself came up and walked along with them; 16 but they were kept from recognizing him.

28 As they approached the village to which they were going, Jesus continued on as if he were going farther. 29 But they urged him strongly, "Stay with us, for it is nearly evening; the day is almost over." So he went in to stay with them. 30 When he was at the table with them, he took bread, gave thanks, broke it and began to give it to them. 31 Then their eyes were opened and they recognized him, and he disappeared from their sight. 32 They asked each other, "Were not our hearts burning within us while he talked with us on the road and opened the Scriptures to us?"

—Luke 24: 13-16, 28-32

Note: If you have anything to add to the next quarterly Newsletter, send your copy or photos to info@crosspointemmaus.org. All submissions will be subject to editing.

Most members of the Cross Point Emmaus Community receive Newsletters and information by email. Please ask your Emmaus friends if they receive the Newsletter. We do not want to accidentally omit anyone.

If you use gmail, please check your "Promotions" folder for our emails, or you may select "all mail" to see all inbox folder contents.



WALK TO
EMMAUS
THE UPPER ROOM®