



SPRINGFIELD ARFA FMMALS JUNE 2023

FROM OUR CO-SPIRITUAL DIRECTOR

Hello Emmaus Family,

Are you as excited about summer as I am? I am looking forward to cookouts, swimming, fishing, enjoying nature, and vacation time. Isn't vacation time amazing? Some of us may go to the beach, maybe a cruise, or someplace exotic to relax, but do we every truly relax? Sometimes we get more stressed before we leave, and while we were on vacation, then we do if we were to actually stay home. Have you ever heard someone, after a week away, state that they just can't wait to get home?

STRESS is one of those five letter words that no one likes to talk about. What causes stress? Worry? Anxiety? Struggles? Stress is one of those things that doesn't do any one any good. It can cause physical ailments such as high blood pressure. It can cause us to lose our focus on what is important in our lives. Stress just isn't good for anyone. Is it?

So, does the Bible have anything to say about how to deal with stress? Let's take a look at what it says in

1 Peter 5:6-11:

"Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on Him because He cares for you. Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings. And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast. To him be the power for ever and ever. Amen."

I love the part where it is written, "Cast all your anxiety on Him". Cast all your worries, your sorrows, whatever is bothering you, cast them all on Him. I think this is a way of saying that Jesus has pretty broad shoulders and wants us to give our burdens over to Him. He loves us just that much!

Prayer to the Holy Spirit Come, Holy Spirit, fill the hearts of your faithful and kindle in us the fire of your love. Send forth your Spirit and we shall be created. And you shall renew the face of the earth. O God, who by the light of the Holy Spirit did instruct the hearts of the faithful, Grant that by the same Holy Spirit we may be truly wise and ever enjoy your consolations. Amen

Remember Philippians 4:6-7:

"Don't worry about anything; instead, pray about everything. Tell God what you need and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus."

Let us remember during this season, we don't have to do everything ourselves. Are you giving your stress to Jesus, or are you trying to figure it out by yourself? Give it to Him, and enjoy the freedom that he offers us, in Him.

De Colores,

Pastor Ben



JUNE 21, 2023



"Live in the sunshine, swim the sea, drink the wild air." — *Ralph Waldo Emerson*

Ecclesiastes 3:1
To every thing
there is a SEASON
and a TIME
to every purpose
under the heaven.
Ecclesiastes 3:1

"Vacation is what you take when you can no longer take what you've been taking."

"It isn't how much time you spend somewhere that makes it memorable: it's how you spend the time."

"Vacation calories don't count."

"As you grow older, you learn a few things. One of them is to take the time you've allotted for vacation."

<https://www.legit.ng/ask-legit/quotes->



Wow, where did the time go? Well, it's June and my time as Community Lay Director for this Springfield area Emmaus community has come to an end. Thank you so very much for allowing me this opportunity to represent and to serve you in this position.

It was through prayers, scripture, study, friends, laughter, a few tears, and working together that has made my year one I will never ever forget. I have been blessed more than you will ever know. I know I had big shoes to fill. Hopefully I was able to do so.

As your new Lay Director comes into this leadership position in July. Please support him and pray for him as much as you did for me. Rick Clark will be the next Community Lay Director and he's a great guy. Very spiritual and grounded in God.

Once again, thank you for giving me the opportunity to serve this community in this capacity. If there's ever anything any of you think I can do for you, please contact me and I'll let you know what I can do to help.

But remember, first of all that this comes deeply from my heart, I love each, and every one of you and there ain't nuthin you can do about it! May God bless and keep each and every one of you. All my love.

DeColores
Verna



SUMMER READING IDEAS:

Dietrich Bonhoeffer's *The Cost of Discipleship*

John Bunyan's *Pilgrim's Progress*

<https://momsoffaith.com/2014/05/christian-fiction-summer-reading-ideas/>

Hello!

I'm Tracy Wilson from SAEWW#48, Table of Ruth! I am serving on the board as the music coordinator for our monthly gatherings.

I praise God for the growth in this area- of musicians and singers. Since we returned from Covid, it's been difficult to build this back up, along with other areas of Emmaus activities. We have come a LONG way! Thank you, Lord!

Worship is an integral part of our relationship with Jesus, and we are blessed to have several willing servants to sing and play an instrument each month. Thank you to all of them!

I would like to share a couple of verses that come to mind when I think about "worship":

Psalms 150:6: "Let everything that hath breath, praise the Lord. Praise ye the Lord!"

James 5:13: "Is any among you afflicted? Let him pray. Is any merry? Let him sing psalms".

Ephesians 5:19: "Speaking to yourselves in psalms and hymns, and spiritual songs, singing and making melody in your heart to the Lord."

Hebrews 13:15: "By Him, therefore let us offer the sacrifice of praise to God continually, that is, the fruit of our lips giving thanks to His name."

The Old and New Testament is full of verses that speak to the importance of praise and worship. In fact, the word "sing" appears in the scriptures over 400 times and at least 50 are commands.

Let us all continue to offer up our songs of praise to the Lord. I am thankful for his grace and mercy each and every day!

If you are interested in singing and/or playing at an upcoming gathering, please reach out to me at 937-631-9856.

Thank you!



"Oh come, let us sing to the Lord; let us make a joyful noise to the rock of our salvation!" Psalm 95:1



SPRINGFIELD AREA WALK TO EMMAUS

(Please PRINT and fill in ALL blanks)

Name _____ Age _____ Sex: M F
(as preferred on name tag)

Address _____ Phone _____

City _____ State _____ Zip _____

Email _____ Married Single Separated Widowed Divorced

Spouse's Name _____ Walk spouse attended _____

Church now attending _____ Pastor _____

Church Address _____ Phone _____

SPONSOR'S NAME _____ Phone _____

Address _____ City _____ State _____ Zip _____

Email _____ Walk attended _____

Any Dietary/Medical/Disability Concerns:

Name of a close friend _____ Phone _____

Address _____ State _____ Zip _____

Email _____

Briefly state why you want to attend a Walk to Emmaus and what you expect.

Would you be able to attend on short notice? Yes _____ No _____ Perhaps _____

I understand that this application does not reserve a position on a particular Walk, but does place me on a list for future Walks to Emmaus in Springfield.

Signature _____ Date _____

Enclose a NON-REFUNDABLE deposit of \$25.00, which applies to your \$100.00 donation to offset expenses. Make checks payable to Springfield Area Emmaus. Remit to: Registrar, Springfield Area Emmaus, High Street United Methodist Church, 230 E. High St., Springfield, OH 45505.

REGISTRATION ONLY

Date Rec'd _____ Card sent to: Sponsor _____ Pilgrim _____

Deposit Rec'd _____ Cash _____ Check # _____ Rec'd from _____

1st Invite _____ 2nd Invite _____ 3rd Invite _____ Inactive _____

Springfield Area Emmaus Willing Servant Sheet

Please Print:

Name:

Address: _____ City: _____

Zip: _____

Home Ph: _____ Cell Ph: _____ Regularly Attend Share
Group? Y / N

Church Attending: _____ Walk # _____ Walk Location _____

Email: _____

Information is current as of: (Date)

===== I Am Willing To Serve In These Areas:=====

Please Check All That Apply

Help serving meals Be a Meal Coordinator Help with Agape for weekend

Help Registrar (contact pilgrims before walk) Help Set up/Tear Down for weekend

Help with Sponsorship (help get info to Sponsors) Help get word out about
Emmaus

Help on purchasing team for weekend Be on a Live-In Team Lead Music

Play an instrument: _____ Offer special music for Gatherings or
walks

Help with the newsletter Help with social after Gatherings Help set up Worship

Provide secretarial help at Board Meetings Help inventory and organize supplies

Help with cleaning bathrooms during a walk Help get people connected to Share
Groups

To learn more about Emmaus by attending the Leadership Development Event (LDE)

Help in other ways:
