



The Emmaus News

Columbus Indiana Area Emmaus Community, Inc.

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NOVEMBER 2006

Letter to the Community:

What Would Jesus Want To Eat?

Jesus had a ministry lifestyle that involved constant traveling on foot from village to village. From the moment he began His ministry he didn't have a home. Therefore his diet was provided entirely by those who offered him temporary hospitality. Even though we don't know exactly what his hosts served Him, we do know He was not tempted by calorie rich Big Macs, french fries, soda or ice cream. The fact that His ministry involved a significant amount of walking, probably guarantees that he was not obese.

My thoughts have been focused on what all the ladies of Walk #62 are going to eat. This is appropriate and timely because, as the head of the kitchen team for that Walk, I have been given that responsibility: the ministry of food. Here are a couple of my thoughts as I make final decisions on our meals:

Jesus is our guest in the Camp Lakeview dining room on these Walks. As our Lord and friend, I want Him to be served food that will keep Him strong, alert, healthy, happy and good-looking! I know that He enjoys a meal that includes a wide variety delicious food. He probably likes looking down at His plate and thinking of what great creations all those fruits and vegetables are. Remember, He is the one that actually makes our food. We just chop, mix and heat it up!

Many of the women appreciate eating meals that have lots of fruits and vegetables. They prefer to be able to recognize the different plants and meats that go into the recipes over the highly processed convenience foods. For other ladies on the walk, eating an exclusively low fat, high fiber diet with lots of fruits and vegetables would be stressful. Comfort comes from eating what is accepted in the traditions of our homes and communities. Also, let's admit that many of the processed foods are outrageously delicious.

So, finding balance in the menu was a priority. Knowing that the snack tables were available as a stress-release valve ("Give me chocolate! I need some chocolate!!" NOW!!!) did encourage me to apply more healthy eating principles to the menu than I ever had before. The bottom line is that eating healthy food all weekend long on Walk #62 is entirely possible. No one has to go home "puffier" than when they arrived. It may even be the start of great new eating habits for some.

DeColores, Bev Earley, Community Lay Director

DATES FOR UPCOMING WALKS & FLIGHTS

Flights #23 & #24	Jan 13- 15, 2007
Men's Walk #63	April 12- 15, 2007
Women's Walk #64	April 19- 22, 2007



Team Service Applications for Walks #63 & #64

Many of you may have been wishing that you too were able to participate in the Fall Walks as a team member. Believe it or not, you may begin to look ahead to working on Team #63 or #64 this coming spring! Men's Walk #63 will be April 12-15 and Women's Walk #64 will be April 19-22.

The Team Service Application – Men's Walk #63 / Women's Walk #64 is now available for you to fill out. The board first used this form for the fall walks and it was a huge success!

- If you have already thought and prayed about working on the spring Walk, please fill out the form (the paper form or the document on the web site).
- The team selection committee along with the Walk LD will meet in early November and take your application into consideration as they think and pray about team formation.
- Turning in an application does not mean that you are obligated to work the next Walk. We realize that you have not yet seen the team training dates and you may have a conflict with those dates. Also, your personal situation may change.
- Turning in an application does not mean that you are automatically assured a place on a team or will be given a position that you may have requested. Some guidelines that we have are that members are not supposed to work two walks in a row. We have a 1/3 never-worked-before, 1/3 some experience, 1/3 very experienced guideline. Also a denomination number guideline. (We try to have all denominations represented). There are also promotion/progression considerations.
- We especially appreciate receiving applications from those of you who have never worked a walk before. Each walk we try to have 15-17 brand new first-time workers.
- Team applications will not be carried over from Walk to Walk. That means that a new one needs to be filled out each set of Walks. The one you may have previously filled out and handed in has either been used or has become obsolete.

What applies for Emmaus applies to Chrysalis as well! We are always looking for enthusiastic and willing servants. Thank you!



Columbus Indiana Area Emmaus Community, Inc. Home Page:

www.columbusinemmaus.org

Emmaus Information Page (for community members):

www.columbusinemmaus.org/emmaus/members

User name: columbusemmaus

password: 4thday

Board of Directors Nominees for November's Election

The Emmaus board recommends the following people for God's choice of board members for the class of 2007-2009.

Don Andrews
 Brian Buterbaugh
 Van Breeding
 Janet Sutton
 Mary Miles

Please keep our nominees in your prayers and then vote for them at the election that will be held at the annual meeting during the November gathering.

November Pitch-in/Gathering

Friday, November 17, 2006 - 6:30 pm

St Peter's Lutheran Church, 719 5th St., Columbus, IN

Everyone is invited to come! We celebrate the Lord's great blessings to us by welcoming the newest members of our Community—the pilgrims from Walks #61 and #62! Please bring your favorite food to share and a plate and utensils to eat with. Our annual business meeting will also take place, so don't miss it! This is your chance to fellowship with old and new friends, praise the Lord, and receive Holy Communion.



The Word
Heavenly Father
Almighty God
Ancient of Days
King of Kings
Savior
Light of the World
Messiah
Everlasting God
I Am
Counselor
God, the Father

**Enter
 His gates
 with
 thanksgiving
 and His courts
 with
 praise;
 give thanks
 to Him
 and praise His
 name.**

Psalm 100:4 (NIV)

Lost & found—we have 'found' some items: Fisher Price First Aid Kit, a "To-To" Basket (sides and top open, wicker), and an off-white comforter with pink flowers. If any of these items are yours, please contact Kathy Bush @ 812-376-3501, Pat Shoemaker @ 812-988-2310, or Christine Griggs @ 812-378-9697

DeColores

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www.columbusinemmaus.org



www.upperroom.org

**Tuesday, Nov 7, 7 pm—4th Day Meeting/Walk Evaluations,
Asbury United Methodist Church, Columbus**

November Gathering

**Friday, Nov 17, 6:30 pm—Gathering/Pitch-In,
St. Peter's Lutheran Church, 719 5th St., Columbus
Pitch-in to honor new pilgrims—all invited to bring dish to share
Child care provided**

No Gathering in December

