

Wasatch Front Walk to Emmaus

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September 2017

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WASATCH FRONT WALK TO EMMAUS



Wasatch Front Emmaus News!

The Walk to Emmaus is a spiritual renewal program intended to strengthen the local church through the development of Christian disciples and leaders.



Wasatch Front Walk to Emmaus

The Goal for this newsletter is to promote and encourage growth. Growth in our relationship with God, with others and as a community.

30	Mo	Tu	We	Th	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

CALENDAR EVENTS

- September 16 Gathering—Grace Community Bible Church, Sandy, UT
- November 18 Gathering—Community UMC, Ogden, UT



Upcoming Events

[CLICK HERE FOR CALENDAR](#)

Our Next Gathering—September 16, 2017 3pm—5pm

**** SPECIAL GUEST SPEAKER ****

Location: Grace Community Bible Church

[11592 S 1300 E, Sandy, UT 84094](#)

Please plan to attend and encourage other believers to join us for this event.



EXTRA! EXTRA!

Greg Engroff, International Lay Director for Emmaus Ministries Speaking at Gathering!!

Please join us for this special event as Greg gives an encouraging talk specific to our group.

September 16, 2017 - 3:00-5:00pm at

Grace Community Bible Church

[11592 S 1300 E, Sandy, UT 84094](#)

OUR DAILY BREAD!

Matthew 6:25(NASB) -

“ 5 “For this reason I say to you, do not be worried about your life, *as to* what you will eat or what you will drink; nor for your body, *as to* what you will put on. Is not life more than food, and the body more than clothing? “

REMEMBRANCE... *Remembering His words..*

“Do this in Remembrance of Me.”

The Lord's Table



These are the words of Jesus to his Disciples at the Last Supper.

Prayer and Trust... Philippians 4:6-7

“Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”

requests to God. Humbly and with thanksgiving.

Supplication and prayer are often interchanged in the Bible. Strong’s states: supplication implies a *felt* need that is *personal* and *urgent*. We are to do these things with thanksgiving. Thankful for God meeting our every need.

When worry grabs us, simply consider that as a red-flag that perhaps our Trust is not totally on Him. We so often want to control things ourselves and fail to remember that God is who is in control of all things.

Trust in His promise and we will find peace, no matter what trials we are facing.

Prayer and Supplication are the means in which we make

~ De Colores

“And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus”

PRAYER NEEDED...

Please let us know of anything you would like the community to pray for.

Please send Requests and Gratitude messages with the subject EMMAUS PRAYER to:

wasatchemmaus@gmail.com

Please pray for John Wiebel’s son Seth and his wife (Andrea) and the Wiebel family as Seth embarks on a one-year tour to Iraq. May God’s protective hand and comforting Spirit be with Seth and his family.

Hurricane Victim Prayer

Please pray for all victims, family and friends of those who have suffered from the recent Hurricanes. Pray for their recovery, health and welfare and that God can be glorified in these natural disasters.

FOURTH DAY!

Romans 12:5 states; “So we, though many, are one body in Christ, and individually members one of another.”

For those who have not taken the opportunity to become part of a Forth Day group, we encourage you to do so. Much of our success as disciples and as Christians relies on fellowship.

Through fellowship, we are able to continue to grow and to encourage others in their walk.



Remain Focused

FOURTH DAY GROUPS: (If one will not work, or your group is not listed, please contact Paul at wasatchemmaus@gmail.com.)

Men's:

Wednesdays 7am—Left Fork Grill (68 W 3900 S , Salt Lake) - Dennis 435-512-2186

Friday 7am—Dee’s Restaurant (4700 S Redwood Rd, Kearns) -

Saturdays (2nd&4th) 9am—10am—Community UMC 163 W 4800 S Ogden 84405 - Gary 970-371-5129

Women's:

Wednesday 7pm - Homes (West Jordan, So Jordan, Riverton) - Nancy 801-915-4304

Saturdays 8:30am— High Point Coffee (7800 S. 1735 W. off Redwood Rd)

Saturdays (1st&3rd) 830am—930am—Community UMC 163 W 4800 S Ogden 84405 - Pam 801-540-3205



FIND REST IN JESUS' MESSAGE

BY the Rev. Marilyn Nolan Grace United Methodist Church in Dixon

Worry. Stress. Anxiety. Are you familiar with any of those things? In our busy, often troubled world today almost all of us would probably answer with a very affirmative “Yes. All of the above.”

I used to worry a lot. There was way too much on my plate, and I was worried, stressed out, and anxious, especially at bedtime. Oh, the many hours of sleep I lost.

But not so much now. When I finally started reading and studying the Bible, I discovered Jesus' words on worry in Matthew 6:25-34. I've taken this message to heart, and it's made all the difference. A few weeks ago, I rediscovered the same message in Luke 12:22-31 and preached on it the following Sunday.

These are such important words of Jesus and something we need to hear again and again. Worry, stress, and anxiety are out there all the time. They're like a thief that breaks into our spirits and sucks the joy right out of us. And if we're not careful, these three demons can drag us down and steal our life from us.

Worrying about things beyond our control can make us physically, emotionally, and spiritually sick. It messes with us and holds us hostage.

We can't rest or be at peace. Eventually, we unintentionally push friends and loved ones away, because we get so anxious and stressed out about our problems we can't function the way we should.

Jesus doesn't want us to give into this demon. He came to set us free with love and blessings of abundant life. He paved the way to take care of everything, even forgiveness of our worst sins and the fear of death or losing a loved one. When we say “yes” to belief in him, Jesus promises to be with us always, even in eternity. What more could we ever desire or need?

But, we're human. We still waste valuable time and precious life worrying. So Jesus asks: “Who of you by worrying can add a single hour to their life?” None of us can, can we? And Jesus knows it, and says: “Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.” (Matthew 6:34) Amen, to that, Jesus.

I hope this helps you. Take some time, pray, and take Jesus' life-giving message to heart. Jesus also says “Come to me all you who are wearied and burdened and I will give you rest.” (Matthew 11:28) and “Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.” (John 14:27).

Trust in Jesus. Lay your burdens at his feet and put your life in God's mighty hands. Let the joy of the Spirit fill your heart and set you free to live in God's peace.

God bless you.

SPONSORSHIP

HOW DO WE SPONSOR?

1. Pray for the person's openness to God's call to discipleship, not for how to get him or her to go on a walk.
2. Make an appointment with the person or couple for the person of discussing participating in Emmaus.
3. Extend an invitation; invite the prospective pilgrim to attend for the sake of a more vital relationship with Jesus Christ, not just an event to go to. Share your faith; explain the basic elements of the Walk, its' purpose, and follow-up dimensions that help us live in grace for the rest of our lives. Take the attitude that you are giving the person a wonderful gift rather than that he or she needs to go.
4. Ask the person to make a commitment by filling out the registration form. If the person is married, speak with both partners and encourage equal commitment by both.

Sponsorship is an act of love for God, for the pilgrims, for the Emmaus community, and for the church. It demonstrates agape love, making us instruments of prevenient grace.



BOARD CONTACTS

Community Lay Director	Phil Evans	801-259-2660	phillip.evans@xmission.com
Spiritual Director	Gary Haddock	801-761-6453	gary.haddock@community-umc.net
Vice Lay Director	Jerry Selbo	801-918-0982	selboj@yahoo.com
Nominating Chairperson	Nancy Imhoff	801-915-4304	nancyimhoff1@gmail.com
Treasurer	Teri Fellens	435-730-0136	jtfellenz@comcast.net
Secretary	Skip Poole	801-662-9216	utcatski@msn.com
Gathering Coordinator	Kara Wood	801-598-5583	bobwood690@gmail.com
Gathering Assistant	Kacee Mansfield	719-440-9067	kaceemansfield@yahoo.com
Communications Coordinator	Paul Guidash	801-231-9923	paul@utahsold.com
Librarian	Tine Wolfe	719-440-9067	ctinetinetine@aol.com
Music Coordinator	Susan Jelus	937-367-2072	susanjelus@gmail.com
Trailer Angel	John Weibel	801-792-7014	jweibel67@gmail.com
Data Base	Mike Van Voorhis	801-641-5638	mike@monamike.com
Data Base	Mark Hinojosa	435-901-8626	dpmarky@yahoo.com
Agape Coordinator	Chris Rebmann	801-540-5882	sololady22@aol.com
Decorations Coordinator	Roni Haddock	801-761-6453	ronihaddock57@gmail.com
Kitchen Coordinator	Pam Ford	801-540-3205	pamaford@aol.com
Pre-Walk Registrar	Terry Waite	801-809-6190	terwaite@aol.com
Member at Large	Dennis Shaw	801-889-7013	Pastor@hilltopumchurch.org

Tid-Bit [Link to article:](#)

What Is the Content of Your Prayers?

American adults who pray with regularity do so with varying motivations, the most common being to offer “gratitude and thanksgiving” (62%). Generationally, this is lowest among Millennials (53%) and highest among Boomers (71%). An equally popular prayer incentive is the “needs of their family and community” (61%), followed by “personal guidance in crisis” (49%). The latter is most common among those with lower levels of education (49% with a high school diploma or less, compared to 39% of college graduates).

Just less than half of praying adults (47%) most often direct prayers toward their own health and wellness. Facing more frequent health challenges than their younger counterparts, Elders are significantly more likely to pray this type of prayer (68% compared to 38% Millennials). Lower income earners (\$50K or less annually) pray for health more than higher income earners (\$100K or more), who likely have greater financial resources for both medical coverage and a healthy lifestyle (lower income: 52% compared to higher income: 42%). Wellness prayers are also more common among those who live in rural areas or small towns (55%) than those in cities (46%), where residents may have greater access to services that contribute to health, from gyms and markets to hospitals and pharmacies.

Further down the list is “confession and forgiveness” (43%), followed by “things I suddenly feel compelled or urged to pray about” (43%)—this charismatic bent is more evident among practicing Protestants (56%) than practicing Catholics (33%), and especially strong among evangelicals (71%). Another common prayer is for “safety in daily tasks or travel” (41%). This is prayed much more frequently among black (51%) and Hispanic (51%) Americans than white Americans (36%). While this particular study doesn’t point to specific safety threats, Barna’s other research on race demonstrates the unique challenges of people of color in America, and Barna’s research on perceptions of police brutality shows black and minority communities fear facing prejudicial treatment from law enforcement.

[Link to article:](#)

GRACE AROUND THE WORLD!

EMPOWERING NEW LEADERS IN BOLIVIA



Following several years of preparatory work, opening walks were held in Cochabamba Bolivia between July 5th and 13th, 2017. Rev. Victor Perez, the Regional Leader for the Caribbean and Latin America stated, “we had 22 men and 24 women from Bolivia, Peru and Argentina, experiencing the won-

derful message of God’s grace for them. The team member came from Mexico, Argentina, Peru and Puerto Rico. We praise God for these faithful servants who came all the way to Bolivia to share the love of Christ with their Bolivian brothers and sisters.”

With this set of walks, the Bolivia Emmaus Community is now 70 strong and is made-up of lay and ordained men and women. To God be the glory and a mighty word of thanks to all our partnering communities in the U.S. and the C.L.A. region.

FROM THE BOARD

Board Goals for 2017

1. Include more Clergy from outside our present community to attend and participate in future Walks to Emmaus.
2. The community should provide a schedule for monthly meetings which should provide six months in advance of future Walks to Emmaus.
3. Investigate the possibility of using a Conference Center to house and feed future Walks to Emmaus.
4. Receive and listen to objections of past participants of the last walk.
5. Communicate better within the Walk to Emmaus community, pilgrims, Clergy, and volunteers.
6. Reach out to get broader participation from non-denominational and other mainline Christian Churches.



These goals were discussed and it was agreed the Communications and Planning actions must start right away for the Walk to Emmaus for 2018.

Please join us September 16th at Grace Community Bible Church in Sandy with Greg Engroff, International Lay Director.

Think of the gift of quiet seclusion you can offer one of your church leaders (or leaders in waiting) by sponsoring them on the men's or women's walks .

FROM THE COMMUNITY LAY DIRECTOR



Lately my life has been hectic! It seems that there is

so much to do and so little time in which to conquer my "to do" list. One of my friends referred this as "permanent white water!" Perhaps you can relate.

I confess that when I am overwhelmed, I get careless about my devotions and my prayer time. Even as I type this, I realize that my actions are **profoundly short sighted**. Over and over throughout His ministry, Jesus eagerly sought quiet time so He could pray and connect with His Father.

When I think about this, the Walks represent a similar opportunity to leave the world behind for three days. The Walks are cloistered. Even though Pilgrims are at a table or sitting with their table group, they have withdrawn and are insulated from that white water that can become our everyday lives. In this environment they

spend time under spiritual direction and wrapped in agape love.

Think of the gift of quiet seclusion you can offer one of your church leaders (or leaders in waiting) by sponsoring them on the men's or women's walks coming up the last weekend in April and the first weekend in May at Big Canyon Ranch.

De Colores!

Phil

Wasatch Front Lay Director

