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*"Sow  
bountifully,  
reap  
bountifully"*

**QUICK  
MESSAGE**

**JUNE WOMEN'S  
WALK STILL  
NEEDS  
PILGRIMS  
SEPTEMBER  
MEN'S WALK  
NEEDS  
PILGRIMS**

## Jazz from Jim

**A**pril showers bring  
May flowers.

Most of us need only to look out the window to see the proof of this old adage. Tulips, daffodils and creeping phlox are all bringing Spring colors to nearly every house on our street, some homes more than others. I've noticed the homes that really catch your eye have the largest areas of blooming flowers. Your eyes are naturally drawn to the rich colors. The more lavish and widespread flower beds are the most amazing to look at. It does take some significant effort to produce such a floral masterpiece. Personally, I have yet to produce anything close to what the avid gardeners create. I have produced limited results through regular watering, applying mulch, weeding and Miracle Grow®. When it comes to flower beds and gardens, the results are proportionate to the amount of effort one is willing to put into them.

There's a Biblical passage expressing this same prin-

ciple. Paul reminds us in 2 Corinthians 9:6, "... He which soweth sparingly shall reap also sparingly; and he which soweth bountifully shall reap also bountifully." No matter what our circumstance, we will only reap as much as we are willing to sow. Don't like to work? Don't expect to be paid. Don't feel like being friendly? Don't expect many friends. Don't have much faith? Don't expect many miracles. The negative side of this principle, sow sparingly - reap spar-



ingly, is not the part with which we should be concerned. Focus on the second half of the scripture; sow bountifully - reap bountifully. This applies to all areas of life, especially our walk with the Lord.

As a Community, we need to keep this principle in the mind as we approach each walk. The June Women's

Walk is quickly approaching. We've been regularly encouraging everyone to turn in applications for women who would like to attend the Walk. Pray about whom the Lord would have you sponsor and then follow the Holy Spirit's lead. Let's sow bountifully in order that He might reap bountifully. I would encourage you to not wait until the last few weeks, before the walk to pursue sponsoring someone. Share this life-changing experience with someone who would benefit from such a unique time with the Lord.

Praise the Lord, all the team positions for the June Women's Walk have been filled. Please be in prayer for each member of the team as they prepare to serve and begin meeting. Be sure you check out the team roster in this issue to review the team roster so you can pray for each one. Also, check the website so you can pray for the Pilgrims by name as well. See you at the Gathering!

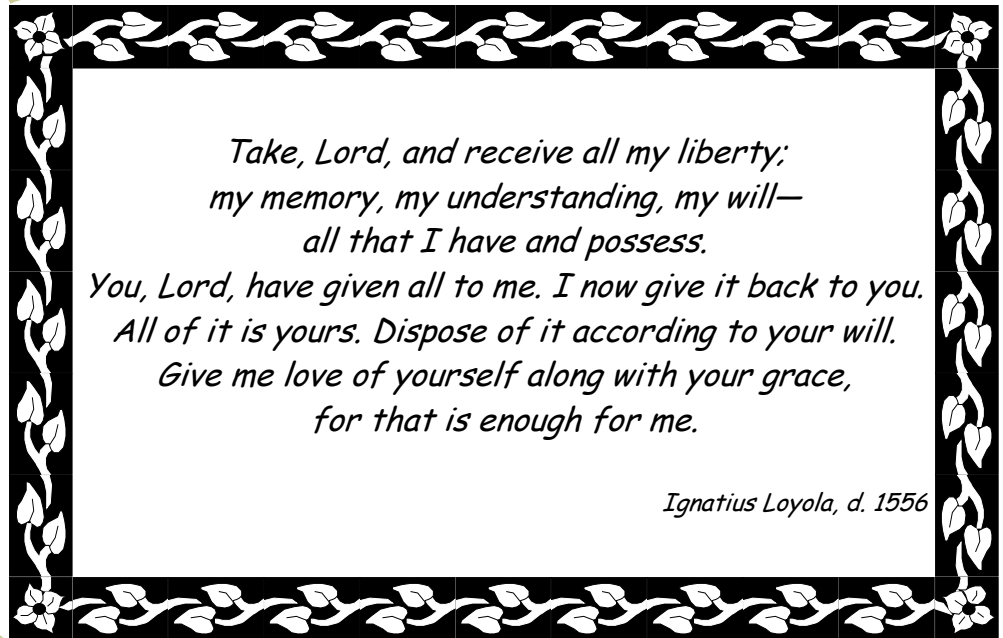
De Colores,  
Jim

## Spiritual Moment—Pause and Reflect

“Taking the bread, he blessed and broke and gave it to them. At that moment, open-eyed, wide-eyed, they recognized him. And then he disappeared. Back and forth they talked. 'Didn't we feel on fire as he conversed with us on the road, as he opened up the scriptures for us?'"

The Message

Miss an issue of the Wilmington Emmaus Newsletter? Extra copies can be found in the entry hall of the church with other Emmaus materials and applications.



### MUSIC FOR GATHERINGS

MONTH	SPECIAL MUSIC	PIANO	SONG LEADER
MAY	Darrin Tissandier	John Glaze	Cindy Bloom
JUNE	Cindy Bloom	John Glaze	Peggy Larkin
JULY	Christy Mitchell	Jennie Harner	Christy Mitchell
AUGUST	Peggy Larkin	open	open

Planning ahead! Do you have musical talent you would be willing to share with the Emmaus Community? As you can see, the months are filling up. We typically have two music specials at a Gathering and need a song leader and an accompanist. Although "piano" is listed, we can have guitar accompaniment...or any other instrument able to lead group singing. Keep in mind that the December Gathering is ALL MUSIC!

To volunteer for a monthly Gathering or for the December Christmas Gathering, contact JENNIE HARNER at 937-987-2518 or harnersewing@yahoo.com.

*Do you have any old issues of the Wilmington Emmaus newsletter? There used to be notebooks of all old issues in the care of the newsletter editor. The older of the notebooks is missing. Have you seen it? Please contact John Glaze if you know of its whereabouts. If you have any old issues (see back page for needed issues) that I can scan (they are not damaged during this process) please contact me. THANKS!*

# Strengthening Your Core

Helping problems with your body is one of the primary benefits of core body strength training. Well, this is not an article about your individual physical body gaining strength, but rather about the Body of Christ, the Body of Believers we call the Wilmington Emmaus Community. Is our body gaining or losing strength?

As "today's" generation, we all think we know more than those who came before us. The Walk to Emmaus is no different. Over time, we think we should make this or that change to the walk—add something or change something to make the walk "even better." The problem is that we have signed an agreement with the Upper Room in Nashville that we will not give in to that temptation—that we will present the Walk as outlined in the Handbook. A pilgrim taking the walk in Wilmington should have the same experience as a pilgrim taking the walk in any other city in the world where the Walk to Emmaus is offered. That's why we can move from community to community and fit in—we've all had the same experience.

What are those CORE VALUES which make the Walk successful? Do you know? How can we strengthen them? First of all, you can exercise your PRAYER MUSCLES. The team list for the next Women's Walk can be found in this newsletter. They will be commencing team meetings soon. Let's surround them with our prayers. Next, if you have a person in mind to invite on the Walk, begin praying for her now. Pray also that you will have the correct words to use when you make your invitation. Remember those things presented during your walk. Refer to your "DAY FOUR" booklet. If you don't have one, borrow one or purchase one at the next gathering.

Consider getting a few Emmaus friends together to make mealtime or bedtime agape for the walk. You can purchase simple little gifts or come up with a handmade craft. Nothing says "love" like something taking your time and effort! Check the pilgrim list carefully and write agape notes for any pilgrims you know, or even for those you don't know. Keep in mind the laws regarding copyrighted materials when making photocopies! Remember the team gets agape letters each night and sincerely appreciate them!

Ever worked in logistics? Setting up for the walk, cleaning the bathrooms or church, preparing meals"? It's a wonderful way to get to know more community members. Sign up at the Gathering.

When signing up, be sure to sign up for the 72 hour prayer vigil. Support the pilgrims and the team by attending candlelight and closing.

Help build up the core! Get involved!

## Wilmington Area Emmaus Walk Women's Walk #84 Roster

**Betty Starkey, Lay Director**

**Debbie Ellison, Assistant Lay Director**

**Karen O'Rourke, Assistant Lay Director**

**Jancy Tissandier, Assistant Lay Director**

**Anna Ritter, Table Leader**

**Carla Martin, Table Leader**

**Gloria Tissandier, Table Leader**

**Nichole Avery, Table Leader**

**Val Stuckey, Table Leader**

**Cathy Deakyne, Table Leader**

**Debbie Mitchell, Board Rep**

**Rebecca Fessler, Assistant table leader**

**Kim Lay, Assistant table leader**

**Wendy Evans, Assistant table leader**

**Rebecca Oglesby, Assistant table leader**

**Cathy Zindorf, Assistant table leader**

**Donna Potts, Assistant table leader**

**Brenda Armstrong, Music Director**

**Susan Thompson, Assistant Music Director**

**Maurice Mitchell, Spiritual Director**

**Christy Mitchell, Audio Visual**



Walk to  
**Emmaus**  
THE UPPER ROOM

Wilmington Area Walk to Emmaus  
Wilmington United Methodist Church  
PO Box 191  
Wilmington, OH  
45177

**SEE YOU AT THE GATHERING! May 11**  
Bring a snack to share afterwards—  
when Emmaus meets, EMMAUS EATS!  
Don't forget to wear your NAME TAG!  
This helps everyone to learn your  
name much more quickly!

**NEWSLETTER ARCHIVE PROJECT UPDATE**

Volume	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	
Year	10	09	08	07	06	05	04	03	02	01	00	99	98	97	96	95	94	93	92	91	90	89	88	87	86	
JAN	1		1		1	1	1	1	1	1	1	1	1	1	1	1	1									
FEB	2	1	2	1	2	2	2	2	2	2	2	2	2	2	2	2	2									
MAR	3				3	3	3	3	3	3	3	3	3	3	3	3	3									
APR	4	2			2	4	4	4	4	4	4	4	4	4	4	4	4									
MAY	5		4	3	5	5	5	5	5	5	5	5	5	5	5	5	5									
JUN		3	5	??	6	6	6	6	6	6	6	6	6	6	6	6	6									
JUL				??	7	7	7	7	7	7	7	7	7	7	7	7	7									
AUG			6	??	8	8	8	8	8	8	8	8	8	8	8	8	8	8								
SEP		4	7	??	9	9	9	9	9	9	9	9	9	9	9	9	9	9								
OCT				6	10	10	10	10	10	10	10	10	10	10	10	10	10	10								
NOV					11	11	11	11	11	11	11	11	11	11	11	11	11	11								
DEC		5	8	7	12	12	12	12	12	12	12	12	12	12	12	12	12	12								

KEY Dark blue/black: No issue for this month. Yellow/Question marks: Unknown if an issue exists for this month. (2007-from numbering, it would appear that there are two issues missing.) Light blue or empty: the notebook that used to be with the Editor's materials is no longer there. Have you seen it??? Need these issues to complete our archive collection. Cells with the issue numbers represent issues that have been scanned and are either archived on our website or soon will be.