



January, 2021

# Mid-Michigan Emmaus Newsletter

Please share this newsletter with any of your Emmaus friends. We need help to get the word out since our database still has incorrect email addresses for many members. Also, please ask them to contact a board member with a correct email address.

**Spring Walks**  
(to be determined)

**Location:**  
Trinity UMC  
513 Washington St.  
Sebewaing, MI 48759

**Men's Walk**  
TBD, 2021

**Women's Walk**  
TBD, 2021

**Post Walk**  
To Be Determined

**Chrysalis Events**  
[Partnering with Southeast Michigan](#)



# Finding Our Purpose

As I searched for a message for this newsletter, I found myself flipping through the Emmaus manual. In the very front of the manual, I found the “Purpose of The Walk to Emmaus”. Here is that excerpt.

*The purpose of Emmaus is to renew the church as the body of the risen Christ in the world through the development of leaders and renewal of Christians as faithful, committed disciples of Jesus Christ. Emmaus enhances the spiritual lives of participants, deepens their discipleship, and rekindles their gifts as Christian leaders in their churches and communities. These aims are accomplished not only during the three-day Emmaus Walk but also through the Fourth-Day efforts of participation in Group Reunions and community gatherings, sponsorship, prayer, support of other Walks, and service on support committees and on teams.*

*Persons whose spiritual lives are renewed and strengthened through Emmaus are called to share within their community the grace they receive. They become leavening influences in their local churches and active participants in God’s mission to the world. The purpose of Emmaus is not fully realized during the three days of the event, but in the Fourth Day.*

In these challenging times it can be difficult to find meaning and purpose. It can sometimes feel like we are just drifting along in life day to day with no real meaning to our purpose. As I thought about meaning and purpose in life, I considered these three thoughts.

**1) Developing Ourselves and Our Faith –** We will have little impact in the world around us if we cease to grow spiritually. One truth about our faith is we are constantly moving on towards perfection. A faith walk is about growing more like Christ each day. Christianity is a lifelong process of identifying sin in our lives and constantly working to weed it out. The idea of “Sanctifying” grace is working to grow spiritually every day.

In Micah 6:8 the prophet poses the question, “What does God require?” Micah is told, to act justly, and to love mercy, and to walk humbly with our God.

Testing my actions against scripture teaches me to act justly, even when I don’t feel like it. Prayer helps me to show mercy in places and to people I often wouldn’t think about. While in prayer, God shows me where I am falling short and missing the mark. Bible study teaches me humility and helps to develop my relationship with God.

**2) Seek God’s Will for Our Life –** Many of us know that Matthew 6:9-13 gives us the example of how we should pray. It’s known as the Lord’s Prayer. It is a model given to the disciples from Jesus when asked by them, “How should we pray?”.

In the Lord’s prayer are many important elements that teach us about the basic principles of prayer. One of these principles that we often miss is these words, “Thy will be done”. Notice that the model shows us that we should pray for God’s will to be done, not our will. So often we get this wrong. For me, prayer is often more about aligning my will with God’s will.

Even Jesus in the Garden of Gethsemane in Matthew 26: 42 tells the Father “If it is not possible for this cup to be taken away unless I drink it, may your will be done”. To find true meaning and purpose in our lives we need to be aligned with God’s will for our lives.

**3) Love God and Love Others** – From Matthew 22: 37-39 when Jesus is asked about the greatest commandment, he gives this reply. “Love the Lord your God with all your heart and with all soul, and with all your mind”. Jesus goes on to say, “Love your neighbor as yourself”.

Many feel that the purpose of the Christian life is spelled out in Matthew 28, also known as "The Great Commission". In this chapter of Matthew, the risen Lord instructs the disciples to spread the gospel to all the nations of the world. While I agree with this message, it is important that we start with our own faith walk, otherwise we will be totally ineffectual. In the walk to Emmaus program, Talk #11 "Changing Our World", it says that the world is changed whenever we bring Christ's love, truth, justice, and peace to bear in our four fields of ministry: 1) ourselves; 2) our family, friends and church;

3) our city, state, and nation; and 4) other countries and cultures. Notice that it starts with changing "us" first.

In closing, let me ask you a few questions. Do you find yourself struggling to find meaning and purpose in life? Are you feeling like your faith is stuck in a rut? Or maybe current events in the world have drawn you away from your faith and commitment to Jesus Christ.

If so, then consider the three items listed above. A great place to start to return your focus to Jesus, is the “4th Day – Reunion groups”. Find another Emmaus brother or sister and agree to meet weekly. You will find that an accountability partner is a great way to help you refocus and rekindle your faith. Using the reunion card is a wonderful way to find the tools you need to get started, to check your progress, and to stay on track. Make a plan and be intentional.

If you're not sure how to get started, feel free to reach out to me at [mccormickrj@hotmail.com](mailto:mccormickrj@hotmail.com). I can help you locate others in your local community to connect with.

Remember,

GLYASDI

Bob McCormick  
Community Lay Director

# God Loves You and So Do I

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## *Upcoming Gathering*



Watch for an email early February that will give you  
a link to a Zoom Gathering  
It's to take place February 14<sup>th</sup>,  
**Valentine's Day!**

## BOOK SHELF

Tricia Wiegerink, Literature Chairperson

It is our intent to provide this space for giving you ideas of books or literature to read. Feel free to send your suggestions to Tricia for mentioning here or including on the book table.

### 5 Daily Devotional Recommendations

***My Utmost for His Highest***, by Oswald Chambers.

This is a classic devotional that has sold over 13 million copies. These thought-provoking meditations will challenge you to be the person God designed you to be and deepen your relationship with Him.

***Streams in the Desert***, by L.B. Cowman.

Are you a weary traveler? This book provides a clear river of wisdom, encouragement, and inspiration. Drink up each page of this devotional and be refreshed.

***Evidence Beyond Reasonable Doubt***, by Julie VonVett and Bruce Malone.

This devotional demonstrates the awesomeness of our God by revealing His nature through the study

of His handiwork-our amazing world. If you are a science lover like me, this is the book for you!

***A Year With C.S. Lewis***, by C.S. Lewis.

Each day in this book offers daily meditations culled from Lewis's classic works. This devotional will provide a challenging opportunity to grow in your walk with God.

***365 Bible Stories and Prayers*** published by Parragon Books.

Let's not forget the kids (of all ages)! All 365 Bible stories and prayers are designed to strengthen one's faith in God at an early age. Stories are paired with beautiful illustrations that will hold the reader's attention. Reading this devotional would be a beautiful way for young persons to end (or start) their day!

I hope you find these recommendations useful and that, whatever books you are reading, you have some that lead you closer to God.

Trisha Wiegerink



## Cook's Corner



### Baked Oatmeal

Submitted by Audrey Nellett

#### **Ingredients**

2 eggs  
1/2 cup brown sugar or maple syrup  
1 1/2tsp baking powder  
1tsp cinnamon  
1 1/2 vanilla extract  
1/4 salt  
1 1/2 milk  
1/4cup melted butter

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3 c. rolled oats  
Optional additions (cranberries, raisins, fruit)  
Maple syrup  
Nuts (optional)

Preheat oven to 350.

Butter 8x8 baking pan.

Bake 30-40 minutes.

Mix together the first 8 items above, then add 3 cups rolled oats. You can choose to add dried cranberries, raisins, or fruit. Pour into prepared pan and bake until golden brown, Cool and cut into squares. Serve with maple syrup and nuts (optional) or fresh fruit (optional) on top. Enjoy!

# Agape



Hello community!

Although the walks are on hold, there is always a need for agape in our world! Here are things you can do in a form of agape to the world:

- Keep your eyes and hearts ready and watchful for those that God brings into your path.
- Pray for awareness of those who need to experience his love.
- Be his hands and feet to reach out when you are given the blessing to make Jesus' love tangible & known! Here are some ideas:
  - Listen to someone who needs to talk.
  - Write letters to those shut inside.
  - Porch drop items to those who are sick or lonely.
  - Pray for someone.
  - Be intentional with encouragement to a worker or another shopper in the grocery store.
  - You might pray for local nursing homes, the businesses unable to work, and the workers and their families.
  - You might send someone an unexpected handmade or other gift.
  - Check on someone you haven't seen in a while.
  - You could Leave a cheer-me-up and verse in your mailbox for your mail carrier.
  - Do You remember the little jokes and comics put up in the restrooms and on mirrors during the walks? Try to Find ways to give the gift of laughter and joy to others and share Christ's Agape love!
  - Make even little connections with others so they know they are noticed and they matter.

Each recipient of your agape may feel His presence through you. Be creative and intentional because everyone needs Jesus!! Many of our usual activities in this past year have been canceled but His love is NOT canceled and never will be!

**Mathew 25:40** “The King will reply, 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.'”

GLYASDI, Pati, Agape Chair

Dear Mid-Michigan Emmaus Family,

How many of you are suffering from Coronavirus Cabin Fever?! Anyone with SAD? Seasonal Affective Disorder? Anyone with Election Season Hangover? Frustration with societal injustice? Anyone sick of not seeing your friends at church, or your loved ones due to Covid limitations? Seasonal blahs at a time when we at least try to be “merry,” frustrations with so many things that are more different than ever before, AND a lack of in-person fellowship are making many of us feel down, depressed, blue or whatever else you want to call it.

I certainly felt that way as I began my day this morning. Self-pity was beckoning at my door. I did my best not to answer it. What do you think was the “answer” that made it go away? Somehow saying to myself, “Trust in Jesus” only sounded trite. I opened my Bible, and what did I find? A lot of whining, complaining, self-pity, and hopelessness expressed! Think about Jeremiah, for instance, aka - “The Weeping Prophet.” There’s plenty of gloom and doom in that book. Then there’s his other uplifting book, “Lamentations!” Then, Elijah the Prophet of Israel is an archetype of HALT = Hungry, Angry, Lonely and Tired! I quote from 1 Kings 19:3-4.

*“Then he was afraid; he arose and ran for his life and came to Beersheba...and left his servant there. But he himself went a day’s journey into the wilderness and came and sat down under a broom tree. He asked that he might die, saying ‘It is enough: Now, O Lord, take away my life, for I am no better than my father.’”*

Later, when the Lord is attempting to get Elijah back to his spiritual senses, He asks Elijah, “What are you doing here Elijah?” Elijah replies (1 Kings 19:14):

*“I have been very jealous for the Lord, the God of hosts. For the people of Israel have forsaken your covenant, thrown down your altars, and killed your prophets with the sword, and I, even I only, am left and they seek my life to take it away.”*

So often, we allow our moods to be influenced by our outward circumstances. Should we add fear to the HALT list? Maybe we could add some hor d’oeuvres of self-pity too. Sounds bleak.

Relief is on the way. God gets Elijah’s attention by questioning him, challenging Elijah to examine himself. God is cracking open the door so that Elijah is able to receive God’s perspective on reality, otherwise known as TRUTH. God then lays out the future: The bad guys will be taken out (don’t fear Elijah!). In fact, there are 7,000 guys still faithful to me. You are not alone! (1 Kings 19:14-15)

What is the takeaway for us during this time? God is saying the same things to us as he did to Elijah: I am in control of history. My kingdom prevails. I am with you! I will take care of you and protect you. No fear! No loneliness! My strength is sufficient for you!

Blessings,  
Dave Stewart  
Spiritual Director Mid-Michigan Emmaus



# MME Board

## Contact Us

Position	Name	Phone	Email
<b>Community Lay Director</b>	Bob McCormick	810-357-5617	mccor1958@gmail.com
<b>Community Spiritual Director</b>	Pastor Dave Stewart	734-904-7218	dkspreaches@gmail.com
<b>Agape Chair</b>	Pati Weingartz	989-835-6594	weingartz4jesus@charter.net
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<b>Board Treasurer</b>	Bruce Pynonen	989-430-4291	pynonen26@yahoo.com
<b>Candlelight/Sponsor's Hour Chair</b>	Wendy Orzel	989-450-4450	worzel64@yahoo.com
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<b>Trailer/Supplies Chair</b>	Board shared	---	---
<b>Website</b>	Teresa Camilleri	989-859-4799	tkcamill@aol.com

Do you have any ideas for change that you would like the board to consider? Please email or call any of the board members and let us know. We welcome your input. Together, we are the hands and feet of God.

*God Loves You and So Do We,  
the Mid-Michigan Emmaus Community Board*