



# Northern Lights Emmaus/Chrysalis Community



*The grass withers and the flowers fall, but  
the word of our God endures forever.*

*-Isaiah 40:8*

Hello Northern Lights Emmaus/Chrysalis Community!

We are entering into a very exciting Autumn as teams for both the Women's and Men's walks begin to meet and prepare for their weekends! Please keep the upcoming walks in your prayers; especially lifting up Melanie Wages and Mark Kessler as Lay Directors.

As a community, I'd ask you to pay close attention to the information in the GATHERINGS portion of this season's newsletter as days and locations will be changing. Please also remember that everyone is welcome at our Gatherings and they are a great way to introduce someone to Emmaus/Chrysalis that may be prayerfully considering being a Pilgrim or Caterpillar on an upcoming weekend.

If there is something you'd like to see in YOUR Emmaus/Chrysalis newsletter, please let me know; feel free to email me at [andygaritson@gmail.com](mailto:andygaritson@gmail.com) with your ideas and I'll see what I can do!

Fly with Christ!  
Andy Garitson

## Emmaus Board of Directors:

Community Lay Director—Carl Barrows  
Community Spiritual Director—Linda St. Myers  
Asst. Spiritual Director - *Vacant*  
Secretary—Dale Truster  
Treasurer—Larry Maher  
Agape—Linda St. Myers  
Kitchen—Robbie Casey & Barbie Casey  
Information Management—Greg Conrad  
Music Coordinator—Andy Garitson  
Good Shepherd/Outreach—Donna Walker & Kathy Edwards  
Logistics—Dave Wilson  
Gatherings—All Members  
Registrar—David Martin  
Team Selection/Sponsorship—*Vacant*  
Chrysalis Relations—Mike Wages

## Chrysalis Committee:

Chrysalis Chairman—Mike Wages  
Chrysalis Spiritual Director—Penny Stacy  
Chrysalis Treasurer—Lelia Brandt  
Chrysalis Team Selection—*Vacant (Board Input)*  
Chrysalis Registrar—Jenny Harris  
Chrysalis Facilities & Set-Up—Mike Harris  
Chrysalis Literature—Karen Doerflein  
Chrysalis Music—*Vacant*  
Chrysalis Rushes—Elizabeth McCollum & Jenny Harris  
Chrysalis Secretary—Elizabeth McCollum  
Chrysalis Background Checks—Lelia Brandt  
Chrysalis Member at Large—Lisa Mullins

**We are experiencing a shortage of cross lanyards for the upcoming walks. If you would be interested in helping make these for the pilgrim crosses, please contact Carl Barrows for more information ([cbarrows77@yahoo.com](mailto:cbarrows77@yahoo.com)).**

## UPCOMING EMMAUS WALKS

**@ Camp Lebanon:**

Women's Walk #45: October 27-30

Men's Walk #37: November 10-13

## UPCOMING CHRYSALIS FLIGHTS:

Girl's Flight: January 14-16

Boy's Flight: February 18-20

# From our Community Lay Director

I've been part of the Northern Lights Emmaus board since June, 2019 as the registrar, board secretary and the Community Lay Director starting in February, 2021. My original walk was in September, 2007 (#23) in Middletown at Christ United Methodist Church. I've had the privilege of serving on the Agape team, as an assistant table leader and as table leader, giving two separate talks. After joining the board, I learned more about building and maintaining an Emmaus community in three years than the previous 12 years, especially during the COVID years of 2020 to 2021. The Northern Lights Emmaus board tried very hard the last two years to keep our community together despite the reluctance and the fears of having gatherings and holding walks during that time. Many members of our community got sick with COVID and many walks were cancelled due to factors beyond our control but God kept us together. Many members were offended and afraid that we tried to move ahead with walks but our Walks to Emmaus are the main reason for our community's existence, the same as communities nationwide. Our gatherings and share groups kept our momentum going although most members have stopped coming to these events altogether.

In the spring of 2021 during the height of COVID, we had difficult debates about whether to continue with walks we had planned and were often glad that the fall 2021 men's walk was out at a camp where the team members and pilgrims were outside most of the time and separated by distance. As far as I know, nobody was infected with COVID and we took precautions to prevent infection. We usually did the same at gatherings as well. A few past gatherings were postponed or canceled. As a board, we developed and posted a COVID policy based on that of the state of Ohio Health Board as well as Butler County's after I became Community Lay Director. Anyone critical of our preventative actions was unaware of our COVID policies. Of course, no preventative action or COVID policy can protect everyone in every circumstance. God has certainly protected and blessed us with wisdom and health. At times, team members have advised us not to move forward with walk events and the board reluctantly agreed with that assessment. Let us continue to meet regularly whenever possible and enjoy each other's company and fellowship.

A major part of our community is the planning and business that the Emmaus board carries out every month. There are a few important positions that will need to be filled at the end of this year. This includes replacing a departing community spiritual director (the replacement needs to be trained as a pastor or perhaps a chaplain with a gift of speaking or music) as well as a new treasurer since the current treasurer will replace the community lay director at the beginning of next year. We also need help forming committees that function in planning walks, gatherings and promoting our community among local churches. We need an agape person or committee so we can exchange meaningful agape communications with other communities, especially when they are preparing to hold walks and Chrysalis flights. It would be very helpful to have help in our communications with the Chrysalis leadership since Chrysalis is an important part of our community. Another important position we need to fill is the team selection chairperson to head a committee to help our walk lay directors select team members for upcoming walks. I want to thank several people such as the Caseys, who have stepped up to help plan meal menus for the walks, working with the kitchen leads, as well as purchasing food in a way that saves the community money.

Carl Barrows



When each of us took our Walk, we experienced God's Love. We saw it in the prayer vigils, in the Team, in Candlelight, in the prayers, in our fellow Pilgrims, in the food, in the talks, in the letters from other Emmaus Communities around the world, and in just about every aspect of the weekend. We were given a tremendous gift from God - again!

When I was growing up, my parents instilled in me, the learned appreciation for the many gifts that we are given. Specifically, we were taught to give back to others for the many gifts that we receive. We were taught to always give something back in better shape than we received it, if we borrowed something. When we were given a gift from someone else, to always give something of equal or better value/impact back to them when we could, even as small as sending a thank you card. Remember snail mail is still available.

Pay it forward, as it is now known. This was an important thing that we learned. What a great life lesson, a gift, to give others. I remember that as I grew up and matured how invigorating it was when I learned that IT IS "better to give than receive". Gosh, that was a hard lesson to learn as a kid, but as an adult, I have learned to revel in it. I think that God wants us to do just that! He wants us to learn the Joy of Giving.

I would like to challenge each of you to give the gift of Emmaus to someone you know. Someone gave you a precious gift in your Walk to Emmaus. Pay it forward. Return the gift in equal or better shape than you received it. Sponsor someone for their Walk; Show up at a Candlelight and be one of those smiling faces of encouragement; sign up on a prayer vigil and BE that person praying for the Pilgrims at 3 a.m.; make agape; and serve anonymously to help someone, that you don't even know, experience God's Love. Do a bit more than what you have always done. Get out of your Emmaus comfort zone. Step out in Agape Love. Do something as an act of Christian Action to pay your gift of Emmaus forward. Many people did for you! It is "Better to give than receive".

Something I would like to see started is a 4<sup>th</sup> day team of folks who will take on staying in contact with our community. Reach out by phone and note card and remind them of Gatherings, upcoming weekends and how they can support our community by attending. We have lost many in the community that we don't see anymore. The question has been asked, "Why?" How do we get community members back involved. Just reaching out could help. Reach out to a pilgrim you sponsored and invite them back.

Help us re-build a thriving Emmaus Community again!

God Bless you All.....

DeColores!

Pastor Linda St Myers

Community Spiritual Director

# GATHERINGS

Our Community Gatherings begin at 6pm and are open to everyone! Invite a friend and please bring a side dish or dessert to share.

**Saturday, October 8th @ Groesbeck UMC (Cincinnati)**  
**Saturday, November 19th @ Cornerstone UMC (West Chester)**

If your church's praise/music team would like to provide music for our worship time, please have someone contact Andy Garitson ([andygaritson@gmail.com](mailto:andygaritson@gmail.com)) for information and to select which month to play.

## **Top Ten Worship Songs**

from [praisecharts.com](http://praisecharts.com)

1. The Church I Grew Up In—Tasha Cobbs
2. Always Good—Bethel Music
3. Behold Our God—Sovereign Grace
4. First Things First—Shane & Shane
5. New Creation—Mac Powell
6. There Is Freedom—Josh Baldwin
7. Son Of Suffering—The Worship Initiative
8. From Everlasting—Sovereign Grace
9. Christ and Christ Crucified—Lindy Cofer
10. Eagle's Wings—Hillsong Worship

**Looking for a Reunion Group? Do we have your most up-to-date contact information? Need to print an application? Visit [nlemmaus.org](http://nlemmaus.org)! We're also Facebook!**