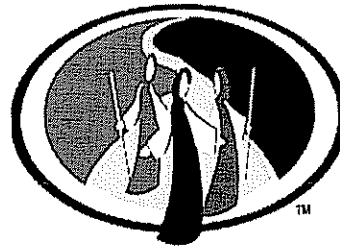


Pilgrim's Journey



Walk to
Emmaus
THE UPPER ROOM

January
2006

"Were not our hearts burning within us while he was talking to us on the road, while he was opening the scriptures to us?" Luke 24:32

Houston North Emmaus Community

FROM THE LAY DIRECTOR



Happy New Year!

Many exciting things are in store for HNEC in 2006. I know that a lot of you are thinking that Walks will not be the same because of the changes that are being made to make our Community "Upper Room handbook driven". Please rest assured. The Walk to Emmaus will be the same wonderful, Christ-filled experience it has always been. The only difference on the Walks will be in how we are asked to serve.

I would like to take this time to tell you about some of those changes.

- ◆ First off, we have a new location. We will now hold all HNEC Walks at Kaiserhof Retreat Center in Tomball. This is a more centralized location and we think it will allow for more participation from our Fourth Day. Because Kaiserhof is a different facility, we will be working the kinks out of the schedule on the first few Walks. Our Lay Directors and Servant Team Coordinators (another change) have agreed to serve with loving and forgiving hearts...and also to help figure out what works and what doesn't! We couldn't ask for better leaders.
- ◆ Servant Team Coordinators will be organizing the servant teams--Chapel servants, Agape servants (formerly Chas) and Kitchen servants. We will also be opening up Day servant positions. This will allow those who have difficulty with committing to lengthy training and/or who cannot serve an entire Walk weekend to be able to serve for one day. Day servants will also be allowed to work on more than one Walk per year. *We hope you will help us spread the word about this exciting new opportunity.*
- ◆ Sponsorship Training - Effective with 2007 Walks, all sponsors will need to attend sponsorship training prior to sponsoring a pilgrim. During 2006, we will be having these training sessions before each community Gathering, and any board member would be happy to attend your local gatherings to provide training there. Sponsorship is one of the most important jobs on an Emmaus weekend and we want everyone to really know what is expected of a sponsor.
- ◆ We will also be updating our database. Much of our information is outdated...and we want to know where you are and how to contact you! By February, you will be fully able to update your information online at our website. Please check the HNEC website (www.hnec.org) and look for a message telling you this feature is ready. Then update your information if you need to do so. Having current information will better assist our Team Selection Committee in contacting potential team members. Please do not forget to update your church affiliation if you have changed churches.

(continued on Page 3)

HNEC 2006 KICK-OFF GATHERING
SATURDAY, FEBRUARY 4TH
CYPRESS UMC
SEE PAGE 2 FOR DETAILS.



2006 HNEC WALK
INFORMATION -
SEE PAGE 4.



ALL WALKS WILL HAVE 36 PILGRIMS.

2006 GATHERING INFORMATION

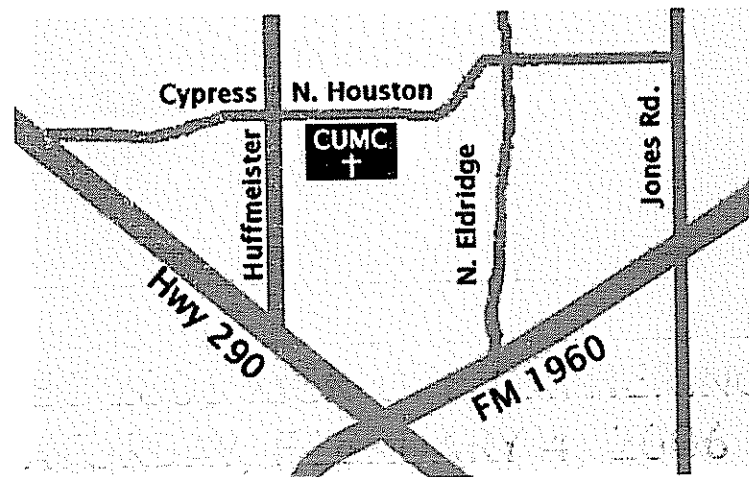
HNEC 2006 KICK-OFF GATHERING

SATURDAY, FEBRUARY 4, 2006

SPONSORSHIP TRAINING AT 4:30 P.M.

MEAL AND GATHERING AT 5:30 P.M.

THE BOARD WILL PROVIDE BEVERAGES AND THE MAIN DISH.
FOURTH DAY MEMBERS ARE ASKED TO BRING DESSERTS.



CYPRESS UNITED METHODIST CHURCH

13403 CYPRESS-NORTH HOUSTON

(ON CYPRESS-NORTH HOUSTON, EAST OF HUFFMEISTER)

CHURCH PHONE: 281.469.0730

FOR NURSERY AND CHILDCARE RESERVATIONS:

Contact DEBBIE PARCEL at 281.894.6344 or parceldeb@prodigy.net.

Deadline is Wednesday, February 1, 2006.

REMAINING 2006 HNEC COMMUNITY GATHERINGS

(WALK FOLLOW-UP, MEAL, & GATHERING)

SATURDAY, MAY 6, 2006

SATURDAY, AUGUST 5, 2006

SATURDAY, OCTOBER 28, 2006

KLEIN UNITED METHODIST CHURCH

FIRST UNITED METHODIST, CONROE

ATASCOCITA UNITED METHODIST CHURCH

From the Lay Director (continued from Page 1)

Some of my favorite passages of scripture are from James 2. I especially like The Message version of James 2:17-18:

"Dear friends, do you think you'll get anywhere in this life if you learn all the right words but never do anything? Does merely talking about faith indicate that a person really has it? For instance, you come upon an old friend dressed in rags and half-starved and say, "Good morning, friend! Be clothed in Christ! Be filled with the Holy Spirit!" and walk off without providing so much as a coat or a cup of soup-where does that get you? Isn't it obvious that God-talk without God-acts is outrageous nonsense?"

I can already hear one of you agreeing by saying, "Sounds good. You take care of the faith department, I'll handle the works department."

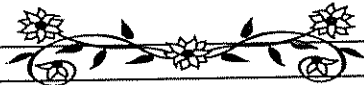
Not so fast. You can no more show me your works apart from your faith than I can show you my faith apart from my works. Faith and works, works and faith, fit together hand in glove."

This will be a year where we will be looking for a lot of Fourth Day participation, to see that faith and works function hand in glove. Yes, we will still ask for your help with Pre-Emmaus needs, prayer clocks and snack lists. But we would also like to get extra hands to assist in other ways. For example, our facility and kitchen coordinators have worked pretty much on their own in the past. We hope to get committees going that will assist these persons with each walk and take some of the burden off of them.

Please join us at our first Gathering of 2006 on Saturday, February 4th, at Cypress United Methodist Church. Sponsorship training will be held before the Gathering at 4:30pm. Dinner will begin at 5:30pm with the Board Members supplying the dinner. Fourth Day members are asked to bring desserts. At that Gathering, the Board members will sign the agreement with The Upper Room for 2006.

God Bless all of you for your loyalty and service to HNEC. I look forward to serving with you this year.

*In HIM,
Tami Laugharn
Community Chairperson*



More new things for 2006..

New Community mailing address:
Houston North Emmaus Community
15201 Mason Rd., #1000-321
Cypress, TX 77433



Walk Fee is now \$150 for pilgrims, conference room team, and servant group team members working the full weekend. Fees for day servants working only a partial weekend will be prorated accordingly.



Updated Board Member assignments and contact information See page 7



If you need to update your database information now, you can contact:

- Goran Haag (Database Manager)
ghaag@championfiberglass.com
- Or
- Rhonda Fronk (Publications): communications@h nec.org
or 281 345 0761

New application forms for Pilgrim, Sponsor and Team Forms reflect the new mailing address and correct fee amount. They can be downloaded from the website at www.hnec.org



NEW HNEC REGISTRAR (for Pilgrim applications, updates, questions, etc.):
John Allred
registrar@hnec.org
Houston North Emmaus Community
15201 Mason Road, #1000-321
Cypress, TX 77433

2006 WALK INFORMATION

Houston North Emmaus Community, Inc.

Registrar: John Allred
15201 Mason Road, #1000-321
Cypress, TX 77433
Email: registrar@h nec.org

All 2006 Walks at Kaiserhof Lutheran Retreat Center
22610 Tuwa Road, Tomball, Texas
<http://www.kaiserhofretreatcenter.com/>

Directions:

- From I-45, take the FM2920 exit and head west on FM2920 to Dowdell Road. Turn right onto Dowdell and go almost 1/2 mile to Tuwa Road and turn left. The Kaiserhof entrance will be on your right.
- From SH249, take FM2920 east out of Tomball to Dowdell Road. Turn left onto Dowdell and go almost 1/2 mile to Tuwa Road and turn left. The Kaiserhof entrance will be on your right.

WALK #

Womens' Walk #32
Mens' Walk #33
Womens' Walk #34
Womens' Walk #35
Mens' Walk #36
Womens' Walk #37
Mens' Walk #38
Womens' Walk #39

DATE

March 9-12 (29 pilgrims*)
April 20-23 (24 pilgrims*)
April 27-30 (8 pilgrims*)
June 22-25 (3 pilgrims*)
July 13-16
July 27-30
September 21-24
October 19-22

LAY DIRECTOR

Kelly Freeman
Dan Chenoweth
Daniece Peck
Debbie Acord
Jon Peterson
(open)
Bill Swaim
LeeAnn Delgadillo

* Number registered as of 1/4/06.

Houston West Emmaus Community, Inc.
Registrar: Jan Vogel
P. O. Box 631684, Houston, TX 77263-1684
Emmaus telephone: 713.515.5629
Email: registrar@hwec.org



Walk #31 (Men) - March 2-5
Walk #32 (Women) - March 9-12
Walk #33 (Men) - April 20-23
Walk #34 (Women) - April 27-30
Walk #35 (Women) - June 8-11
Walk #36 (Men) - October 19-22
Walk #37 (Women) - October 26-29

ALL 2006 WALKS AT J BAR J RANCH, SEALY

Cradle of Texas Emmaus Community, Inc.
Registrar: Marcie Baker
P. O. Box 563, Lake Jackson, TX 77566
Emmaus telephone: 979.299.6630
Email: mbaker@brazosport.edu



Walk #25 (Men) - March 23-26 (a)
Walk #26 (Women) - April 20-23 (a)
Walk #27 (Women) - July 13-16 (b)
Walk #28 (Men) - October 5-8 (a)
Walk #29 (Women) - October 19-22 (a)
(b) Midweek (Houston) Walk at Holy Name Retreat Center.

(a) Walks at Texas Baptist Encampment, Palacios

Houston Bay Area Emmaus Community, Inc.
Registrar: Claudia Gage
P. O. Box 890134, Houston, TX 77289-0134
Emmaus telephone: 281.286.5240
Email: registration@hbaec.org
ALL 2006 WALKS AT VICTORY CAMP, ALVIN.



Walk #34 (Women) - March 9-12
Walk #35 (Men) - March 29-April 1 (Midweek)
Walk #36 (Women) - April 27-30
Walk #37 (Women) - August 3-6
Walk #38 (Men) - October 5-8
Walk #39 (Women) - October 12-15

FROM THE SPIRITUAL DIRECTOR

You are Very Important

As the beginning of the year begins, we often face the uncertainties about the future. We often dwell on our mistakes and pain of the past, and dread invades our spiritual space.

I understand how it feels when you're not at your best. Perhaps you feel flawed, unworthy, helpless or hopeless. Maybe you are feeling sick in spirit, drained of energy, lifeless, listless or depressed.

It may sound strange to you, but I believe, from experience, that we are supposed to make mistakes, fall off the wagon, and blow it from time to time. That's when we learn to do something different...change? By falling, we learn to get up. By not knowing answers, we look for truth. By eating too much, we feel sick and eat less the next time. By feeling sick we seek a remedy. By feeling out of shape, weak, and in chronic physical pain, we realize the need to exercise more often. By losing touch with God, we reach out for something more, when really there is nothing more than God himself.

Personally, I think the worst mistake of all is when we feel unimportant and unloved. I've lived through the lowest lows of self-esteem and stupidity, and I know if God didn't think I was important, I wouldn't be writing this note of encouragement to you! My creator God loves and cares for me...this I know for the Bible tells me so!

Because He loved me so much, He gave His only Son (John 3:16), and that's evidence that I am loved and important. Therefore, I say to myself..."I belong" to His kingdom, no matter what others say. The same is true for you, too, dear friend. It's evident that you are supposed to be here *for such a time as this!* It's evident that you are loved and cared for by your creator God, you are His masterpiece. (Ps. 139:14). If you were not loved and cared for, surely you would not be here to read this note of affirmation telling you how important you are. Not only are you an important person to God, but you are also important to the advancement of the kingdom of God.

So, put the bad feelings, negative thoughts, and new year's resolutions aside for a few moments...and feel God inside you...feel Him loving you! You are important to God and His kingdom. Realize your importance to Him...feel His love for you and give Him the praise and the glory for His kingdom's sake.

It's going to be a great year!

"...to the only God our Savior be glory, majesty, power and authority, through Jesus Christ our Lord, before all ages, now and forever more! Amen." (Jude 1:25).

De Colores!

Carolyn McCall, Spiritual Director



FROM THE BOARD OF DIRECTORS

Being the Hands and Feet of Christ

Anxious to get involved, but not working a team yet this year?
Then do we have a servanthood opportunity for you!!



As you know, every Walk to Emmaus weekend needs many loving hearts to make it run smoothly, and we need you this year! Whether you are a part of a large Emmaus community in your church or you are the ONLY one in your church, you can participate in providing Agape love to the Pilgrims on the 2006 walks.



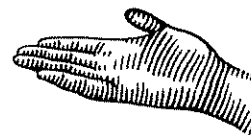
Here are the opportunities we have available for you:

- Thursday Snack Supper for team and arriving Pilgrims
- Saturday Agape Dinner cooks, decoration team, and servers
- Saturday Candlelight Parking Attendants (hey, you get to wear those really cool orange vests!! You KNOW you want one!!)
- Saturday Candlelight Luminary Team
- Saturday Candlelight Service Team
- Sunday Egg Casserole cooks
- Sunday Rose Providers (Women's Walks only)



To volunteer yourself or your church community, please email the following information to Susan Kent (kwkents@aol.com) and Bill Swaim (bill_swaim@earthlink.net):

- 1) The activity that you want to help with.
- 2) The Walk # and Walk date (assistance is needed for all Walks this year).
- 3) Your name and contact information .
- 4) Your church.
- 5) If you are a Church Coordinator, approximately how many volunteers from your community will be participating



It's *that* simple! From there, we will provide you with detailed written instructions on your chosen activity and we will partner you up with other dedicated servants.



This year is going to be SO exciting, with new faces and new facilities...please prayerfully consider opening up your heart and your hands for God's use.

NEWLY ELECTED HNEC BOARD MEMBERS

The 2005 election for the 2008 class of the HNEC Board concluded at the October 29th, 2005 Annual Business Meeting and Gathering at Kaiserhof Lutheran Retreat Center. Newly-elected Board members are:

Lay Members: Robin Bozzo, Kingwood UMC.
Susan Kent, Strawbridge UMC.
Rhonda Fronk, Foundry UMC

Fred Baker, Lake Houston UMC.
Mike Kennedy, Good Shepherd UMC.
Jon Peterson, St. Timothy Lutheran

Clergy: Rev. Kathy Kershaw, Klein UMC

FROM THE BOARD OF DIRECTORS

~ HNEC 2006 BOARD INFORMATION ~

HNEC 2006 Board of Directors		
Community Chair	Tami Laugharn	tami@laugharn.net
Ass't. Community Chair	Carl Spaeth	cjspaeth@sbcglobal.net
Past Community Chair	Bill Maloney	maloneyb@usfilter.com
Agape (Internal and External)	Jeanie Domingues	adomingues@marthaturner.com
Books and Manuals	Jeff Reinhart	txjtr@yahoo.com
Community Development	Terry Bratton	tebratt@pdq.net
Gatherings/Reunions	Henri Sasser	rsasser@livingston.net
Kitchen	Annette Smith	netleesmith@sbcglobal.net
Kitchen	Arch Kennedy	arch_kennedy@sbcglobal.net
Pre-Emmaus	Bill Swaim	bill_swaim@earthlink.net
Pre-Emmaus	Susan Kent	kwkents@aol.com
Property	Jim Dennis	jmdennis@myibocs.com
Property	Fred Baker	fbaker1@houston.rr.com
Publications	Rhonda Fronk	rbfronk@sbcglobal.net
Team Selection	Steve Mackey	sdmackey1@earthlink.net
Team Selection	Robin Bozzo	robin@zebra.net
Training	Jon Peterson	jpeterson@woodborne.com
Spiritual Director	Rev. Carolyn McCall	Carolyn@aumc.org
Ass't. Spiritual Director	Rev. Kathy Kershaw	Kathy@kleinumc.org
Ass't. Spiritual Director	Rev. Daryl Hausman	drdhaus@hotmail.com
Database	Goran Haag	ghaag@championfiberglass.com
Registrar	John Allred	allredjv@sbcglobal.net
Music ex officio	Debbie Parcel	parceldeb@prodigy.net

~ HNEC 2006 Board Meetings ~

(All meetings will be held in the "Green Conference Room", behind the outdoor pavilion, at Kaiserhof Lutheran Retreat Center in Tomball, Texas. Meetings fall on the third Tuesday of the month except for November and December.)



Tuesday, January 17th
 Tuesday, February 21st
 Tuesday, March 21st
 Tuesday, April 18th
 Tuesday, May 16th
 Tuesday, June 20th

Tuesday, July 18th
 Tuesday, August 15th
 Tuesday, September 19th
 Tuesday, October 17th
 Tuesday, November 14th
 Tuesday, December 12th

All meetings start at 7:00 PM and are open to any Fourth Day who might wish to attend. Meeting agendas are set in advance, so anyone wishing to have a specific item placed on the agenda or with a desire to address the Board during a meeting should contact Community Chair Tami Laugharn at 281-292-5607, or tami@laugharn.net, at least 48 hours in advance of the meeting.

BEING A COMMUNITY

PILGRIM'S JOURNEY SUBSCRIPTION FORM

Name _____ Spouse's Name _____

Address _____ City _____ State _____ Zip _____

Phone # _____ Wk# _____ Spouse's Wk# _____

Walk # _____ Where _____ Birthdate _____ (m/d)

Spouse's Walk # _____ Where _____ Birthdate _____ (m/d)

Church _____

Email address _____ Spouse's email _____

Fee: \$10.00 per year 1 yr ___ 2 yr ___ 3 yr ___ Subscription amount \$ _____ Scholarship contribution \$ _____

Mail subscription to: Houston North Emmaus Community, 15201 Mason Road, No. 1000-321, Cypress, TX 77433
 The date on your address label is the date of your last newsletter. Please renew your subscription before then

SPONSOR and PILGRIM applications can be downloaded from our website @ www.hnec.org, received via email through registrar@hnec.org, or requested by telephone at 281 345.7977. Please PRINT or TYPE applications, especially the email address. Sponsors should encourage Pilgrims to request three different Walk dates and to reserve those dates on their calendars. Walks are filled as applications are received and it is recommended that applications be filed three months in advance to ensure first choice of Walk dates. Walk placement **cannot** be reserved via email or telephone call--only by postmark on application.

GRAB A BROOM

Ecclesiastes 11:5-6 (NRSV)

Just as you do not know how the breath comes to the bones in the mother's womb, so you do not know the work of God, who makes everything.

In the morning sow your seed, and at evening do not let your hands be idle; for you do not know which will prosper, this or that, or whether both alike will be good.

Let us not grow weary in doing what is right, for we will reap at harvest time, if we do not give up.

- Galatians 6:9 (NRSV)

I began work when I was fifteen. Dad said, "Son, never stand around. When things are slow, grab a broom." This proved to be good, practical advice. As in my experience on my first job, within the church and in our communities there are numerous positions for faithful "broom ministers." These may be unspectacular, but those who do the jobs are important. Without such volunteers church life and community organizations would be seriously weakened. When the role they fulfill is neglected, for whatever reason, their worth becomes more apparent.

God doesn't want us to stand around as though there is nothing to be done within our church or community. Conversely, God has something for each of us to do. In the doing we express faithfulness to God and to God's calling. This is especially true when the work is unseen or perhaps unglamorous. But as Jesus said, "Whoever can be trusted with very little can also be trusted with much, and whoever is dishonest with very little will also be dishonest with much" (Luke 16:10, NIV).

Prayer: O God, teach us to serve others in our communities and beyond with the love and compassion of your son, Jesus. Amen.

THOUGHT FOR THE DAY:

Give yourself fully to the work of the Lord. (See 1 Cor. 15:58.)
 -- Raymond N. Hawkins (Tasmania, Australia)



Reprinted from The Upper Room



It was Sunday morning, and as was occasionally the case, the door to our Sunday school classroom was locked. I thought for a moment and then began the search for someone who would have a key to let us in. I went down the list, starting with Jack, an original founding member of the church. Jack was out sick. I went to the Information Center, hoping one of the volunteers there had a key. Not to be. Next I went looking for our Christian education director, whom someone had seen a few minutes before. But no sign of Beth, either.

As I walked back to the room, I was praying while continuing to look for help. Then, there they were. The pastors! They were in the choir room, next to our classroom, preparing for the next hour of worship. I didn't really want to disturb them, since I had been told that these moments of respite between services were very precious to the pastoral staff. But I had to get the classroom door open! And surely, if anybody would have a key, it would be one of them.

I continued down my prioritized list of prospective rescuers. The first associate pastor... no key. The next associate pastor... no key. A bit hesitantly, I finally asked my senior pastor if he had a key to get us in. Wah-Lah! Success!

The following Sunday, the same thing happened. A locked door. This time, already seeing the pastors in the choir room, I went straight to my senior pastor, again with a bit of hesitation, and said, "Pastor Godfrey, could I bother you to open our classroom again?" He did as I asked, and as he was heading back to the choir room, he said to me very graciously, "You can bother me any time." And he walked on.

Six very simple words. But something happened with those words. Immediately, they were seared into my brain. *What?* My senior pastor, the head honcho, God's appointed shepherd of the Foundry Flock, telling me he had time for me, right in the thick of the Sunday morning battle? Then, almost instantaneously, God impressed upon me that those weren't only Godfrey's words to me for the here and now. Those were God's words. To ALL of us. To His children. For the AGES.

I went home that afternoon and pulled out my journal—the one I use specifically when I get inspired to write a song. And these words, along with the tune, came pouring out onto the page, as if straight from Heaven above.

BOTHER ME

By Rhonda Fronk. © November 2005.
(With thanks to Godfrey.)

Verse 1:

"Hey, child of mine, I haven't heard from you
In a while. I'd like to know what's new
In your life. I am the Great I AM.
I love you so, I'm here for you. oh, don't you understand

Chorus:

You can bother Me any time. You can call on Me night and day
Don't need big words or rhymes, I am yours, you are Mine, just pray!
You can bother Me any time. Wanna hear what you have to say
There's always an open line. Go on, kneel down and pray.

Verse 2:

Is your body sick, weak and tired from strife?
Are you running scared and fearing for your life?
Are you confused, lost and in despair?
Out of friends, out of hope, got no one who cares?

Chorus:

You can bother Me any time. You can call on Me night and day.
Don't need big words or rhymes, I am yours, you are Mine, just pray!
You can bother Me any time. Wanna hear what you have to say
There's always an open line. Go on, kneel down and pray.

Bridge:

Do you have regrets? Oh, reach for Me!
Have you made mistakes? Cry to Me!
Do you have a dream? Intrude upon Me!
Do you need a smile? Then look to Me!
Do you need to hear from Me? Whoa-oh, then.

Badger Me! Trouble Me!

Disturb Me! Needle Me!
Nudge Me! Pester Me!
All I'm tryin' to say.... IS

Chorus:

You can bother Me any time. You can call on Me night and day
Don't need big words or rhymes, I am yours, you are Mine, just pray!
You can bother Me any time. Wanna hear what you have to say
There's always an open line. Go on, kneel down and pray.

BOTHER ME ANY TIME!!"

Can you hear God speaking to you? "Hey, my child. I'm here for you. You can bother Me any time!"

As we journey through this new year, let us be bold to go before our Abba Father in Heaven, and *bother Him* for things great and small. He is waiting for His children with open arms!

De Colores!

Rhonda Fronk
Walk # 9, July 2002
Table of "He is the Deliverer"



"Call to Me, and I will answer you, and show you great and mighty things, which you do not know."

--Jeremiah 33:3

"Pray without ceasing."

--1 Thessalonians 5:17

Houston North Emmaus Community
15201 Mason Road, #1000-321
Cypress, TX 77433

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US Postage Paid
Spring, TX

Permit Number 233

Log on to the HNEC
website @
www.hnec.org

Deadline for Pilgrim's Journey

Fourth Day members are encouraged to submit articles to be published in the Pilgrim's Journey. The newsletter is printed six times each year. The January and September issues are mailed to all Fourth Day members in the community. The other four issues are mailed to only those who subscribe to the publication

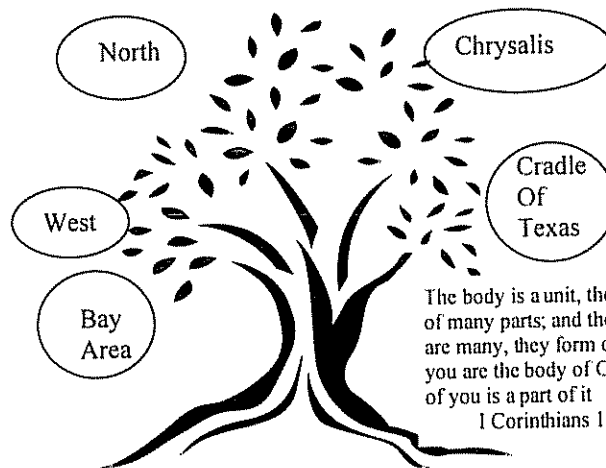
For permission to reproduce articles printed in the Pilgrim's Journey, please contact the editor at one of the addresses listed below.

Articles, Walk information, and gathering information need to be submitted by the **5th of the month.**

Send information to:

Rhonda Fronk
15511 Pebble Lake Drive
Houston, TX 77095-2035
(281) 345-0761

Email: communications@hnec.org



2006 Board of Directors For the Greater Houston Area

Community Chairpersons

- Bay Area Emmaus Community - Mathen Samuel
<http://www.hbaec.org/>
 - Cradle of Texas Emmaus Community - George Flynn
<http://www.geocities.com/cotemmaus/>
 - Houston North Emmaus Community - Tami Laugharn
<http://www.hnec.org/>
 - Houston West Emmaus Community - Deanne Yartz
<http://www.hwec.org/>
 - Houston Chrysalis Community
<http://www.houstonchrysaliscommunity.com/>
- Lay Director: Pat Miller 281-787-2809
Registrar: Jan Buckley 281-350-3697