



Volume 32, Issue 3  
September, 2018

## The Bread of Life Walk to Emmaus

# CRUMBS

FROM COMMUNITY LAY LEADER

### **NEXT WALKS**

**Men's Walk  
#131  
September  
13-16, 2018**

**Women's Walk  
#132  
September  
20-23, 2018**

**Both walks will  
Be at the  
SPIRITUAL LIFE  
CENTER  
7100 E 45TH N  
BEL AIRE, KS**

**Applications  
and sponsorship  
information  
available on the  
Bread of Life  
community  
website.**

"Whoever serves me must follow me; and where I am, my servant also will be. My Father will honor the one who serves me." John 12:26.

Greetings Bread of Life Community! Fall is rapidly approaching and while today's weather is more summer like, the weeks in August felt more as if they were October! The weather reminds us that the walks are just around the corner and rapidly approaching. September 13-16 is the Men's Walk and the Women's will be right behind it beginning September 20, 2018. The fall walks will be held in Wichita at the Spiritual Life Center. This is a beautiful venue and the teams have been working hard preparing for the weekends. There is still time to sponsor a pilgrim if you have someone who is interested in attending.

As always, we need the help and support of the entire Bread of Life Community. You may help with your prayers, your presence; your gifts are always welcome before, after and most importantly during the walks. Attendance at send-off, sponsor hour, Saturday dinner entertainment, candlelight, and closing are always special times during the walks. Come join in the fun and renew your spiritual closeness with Jesus Christ!

The sister program to the Walk to Emmaus for teen age youth (high school sophomores through college freshmen) is known as Chrysalis and was held July 18-21 in Garden City at the First United Methodist Church. I would extend my thanks to any of the community who attended and served these young people growing in Christ.

Finally, thank you for taking time to be involved in Emmaus and participating. If you are a new member of the community, the fall walks are your first opportunity to serve! All members of the community are always welcome to come and help and share to make this a memorable time for the pilgrims who are attending!

DeColores,  
Ralph Goodnight  
Community Lay Leader

## FROM THE SPIRITUAL DIRECTOR

### GREETING EMMAUS COMMUNITY:

Sometimes a few words can change everything. About 18 years ago, I went on the Walk to Emmaus. I didn't know a lot about what would be happening there, but I knew that it was an intensive three-day program designed to replenish my spirit and help me focus on my faith. One of the things I did know as I arrived was that I would be cautioned, "Don't anticipate!" This meant, don't look ahead, don't worry, don't try to figure out, control or problem solve my way through the weekend; just relax and let it unfold.

Essentially, they were telling me to stop being the way I was, because I was ALWAYS doing all of that, probably even when sleeping. This was a tall order. After a few opening sessions we had a break and I took some time to walk and lay out my problems to God.

What I was finding out was that I could let things happen, let the weekend unfold, but I was having trouble letting things IN. I was feeling like I needed to guard my heart, and I realized that I had been doing this for a long time. We try to protect ourselves when we don't feel safe, when we feel judged, when we feel like we are on our own, and when we feel overwhelmed. We put up armor and build walls and dig moats and maybe lay a minefield around that soft center of our hearts that we can't bear to see bruised up by one more disappointment, failure or demand we cannot bear.

All those walls and barriers that we use to keep hurt at a distance brings a terrible cost. I felt somewhat impervious to the potential of being hurt, but I also felt very alone, and I had walled up some of the old hurts inside with me. Along with the bad, I was also keeping out all the good. And I knew that this is not what God wanted for me. But I didn't know how to stop.

So, I prayed. I admitted to God I had engineered all of this, out of fear and without faith in God's plan. I said I trusted that if God would help me, I would be able to let go of the guardedness, but that I didn't think I could do it on my own.

There were a few tears. The walls, the moat, the mines and the armor were all still there, but I had given them to God. After Amen, I felt like something might change, but I couldn't imagine how. I rejoined the other participants. Before the next session started, someone read a piece out loud with a quote from scripture and it almost knocked me down: "Do not be anxious about anything, but in everything, through prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." Philippians 4:6

There it was. The promise that I could let down my guard because God was already there doing the guarding. I wasn't on my own and never had been. The next breath I took was freer than any I could remember.

I would like to say that in those few words I was transformed and never looked back, but of course I still get in my own way sometimes and have to recommit trusting. I would like to say that this is the verse that will solve your biggest problems, too, but you might be stuck in a different place.

Whatever is holding you back, from trust, from love, from freedom, I do believe God has a message for you that will help you through it. I believe God is just waiting for you to ask and then say Amen.

Pastor Joel Plisek  
Spiritual Director for the  
Bread of Life Emmaus Community



## PRAYER ROOM -

I recently came across this quote from John Bunyan: "Prayer is a shield to the soul, a sacrifice to God, and a scourge for Satan."

The prayer room can serve in just this manner.

- We can lift up and provide a shield of protection for our pilgrims and our team.
- We can take the time to pray by making that sacrifice of time to God.
- We can put Satan in his place.

The Fall walks are quickly approaching, and we need your help to make it a success. It begins here and now with a commitment to be in prayer. Whether it be joining us at the Spiritual Life Center during the walks or by participating in the 72 hour prayer vigil.

Looking at the vigil site there are many openings still available for you to make a commitment to. It is easy to sign-up just go to [www.breadoflifecommunity.com](http://www.breadoflifecommunity.com) and access the prayer list through the 72-hour prayer vigil tab. You will not only be blessings others by this commitment, but you will be blessed as well.

I look forward to these upcoming weekends and spending time in prayer with each of you.

DeColores,  
Carol M. Middleton

## Greetings from Western Kansas!

The fall walks are going to be held at the Spiritual Life Center in Belle Aire in just a few weeks. The dates are Sept 13-16 for the men, and Sept 20-23 for the women.

The pilgrim list is growing daily. We already have 21 women and 5 men signed up! One way we can ALL be involved - not matter where we live or what we do - is by praying for the pilgrims and the teams by name. (Names are included in this newsletter.)

Please go to the Bread of Life website for an updated list of pilgrims and team. Just click on the links on the left side of the page, click on: CURRENT PILGRIM LIST, and CURRENT WALK TEAMS.

The Emmaus Bread of Life website is [www.breadoflifecommunity.com](http://www.breadoflifecommunity.com)

Praying that all of those involved in these walks and each of you reading this would be touched today and EVERY day by the Spirit's amazing power and grace.

DE COLORES!  
Aimee Burch, Registrar

## FROM FACILITIES --

Greetings Emmaus Community

We need to be praying for the walks as they are coming up soon. Also I will be unloading the trailer a Spiritual Life Center on the 12th at 5 PM. I will need some help from the community. The more we have the quicker it will go.

The walks are fast approaching so be in prayer for the pilgrims and everyone that is working the walks this fall.

Looking forward to seeing everyone in Wichita at the Spiritual Life Center for the men's walk on September 13 - 16 and the women's walk on the 20 - 23.

DeColores, Larry King  
Facilities and Vice Chairman

**PILGRIM LIST: The following have registered for the fall walks as of August 31. Please pray for them by name.**

**MEN:** Danny Mattheis, Chase Riebel, Mike West, Brad Barry, Larry Rush

**WOMEN:** Elizabeth Winger Young, Terri Rinke, Beverly Davis, Elaine Jenkins, Lisa Huskin, Valerie Klamm, Sharon Patrick, Bea Hook, Linda Yakel, Mary Lou Schutte, Gladys Hoefler, Linda Coates, Kay Bell, Sue West, Bev Manuszak, Angel Berry, Misty Zayas, Sandy Haggard, Kathryn Rush, JoAnn Star, Vesta Campbell

## SNACKS—

We are looking forward to Walks 131 and 132. There is still time to sing up a Pilgrim.

If your Pilgrim has special likes in food, then that might be something you could bring to the snack room for them. Other food that we could use are little candy bars, fruit cheese, vegetable, summer sausage, cookies and brownies. Cookies and brownies must be pre-made and packaged. We cannot use homemade items at SLC.

We will not have food at send off, but there will be cookies and drinks. Please feed your Pilgrim before you come to the walk.

Also, there will not be snacks before Candlelight on Saturday night.

Snack Ladies  
Kim Wedel  
and Judi McKinney

## LISTED BELOW ARE THE CONFERENCE ROOM TEAMS FOR BOTH WALKS

Take a few minutes during the next couple of weeks to pray for each one by name

Help them make Walks 131 and 132 a great experience for the Pilgrims.

### CONFERENCE ROOM ROSTER- WALK 131

Chris McNeil	Brad Wingert
Russell Komlofske	Gary Bond
Jerrad Webb	Caid Adam
John Huffman	Russ Wedel
Tyler Esposito	Alan Koontz
Jason Kraus	Bob Malay
Bryan Swift	Mark Goehring
Del Rinehart	Paul Hartman
Doug Olson	Scott Hannon
Jan McDaniel	John Martyn
Russell McAlister	Tim Johnson
Kevin Fruechting	Bud Johnson
Jerry Hill	

### FOLLOW-UP REUNION GROUP MEETING

September 25, 7 to 9 p.m.  
Pleasant Valley Methodist Church  
Fellowship Hall

The Wichita Emmaus group will be sponsoring this gathering to introduce the new Pilgrims to the Emmaus Community. ALL members of the Bread of Life Emmaus are invited and encouraged to attend. Contact Bud or Pat Johnson for more information.

### CONFERENCE ROOM ROSTER WALK 132

Kathy Wingert	Brianna Kraus
Michelle Sheppard	Donna Schrag
Deb Hartman	Lee Humphrey
Amy Latta	Patty Huffman
Kate Goodnight	Nikki Willis
Jennifer Swift	Dawn Morse
Darla Daniels	Susan Higbee
Michelle Komlofske	Carol Dalke
Donna Wise	Paul Stephens
Jan McDaniel	Don Wharton
Angela DeFisher	Jana Robinson
Allison Reed	Lori Koontz
Melanie Beckett	Debbie Parks



# Bread of Life

## Walk to Emmaus

1600 W. 27th Street North,  
Wichita, Kansas 65204

We're on the web and on Facebook:

[www.breadoflifecommunity.com](http://www.breadoflifecommunity.com)

<http://www.facebook.com/BreadOfLifeWalkToEmmausCommunity>

### **Monthly Gatherings of the Emmaus Community**

Cunningham – contact Kathy Albers at [kalbers49@cox.net](mailto:kalbers49@cox.net) or 620-298-2725

Douglass – Spirit & Truth Community – 4th Monday 6:30 p.m., 316-746-2913, Journey Christian Fellowship, 311 S. Hwy 77. [firstchurch99@yahoo.com](mailto:firstchurch99@yahoo.com)

East Wichita Reunion Group meets 7 a.m. Tuesdays at Panera - 3337 E Central, Wichita  
Contact: Beth Strickler [strickler.beth@gmail.com](mailto:strickler.beth@gmail.com) 316-210-5103

Edwards County – Kinsley UMC or Lewis UMC – 3rd Thurs. Alternates between Kinsley and Lewis; meet at 7:00 p.m. 620-659-2273

Garden City – 1st UMC Main and Kansas Avenue. 3rd Sat. – Meet at 7:00 p.m. upstairs room 214.

Norton – 1st UMC 3rd Saturday at 6:00 p.m., contact Pastor Lyn Lind.

Halstead – 1st Saturday Contact Bryce Beckett 316-259-6861

Haysville – After Services 3rd Sunday Contact Sandy Stout at [swstout@cox.net](mailto:swstout@cox.net)

Haviland – Haviland Friends Church – currently not active. Contact Logan Vandenhook, 620-862-5617

Hutchinson – times and locations vary. Contact Barbara Gray, 620-664-6560 or [baelgray@sbcglobal.net](mailto:baelgray@sbcglobal.net)

Lakin/Deerfield - Deerfield UMC – 2nd Sat. meet at 6 p.m. Bring snacks. Contact Barb Jarboe 620-355-6204 or Jessica Katz 620-426-7602

Larned – 4th Mon. 6 p.m. at the Larned United Methodist Church. Fellowship to follow.  
Contact Rev. Bethann Black (620) 285-3183 or at [revbethann@cox.net](mailto:revbethann@cox.net)

Leoti – 1st and 3rd Sunday at 7:00 p.m., Leoti UMC.

Marion County – Valley UMC – contact Bob or Anita Brookens, 620-382-3556 or Gary or Jo Ella Hett, 620-382-3887

Quivira Community – Alden-Ellinwood – 2nd Thursday 7:00 p.m., alternating locations.  
Contact Pam Beck at 620-564-3720

Salina/Lindsborg – Trinity UMC, 901 E. Neal – 2nd Sun. Meet from 4 p.m. to 6 p.m. Contact Pastor Bill

Topeka/Sonflower Emmaus Community – 2nd Sat. Location varies; for further info, contact [sonfloweremmaus@cox.net](mailto:sonfloweremmaus@cox.net)

Wichita Reflection Reunion Group – Contact Pat Johnson [pjohn3382@cox.net](mailto:pjohn3382@cox.net)

*Is your community gathering not listed? Send information to Verda Dietz at [dietz@pld.com](mailto:dietz@pld.com)*