



Volume 23, Issue 1
Feb/Mar 2009

From The Bread of Life

Walk to Emmaus

CRUMBS



A Word From Our Community Lay Director

Greetings,

I am Deb Hartman, formerly the “Snack Lady”. I have been chosen by the Bread of Life Board to serve as your Community Lay Director. I am looking forward to serving with all of the board members and the Bread of Life Community.

As we begin this New Year I would challenge each of you to take on a new leadership role in your church community. One of the goals in Emmaus is to develop church leaders to strengthen local churches. So, serve on a new committee, teach Sunday school, work with the youth, sing in the choir, get outside your comfort zone. Get reconnected with your Emmaus friends and community.

We are excited about the up coming year. Our first set of walks will be in Haviland, KS on June 18th – 21st for the men and June 25th – 28th for the women. Our Lay Directors will be Jim Jarboe and Denise Unruh and they are hard at it already. The summer walks can be a great time for potential pilgrims who have many commitments during the spring and fall time of year. It is also a great time of year for those who have spring and fall obligations that keep you from helping in the background. Please plan to come join us in Haviland.

To the new members who just completed your walks, this is a wonderful opportunity to come and share in this awesome and spiritual experience. The Emmaus board sincerely appreciates your participation and sharing your time with us. There is always something to do, even if it’s just sharing in good fellowship and fun activities through out the weekend.

Also, it is never too early to start thinking about who you would like to sponsor and to start getting those applications sent in. After all, June is not that far away!

I look forward to seeing all of you in June.

DeColores,
Deb Hartman, Walk #48, Table of Sarah

Upcoming Walks to Emmaus

Walk #93 June 18th - 21st
Haviland, KS

Lay Director Jim Jarboe

Walk #94 June 25th - 28th
Haviland, KS

Lay Director Denise Unruh

Walk #95 Oct. 15th - 18th
Wichita FUMC

Lay Director Mark Sanson

Walk #96 Oct. 22nd - 25th,
Wichita FUMC

Lay Director Diana Stapleton

Plan now to sponsor a pilgrim !!

Applications are available online:

www.breadoflifecommunity.com

Or contact any board member for more information.

Fly with Christ in 2009 ♦ Cross Winds Chrysalis Flight No. 34 ♦ West Heights UMC, Wichita

July 15-18, 2009 (Wed. through Sat.) ♦ www.crosswindschrysalis.org

For youth who are Sophomores in high school to Freshmen in college.



Bread of Life Board Members

Community Spiritual Director

Rev. Rick Just, 620.375.4471
rmljust@yahoo.com

Class of 2009

Registrar

Ron Duphorne, 316.682.8383
rduphorne@cox.net

Kitchen

Barry Park, 316.744.6020
bpark@fidelitybank.com

Prayer Room

Allison Reed, 620.672.1143
allielujah@yahoo.com

Class of 2010

Technology

Laura Hayden, 316.776-0898
lhayden58@cox.net

Facilities

Dick Heggstad, 316.683.0469
dick@meatmap.com

Sponsorship

Mel Meyer, 620.324.5812
sfcmlm86@gbta.net

Team Selection

Francine Davis, 620.727.3558(cell)
fmdavis28@yahoo.com

Fourth Days

Gloria King, 620.665.8999
gking602@aol.com

Class of 2011

Board Chair

Deb Hartman, 620.272.0597
dhartman12@cox.net

Treasurer

Mary Duft, 620.285.9061
mduft@hotmail.com

Snacks

Donna Schrag, dschrag1@cox.net

Crumbs Editor

Beth Strickler, 316.683.5103
beth@ehumc.org

Currently Unassigned:

Del Rinehart, 316.393.3390.
deldeb31@aol.com

David Cloud, dtscloud@sbcglobal.net



Just Rick

In this article I would once again like to remind you all of how important it is to be a part of a reunion group. Over and over I hear people talk about mountain top experiences with God and then they find themselves in the valley. And sadly, when that time in the valley comes, the walk is often alone. That is not of God. For one, He never leaves us nor forsakes us. Secondly, he has given us each other – to laugh, to cry, to celebrate, to mourn, to talk, to listen, TOGETHER. By ourselves, the devil will pick us off. But when we place ourselves within the context of the body of believers, (in the case of Emmaus, a reunion group), we find ourselves holding each other accountable, checking in, encouraging, etc.

This past week we lost a dear friend within our reunion group. But the spouse is not alone. Men and women from the group cried, hugged, reminisced, and prayed TOGETHER. That's the point! We are in this thing together.

I want to encourage all of you to continue in your reunion group if you are currently participating. If not, don't delay. Gather your fellow pilgrims in your area and TOGETHER reaffirm that Christ is counting on you, and you are counting on Christ.

De Colores,
Rev. Rick Just, Bread of Life Community Spiritual Director
Table of John, Walk 57



Technology. . . .

Dear Community,

I really appreciate all those who've updated their name, address and e-mail changes. If you know someone in the community who recently married or moved, you might ask if they've turned in information change. It's easy to forget in the middle of changes.

If you were on the last two walks, you should have received the mailed Crumbs and an e-mail to the web Crumbs. You might consider if you'd like to just receive the e-mail blast when the Crumbs is posted. We'll gladly continue to mail it to those who like that version, but some like going green and saving paper and postage. You can send me an e-mail at emmausbread@cox.net or call 316-776-0898.

DeColores,
Laura Hayden



Blessed by Chrysalis

The Chrysalis flight this past December was such a blessing. The depth of our youth, in the hands of our Lord, is amazing. My heart is touched by youth eager to serve and minister to each other. If you haven't experienced the joy of Chrysalis, I encourage you to come to Candle Light this July or better yet serve side by side with them in the prayer or agape room. If you have a youth, sophomore in High School into College age, even better sponsor them. You can find information about the upcoming flight as well as applications at: <http://www.crosswindschrysalis.org/> Every time we go we come away awed by what God has done and very blessed.

Laura Hayden



WE NEED PILGRIMS FOR THE JUNE 2009 HAVILAND WALKS!!!

Now is the time we should be asking and registering Pilgrims for the June 18-21 Men's Walk and the June 25-28 Women's Walk in Haviland. The Walk Activities utilize the facilities of Barclay College and the Friends Church. The Pilgrims and Team are housed in the Women's Dormitory. There are two people to room with every two rooms sharing a bathroom. There are real beds!! A luxury that we are not used to. The dining hall and Chapel are in the Dormitory. Community volunteers may stay in the Boys Dormitory across the street. The Conference Room will be in a new Activities Center recently completed by the Friends Church. This is a great location and facility. It is timed for people that cannot attend our normal Fall and Spring Walks.

Applications are available on the Bread of Life Walk to Emmaus website. If you do not have access to a computer, please request applications from any Board Member or to the Bread of Life mail address. Let us get the applications in as early as possible so that the Team and Board can properly plan.

DeColores, Ron Duphorne, Walk #25, Table of Paul, Registrar.



From the Kitchen Dude:

It has been a glorious run as a member of the Emmaus board and hoping that my final year will be as good as the last two. I just want to thank every one who has helped in the kitchen over the last two years and look forward to seeing you at the walks in 2009. I would like everyone who is able to start planning for the walks in 2009. We will be in Haviland during June and First Church in Wichita the month of October. We can always use your help and support during the walks, so please start planning toward those times. Thanks again to every one. Barry Park, Walk #77, Table of Paul



Sponsorship

Hi Gang, Mel here. This year I am the chair for sponsorship. Are you ready to sponsor pilgrims for our walk in Haviland this June? If not, you need to get ready. Contact me so we can get you ready. This year I would love to come to your Community Gathering to give sponsorship training and also answer any questions you have for the Board. Let me hear from you. Send me an email at sfcm86@gbta.net. De Colores, Mel Meyer, Walk 71, Table of Matthew



WELCOME NEW BOARD MEMBERS!

Dave Cloud, Walk #42, Wichita

I am married to Susan and we have a son named Tyler who is in fourth grade. Susan and I celebrated our 13th anniversary on January 6th. We live in Garden City where I work as a Warranty Manager for the Peterbilt Dealership and Susan is a substitute teacher.

Donna Schrag, Walk #50, Wichita

Hello to all in the Emmaus community. I live in Wichita with my husband Tom (walk #54.) Some of you may remember me being the Agape person before. Tom and I have 4 children, 6 grandchildren and 1 great granddaughter. His son lives in Wichita, daughter in Dallas and my daughter lives in Lakin and son lives in Parker, Co. I will be the snack person for this first year and I would like any help you can offer. I am looking forward to serving again and seeing all of your wonderful faces. DeColores and Blessings to you all! Donna

Beth Strickler, Walk #56A, Wichita

I am privileged to serve the Emmaus community as a board member and the new Crumbs Editor. I am married to Eric and we have three children. Eric has a private law practice in Wichita and I am the director of prayer ministry at East Height UMC in Wichita. We are "emptynesters" and our two daughters, Stephanie and Karen, live in Norman, OK and in Baton Rouge, LA. Our son, Allen, is a student at Wichita State University.

Mary Duft, Walk #56A, Wichita

I am married to Lance Duft and we have 3 kids Kristal 14, Cory 13, and Lydia 11. We have called Larned our home for the last 9 years. I went on the Walk in 2000 walk # 56A table of Esther. I am super excited to have been given the chance to be of service to our community for years to come.

Del Rinehart, Walk #73, Wichita

Emmaus has opened my eyes and heart to the Lord and I have become very active at Asbury United Methodist Church. I am on the Trustees, Secretary Treasurer for the Men's Ministry, and a member of the Medic Team. DeColores, Del

The Bread of Life Walk to Emmaus

P.O. Box 47307

Wichita, KS 67201-7307

PRESORTED
STANDARD
U.S. POSTAGE PAID
WICHITA, KS
Permit No. 309

We're on the web:

www.breadoflifecommunity.com

*The focus of Emmaus is God as known in Jesus Christ and how that finds expression in the local church.
The objective of Emmaus is to inspire, challenge, and equip local church members for Christian action
in their home, churches, and places of work.*

. . . Monthly Gatherings of the Emmaus Community . . .

Ark City/Walnut Valley Comm. - Winfield Grace UMC - (3rd Sat.) - gather at 6:00 p.m.

Cunningham - Contact Bill Stapleton, 620.324.5328 or wasj@gbta.net

Edwards County - Kinsley UMC or Lewis UMC- (3rd Thurs.)- Alternates between Kinsley & Lewis; meet at 7:00 pm
Call 620.659.2273 for more information.

Garden City - 1st UMC - (1st Sat.) - meet at 7 pm Contact Sidney Worf, 620.275.0543

Great Bend - Trinity UMC - (1st Tues.) - meet 6 pm for worship followed by fellowship meal at 7pm

Haviland - Haviland Friends Church - (4th Sun.) - meet at 6 pm for fellowship meal followed by worship and praise.

Hutchinson - South Hutchinson Mennonite Church, 808 Poplar - (3rd Mon.) - meet 7 pm for finger foods and
fellowship; 7:30 pm for gathering and communion in sanctuary. Contact Connie Warrington, 620.960.8001 or
connie40@sbcglobal.net

Lakin - Lakin UMC - (3rd Wed.) - meet at 8 pm; bring snacks

Larned - (3rd Mon.) - meet at 6 pm for worship followed by fellowship. Contact Leigh Anne Stelter, 620.285.6694 or
Karren Skelton, 620.285.2909

Leoti - (twice a month) - contact Rick Just for time and locations. 620.375.4554

Marion County - Valley UMC - Contact Bob or Anita Brookens, 620.382.3556 or Gary or Jo Ella Hett, 620.382.3887

Salina/Lindsborg - Trinity UMC, 901 E. Neal - (2nd Sun.) - meet from 4 pm to 6 pm; contact Pastor Bill

Topeka/Sonflower Emmaus Community - (2nd Sat.) - Location varies; for further info. Contact
sonfloweremmaus@cox.net

Wichita Community - Aldersgate UMC - (3rd Sat.) - 7 pm for service; 6 pm to work on agape