

# Wilmington Emmaus

Volume 30 Issue 8

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Walk to  
**Emmaus**  
THE UPPER ROOM

## WHERE DO YOU RUN FOR HELP?

from Robyn's Roost

Several years ago, I attended a Bible study with a group of friends reading Kay Arthur's book "Lord, I Want To Know You". After all these years, I still remember the story she shared in the first chapter of the book. It made a great impact on my walk with God. He is my Protector. Chapter One is "The Names Of The Lord" and it goes like this:

"The muffled, distant sound had broken the quiet reverie of his walk across the meadow. The sharp barking of a dog almost irritated him. It was abrasive in that tranquil setting. As the barking grew louder, his eyes scanned the meadow, look-

ing for the culprit.

Suddenly a small doe broke through the edge of the woods. Now he understood. Leaning against the fence post, the man watched with compassion as the doe cut across the broad expanse of meadow. She was running straight toward him. He stood motionless, not wanting to add the fear of man to the animal's frustration. As the frightened fawn leaped the fence, she staggered. The chase had taken its toll. Her wet coat gleaming in the sun, the doe stopped, took a few steps in one direction, then, ears held high, looked back toward the sound of the bark-

ing. The dog had broken through the woods.

Eyes wide with fright, confused, worn out, panting wildly, the doe surveyed her surroundings, quickly discovering the man standing beside the fence. Glancing back for an instant at the dog in hot pursuit, then viewing the expanse of open field before her, she turned weakly and wobbled straight toward the man. She approached him without fear and buried her head in his tummy. Compassion flooded his heart and filled his eyes. She had found a protector.

Where do you run in time of need? When the hounds (continued on page 2)

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## GARBAGE IN—or WORDS OF GOD IN?

*"You shall put these words of mine in your heart and soul."*

*Deuteronomy 11:18*

My parents taught more by example than by words. But my father's specific words about honesty were embedded in my heart when I was four. Having observed older children cheat at Chinese checkers one day, I tried the same thing with my father that evening. A gentle man but honest to the core, he put

down his marble, stood up, said quietly, "I don't play games with cheaters," and left the room. I never cheated again.

We have no control over the words our society or parents put into our hearts. I am fortunate that the words of my father, spoken softly but with conviction, helped set my moral compass. But we do have control over the words we choose to read and ponder and find a

place for in our hearts—maybe even memorize. The flip side of the old computer jargon, "Garbage in, garbage out," might be "words of God in, words of God out." If we want our default button in the situations of our lives to be a godly perspective, we need to ponder and cherish "these words of mine."

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Contact Forward Movement at*

## TABOR TALK

This past weekend, my bride and I “entertained” four of our five grandchildren, along with a cousin of our oldest granddaughter. When you are our age, having five young (10 and under) children stay in your home even overnight, without parents, is a strong incentive NOT to have any more kids! Their grandmother was a trooper and had gone out and purchased a large squirt shooter (water shooter - “pencil” or “crayon”). We all went into the back yard and filled a bucket with water a multitude of times and used that bucket as a water supply to soak each one of the kids, and their grandparents! After about 90 minutes of shooting water at each other, we went inside and had a mini-birthday party for our seven-year-old. All that activity, plus the cake and ice cream, did the job. We had worn them down so much that we thought we had insured ourselves of a good night’s sleep. For the most part, that was the truth. Well, except for the “Grandpa... what’s that noise?” or “Grandpa,,,I’ve got to go potty!”, each repeated about 100 times! Then on Sunday, after getting the gang up and ready for church, we met the parents and all went to the 7-yr-old’s birthday party at that lively mouse-in-the-house indoor playground! A real, sensory overload! Believe me when I tell you that Grandma and Grandpa were totally exhausted after a weekend with five “energy bars”!

The Walk to Emmaus is somewhat like that, isn’t it? We get all geared up for the weekend, go through all the

events of the weekend, eat lots of food, take lots of notes, sing lots of songs, draw lots of posters, do lots of skits, pray a lot, talk a lot, and... did I mention eat a lot? The only thing we may not get a lot of on a Walk to Emmaus is sleep. I remember on my walk sleeping in a room with two guys who could snore so loudly that the wallpaper was rolling up and down on the walls with each and every snore. It did not matter how many ear plugs we used, their snoring still made it practically impossible to get any sleep. Their snoring was so loud that the slogan for our room was, “The first one to sleep (before those two)... WINS!!!!” One of the fellows in our room decided he could not take it anymore, so he left the room, dragging his mattress and everything on it out into the hallway and down the hallway far enough to be able to get some shuteye. Sleep... ah, precious sleep! So after the Closing ceremony, we come home and we are... excited to be there because we are totally exhausted!

You know, if we are not careful, it is possible to view the Christian life that way – that we are to drive ourselves so hard toward “growing in Christ” that we push, push, and push some more. In fact, that pushing may just be a carry-over from our life outside of Christ. We may be drivers who don’t know when to stop doing whatever it is that we are doing – work, play, or even rest. In fact, I knew one fellow who was so driven toward becoming a “man of *(continued next page)*

## WHO *(cont. from page 1)*

of trouble, worry, and fear pursue you; when the dogs of temptation, corruption, and evil seek to overtake you; when your energy is spent; when weakness saps you; when you feel you cannot run any longer, where do you turn?

Do you turn to your protector, the One who stands with arms opened wide, waiting for you to come and bury yourself in the security of all He is?

“The name of the Lord is a strong tower, the righteous runs into it and is safe” (Proverbs 18:10).

There are times when I feel like that little doe. The pressures of life load me down, and the enemy is hot on my trail it seems. When that happens I go to my rescuer, my protector, my strong tower. His name is Jesus.

## DE COLORES!

*Robyn Hinman*

## PRAYER LIST

The Editor was in Tennessee during the week of the July Gathering. Our Lord knows who needs prayer and what their needs are. Please remember to pray for our Emmaus Community Members. Remember the children who will be going back to school this month. Pray for our country and the state of Christianity.

God” that he would stay up into the wee hours of the morning studying his Bible. He even had to set an alarm clock telling him when he needed to go to sleep.

As spiritual as that may sound, it is not a good thing. One pastor friend of mine always said he would rather burn out than rust out. Personally, I do not care for either of those options and I am not convinced they are the only options I have for living my life for Christ. In fact, if I read my Bible correctly, Jesus Himself was one who worked hard, but also took the time to rest, and encouraged you and me to do so as well: “Come to me, all who labor and are heavy laden, and I will give you rest.” (Matthew 11:28)

So whether it’s for grandkids or the weekend Walk to Emmaus, may I encourage you this month to consider not burning out by doing too much, nor rusting out by not doing enough, but trusting out – by resting in the arms of the Savior!

**DE COLORES!**

*Chuck Tabor*

In a recent article by Dr. Tony Evans, he talks about Dr. Shirley Caesar. Shirley has eleven Grammy Awards and eighteen Dove Awards and a career that spans six decades. She's considered to be the “First Lady of Gospel Music”. In her song “Hold My Mule”, she tells the story of Shouting John, a man who loves to worship God. He ended up attending a city church where the congregation didn't appreciate his form of worship. But this didn't stop John, He'd shout out his love any time the Spirit moved him.

Before long he'd upset some of the members, so some of the deacons went to talk to him about toning down his enthusiasm. They found him plowing his field with his old mule. “We're a quiet church” they told him. “And you can't be doing this.”

Shouting John listened, then said, “Just a minute. Look out there.” He pointed out his fields. “You see all that land? I'm a former slave; I'm not supposed to have any-

thing, but when I see that land or think about it, Shouting Johns gotta shout!”

He continued, “Look at my chillen. My chillen are alive, all my chillen are saved. All my chillen are doing fine. Whenever Shouting John thinks about the goodness of God to his chillen, Shouting John has gotta shout.”

Then Shouting John said, “I get up every morning when the rooster crows and Shouting John get on the back of this mule, and it pulls that plow so Shouting John will have food all year long. When I think about God giving Shouting John a mule and the strength to plow when he's 85 years old, Shouting John gotta shout.”

Then John handed the reins to a deacon and said, “Hold my mule, I feel a shout coming on.”

When we realize where God has brought us from and the plans He has for our future, we will want to shout and never stop!



Remember the children  
who will be going back  
to school this month.

## Wilmington Area Walk to Emmaus

Wilmington United Methodist Church  
PO Box 191  
Wilmington, OH 45177

We're on the web:  
[www.wilmingtonemmaus.org](http://www.wilmingtonemmaus.org)

See you at the GATHERING:  
August 11  
7:00pm  
Singing starts at 6:45pm  
Wear your nametag!  
Bring a snack to share!



### 4th DAY SPEAKERS

August Gathering: Pam Adkins

### NEWS

Would you be interested in becoming the next Newsletter Editor? Contact John Glaze or Robyn Hinman for more information about this opportunity to serve our community!

Gatherings—the way to connect and see friends, old and new! Come early—singing starts at 6:45pm. Bring a snack to share following the Gathering, but if you don't have time to pick up something or make something, there will be plenty of food—just come!



Are you interested in becoming more involved in the Emmaus Community? There will be openings on the board beginning in January of 2016. Contact Robyn Hinman to let her know of your interest in serving. If you contact her soon, she can even arrange for you to work with a board member who will be going off the board so you can learn from him or her.

### *Advice from John the Baptist*

*And the crowds asked him, "What then should we do?"  
Read: Luke 3:1-14*

John the Baptist is the most forceful, and scariest, preacher in the New Testament. He wore rags of rough camel hair, ate locusts and wild honey, cared little about his appearance, and spewed fire and brimstone. He did not go to the people as a happy, smiley evangelist. (If I were in one of the crowds that followed him, I would be looking for an exit, not redemption.)

Perhaps John had learned that some people needed to be scared into repentance. "Please" didn't work.

"You brood of vipers!" And he's just getting warmed up: *Isaiah warned you of the wrath to come. You say being a child of Abraham will save you. No. God can create sons of Abraham from stones. As I speak, axes are lying at the roots of trees, ready to cut them down and throw them into the fire.* (I am looking for the exit sign.)

The crowd shouted, "What should we do?" John the Baptist's answer is as true and clear today as it was in the deserts of Jordan two thousand years ago: share your abundance, treat people honestly, and be satisfied with what you have.

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800-543-1813 or visit  
[www.forwardmovement.org](http://www.forwardmovement.org)*