



✚ What is The Walk to Emmaus?<sup>1</sup>

- Spiritual renewal program intended to strengthen the local church through the development of Christian disciples and leaders.
- 72-hour short course on Christianity made up of 15 talks given by laity and clergy on the themes of Gods' grace, disciplines of Christian discipleship and what it means to be the church.
- Sponsored by The Upper Room of The United Methodist Church.
- Worldwide ecumenical program – open to all Christian denominations/churches.

✚ What happens on a Walk weekend?

- **Daily** times of prayer, special times of worship, celebration of Holy Communion, singing, and activities aligned with the various topics of the talks.
- **Fellowship...fellowship...fellowship!**
- You'll meet Christians that are walking daily along the road of life with Christ just like you...they may become some of your closest, life-long friends.

✚ Where and when does it take place – what is the environment like?

- Tidewater Emmaus typically hosts 4 Walks each year, 2 each for men and women. To find out the dates for the upcoming walks go to [www.tidewateremmaus.org](http://www.tidewateremmaus.org).
- Tidewater Walks are held at the **Camp Hope Haven in Virginia Beach, VA.**
- It is a comfortable, casual weekend – jeans/shorts, tennis shoes, etc.
- Sleeping facilities are simple, but comfortable. It is a summer camp and retreat facility.
- The grounds are beautiful, wooded open area. It is a great place to spend time getting to know Christ even better.
- It is a concentrated and **FULL** weekend with activities occurring from early morning until bedtime.

✚ Who is the target audience for the Walk to Emmaus?<sup>2</sup>

- Those who already have a relationship with Christ.
- Members of a local church.
- Those who have a desire to strengthen their spiritual lives.
- Those who may have unanswered questions about their faith.
- Those who understand that being a Christian involves responsibility and are willing to dedicate their everyday lives to God.

✚ What is a sponsor and why do I need one?

- A sponsor is someone who has been on the Walk to Emmaus and will serve as a partner with you before, during, and after your walk experience.
- The Walk to Emmaus program is intended to growing and mentoring spiritual leaders and display God's unconditional love - sponsorship models these concepts.
- The sponsors will pray for the person, transport them to/from the weekend, support the person's family during the walk weekend, and help them to engage in the life of the Church and community upon their return.
- **If you have not personally been asked about attending a weekend and are interested, please contact any member of the Tidewater Emmaus Board of Directors.** Contact information can be found at [www.tidewateremmaus.org](http://www.tidewateremmaus.org).



- ✚ What should I expect from an Emmaus Weekend experience?
  - **There is no standard response and it is a personal experience between you and Christ.**
  - Everyone's experience is different.
  - Most have a very positive experience but find it difficult to explain to others.
  - The following examples provide an indication of the varied responses that may be experienced:
    - It serves as the impetus to move from an abstract commitment to Christ to a practical, daily Christian lifestyle.<sup>1</sup>
    - It brings a call to lead in a particular area of the church such as missions, children, youth, Bible teaching.
    - It reignites and revitalizes a long-held life of faith and life in the church.
    - It is the most life-transforming event ever experienced.
    - It brings a call to begin a life of full-time ministry or to become clergy.
  
- ✚ What is expected of you during the weekend?<sup>1</sup>
  - **Be yourself.**
  - Come with openness and don't anticipate what you will get from the weekend – it is different for each person.
  - Be fully present for the whole weekend – commit and let Christ orchestrate His plans for you.
  - Leave your world behind – no watches, no phones, no PDAs.
  
- ✚ What happens after the weekend?
  - **It's up to you...**
  - Support your local church by being a spiritual leader and working in areas that Christ has called you.
  - Reunion groups – you are encouraged to form, join, or participate in an Emmaus reunion group or some form of accountability group to reinforce and support your daily walk with Christ.
  - Monthly Emmaus Gatherings - 3<sup>rd</sup> Saturday of the month at a local Tidewater church
    - Praise, fellowship, worship, prayer, communion, and a talk given by a member of the community on how their walk with Christ is going.
  - Sponsorship – you can support others by helping them attend a Walk to Emmaus weekend.
  - Teaming – you can support the Walk to Emmaus by being part of a weekend support team.
  
- ✚ Chrysalis – Youth Version of Emmaus
  - Tidewater Chrysalis weekends are held in January on Martin Luther King Weekend at Triple-R Ranch in Chesapeake, VA.
  - For youth in the 9<sup>th</sup> -12<sup>th</sup> grade.

1 *What is Emmaus* booklet published by The Upper Room Ministries

2 *Walk to Emmaus – A Transforming Experience of Christian Community* published by The Upper Room Ministries

3 *Handbook on Emmaus* published by The Upper Room Ministries