



The Rainbow Connection

Volume 12~ Issue 7

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Be Still

Debbie Brookins, Community Lay Director

Did you ever notice that the more you have to do, the less time you have to do it in? There never seems to be enough hours in the day to get everything done! So, when I got invited to a women's retreat that was focused on rest and relaxation, I was all in. Heck, yes. A weekend to just be lazy! Awesome!! Sign me up!!

So three weeks ago, I took a day off work to attend a women's retreat geared towards rest and relaxation. When I had said yes, I could attend all weekend: I had nothing on my calendar. I was so looking forward to this chance to just kick back and relax. I had some books I had been wanting to read. There were ladies attending I hadn't had a chance to talk to in some time and I was looking forward to spending time with them catching up on everyone's lives. Heck, I might even take a nap or two. Time to decompress. I could hardly wait!

As the time approached for the weekend, obligations started to pop up that wanted & needed my time. My two day getaway was quick being gobbled up by family and Emmaus commitments. A few weeks before the retreat, I was down to one day and not being able to spend the night. I was beginning to think it would just be easier to forget going and save my day off for something else later. I am so glad I decided to go just for the day.

The retreat was held at a beautiful place called the Sacred Heart Retreat House in Torch, Ohio. Upon arrival, I was immediately struck by the peace & quiet of a place located only 1000 feet off a four lane highway! Second, it was beautiful; a small pond with a gazebo along its shore set in among the trees; benches located all the way around just inviting one to sit and relax. The house had windows overlooking the pond & the woods. The woods were dressed in their spring finery, pink and white dogwoods blooming, wildflowers peeking up through the mosses

Upcoming Schedule of Events

**Gatherings at The Plains
United Methodist Church:**
3 North Plains Road
The Plains, Ohio 45780
(740) 797-4163

**All gatherings at 3:00 with
Board meeting at 2:00**

Dates for monthly gatherings:
August 28th
September 25th

Dates for Fall Walks #61:

**Women's Walk – Sept. 8 - 11
Lay Director, Karcy Rush**

**Men's Walk – Oct. 27 -30
Lay Director, Chris Dearth**

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**Sponsorship Forms, Applications,
Newsletters and Additional
Information Available at:**
www.southernohioemmaus.com



under the trees. Wow!

I didn't want to leave and I had just arrived. All of this was more than enough to make this day a success but apparently God had been trying to get my attention and this was the opportunity for which He had been looking. Before lunch, we had a Bible study that revolved around being still and quiet. It had us sit totally still and quiet for 5 minutes. I had no idea how hard it would be to be totally still & quiet for 5 minutes. It seemed like an hour. But it made me realize that I needed to take advantage of the day and spend some quiet time with my Lord & I swore I would take time every day to spend some quiet time with Him one on one. I did get some time alone outside that day and I was grateful for the time but soon life returns to the real world and back on the merry-go-round I went.

Finding time to just sit and be quiet is against everybody's thinking. It worked sometimes but other times, life got in the way, so the priority fell by the wayside and the quiet time disappeared.

This past weekend I attended the Sustaining the Spirit training in Lancaster. It was an awesome training and I would recommend it to anyone who is considering working agape, logistics or the conference room teams. Apparently, though, the Lord decided I hadn't been doing so well with my quiet time one on one with him because there was a section in this training about spending quiet time with the Lord and once again, we were given a timed period of silence. I was beginning to see a trend here. That was on Saturday. On Sunday, the front of our church bulletins had STILL on it.

I surrender Lord. I get it, Lord. I need to take the time to be still and spend quiet, quality time with you. Not just once and a while but every single day. It's not going to be easy but I am going to try my darnedest to do it. I recommend it to every one of you. It is well worth your time!

Psalm 46: 10 takes on a new meaning : Be STILL, and know that I am God.

Big Buts

Karen Crawford, Assistant Community Spritual Director

Most of us have big buts; and some of us have several big buts. But, before you stop reading because you find this article offensive, think about these butts: I would be more involved in Emmaus BUT; I have to work, I would miss my favorite TV program, it's a long drive, it's a beautiful day, the kids have basketball, I might be asked to do something scary, I have Candy Crush games to win, and the biggest but...I don't have time!

Be honest, you would never say any of these out loud, but you have thought them at one time or another. The tragedy is, if enough people have big BUTs the Southern Ohio Emmaus community suffers. And where do we suffer most? Sponsoring. Have you ever not sponsored someone by saying to yourself, I'd love to BUT; it's too expensive, It's too time consuming, I'm afraid, that's not my gift, I don't know where to start, and the biggest but of all...someone else will do it!

The Lord has given us a simple mission in the Walk to Emmaus: to encourage church leadership in Christians through piety, study and action. That is why we believe in and work so hard in the Southeast Ohio Emmaus Community. But, if your BUT is bigger than the why, then your but is too big.

The Walk to Emmaus is an ecumenical ministry where no one is greater than anyone else, no matter where they are serving in the community. There is a Board, but the power comes from the community working together, laity and clergy, side by side. In other words, you are Emmaus, no butts about it!

So, let's start today to shrink the butts and work for the Lord!



Chrysalis R.O.C.S! Seeking Volunteers!

Suzette Shuster, Community Secretary

Anybody interested in helping with the ministry called Chrysalis. Chrysalis is the teen version of the walk to Emmaus. They go through some of the same activities that took place on your Emmaus Walk. If anybody is interested in helping with this ministry please contact by email Suzette Shuster for more information. We look forward to hearing from you soon!

Chrysalis CARES

How can you serve on Girls Flight #52, Sept 3-5? Think about making agape, sign up for the prayer vigil, or sign up to serve in the kitchen! Visit chrysaliscares.org to find easy links to sign up!

Satellite Gatherings

Lancaster Area

The Lancaster area holds their monthly gatherings on the 2nd Tuesday of every month at 7:00 pm. They meet at the Sixth Avenue United Methodist Church at 1004 West Sixth Avenue, Lancaster, Oh. For more details or information please contact Donna Dickson at 740-687-1791 or ddickson9@columbus.rr.com.

Rio Grande Area

The Rio Grande satellite gatherings meet at the Grace United Methodist Church in Gallipolis at 6:30 on the fourth Thursday of the month. For more details and information please contact Rick Howell via phone 740-446-4624.

Time to Vote

Jeffery Bender, Past Year Board Chair

Two months ago, you should have received a revised version of the Southern Emmaus Bylaws. The original bylaws are nearly 30 years old and needed to be updated, especially for changes in technology. There was a comment period that ended late last month. Now it is time to vote on whether to ratify the revisions or not.

Below is a ballot. Please mark your ballot as *For* or *Against*. You can e-mail the marked ballot to the Chair, Debbie Brookins, at her e-mail below, send it to her by mail, or bring it to a gathering. Alternatively, you can e-mail it to me at bendej1@gmail.com or mail it to me at 4500 Coonpath Road, NE, Lancaster, Ohio 43130. Voting ends after the Women's Walk on September 11, 2016.

As with everything, pray for God's guidance as you vote.



2015 Southern Ohio Emmaus Board of Directors

This is the current contact list of our Board of Directors. Keep this list so you can contact the board with questions, concerns, and ideas. Please keep the board in your prayers as they serve the Lord and our community.

<p><u>Spiritual Director</u> Ricci Arthur 861 Wyandott Ave Logan, Oh 43138 740-624-4978 pastorric@aol.com</p>	<p><u>Newsletter</u> Jennifer Sinkovitz (2019) 267 N.Walnut St. Logan, Oh 43138 740-279-6900 jsinkovitz17@gmail.com</p>	<p>Note: Each board member's name is followed by the year their term ends Updated: April 8, 2016</p>
<p><u>Asst. Spiritual Director</u> Karen Crawford 60 Pomeroy Rd. Athens, Oh 45701 740-593-8541 pastorkaren@richlandumc.org</p>	<p><u>Agape</u> Jo Young (2019) 135 State Rt. 266 West Stockport, OH 43787 (740) 651-8902 joyoung54@outlook.com</p>	<p><u>Logistics</u> Steve Rinehart (2016) 33324 Knox Rd. Logan, Oh 43138 740-380-6850 ritapeanutrinehart@yahoo.com</p>
<p><u>Board Chairperson</u> Debbie Brookins (2016) 44 Columbia Road Albany, Oh 45710 740-698-6818 brookins.debbie@yahoo.com</p>	<p><u>Outreach</u> Chuck Shuster (2017) 622 Eastern Avenue New Lexington, Oh 43764 740-621-6753 cshusternlpd@gmail.com</p>	<p><u>Social</u> Sarah Zinn (2017) 512 Madison Avenue McArthur, Oh 45651 740-596-3263 zinns01@gmail.com</p>
<p><u>Vice Chairperson</u> Bill Butterworth (2017) 525 SR 143 Albany, OH 45710 (740) 856-0771 butterworthw@yahoo.com</p>	<p><u>Women's Registrar</u> April Butterworth (2017) 525 SR 143 Albany, Oh 45710 740-856-0772 aprilbutterworth@yahoo.com</p>	<p><u>Supplies</u> Jeff Cupp (2016) 116 Culver Street. Logan, Oh 43138 740-603-2081 jeff-cupp@hotmail.com</p>
<p><u>Treasurer</u> Alice Money Penny (2016) 1450 Ginder Rd. NW Lancaster, Oh 43130 740-756-9148 buckeyept@columbus.rr.com</p>	<p><u>Men's Registrar</u> Rita Rinehart (2016) 33324 Knox Rd. Logan, Oh 43138 740-380-6850 ritapeanutrinehart@yahoo.com</p>	<p><u>Worship</u> Pam McNutt (2019) 2615 Saville Rd. Columbus, OH 43224 614-428-4693 pam_starlighter@msn.com</p>
<p><u>Secretary</u> Suzette Shuster (2017) 622 Eastern Ave New Lexington, OH 43764 (740) 621-6754 suznlfd@gmail.com</p>	<p><u>Sponsorship</u> Brian Mecum (2019) 5136 College St. Albany, OH 45710 (740) 707-1862 brianmecum1@gmail.com</p>	<p><u>Music</u> Glen Goins (2019) 9725 State Rt. 682, Athens, OH 45701 740-592-3555 glenandann@msn.com</p>
<p><u>Good Shepherd</u> Peggy Crane (2019) 425 Rutland St Middleport, OH 45760 (740) 416-9272 peggy65crane@gmail.com</p>	<p><u>Literature</u> Lena Bruno (2019) P.O. Box 87 Haydenville, Oh 43127 740-974-2612 lena_bruno@yahoo.com</p>	<p>Being the hands and feet for Jesus Christ as we serve!</p>

Southern Ohio Emmaus

c/o Jennifer Sinkovitz

267 N.Walnut St.

Logan, Oh 43138

RETURN SERVICE REQUESTED