



# Western Sydney Community Newsletter

## Develop Self-control

by Joyce Meyer - posted August 14, 2013

*He who has no rule over his own spirit is like a city that is broken down and without walls. Proverbs 25:28*

*Self-control is a fruit of the Spirit (See Galatians 5:22-23). It develops as we spend time fellowshiping with God and practicing obedience to Him. Sometimes we would rather that God control us and make us do the right thing. But He wants us to rule over our spirit.*



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National Newsletter is available at:  
<http://www.emmaus.org.au/news-from-the-national-secretariat>

## PAT'S CHAT

Pat Kinnear (CLD)

I hope you were one of the many Community members who were blessed by the Chrysalis Flights. There was an awesome Candlelighting followed by a Closing at which the sharing was so positive and so reflected the aim of Chrysalis that it was obvious that God had used Chrysalis in a mighty way. A big thank you goes to everyone who supported the 2013 Flights by praying, sponsoring, serving and attending.

It was very encouraging to see that several people responded positively to our request for expressions of interest in Chrysalis and are willing to form a sub-committee to run another set of Flights, with the very real prospect of gathering enough enthusiastic supporters to go on to a Standing Committee and then a Chrysalis Board. The time frame for all these has yet to be looked at by the Board but the Community will be kept informed of developments.

Our attention now turns to the October Walks. Once again the Community has the option to be blessed by serving in many ways:

**Sponsoring** (see page 3).

**Praying.** Go to <http://www.3dayol.org/Vigil/GetComm.phtml> and scroll down to Western Sydney Emmaus to sign up for the Prayer Vigils, or put your name down at the next Gathering.

**Serving in the kitchen.** Serve a meal, drive the dishwasher, help plate the food and set the tables.

**Being there.** One part of the excitement of a Walk that the Community doesn't often get to participate in

(Continued on page 4)

## PUPPY PARABLES PHIL GREBERT (CSD)

When Angus was only a pup we took him to puppy pre-school. The instructor spoke about the need for proper restraint when travelling in the car. After all, she said, 40-50 kg of dog can do a fair bit of damage if you need to brake suddenly – not to mention the injury which the animal could suffer. A simple comment that I took on board and as a result I have always ensured that he is properly 'belted up' in the car. But there was another side to her comment. As Angus grew, I was proud of my great, golden bundle of tail-wagging love, and the job I was doing as I cared for him.

Last year, at his annual check-up the vet suggested he was overweight! I couldn't believe it. He was just over 40 kg, the weight the instructor had mentioned at puppy pre-school. Wasn't he close to the mark? No, the vet insisted that he needed to be lighter. I have to confess that it took a while for me to process the apparently contradictory comments, and my efforts at canine weight-loss were only half hearted. Today I am happy to tell you that, with his annual check-up another month or two away, Angus not only looks lighter than he has been, he also has more energy, walks faster, actually jumps at me when I'm putting on my walking shoes and is generally enjoying life more. And I'm forced to think how long I've denied him that freedom and energy because I believed an off-handed comment by a puppy-trainer rather than heeding the advice of the one who knew better.

Can you see where I'm going with this? How often have we allowed other people's comments, especially the off-handed and un-thought ones, to shape our lives and how we think about ourselves and our abilities? And in the process, how much have we missed?

God, our Creator, our Heavenly Father tells us that we are dearly loved, His treasured possession, the apple of His eye. He

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## NEXT STEPS LYNNE LE FRANC

A big hello to all the newest butterfly members of our Community ~ it is an honour to have you join us and we all look forward to getting to know you more and hearing anything you would like to share with us.

At this point I would like to inform you of our Next Steps (Chrysalis) and Reunion (Emmaus) groups which are listed on page 6. Here you will find the location, time and frequency of meetings, the contact name and their number. If you would prefer to start up a group of your own, don't hesitate to contact me and we can always get another one off the ground, just like Talia Gibbs is looking at doing.

Next Steps/Reunion Groups are so important to keep the flame of Flights and Walks alive, and I would like to encourage you all to join one ~ it is a place you can go where you will feel safe, cared for and loved ~ it is a place where you can be assured of confidentiality, a place where you can be yourself and share as much or as little about how you're travelling on your Christian journey with the other members in the group ~ the group is there to encourage and support you, pray for and with you, and uplift you. Yes, there will be times you will laugh till your belly aches, and times you will cry because your heart aches, but at all times you will be welcomed with the love of Jesus, who loves us all and gave us all.

My prayer is that you will find a group that will be right just for you, and continue your journey with others by your side.

Be blessed and Fly with Christ



**Lynne Le Franc**  
**Next Steps/Reunion Groups Director**

## IN THE KNOW

**Bill Harper—Training Director**

### ***Wise sponsorship***

#### **Sponsorship reminder**

Emmaus is right for many people, but it is not for everyone.

#### **Responsibilities of the sponsor**

The sponsor has a long list of responsibilities that extend over a long period of time, from several weeks before the walk, intensively during the walk, to several months after the walk.

- Sponsorship is the first act of Agape.
- Emmaus affirms the sanctity of marriage and commitment of spouses to each other therefore presenting Emmaus to both partners may preclude any misunderstanding.
- Explain that the weekend is about people from all walks of life. Give your prospective pilgrim an application form and help them fill it out, answering any questions honestly.
- Obtain the application and check to see if it is filled out correctly. Have you a copy of the template regarding Agape letters (see your registrar)? Once your pilgrim has been accepted by the board then you can send out your letters.
- There are a few pastors out there who are anti-Emmaus. Unfortunately, I believe some of this is because we have not included them in the process. Ask your pilgrim if it is ok to contact their pastor. Even give the pastor the book on Emmaus/Chrysalis and meet with them if possible and answer all questions honestly.
- A few days before the walk, contact your pilgrim, get them ready, Tell them what to pack, encourage them and reassure them.
- Encourage them to leave their mobile phones and other electronic gadgets at home. This also applies to conference room team members.
- **Don't tell them they are going on a hike.** Tell them the truth they are trusting you. The sponsor must

accompany the pilgrim to and from the walk - never let them find their own way - this is irresponsible; you are responsible for your pilgrim!

- Attend sponsors' hour, everyone including kitchen and other helpers may attend sponsors' hour – it's open to the community as a whole and the more the better.
- It's always a nice surprise for your pilgrim to see your name on the 72 hour vigil, please make sure your name is on it.
- Check on your pilgrim's family to see if they need any help, you may need to baby sit so their partner can attend, remember it's a sacrifice.
- If your pilgrim is single they may have a pet that needs feeding.
- If you can't make it, make sure you have asked someone to pray for your pilgrim, especially if you are on team.
- If you are on team, or serving in the kitchen area, please give your pilgrim space. Giving them a hug in the middle of the dining room is sometimes distracting and can be upsetting for your pilgrim, as it can interfere with the dynamics of the weekend and cause them to lose focus and detract from their own special interaction with and experience of God during the 72 hour walk.
- All pilgrims and team members are to be treated the same **No exceptions.**
- Attend the closing and take your pilgrim home.
- Take your pilgrim to gatherings throughout the year, especially to the welcome gathering after their walk.
- Help your pilgrim join a reunion group, go with them - become their shepherd, mentor and coach
- Teach your pilgrim how to sponsor correctly

**De Colores**

**Bill Harper**

**GATHERINGS****GARY MORRIS*****We've had a very busy year on the Gatherings Front.***

**February:** We started the year with Pat outlining the year ahead for our community.

**March:** Our first "Gathering with a difference" led by Peter Francis and with playdough discussion groups!!!!

**April:** We had our first community training session with Bill Harper and our Muso's displayed acting abilities in a skit that was so well received it went on tour to the May Mega Gathering.

**May:** MEGA GATHERING!!!!!! WSE, through their teamwork and cooperation, produced a very well received National Conference Gathering.

**June:** We tried to answer the age old question of how men and women think! The jury is still out on whether YouTube is a valid scientific instrument.

**July:** Chrysalis Team Commissioning where we experienced "Clown Communion" as a community for the first time. From the feedback I have, it was well received.

We also had a Candle-lighting where the boys' and girls' flights were combined.

**August:** The focus is on Chrysalis again as we welcome the new butterflies from the flights. A BBQ is organised as part of this welcome.

**September:** A 'Gathering with a difference' - under construction. (I will be away with Rob during September and so have left the organisation of this gathering in the capable hands of the sub committee.)

De Colores

**Gary Morris**

(Continued from page 1)

(and have not been made aware that they can) is the "Send Off", i.e. the short time of fellowship between first arrivals and the start of the Walk. You are welcome to join the Team members, the Pilgrims and their sponsors on Thursday night from 7.00pm and then really get in Walk mode by attending Sponsors' Hour (it's usually only a half hour) to pray for the Walk. And don't forget Candle-lighting and Closing.

These Walks are going to be very special. The atmosphere at Orientation Day was filled with the presence of the Holy Spirit, and even though it appears that the evil one is trying to impede the Walks, we know that GOD HAS THE VICTORY! Be part of that victory. Put aside the dates (10-13 and 17-20 October) and pray now about how you can serve God at Walks 88 and 89.

De Colores  
**Pat Kinnear**

(Continued from page 2)

demonstrated the depth of His love in the sacrifice of His only Son as the atoning sacrifice to turn away God's wrath and reconcile us to Himself. He tells us about the gifts He's endowed us with and His Spirit lives within so that we can demonstrate the depth of His love for others.

On the other hand, the Evil one has his emissaries who tell us we are dumb, worthless, ugly, helpless and hopeless... - and who are we more likely to believe?

Angus' slimming regime helps me resolve to be more discerning about the voices I listen to. And it strikes me that part of our purpose in the Emmaus community is to help others listen to God's voice and to help God's precious children listen, not to the loudest and most clamoring voices, but to the voice of truth, the voice of their loving God, and cling to Him and His promises and His life-transforming, energizing gospel.

De Colores,  
**Phil Grebert, CSD**



# THE POWER OF PRAYER

RICHARD GILFILLAN

## Talofa! Afio mai!

This is the greeting I received in Samoa recently; "Hello (and) welcome"!

I was in Samoa at the time of the Chrysalis Flights, attending the Pacific Society for Reproductive Health.

Part of the official proceedings at the opening of the conference included a short message of encouragement and prayers for us all, which was presented by one of the local church ministers.

The ministers' closing prayer was:

*"Come, Holy Spirit, fill the hearts of Your faithful and kindle in them the fire of Your love.*

*Send forth Your Spirit and they shall be created. And You shall renew the face of the earth.*

*O God, who by the light of the Holy Spirit did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy Your consolations.*

*Through Christ our Lord. Amen."*

I took the opportunity to reflect on the Flights and pray for the teams and caterpillars.

I was greatly encouraged to see so many butterflies from the recent Chrysalis Flights attending the August gathering. I had a sense of a rising enthusiasm within the communities; which is a natural outflow of a weekend where Christians have gathered together to be taught and encouraged from the Word of God, blessed by the Community and inspired by the Holy Spirit.

Prayer too should be as natural as this; enthusiastic, encouraging, and inspired by the Holy Spirit.

In his book, "Going forward on your knees", Hudson Taylor, Missionary to China believed in the power of prayer. Hudson Taylor's conversion was an amazing answer to prayer - reading a tract from his father's library after many years of his mother and sister praying for his conversion. Later, Hudson Taylor relied on prayer

for everything; his motto: "to move people, through God, by prayer." Hudson Taylor's character and calling would be tested on a regular basis but this opposition made him stronger to press closer to God's heart; he knew God's faithfulness would never run dry.

How about you? Does the testing of life draw you closer to God and cause you to press more into what He has for you? Can you feel the Father's heartbeat for the Nations; your neighbourhood; work colleagues; family and friends who have strayed away from the Lord? What do you need to do to 'move forward on your knees'? I think you will know!!

As you know, Bronwyn and I will be in China again by the time you are reading this article, assisting the Child Carers in teaching others in the villages about basic health. Thanks for prayer support - we really do appreciate you all.

The prayer portfolio through the Emmaus Board will be divided between Faye Laws (prayer emails), Chris Post (gatherings community prayer) and prayer vigils (Gerri Ricci). I am thrilled to see involvement by the community and have every confidence of your ongoing prayer for our brothers and sisters in Emmaus and Chrysalis.

God bless you as you pray for others,

De Colores! Fly with Christ!

Fa'afetai! (Thank you)

## STAYING CONNECTED

Like much of the world the Emmaus community relies upon email to stay connected. In fact you probably heard about this newsletter via email. So what happens if you change your email address? If you don't let us know we can't keep in contact. Every month we lose contact with a few people because their email addresses are no longer valid. The chances are, they simply forgot to let us know, so if this applies to you, just send an email to [westernsydney@emmaus.org.au](mailto:westernsydney@emmaus.org.au) and we'll update your details. If you know an Emmaus community member who has changed their email address recently, why not let us know as well.

**Steve McGrath, IT Director**

## **Gatherings' Roster** **Group Leaders**

Have you checked the Roster?

[Click](#) Here:

- ✓ Can attend?
  - ⇒ Please bring milk.
- ✓ Can't attend?
  - ⇒ swap with another group
  - ⇒ advise Director
- ✓ Details incorrect?
  - ⇒ advise Director

Your Reunion Group Director for 2013 is  
**Lynne LeFranc**

## **DATES TO REMEMBER**

### **Gatherings**

Blacktown

Sep 7th & Oct 6th

Richmond

Nov 2nd & Dec 7th

### **Emmaus Walks:**

Merroo, Centre 1

Men's Walk 88                      10—13 Oct

Candlelighting                      12 Oct

Ladies' Walk 89                      17— 20 Oct

Candlelighting                      19 Oct

*Because Life is Better in Community*

## **REUNION GROUPS**

<b>GROUP NAME</b>	<b>CONTACT</b>	<b>PHONE/ EMAIL</b> Use the Ctrl key + email address
Blue Mountain Mistrals 7.30pm last Monday every other month	Helen Drew 30 Sunland Cres, Mt Riverview	02 4739-3224 <a href="mailto:helen@helendrew.com.au">helen@helendrew.com.au</a>
Currency Creekers Meets 1st Saturday of Month 3pm	Suzanne McKane, 42 Mitchell Drive, Glossodia	4576 6848. <a href="mailto:rsmckane@optusnet.com.au">rsmckane@optusnet.com.au</a>
Emu Eagles Meet 2nd Tuesday of Month 7.30pm	Keith Stubbs	<a href="mailto:k.c.stubbs@optusnet.com.au">k.c.stubbs@optusnet.com.au</a>
Glenhaven Ravens Agape only	Helen McGrath 15 Batavia Pl, Baulkham Hills	02 9674-5659 <a href="mailto:helen@jigsaw.com.au">helen@jigsaw.com.au</a>
Kurrajong Bellbirds Agape only	Jo Prunty 20 Dabage Pl Kurrajong Heights	02 4767 7152 <a href="mailto:pruntyfamily@hotmail.com">pruntyfamily@hotmail.com</a>
Rainbow Rivers Monthly 3rd Saturday	Kathryn Smith 27 Livingston Ave. Dharruk	0409 368891 <a href="mailto:kathryn.smith1960@yahoo.com.au">kathryn.smith1960@yahoo.com.au</a>
Western Wildflowers Meet 2nd Saturday of the Month for Breakfast 8am Venue changes	Allan Farrey 39 Fleurs St, Minchinbury	02 9675-3590 <a href="mailto:afarrey@bigpond.net.au">afarrey@bigpond.net.au</a>
Western Wombats Meet last Wednesday of the Month 7.30pm	Jenine Mendezona 68 Richmond Rd, Cambridge Park	02 4721-1393 <a href="mailto:jeninemendezona1949@gmail.com">jeninemendezona1949@gmail.com</a>
Chrysalis' Glad Rap Meet 3rd Thursday of the month at 7.30 pm	Adrian & Rose Harriott 90 Lennox street, Richmond 2753	0401 347 078 <a href="mailto:arharriott@gmail.com">arharriott@gmail.com</a>

*Please remember when making agape, to include the Bible reference.  
Please contact our Agape Director, Rosemary King, if you need assistance, ideas, etc.*

## TEN YEARS ON THE BOARD

Graham Monaghan

With the annual Board elections in the air, I thought it would be appropriate to give a bit of an insight into what the Board does. Hopefully it will make you think "I would like to be on the Board and help in the running of the Western Sydney Emmaus Community".

After ten wonderful years on the Board of the Western Sydney Emmaus Community I decided not to seek re-election for another term at the end of 2012. For ten years I helped forge the way the Community went forth. It was a privilege and honour. During my period on the Board I was involved in some major decisions: Where to go to after the closure of Grose Vale? A home for Gatherings; The implementation of Going Fourth. I also challenged the Board on some of the decisions made—(some I won, some I lost and others were a draw) but supporting the final decision.

I also enjoyed the responsibility of a number of Portfolios/Directorships: initially as Treasurer and then Kitchen, Sponsorship, Registrar, Acting Treasurer and Chairman of the Selection Committee. At various times, when the need arose, I acted in more than one role. Even in retirement (from the Board) I have been called on to assist in arranging transport for the National Conference and as a community member I am currently serving on the Selection Committee.

Thank you to those in the Community who have supported me in my various roles as a Board member over the last 10 years.

You too could have a say in the way our Community goes forward. If you are asked to stand at the upcoming election or are asked to fill a vacancy don't reject it out of hand. Think positively and accept. You don't have to be asked. Nominate. It can be challenging but then anything we do for our Lord can be challenging. It is a great reward to assist and promote our God.

Again, thank you for giving me the privilege and honour of serving you, the Community, as a Board member.

I'm not going anywhere—but my Speedway commitments will mean that I won't be attending gatherings as often as I would like but where I can, I will still be supporting the WSE Board and the Emmaus Community.

### *1 Corinthians 13 Emmaus style*

If I prepare the best talk of the entire weekend with the most creative visual aids, but have not Love, I am only showing off;

If I serve in the kitchen, clean the bathrooms, sort agape and run countless errands, but I am rushed or resentful, I am not a true servant, rather just another "gopher".

If I plan every minute of every hour, and fill every day with beautiful, flowing prayers and magnificent chapel decorations but do so without Love, I am only giving lip service and putting on a show for the pilgrims and for Christ.

If I assign jobs, delegate responsibilities, check-off the tasks when complete, but do not lead by sacrificially giving of myself with Love, I am nothing more than a busy-body who wants to be in charge.

Love stops the set-up to pray with a teammate. Love sets aside slicing brownies to thank Jesus for His presence in the kitchen. Love is kind and gentle, though tired and needing sleep. Love embraces the mission and purpose of Emmaus by emptying ourselves of us and filling up with His Spirit. Love appreciates each person for who they are and Whose they are, and who they are in Christ.

Love bears all things. Love rejoices for Love's sake not our own. Love gives us energy and perseverance from Send-off to Closing. Love does not reject offers of assistance or gifts of true agape Love, but accepts them with gratitude and grace. Love is not proud and Love does not take credit for the awesome transformation God orchestrates in 3 days or in the 4<sup>th</sup> day. No matter what, Love Never Fails.

Songbooks will become dated, photos will yellow and agape gifts will get lost in the shuffle, but the gift of Love that these items represent will always endure. Before my walk, I'd been told that God is Love. I prayed and sang songs of worship. I served in the nursery and gave my tithes and offerings. But when Christ joined me on the Road to Emmaus, my heart burned with Love as He opened the scriptures to me. Now I know that teaming, sponsoring and serving are ways I can abide in Him, and the greatest of these, is doing all things with Love.



## THE PURPOSE OF EMMAUS

The purpose of Emmaus is the renewal of the Church as the body of the risen Christ in the world, through the renewal of church members as faithful and committed disciples of Jesus Christ.

Emmaus expands participants' spiritual lives, deepens their discipleship, and rekindles their gifts as Christian leaders in their churches and communities. These aims are accomplished not only during the three-day Emmaus Walk, but also through participation in group reunions and community Gatherings, sponsorship and support of Walks, and service on teams.

Persons whose spiritual lives are renewed and strengthened through Emmaus are called to share the grace they receive in their community and to be leavening influences in their local churches. The purpose of Emmaus is not fully realised during the three days of the event itself, but, rather, in the Fourth Day.

*The above extract was taken from the Australian Emmaus primary site. For full details, visit [www.emmaus.org.au](http://www.emmaus.org.au)*

### ***We're on the web:***

#### **National Emmaus:**

[www.emmaus.org.au](http://www.emmaus.org.au)

#### **Western Sydney Emmaus:**

[www.westernsydney.emmaus.org.au](http://www.westernsydney.emmaus.org.au)

We are also on Facebook.

#### **Sydney Regional Chrysalis**

[www.facebook.com/sydneyregionalchrysalis](http://www.facebook.com/sydneyregionalchrysalis)

#### **International Emmaus:**

[www.upperroom.org](http://www.upperroom.org)

**GOD  
DOES NOT CALL  
THE QUALIFIED,  
HE QUALIFIES THE  
CALLED.**

## 2013 BOARD OF DIRECTORS

Com. Lay Director	<b>Pat Kinnear</b>
Spiritual Director:	<b>Phil Grebert</b>
Secretary:	<b>Laraine Monaghan</b>
Treasurer:	<b>Mark Creighton</b>
Prayer :	<b>Richard Gilfillan</b>
Gatherings:	<b>Gary Morris</b>
IT:	<b>Steve McGrath</b>
Music:	<b>Liz Bates</b>
Reunion Groups:	<b>Lynne Le Franc</b>
Newsletter:	<b>Sandra Smith</b>
Agape:	<b>Rosemary King</b>
Facilities:	<b>Terry Boddy</b>
Kitchen:	<b>Jenine Mendezona</b>
Registrar:	<b>Russell McKane</b>
Training:	<b>Bill Harper</b>
Chrysalis Director	<b>Peter Smith</b>

### ***From the Editor***

If you would like to see something in particular addressed in this publication, or if you have an article you would like to submit, please contact the Editor via our web address. All articles are thankfully received, but the Editor reserves the right to discard any item submitted if not deemed suitable, or edit any article printed in this publication.

#### ***Please address ALL correspondence to:***

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Western Sydney Emmaus,  
PO Box 423,  
St Marys NSW 1790**