



Event
Walk № 89- Alarga 7
Reunion Gathering

Dates
7 - 10 October 2010
30 October 2010

Kwa-Zulu Natal Emmaus Community

What is a Walk to Emmaus? In Luke Chap 24 we read the story of the risen Christ appearing to two who were walking from Jerusalem to Emmaus. He explained the scriptures and their hearts were warmed. Their eyes were only fully opened to recognise Him when Christ took bread, blessed and broke it then gave it to them. Filled with joy, they rushed back to Jerusalem to share the news with the other disciples.

This story provides the image for Emmaus. The programme came to South Africa in 1990 from the United Methodist Church in the USA, which in turn developed it from the Spanish Roman Catholic *Cursillo de Christlandad* (a short course in Christianity) which started in the late 1940s. The Emmaus movement is ecumenical in practice and is seeking to find authentic expression in the cultures of Africa while retaining the wealth of Christian experience from other cultures. God is using Emmaus in Southern Africa to bring reconciliation between races and renewal to Christians and their churches.

'Walk to Emmaus' or 'Alarga Stroll'? Two separate programmes are offered – the original *Walk to Emmaus* for able-bodied participants and the *Alarga Stroll*, which embraces people with physical disabilities, the latter style being adjusted to suit the special needs of the participants. Pilgrims on an *Alarga Stroll* are 50% physically challenged people and 50% able bodied. Unlike an *Alarga Stroll*, on a *Walk to Emmaus* men and women attend separate weekends. A separate application pack for the *Emmaus Walk* is available on the website.

The Purpose of Emmaus Emmaus aims to inspire, challenge and equip local church members who are in leadership or who are prospective leaders, for Christian action in their homes, churches and places of work. It provides a means to grow together in love, grace and servanthood as members of the Body of Christ.

What happens on an Emmaus Walk or Alarga Stroll? Each *Walk* or *Stroll* is a 72-hour experience lasting over a weekend from Thursday evening to Sunday evening. This time is spent studying, discussing, worshipping and living together as a Christian community. Fifteen talks, delivered by clergy and laity, form the basis of discussions and projects. The themes of God's grace and how grace comes alive in the Christian Community and expresses itself in the world are presented and discussed. Participants have opportunities to celebrate Holy Communion daily and begin to understand more fully the presence of Christ in the body of His believers. The prayers and acts of love of a lively support community enhance this.

What happens after the weekend? One of the primary strengths of Emmaus is the follow-up. The weekend lasts 3 days, but the participants are invited to build on it for the rest of their lives by expanding their spiritual lives through study and congregational participation and becoming more active as disciples of Christ in the world through their home churches. To nurture this discipleship, Emmaus offers specific opportunities such as:

- ✘ A Reunion Gathering after the weekend, open to all *Walk* and *Stroll* participants
- ✘ Small "accountability" groups that meet regularly to maintain spiritual accountability.
- ✘ Community gatherings for fellowship and worship.
- ✘ Opportunity and training to support and participate through serving on future *Walks* and *Strolls*.

Who should experience Emmaus? Emmaus is for growing Christians in leadership roles who are open to experience the grace and love of God in new ways through the Christian community. More especially, it is for those who will be committed to make a difference in their church and community as a result of this experience.

How to apply to participate in Emmaus The accompanying forms need to be completed by:-

1. **The Applicant.**
2. **The Spiritual Sponsor.** This is someone who has already attended a *Walk to Emmaus* or an *Alarga Stroll* and who will undertake to explain the weekend, pray for the participant and assist in practical requirements.
3. **The Applicant's own Minister or Pastor,** so that the applicant is under submission to the home church. (If a Minister or Pastor requires more details, the Emmaus Spiritual Director can be contacted - see overleaf).

A limited number of participants can be admitted on a *Walk* or a *Stroll* and there is usually a waiting list. Each application will be considered prayerfully and applicants will be informed for which *Walk* or *Stroll* they have been accepted.

For more information please contact the Registrar, **Errol Jones** on home phone 031 702 8065.

Kwa-Zulu Natal Emmaus Community contact information

For further information about <i>Emmaus</i> contact:-			
Community Lay Director: Warren Best Phone : 031 262 7978 (a-h) Cell : 083 478 0773 e-mail address adailywalk@gracenet.co.za		Community Spiritual Director: John Rist Phone : 033 3306 567 Cell : 082 927 5641 e-mail address johnandbobs@mweb.co.za	
Banking details are provided on the <i>Application Form</i>			

REQUIREMENTS OF SPONSORSHIP

Only someone who has been on a *Walk to Emmaus* or an *Alarga Stroll* can fulfil this role. Sponsorship does not require paying for participants, but rather ensuring that they derive spiritual benefit from the weekend experience. It involves:

1. Prayerful selection of applicants in consultation with the sponsor's accountability group and the applicant's minister or pastor.
2. Writing a short motivation on how the applicant fulfils the criteria for admission on the weekend and submitting it, together with the application forms and deposit, to the registrar for consideration by the Kwa-Zulu Natal Emmaus Community Board.
3. Support for the *Walk* or *Stroll* before, during and after. This includes the following:
 - ✘ Praying for the applicant.
 - ✘ Explaining the *Walk* or *Stroll* to the candidate and his/her spouse before submitting this application form.
 - ✘ Discuss the weekend with his/her family/friends for appropriate support and encouragement and care for them over the period of the weekend.
 - ✘ Arrange for transport to and from the weekend venue.
 - ✘ Participate in activities that make the weekend a special blessing.
 - ✘ Help the applicant attend follow-up activities after the *Walk* or *Stroll*.

Emmaus relies on sponsorship to bring other Christians from all walks of life, denominations and races, to share this experience. The personal character of sponsorship underlines the personal care and commitment of God to *each Pilgrim*. With the Emmaus experience being passed on from person to person, this reflects the nature of God and the manner in which God reaches out to people through people.

Sponsorship is integral to some of the unique features and strengths of Emmaus - a discerning approach to recruitment, personal agape and prayer for the pilgrim, plus the sponsors' presence at sponsors' hour, send-off, candlelight, closing and getting the pilgrim involved in a reunion/accountability group.

Because of sponsorship, Emmaus weekends have never been cancelled due to lack of participants. As a pilgrim we all want to share the gift of those 3 days with others. Wise sponsorship assists Emmaus in making the three days an act of relevant and appropriate sacrificial love from the beginning to the end.

Appropriate sponsorship cannot be over emphasized. The quality of sponsorship influences the pilgrim, the health of the Emmaus movement and the church being affected by the Emmaus movement. Good sponsorship is the foundation for a healthy, effective Emmaus movement that is fulfilling its true purpose - the development of Christian leaders and the renewal of the church in ministry.

Remember a *Walk* or *Stroll* can only accommodate the maximum of 4 pilgrims from any one church, the reasons being:

- ✘ Too many leaders away from the same church will place a strain on that congregation considering that there may also be people serving on team from the same church.
- ✘ More than 4 pilgrims presents difficulties in placing them on tables - a pilgrim should not be on the same table as another member of their church.

Why do we sponsor?

One should sponsor with the follow aims - to bring spiritual revitalization to Christians, who in turn will bring new life and vision to the work of the church in the congregation, home, workplace and community and to build up the body of Christ. Sponsorship is not "to get all my friends to go", to fill up the weekend, or to fix people's problems.

Things to avoid in sponsorship

Do not sponsor a pilgrim because you believe they will have fun!

Do not sponsor if you are on team for the same weekend, because:

- ✘ you cannot fulfill your sponsorship duties fully since a pilgrim's family cannot contact you if necessary
- ✘ you cannot effectively pray for your pilgrim
- ✘ you cannot transport your pilgrim to and from the venue and attend the weekend activities.

Do not sponsor just because you had a wonderful time and therefore you believe everyone will - this not true.

Do not tell people they HAVE to attend Emmaus; Emmaus is a ministry, it is not THE ministry.

ADDITIONAL SPONSORSHIP INFORMATION FOR ALARGA STROLL PILGRIMS

The *Walk to Emmaus* programme has been developed specifically for the development of Christian leaders. **Alarga** (reaching out) is an officially adapted *Walk to Emmaus* that embraces people with physical disabilities and follows the Emmaus format very closely.

ALARGA IS NOT SUITABLE FOR PERSONS WITH AN INTELLECTUAL DISABILITY, OR THE VERY ELDERLY.

An **ALARGA STROLL** differs from Emmaus in three main ways -

1. Both men and women are accepted on the same Stroll,
2. The number of talks is reduced from fifteen to twelve, by combining some *Emmaus* talks,
3. The talks are also reduced from twenty minutes to fifteen minutes duration.

All the course content is retained, as are all those 'special' features of a standard *Walk to Emmaus* weekend.

Alarga must not be offered as an alternative to the Walk to Emmaus for couples who do not wish to take their walks separately.

If husbands and wives are present, they do not share sleeping accommodation or sit at the same table in the conference room. They are able to share during breaks and free time.

The slower pace that is achieved by the changes made in the conference room allows more time for dressing and showering and for a rest time of one to one and a half hours in the afternoon in preparation for the evening activities. This does not include Sunday afternoon. While an *Alarga Stroll* is slower paced than a *Walk to Emmaus*, it remains a very full and long weekend. Each day starts at about 06:15am and finishes around 22:30pm. Sunday concludes at approximately 16:00pm

At the *Alarga Stroll* closing you will witness the same blessings and joys experienced by the pilgrims on a *Walk to Emmaus*. Please prayerfully consider the needs and capabilities of your potential pilgrim before you enthusiastically sponsor them for an *Alarga Stroll*.

Your pilgrims need to be able and happy to meet this commitment for the three days.

Alarga Stroll team members will include those who have experience in working with people with disabilities and their special needs. A comprehensive assessment of pilgrims prior to the weekend and before acceptance of registration will be carried out to assess the capabilities of the pilgrim and determine if their needs can be met on the weekend. Please make your pilgrim aware of this fact.

If this assessment is not done in depth, then the pilgrims and weekend will suffer.

The *Alarga Stroll* has a 4th Assistant Lay Director called the *Caregiver*. This person will have nursing experience and will be specifically responsible for medication and other special needs of the pilgrims and team.

It is desirable that half the pilgrims are able-bodied, and to have been fully informed about the *Alarga Stroll* and have no reservations about spending three days with people with physical disabilities.

Alarga Stroll pilgrims are immediately absorbed into an existing Emmaus community after their weekend.





SPONSOR'S CHECKLIST for an **ALARGA STROLL**

A pilgrim's attendance on the weekend needs to be prayerfully considered and is dependent on you as a sponsor fulfilling your obligations.

Please carefully read the following checklist and initial next to each responsibility to indicate that this sponsorship has been approached appropriately.

This form MUST be returned with the pilgrim's application form before the Registrar will consider the application

Pilgrim's Name: _____ **Walk № 89 – Alarga Stroll № 7**

1.

I have prayerfully considered this pilgrim's suitability and readiness for the weekend.	
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2.

The pilgrim is currently committed to or involved in the church.	
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3.

I have approached the pilgrim's minister or pastor who indicates their support.	
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4.

I have explained the Emmaus programme and the financial implication to the pilgrim.	
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5.

I have taken a prayer slot/s on the weekend 72-hour prayer schedule.	
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6.

I have organized and will collect agape letters for the pilgrim. <i>No presents, flowers or large items please.</i>	
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7. I am aware of my commitment to my Pilgrim over the weekend.

I have arranged to take my pilgrim to the weekend venue	
I will attend Sponsor's Hour, pray for my pilgrim and be at the send-off	
I will attend Candlelight	
I will attend the Closing Ceremony	
I will collect my pilgrim at the end of the weekend	

8.

Which Accountability group will you encourage your pilgrim to join? (name of group)	
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9.

I will encourage my pilgrim to attend future gatherings with me.	
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10.

I will encourage my Pilgrim to follow through on fresh hopes and new commitments.	
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11.

I will encourage my Pilgrim to serve the Emmaus Community (and future <i>Walks and Strolls</i>).	
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12.

I will help my Pilgrim sponsor others.	
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13.

I will continue to pray for my Pilgrim.	
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14.

Is the applicant married? Is the spouse also being sponsored?	
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15.

I have attached my letter of motivation in support of the Pilgrim's application.	
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SPONSOR'S NAME _____ CELL NO: _____

PHONE NO: _____ (home) _____ (work)

EMAIL ADDRESS _____ DATE: _____



This form to be sent **with the R550 fee or, at least a non-refundable deposit of R150**, to **Kwa-Zulu Natal Emmaus Community**, 808 Old Main Road, Cowies Hill, 3610 or fax 031 702 8065

Banking details: **FIRST NATIONAL BANK – Pavilion**
 Account Name: **Kwa-Zulu Natal Emmaus Community**
 Account No: **6221 8561 084** Branch code: **22 43 26**

Deposit reference: **Your first initial and surname followed by P + the walk number: e.g. A Smith P89**

Walk № 89 – Form for applicant to complete

Surname: _____ Title: _____

Name by which you are called: _____

Postal Address: _____

Code: _____

e-mail address: _____

Phone (H) () (W) () cell № _____

Date of Birth: _____ Male Female _____

Please specify any special conditions that might affect your participation: health, disability, medication and special diet:

Your church's name, denomination and address: _____

State briefly your involvement in your local church: _____

State briefly why you wish to attend the weekend and what you expect from it:

What musical instrument (if any) do you play? _____

Has your Sponsor explained the weekend? Yes No _____

While you are on the weekend it may be necessary to contact your family and home or a close friend. **Please give us the names, and phone numbers of three close family members or friends:**

(1) _____
 Phone () home work _____

(2) _____
 Phone () home work _____

(3) _____
 Phone () home work _____

To be completed by the applicant's Minister/Pastor

I support this application to attend a *Walk to Emmaus* Signed: _____

Minister's Name: _____

Mailing address: _____

Phone () home work _____

To be completed by the Spiritual Sponsor

I accept the commitment detailed alongside and I have attached herewith the Sponsor's checklist and written letter of motivation.

Name: _____

Address: _____

Code: _____

e-mail: _____

Phone () home work _____

FOR OFFICE USE cell _____

Paid: Cash/Cheque No./etc _____

Amount received: _____ Date received: _____

Walk No: _____ Date: _____

Letter (e)mailed to applicant on: _____