A note from the Spiritual Director

Once upon a time, Traveler A was going down a busy road when he met Traveler B carrying a bulky, heavy load. The first traveler offered to help carry the load. After a while they stopped to catch their breath. Traveler A asked, "So what's in this baggage?"

Traveler B said, "These are the things I must carry with me; the things I can't bear to part with, things I have to carry, all the things that make me who I am." And so they picked up the load and continued on the road.

Again they had to stop to rest. Traveler A asked, "What kind of things are in here? They seem to be getting heavier."

Traveler B replied, "This is all my suffering from when I was misunderstood or bullied. It's all my guilt and shame from when I made a fool of myself and hurt someone I cared about. It's all my regrets of roads not taken and sorrow for loved ones lost. I carry it all with me all the time." Traveler A smiled softly and invited Traveler B to come sit under a tree for a while. Traveler A shared how going on a Walk to Emmaus had allowed him to set aside his own baggage. How learning about God's grace, unfailing love and forgiveness had set him free. And he offered to sponsor Traveler B on the next Walk or Chrysalis event and to be part of the team making sure that it happened.

It's not enough for us to help carry burdens, or pray for our fellow travelers. We need to be willing to engage them and invite them to experience God's grace for themselves.

Who do you know that is carrying a load and needs the gift of God's amazing grace? Take a few moments to seriously pray about this. Then pick up the phone and invite someone or five to be your Pilgrim/Caterpillar. Then get online and get applications for your pilgrims and yourself. Once upon a time, a fellow traveler smiled softly at you and gave you that gift.

Pastor Barb.
Community Spiritual Director
Giving our Hearts to Christ

Upcoming Gatherings

<table>
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<tr>
<th>May 19 at Rio Linda UMC</th>
<th>6800 6th Street, Rio Linda</th>
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<tbody>
<tr>
<td>June 16 at Elverta UMC</td>
<td>7861 Elmont Avenue, Elverta (Bring lawn chairs)</td>
</tr>
<tr>
<td>July 21 at Woodland UMC</td>
<td>620 North Street, Woodland</td>
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<tr>
<td>August TBD at Rancho Cordova UMC</td>
<td>2101 Zinfandel Drive, Rancho Cordova</td>
</tr>
<tr>
<td>Sept 8 at Davis UMC</td>
<td>620 Anderson Road, Davis</td>
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Gatherings will begin with a potluck dinner at 6:30pm followed by singing, a short meeting and a 4th Day or Next Steps talk. Communion will begin by 8:30pm and conclude the gathering by 9pm.

Attendees should provide a dish for the potluck along with their own dinnerware and utensils. The host church will provide coffee, water and another beverage such as ice tea or lemonade. All are welcome at gatherings!
For information or directions, call Ron West
(916) 925-2621 Home Phone
(916) 206-8078 Cell Phone

Sponsorship

Please start talking with perspective pilgrims and submit applications now to ensure a place on the next Walk. Don’t wait!

First round of applications are due Monday before Team Weekend.
If we don’t have 12 by then, the Walks are canceled! (6 for Flights). We need 16 pilgrims for a Walk to happen, so get those applications in now!
Registrar: Roxanne Moger, email: walkregistrar@ncnec.org
Applications for pilgrims and background:
http://www.ncnec.org/applications/emmaus-application/
Before sponsoring a pilgrim, please read the Sponsorship Guidelines at
http://www.ncnec.org/sponsorship/

International Emmaus

The new Emmaus Community of Bolivia will hold its first walks from July 5-8 and July 10-13. Bolivia is one of 8 countries launching a new community – all within five years – as part of the “8 in 5” initiative. Kenya and Bolivia hold their first walks this year, while leadership teams in Bulgaria, Peru, Poland, Uganda, Democratic Republic of Congo, and Chile are in various stages of formation.

Bolivia is counting on you to:
+PRAY. Add the Emmaus Community of Bolivia to your personal prayer list AND sign up for a prayer vigil by emailing lourdesmc@gmail.com
+SHARE  Write agape letters for the new pilgrims. Send your letters by June 23rd to irn_rodriguez@hotmail.com
Keep praying!

Please keep praying for our newest members in their 4th Day: Brenda Aarons, Margie Anderson, Cat Barclay, Janet Bonzo, Amanda Bulls-Stephens, Ann Butler, Rebeccah Eversall, Patty Ferrell, Ofa Haungia, Carole Hester, Jeanne Hurst, Elaine Ixcot, Jennifer Khan, Marsha Kolsters, Holly Lusk, Janice Madruga, Alice Martinez, Jan Morita, Martha Mossman, Annette Pratt, Joyce Riddle, Tammy Rustmann, Brenda Salim, Kathi Stokes, Kimberly Wight, and Lynn Wilkerson.
Mona Anderson, Sara Ballard, Janelle Berryman-Nosik, Lydia Chenoweth, Pat Crane, Maria Denzler, Krista Glover, Jo Herrera, Nancy Hill, Rachel Little, Simona MacAngus, Laura Mohun, Kathie Peterson, Mysti Rose, Francisca Smith, Julie Smith, Riley Taylor, Losa Toetuu, Sharen Topham, Sandi Walker-Tansley, and Briana Whitten. May your 4th Day continue to demonstrate God’s perfect love for you!

NCNEC Board

Community Lay Director: Carolyn Brodt
Assistant Community LD: Bob Stackhouse
Community Spiritual Director: Barbara Smith with Dawn Blundell
Secretary: Helen Sturtevant
Treasurer: Rob Dunning
Emmaus Registrar: Roxanne Moger
Chrysalis Support/Literature: Caree Walker and Ellen Thomas
Community Agape Coordinator: Marie Clukey
Newsletter: Mardiece Patrick
Website Coordinator: Clay Brinkman
Emmaus Support/Literature Chair: Dianne Moody
Background Team Coordinator: Holiday Manly and Kristi Dorf
Dropbox: Becky Stockdale

Enjoy and remember this song at
https://goo.gl/pu4zHW