



From Sound to Sound with the **GOOD NEWS**, Vol. 18, Issue # 11, Nov. 20, 2009
 www.albemarleemmaus.org P.O. Box 1198, Edenton, NC 27932 emmaus@albemarleemmaus.org

“Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen.”

~~~ Winston Churchill

## Albemarle Community Calendar

- ★ Dec. 1: Spring Walk Team Applications due.
- ★ **No Dec. Gathering, No Dec. Emmaus Board meeting**
- ★ Dec. 6: Chrysalis Board Meeting 2:30pm at [Open Door Church, Edenton](#)
- ★ **December 31 ~ January 3, 2010:** Winter Chrysalis Winter Flight [AC #33](#) at Elizabeth City.

| November 2009 |    |    |    |    |    |    |
|---------------|----|----|----|----|----|----|
| Su            | Mo | Tu | We | Th | Fr | Sa |
| 1             | 2  | 3  | 4  | 5  | 6  | 7  |
| 8             | 9  | 10 | 11 | 12 | 13 | 14 |
| 15            | 16 | 17 | 18 | 19 | 20 | 21 |
| 22            | 23 | 24 | 25 | 26 | 27 | 28 |
| 29            | 30 |    |    |    |    |    |

- **Adult Lay Directors:** JoAnne Jones & Tom Mackel.
- **Youth Lay Directors:** Leslie Revelle & Josh Rivenbark
- ★ **January 2, 2010:** AC #33 Candlelight at Elizabeth City.
- ★ **January 14 ~ 17, 2010:** [EA #85](#), Women's Winter Beach Walk; Sandra Sawyer Lay Director
- ★ **January 16, 2010:** Gathering and EA #85 Candlelight at Kitty Hawk United Methodist Church, 803 West Kitty Hawk Road, Kitty Hawk
- ★ **February 13:** 2:30pm DoDU, 6:30pm Gathering. Both at Liberty Christian Fellowship, 244 Williams Dr, Kill Devil Hills, website: [www.libertyobx.com](http://www.libertyobx.com)
- ★ **March 4 ~ 7:** Men's Spring Walk; EA #86, Lay Director: Daryl Swain
- ★ **March 18 ~ 21, 2010:** Women's Spring Walk; EA #87, Lay Director: Judy Edwards
- ★ **April 1:** Chrysalis Summer Flight Team Applications due.
- ★ **April 10:** 2:30pm DoDU & 6:30pm Gathering. Tentative location: [Roper Baptist Church](#), 44 Griffin Road, Roper, NC
- ★ **April 29 ~ May 2:** Kairos PCI Weekend 21,
- ★ **May 9:** Gathering and EA/AC [Board Elections](#)
- ★ **June 12:** Gathering
- ★ **July 1:** Emmaus Fall Walk Team Applications due.
- ★ **July 10:** Gathering
- ★ **Mid-July:** Chrysalis Flight AC #34
- ★ **August 14:** Gathering
- ★ **September 11:** Gathering at Mt. Hermon UMC, Newland Road, Creswell, NC
- ★ **Sept. 30 ~ Oct. 3, 2010:** EA #88, Men's Fall Walk
- ★ **October 14 ~ 17, 2010:** EA #89, Women's Fall Walk
- ★ **November 4 ~ 7:** Tentative dates for Kairos PCI-22, Elizabeth City
- ★ **November 13:** Gathering
- ★ **December 30 ~ January 2, 2011:** Tentative Date for Chrysalis Flight AC #35
- ★ **January 13 ~ 16, 2011:** Tentative dates for EA #90, Women's Winter Beach Walk

### New Sponsor/Team Applications Available

After several months of editing and re-editing, the latest edition of applications for both Emmaus and Chrysalis weekends are now available. We have included in this month's paper newsletter Emmaus Pilgrim applications and an application to team on an Emmaus Walk Weekend. On page three of this web edition are links to all new applications. Please discard all older applications and replace them with these new 2009 applications.

Upper Room Emmaus of the Albemarle Area  
 1205 U.S. Highway 64  
 Manteo, NC 27954-9315  
 Return Service Requested

Non - profit organization  
 US Postage Paid  
 Manteo, NC 27954-9315  
 Permit No. 148



# Prayer Concerns

- AC #33
- EA-85 • Women's Winter Beach Walk January 14 ~ 17, 2010
- Brianna • 15-year-old in Lumberton area with aggressive cancer
- Lost
- Children & Grandchildren
- C.J./Annie/Tristen/Shelby
- Mother of JuJu, PCI-20 • Surgery
- Dasha Abner • Getting Married 11-28-09
- Brockl Allen
- Lang Ansink • Prayer for Salvation
- Mary Ansley (walked on AE#84) • has pain all through her body and doesn't know why, she's only 49 years old.
- Kevin Belangia • at Norfolk Sentera from Car Wreck Head Injury,
- Millie Bunch • Cancer
- Our Children & Grandchildren
- Our Children to Return to Christ
- Our children to be Drawn Closer to the Lord
- My Church Family
- Matt Duke • head Injury
- My Emmaus Family
- Andy Falenski • Eye Surgery
- Doug Fiedler • Salvation
- Caterpillars for AC-33
- Pray for Ricky Bishop's Health
- Pray for Salvation for Lost Souls
- Diane Gorem • Mother's Passing & Gout
- PRAISE: The Most Witnessing Done That I've Ever Done!
- William Hoggard • Lower Back Pain
- Jeremy & Amanda Ivey • Salvation
- Melissa & Mark Jenkins Jr. • Health & Spiritual Healing
- Amy Jones • For Salvation
- Lost Loved One Dying from Cancer
- Lost Loves Ones •
- Ronald Lyle & daughters
- Job Needed
- Family of William H. "Bill" Sawyer who died Sunday, May 24, 2009 at Sentara Barco Nursing Center in Barco, NC
- Lary Osborn • Lymphoma
- Carleigh O'Shell • Complete Healing form Kidney Stone Surgery
- Andrew Paul (AE68) • Total Knee Replacement Surgery Dec. 14
- Insurance Payment
- My Personal Family
- Helen Petty • Broken Leg
- Marcia Phelps
- Carson Richardson • Age 6 with Metastatic Cancer
- Sharon Ruckle
- Ellie Shea • Healing for Hand Surgery
- Bud Shoemaker • Healing
- Elsie Shoemaker • Health
- My Son • To Come Back to the Lord
- Our Son and Daughter-in-Law • Marriage
- Carson Spivey • Healing
- Carolyn Sumner • Cancer
- Oliver & Sharon Thornton • Salvation
- Daniel Thornburg
- Evelyn Willis • Three Rivers Nursing Center
- Sandy Young • Hearing in Right Ear

## 200910 Emmaus of the Albemarle, Inc., Board of Directors

**Comm. LD:** Jessica Lynam, 1833 Peartree Rd., Elizabeth City, 252-3317773  
**Asst. Comm. LD:** Vernon Lee, 2940 Wakelon Rd., Colerain, 252-4391810  
**Treasurer:** Mary Stoll, 301 Dances Bay Rd., Elizabeth City, H: 252-330-2577  
**Secretary:** Philip S. Ruckle Jr., 1205 US Highway 64, Manteo: 2524731301  
**Spiritual Director:** Greg Biggs, 682 New Hope Rd., Hertford: 252426-4713  
**Spiritual Dir.:** Howard Simpson, 442 Pea Ridge Rd., Roper: 252-793-2907  
**Spiritual Director:** Woody Copeland, 801 Blackrock Rd., Merry Hill,  
**Past Comm. Lay Dir:** Christi Quance, P.O.B. 1786, Elizabeth City,

## Regular Board of Director Members:

Judy Edwards, 599 Old US Highway 17 South, Elizabeth City  
 Bill Elliott, 203 Second St., Edenton, 2524822454  
 Elaine Hughes, 502 White Oak Dr., Edenton, NC  
 Tommy Jones, 233 Rocky St., Hertford, 252-264-2374  
 Dan Lynam, 1833 Peartree Rd., Elizabeth City, 252-3317773  
 Jerri O'Shell, 1706 Memorial Blvd., Kill Devil Hills, 252-4802552  
 Ramona Wescott, P.O. Box 816, Manteo, 252-473-3604  
 Stuart Wescott, P.O. Box 816, Manteo, 252-473-3604

## Albemarle Chrysalis Board of Directors

|                            |                     |                                      |                           |
|----------------------------|---------------------|--------------------------------------|---------------------------|
| † Adult Comm LD:           | Tom Mackel,         | 210 Last Chance Lane, Belhaven, NC   | 252-943-5049              |
| † Youth Comm LD:           | Amanda Steiner,     | 210 Last Chance Lane, Belhaven,      | 252-943-7892              |
| † Secretary:               | Brenda Bishop,      | 106 Virginia Rd, Edenton,            | 252-482-5528 252-339-4503 |
| † Community Spiritual Dir: | Howard Simpson,     | 442 Pea Ridge Rd., Roper, NC         | 252-793-2907              |
| † Adult Board Member:      | Karen Byrne,        | 702 Muddy Creek Road, Hertford, NC   | 252-264-3511 252-340-6335 |
| † Adult Board Member:      | Danielle Hortelano, | 170 The Lane, Wanchese, NC           | 252-217-7523              |
| † Youth Board Member:      | Chelsea Krahenbill  | 628 Rocky Hock Creek Rd, Edenton, NC | 252-312-7391              |
| † Youth Board Member:      | Michael Partin,     | 1014 Sound Shore Drive, Edenton, NC  | 252-333-5600              |
| † Youth Board Member:      | Alan Phelps,        | 901 Weston Road, Creswell, NC        | 252-796-7552              |
| † Youth Board Member:      | Asheton Rivenbark,  | 101 Countryside Dr., Edenton, NC     | 252-339-7667              |
| † Adult Board Member:      | Alex Swain,         | 209 Shannonhouse Road, Edenton, NC   | 252-482-6581 252-339-7062 |
| † Past Adult Comm LD:      | Laurence Chappell,  | 1777 New Hope Rd., Hertford,         | 252-264-2136 252-333-8249 |
| † Past Youth Comm LD:      | Benji Bishop,       | 106 Virginia Rd, Edenton, NC         | 252-482-5528 252-339-9452 |
| † Pre-weekend Chairperson: | Tammy Lee,          | 2940 Wakelon Rd., Colerain, NC       | 252-325-4125              |

### The Decision not to make a Decision is still a Decision!

"What's so bad about being a procrastinator? At least I'm a Pro at something!"

#### pro-cras-ti-nate:

-verb (used without object) to defer action; delay: to procrastinate until an opportunity is lost.

-verb (used with object) to put off till another day or time; defer; delay.

#### Why Procrastinate?

Fear of failure/success  
 Pride / Impatience  
 Avoid Responsibility  
 Aversion to Risk  
 Frustration w/ Details

The links below open the latest edition of applications for our Emmaus and Chrysalis weekends.

Major application changes include:

- ◊ All applications for both Emmaus and Chrysalis are mailed to:  
Emmaus of the Albemarle, Inc. , Post Office Box 1198 , Edenton, NC 27932-1198
- ◊ We request that you use only white paper with black ink and type or print all information except signatures.
- ◊ All applications require a pastor's signature and phone number. If your church is currently without a pastor the church's Lay Leader, Deacon, or other spiritual leader, within the church may sign.
- ◊ All team fees are currently \$200.00.
- ◊ A medical release has been added giving Emmaus of the Albemarle, Inc., permission to seek appropriate medical attention for an individual in the event of an accident, illness or injury during the Emmaus or Chrysalis Weekend. The release is part of each application.
- ◊ There are two sides to every application. Both sides must be completed and mailed with all signatures.

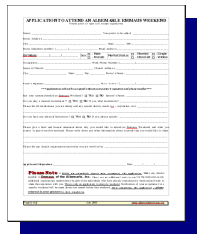
**NOTE:** We do not send notices that application have been received. We do make contact with people that have been accepted as Pilgrims, to team, and Pilgrim Sponsors.

To print your own applications click on the application image to open a new page. Some browsers require holding down the "Control" key [Ctrl] while clicking the link.

Please discard ALL older applications you may have on hand or at your church. Replace them with these new additions.

Application to Attend an  
Emmaus of the Albemarle, Inc.,

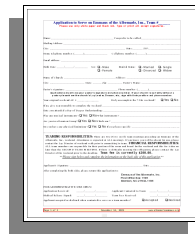
Weekend



Emmaus Sponsor Application

Application to Team on an  
Emmaus of the Albemarle, Inc.,

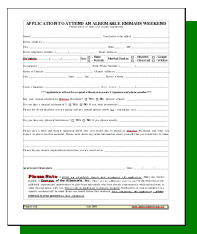
Weekend



Emmaus Team Application

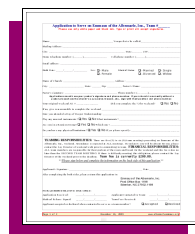
These links are for our Chrysalis weekends.

Application to Attend a  
Chrysalis Weekend



Chrysalis Sponsor Application

Application to Team on a  
Chrysalis Weekend



Chrysalis Team Application

Please discard ALL older applications on hand or at your church and replace them with these new additions.