



EMMAUS WALK

What Is It

The Walk to Emmaus is a spiritual renewal program intended to strengthen the local church through the development of Christian disciples and leaders. The program's approach seriously considers the model of Christ's servanthood and encourages Christ's disciples to act in ways appropriate to being "a servant of all."

About the Name

The Walk to Emmaus gets its name from the story in Luke 24:13-35, which provides the central image for the three-day experience and follow-up. Luke tells the story of that first Easter afternoon when the risen Christ appeared to two disciples who were walking together along the road from Jerusalem to Emmaus.

History

The walk to Emmaus is an adaptation of the Roman Catholic Cursillo (pronounced cur-SEE-o) Movement, which originated in Spain in 1949. Cursillo de Cristianidad means "little course in Christianity."

The Walk to Emmaus is grounded theologically and institutionally in the Upper Room ministry unit of the General Board of Discipleship of the United Methodist Church which sponsors the Walk and offers it through local Emmaus groups around the world. Although connected to The Upper Room to the United Methodist Church, the Walk to Emmaus is ecumenical.

Structure and Organization

The Walk to Emmaus experience begins with a 72-hour short course in Christianity, comprised of fifteen talks by lay and clergy on the themes of God's grace, disciplines of Christian discipleship, and what it means to be the church. The course is wrapped in prayer and meditation, special times of worship and daily celebration of Holy Communion. The "Emmaus community," made up of those who have attended an Emmaus weekend, support the 72-hour experience with a prayer vigil, by preparing and serving meals, and other acts of love and self-giving. The Emmaus Walk typically begins Thursday evening and concludes Sunday evening. Men and women attend separate weekends.

During and after the three days, Emmaus leaders encourage participants to meet regularly in small groups. The members of the small groups challenge and support one another in faithful living. Participants seek to Christianize their environments of family, job, and community through the ministry of their congregations. The three-day Emmaus experience and follow-up groups strengthen and renew Christian people as disciples of Jesus Christ and as active members of the body of Christ in mission to the world.

How to Attend

To get involved in Emmaus, each person must have a sponsor who has already attended an Emmaus Walk. If you have a friend who has attended ask him//her to talk with you about the program and about sponsorship.

Gray UMC has a fairly large group of people who have attended an Emmaus Walk (20-30). They meet regularly to support one another in faithful living and to consider persons to sponsor.