

# Resource Guide For Pilgrims

## Things to take on the Walk:

1. Pillow, sheet, and blanket for lower bunk bed.
2. Soap, towel and wash cloth
3. Small flashlight
4. Small over the shoulder purse (women)
5. Sweater or light jacket
6. Comfortable shoes
7. Casual clothing
8. Personal hygiene items

## Things not to take on the Walk:

1. Phone
2. Pager
3. Watch
4. Radio
5. Camera

## What is Emmaus?

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."

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.

—*from What Is Emmaus? Copyright The Upper Room.*

### **How can I get started?**

Someone in your church can help you get started. If you want to attend a walk, you need to fill out an application and find a sponsor. Your sponsor will help you every step of the way. They will be your servant and make the process easy. If you do not know someone in your church, then send us an email with the name of your church and we will help you.