

Palanca Press

UEC weekends #277 and #278

Colonial Church

6200 Colonial Way, Edina

952-925-2711 • colonialchurch.org

Directions to Colonial Church:

Located off of Hwy. 62 between Hwy. 100 & Hwy. 169, exiting off of Hwy. 62 onto Tracy Ave. N.
As always, watch for the "4th Day" signs.

Men's UEC #277 January 21-24, 2016

"Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms." 1 Peter 4:10 (NIV)

Rector: Jerry Low 612-759-2526
Kitchen: Chris Stone 612-309-8554
4th Day: David Higgins 320-221-5525
Palanca: Paul Albinson 612-834-1971

Women's UEC #278 January 28-31, 2016

"Give all your worries and cares to God, for He cares about YOU!" 1 Peter 5:7

Rectora: Kari Caldwell 651-323-3009
Kitchen: Wendy Vanderwerf 651-587-2928
4th Day: Julie Houle 320-237-4124
Palanca: Heidi Sprado 651-503-5458



Marveling at God's Faithfulness

By Megan Flagstad

Greetings, new friends! I had my first experience with Unidos En Cristo when I went through as a "weekender" on November 12-15, 2015.

I actually looked forward to one of the only things I knew about the event at that time: "being off the grid". I leaned into the sensation of leaving everything behind me and entering a time of new opportunities and potential relationships. I was not disappointed.

Recently, God has been teaching me about authenticity and wholeheartedness and how it relates to shame and vulnerability. Of course, His timing with the invitation to attend the weekend from my brother and sister-in-law, Nate and Shannon Watson, was perfect.

I had recently been struggling through being separated from a community. After working for years to being open to serving in new ways and ministering to others in ways that spoke to their hearts more than it spoke to my own, I found myself faced with an old spirit of shame. The one that makes it easy for me to withdraw, go home, and minister to a smaller world. Mine.

Bless God, He only let me do that for about a month before He said "Enough." In His strength, and with the deep loving support of my parents, Dave and Cindy Watson, my husband, Tom Flagstad, and all of you as members of a great cloud of witnesses and intercessors, His presence filled me to overflowing once again.

He really is in me to will and to do of His good pleasure, and I really am worth it and worthy of love, community and connection. Knowing the words is one thing, being empowered to walk out that worthiness in relationship is enormous and taking back my power over that thief, shame, is eternal.

I spent most of my weekend marveling at God's faithfulness in the lives of the new friends that I was meeting. He kept showing me glimpses into the fulfillment of His personal promises to each person I encountered, every beautiful heart being brought to the surface and held up in the light. Hence, the potentially strange smile I may have had on my face when I met you.

I'm still holding these things in my heart for you all today. They are His gift to me, for you, that I will move out from shame and into His healing spirit forevermore. Thank you.



UEC #275 & #276 Weekenders • Brunswick United Methodist

Mary Adrian, St. Francis
 Harold Anderson, Recovery Church UMC
 Darleen Bjugan, Lands Lutheran
 Barb Butler, Mt. Olive Lutheran
 Heidi Cain, Lands Lutheran
 Nicole Capitola, Eaglebrook
 Donna Cincotta, Brookwood Community
 Joe Cincotta, Brookwood Community
 Corey Claud Hecimovich, Hastings UMC
 John DuBall, New Day Covenant
 Mary DuBall, New Day Covenant
 Jodie DuLac
 Megan Flagstad
 Tom Flagstad
 Kandi Hamble, Harvest Bible Chapel
 Heather Holterman, New City
 Jane Hurley, Buffalo UMC
 Sue Johnson
 Mary Kortum, Buffalo UMC
 Damon Lichtblau, Lake City UMC

Debbi McGovern, Eaglebrook
 Debra Morales, Rosemount UMC
 Michael Morales, Rosemount UMC
 Rose Moshua Antzaras, St. Mary's Greek Orthodox
 Cathi Nimmer, Wayzata Free
 Jade Noble, Spirit of Life
 Leonard Norum, Brunswick UMC
 Jenna O'Flanagan, Buffalo UMC
 Randy Opheim
 Dennis Parmenter
 Aaron Rudquist, Brunswick UMC
 Becky Schoenheider, Five Oaks
 Wendy Senescall, Brunswick UMC
 Elisabeth Smith, Redeemer Covenant
 Ryan Smith, Redeemer Covenant
 Bounna Southaya, Peace Reformed
 Laura Sutton, Augustana Lutheran
 Mary Taylor, Eaglebrook/Passion
 Traci Woolard, Hastings UMC
 Arlene Zachery, Shiloh Temple

*Faith makes all things possible. Hope makes all things work.
 Love makes all things beautiful.
 May you have all three for this Christmas.*

Convenor's Corner

By **Tim Powell**, convenor@unidosencristo.com

John 1:14 ... "The Word became flesh and made His dwelling among us. We have seen His glory, the glory of the one and only Son, who came from the Father, full of grace and truth." (NIV)

As I was pondering what I would write for this edition of the Convenor's Corner, I thought of Christmas.

Often times I get caught up in the hustle and bustle of the season; it inevitably it draws me in.

There is so much good and fun stuff to do, to see, to smell ... ahhh the smell of a fresh cut tree or the aroma of a Christmas meal.

See, so much to distract us and without even mentioning the gifts, both those given and those received.

I began looking at scripture and was thinking of Luke account of Christ's birth. There is a lot of information there, all good, but sometimes it can distract from the primary point of

the story.

Jesus came as a baby to live with us, to ultimately be our sacrifice because of our sin. The Apostle John, I believe, whittled it down to one sentence, "The Word became flesh and made His dwelling among us."

The Word, Jesus Christ, came to this world and lived here. He wasn't here for a day or two, he Dwelt among us. He was around the sickness, the depravity, and the death of this world.

He left the glory of heaven and was among the sin and the sinners. He was living HERE. He understands what this world is like. The Apostles saw this and they saw the glory of God working in and through the Son, Jesus as He lived here.

Jesus is full of grace and truth. Jesus is the truth. It is written in John 14:6 - Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me."

What He says is true. What He does is true. What He stands for is true. As truth, Jesus cannot stand for sin.

But that isn't quite the end because He is FULL of grace. Full of grace, He satisfied the need truth has to see sin punished. He was full of both - grace and truth.

That, my friends, is what Christmas is. The Word became flesh. The Word is a gift of grace and truth from God which atones us from our sins so that we can be with Him for all eternity, praising and worshiping Him.

We must do our best to turn from the sin which the truth points out but we are all sinners in need of His amazing grace.

May God bless you all this Christmas and throughout the New Year.



Prayer Vigil

Weekends #277 and #278 are coming up quickly with the men beginning their weekend on Thursday, January 21, and the women on Thursday, January 28, at Colonial Church, Edina.

Prayer is a vital part of a UEC weekend. A prayer vigil by the UEC 4th Day community connects the community to the weekend and strengthens the Weekenders, team and the community alike. Prayer connects us to God and to each other.

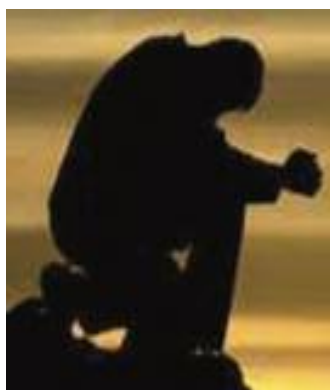
When you sign up either for a specific hour or throughout the weekend, you will receive regular updates for those four days.

These updates will act as a reminder to bathe the weekend in prayer and also give a glimpse of what is happening at the moment.

Please help blanket both weekends with prayer by following the instructions below.

How to participate in the Prayer Vigil:

1. Log on to www.unidosencristo.com
2. Click on "4th Day" on the bar under "Unidos en Cristo"
3. Click on "Weekend Prayer Vigil"
4. Scroll down to the Sign Up section and enter your name, phone number, e-mail address and then sign up for Weekend #277 or #278.
5. You may choose a one-hour time slot to pray, or select the entire weekend.



6. Click on "Submit Prayer Times"

7. Click on "Prayer Vigil Tips" on the sign-up page for helpful suggestions and Scripture readings

You will receive reminder emails throughout the weekend.

If you have questions, contact the Prayer Vigil Coordinator for the weekend you are committing to pray

for. Thank you for your support and prayers.

UEC Men #277 --- Ryan Flemke,

507-358-7689 or rylflemke@gmail.com

UEC Women #278 --- Kory Everson

612-866-7606 or Eversonkory@gmail.com

Applications accepted

Weekend registration and Team applications are available online at www.unidosencristo.com on the *Sponsors and Team* page.

Weekend Registrations will be accepted at any time for any weekend if the weekend hasn't filled. If you wish to submit a Weekend Registration form within two weeks of an upcoming weekend, contact Del Van Batavia, Allocations Coordinator to determine if space is available. Send Weekend Registration forms to:

Del Van Batavia, UEC Allocations
404 Union Terrace Ln. N.
Plymouth, MN 55441
vanbatavia@unidosencristo.com

The Weekend Registration fee of \$40.00 per Weekender should accompany the Weekend Registration form.

Team Applications may be submitted at any time for any weekend. Submission of a team application does not guarantee placement on a team. You may contact Terri Eggleston, Leadership Training, by e-mail at eggleston@unidosencristo.com to determine if there are still team openings.



www.unidosencristo.com

Weekend Registration Forms, Sponsor Tips, and Team Applications can be found on the *Sponsors and Team* page.

The Palanca Press, Prayer Vigil and Current News can be found on the *4th Day Community* page.

2016 Calendar of Weekends are now posted on the *Calendar* page.

If you click "**Ready to Learn More?**" on the *Home* page, you will find the UEC Brochure, Faith and Mission Statement, and History.

If you see a correction to be made or have a suggestion about the Website, contact Communications Coordinator, Lisa Boldenow, boldenow@unidosencristo.com

Future UEC Weekends

Weekend	Date	Host Church	Rector/a
#279 Men	July 21-24, 2016	Rosemount UMC	TBA
#280 Women	July 28-31, 2016	Rosemount UMC	TBA
#281 Men	October 13-16, 2016	Brooklyn UMC	TBA
#282 Women	October 20-23, 2016	Brooklyn UMC	TBA

Meet your council members

Norma Lund

Leadership Development

My husband, Dennis, and I attend Rosemount United Methodist Church. I was a weekender for Weekend #98 in July of 1993. My weekend experience had a profound impact on my life. My faith has grown in a way that it would not have without the experience.

I am involved in my church, serving when I can, and witness when there is an opportunity. I have served on every UEC team and was Rectora in 2011.

My job on the Council is Leadership Development. My responsibility is to select the upcoming Rectora. I do this with a lot of prayer and from a list of women who meet the experience requirements to serve as Rectora. There is a yearly meeting to update the list which is taken back to Council for approval.

The opportunity to serve God in so many ways has been very fulfilling.

"Love one another....as I have loved you." John 13:34



Craig Stockel

Convenor Advisor

I am serving my third year on Council, currently as Convenor Advisor. I started as Co-Convenor under Steve Wilson in 2013, then served as Convenor (chair) of the Council, and now my task is a supporting role to Convenor Tim Powell.

My UEC weekend was #197 in January, 2004. I was overwhelmed with God's love and grace poured out on me and my fellow weekenders. It was for me the "best weekend ever."

My wife, Boni, and I attend First United Methodist Church, Lindstrom.

I have served as table leader (#205), Assistant Kitchen Rector (#209), Assistant Palanca Rector (#225), Rollo Room Assistant (#247) and as Rector (#265).



Council nominations for 2016-17 sought

The Unidos en Cristo council is asking for your help in soliciting nominations for the 2016-2017 UEC Council. The UEC movement is entirely lay led and serving on the Council is an opportunity for personal spiritual growth and gives you an opportunity to see God working in the lives of others. The criteria for prospective council candidates include:

- Completion of a cursillo-type weekend
- UEC team experience in a leadership role
- Active support of the 4th Day Community
- Active participation in his or her home church
- Commitment to attend monthly meetings – September through June
- Performance of the duties of the position for a three year term

In Loving Memory

We joyfully celebrate the life and resurrection of each friend in Christ who has entered the Fifth Day:

Ken Vogel (#221) - Excelsior - Excelsior Covenant

If you know of a Cursillista who has entered his or her 5th Day, please e-mail information to the Palanca Press Editor palancapress@unidosencristo.com) for inclusion in the newsletter. You may also use the form on the website, unidosencristo.com, on the 4th Day Community page and use the 5th Day button.

Others in the 4th Day Community may have no other way of knowing that their friends in Christ have entered His presence. If you provide the name and address of family, a sympathy card will also be mailed to the family.

Memorials given in memory of Cursillistas will be acknowledged in the Palanca Press, unless otherwise requested.

Send them to: Unidos en Cristo, 5108 W. 74th St., P.O. Box 390122, Edina, MN 55439

Council Meetings

UEC Council meetings are held at 6:45 p.m. on the fourth Tuesdays, January-June and September-November at Christ Presbyterian Church, 6901 Normandale Rd., Edina.



The UEC Council asks you to prayerfully consider whether you or someone you know should be considered for a Council position. The UEC Council is seeking individuals to serve the following positions beginning in September 2016:

- Council Secretary
- Trailer Supplies
- Site Coordinator
- Clergy Coordinator

Any questions concerning this process should be directed to Tim Powell, via telephone at 651-251-1837 or by e-mail at convenor@unidosencristo.com.

Please submit your nominations, via e-mail, with the following information:

name of the nominee, address, home phone, email address, home church, cursillo weekend attended, team experience and your name and phone number.

The UEC Council thanks you for your support as we work to select new council members

UEC Voting Council 2015-2016

Convenor

Tim Powell
651-251-1837

Co-Convenor

Kathy Messerli
612-590-4180

Convenor Advisor

Craig Stockel
612-245-2416

Allocations

Del Van Batavia
612-270-7329

Church Liaison

Sara VanderBent
715-248-3850

Clergy Coordinators

Greg Bestland
763-682-1823

Phil Schmidt
651-724-0192

Mary Syrja
651-578-2896

Communications Coordinator

Lisa Boldenow
952-270-5181

Council-at-Large

Sue Ganzer
651-437-9131

Cathy Colman
715-381-2864

Leadership Development

Norma Lund
952-435-7133

Steve Staloch
952-881-8639

Leadership Training

Bonnie Clawson
952-215-4888

Terri Eggleston
763-443-7972

Steve Wilson
952-891-2897

Palanca Coordinator

Sandy Dunleavy
651-207-7999

Secretary

Shelley Schuenke
612-991-5774

Site Selection

Diane Martin
952-432-4931

Supplies

Rich Carlson
612-210-1669

Treasurer

Julie Du Lac
612-866-1947

Joy is for more than just a season

By Barb Laidlaw

UEC #276 Women's Rectora

Last January, as I was stashing my decorations away after the Christmas season, God impressed on me the need to leave some of my "joy" décor up for the entire year. Emphasizing to me the need to celebrate His joy every day of the year, not just during the Christmas season. Celebrating the birth of Jesus is, or should be, an everyday occurrence.



In April I received a call asking me to be the Rectora for the #276 weekend. I felt very humbled and honored to follow Jesus on the path He was asking me to travel. Before I could move forward in the planning process or forming the leadership team, the council asked me to pause, ponder, pray and prepare.

During my quiet times with God, the verse He gave me for the weekend was Psalm 95:1, "O come, let us sing for joy to the Lord, Let us shout joyfully to the rock of our salvation."

When we have Jesus in our hearts, we have joy in our lives. We need to be celebrating God's saving grace in our lives and sharing it with others. It doesn't mean our lives are perfect. We have difficult seasons. But we can rejoice in knowing Jesus because we have a personal relationship with Him.

Team meetings began in August with teams beginning to solidify at our very first meeting and continuing to work together through the weekend so that God would be glorified in and through each of them.

Strangers at the Thursday night reception, weekenders began to bond before they went to the first Chapel on Thursday evening. As the weekend unfolded, their hearts softened. Shackles were loosened and, for some, they were removed. Lifetime relationships were built. They drew closer to God and felt embraced by His love.

Weekenders and team alike experienced God's grace and God's love throughout the weekend, which made it "the best weekend ever." Really .. it really was!

Men's Weekend #275 report was not available at press time.



Support Unidos en Cristo #277 and #278

Serenades

Agape Dinner: Open to 4th Day Team members and their guests only.

Sunday Morning: Open to Sponsors only.

Sunday Dinner: Open to the 4th Day Community ... please arrive at 4:00 p.m.

Clausura

Sunday afternoon at 5:00 p.m. Bring your song book.

All About Palanca

How many items should I provide?

When sending Palanca for distribution in the Rollo Room, please send 59 items for each weekend. **Please** — **NO** nuts or products manufactured in a plant that also processes peanuts.

Food Palanca Requests - Men & Women

The "common" list below are items most often needed on weekends. Since exceptions may occur, please contact those listed for details and quantities. **Please** — **NO** nuts, nut butters, nut flavored coffee creamers, nut extracts/flavorings, etc.

Common Food Palanca List

regular/decaf coffee, asst. tea bags, asst. juice, asst. fresh fruit, eggs, asst. bags/cream cheese, asst. boxed cereal, milk, bacon, breakfast sausage, asst. individual yogurt, lunch meat, sliced cheese, white bread, whole wheat bread, asst. individual chips, tossed salad mix, asst. salad dressing, baking potatoes, ground beef, chicken breasts, hot dogs, hamburger buns, hot dog buns, tortilla chips, salsa, cheesecake, catawba juice

Men's Weekend:

Suggested Palanca would include the Catawba juice for the Agape Dinner, juice boxes for the Sunday Morning Serenade or pastries for Sunday's continental breakfast. We have some cakes on the menu if there are any avid bakers out there! Pop, chips, cookies, muffins, cake, nut-free treats and individual snack-size bags of chips are always appreciated.

Contact: Chris Stone, 612-309-8554 or christopher.stone@allina.com

Women's Weekend:

Also need: 30 pounds fresh green beans, 15 cans mandarin oranges, 15 cans diced tomatoes, 8 angel food cakes, 5 pounds each of diced ham and turkey, strawberries, 5 loaves of cinnamon bread, 12 lbs shredded cheddar cheese, 12 bags Andes mints, 6 dozen hard rolls, 10 dozen croissants for sandwiches, 100 Bread Bowls for Soup and 2 extra large bags of Popcorn (NOT cooked in peanut oil).

Contact: XXXX

ALL UEC WEEKENDS ARE NUT-FREE AND SCENT-FREE

Wall Palanca needed

Do you remember the Wall Palanca during your weekend? All renewal groups, individuals and prayer groups are encouraged to shower these Weekenders not only with our prayers but with Wall Palanca.

Wall Palanca can be as simple as a card or a decorated poster. The main thing is for you to express God's love to the Weekenders.

You may send your Wall Palanca by mail to: UEC Palanca Coordinator, Sandy Dunleavy, 2178 Beam Ave., Maplewood, MN 55109 or e-mail: smcelhose@yahoo.com.

The deadline for the coming weekends is January 14, 2016. If you have any questions, contact Sandy Dunleavy at 651-207-7999.

UEC #277 - Men's Team Roster**Rollo Room Leadership**

Rector - Jerry Low, 14 Plymouth Covenant
 Asst. Rector - Scott Lecy, 13 First UMC
 Asst. Rector - Josh Arment, 5 Church of the Open Door
 Asst. Rector - Doug Edson, 6 Northgate

Rollo Room Spiritual Directors

Rick Townsend-Anderson, 4, 7 Grace Ev. Free
 Hank Harris, 2, 10 Church of the Way

Rollo Room Musicians

Musician - Lyle Jensen Colonial
 Musician - Fred Toenniges Pilgrim UMC
 Musician - Sam Hatmann
 Musician - Ralph Fravel Shephard of the Valley

Rollo Room Technical Assistant

Dale Swanson Grace

Rollo Room Rollistas and Table Leaders

Dave Clawson, 1 Faith Covenant
 Frank Harreld Stewartville UMC
 Steve Staloch, 3 Hope Presbyterian
 Terry Veriede Edinbrook
 Dave Serrano, 8
 Chuck Heubach Wooddale
 Frank Kenny, 9 Grace UMC
 Tim Blien Plymouth Covenant
 Karl Schwichtenberg, 11 Normandale Hylands UMC
 Tom Sweany

Kitchen Team

Rector - Chris Stone Mt. Olivet Lutheran
 Asst. Rector - Kent Nack Colonial
 Brian Rodeck Northridge Fellowship
 Jeff Rodeck Northridge Fellowship
 Craig Lindvall First Baptist
 Chip Krug Plymouth Covenant
 Steve Balfanz Harris Covenant
 Todd Wright Eaglebrook
 Todd Christopherson Eaglebrook
 David Anderson Eaglebrook

Palanca Team

Rector - Paul Albinson Plymouth Covenant
 Asst. Rector - Gary Oulette Plymouth Covenant
 Spiritual Director - Greg Bestland, 12 Church of the Open Door
 Musician - Thad Early Colonial
 Rick Pavelka Faith Presbyterian
 Ryan Flemke New Day Covenant
 Chuck Odegaard
 Dana Widstrom Christ Presbyterian
 Ode Odegaard Quarry Community
 Tom Evans

4th Day Team

Rector - Dave Higgins Litchfield UMC
 Asst. Rector - Alan Ploetz Plymouth Covenant
 Nathan Johnson Cornerstone
 Pete Welch Colonial
 Chuck Lamberton Plymouth Covenant
 Jason Engelman Crosswinds Community
 Scott Lunden Diamond Lake
 Chris Clements Colonial
 Jay Engelman Crosswinds Community

UEC #278 - Women's Team Roster**Rollo Room Leadership**

Rectora - Kari Caldwell First UMC
 Asst. Rectora - Cyndi Powell St. Lucas
 Asst. Rectora - Donna Sauter Rosemount UMC
 Asst. Rectora - Boni Stockel First UMC

Rollo Room Spiritual Directors

Dan Doughty First UMC
 Teri Seymour Real Life

Rollo Room Musicians

Joanie Webster
 Rob Powell
 Dennis Webster

Rollo Room Technical Assistant

Sandy Dunleavy

Rollo Room Rollistas and Table Leaders

Shayna Navara
 Jennifer Severson
 Cheryl Lecy First UMC
 Patty Christopherson Eaglebrook
 Cindy Kopp First UMC
 Terri Eggleston
 Susie Prin

Kitchen Team

Rectora - Wendy Vanderwerf First UMC
 Asst. Rectora - Melody Jacobs Alliance Church of the Valley
 Dawn Larson Alliance Church of the Valley
 Lynne Wilkerson First UMC
 Sandy Gaudette First UMC
 Vivian Krug Plymouth Covenant
 Julie Fehlen First Lutheran
 Rita Dauka Colonial
 Debbi McGovern

Palanca Team

Rectora - Heidi Sprado
 Asst. Rectora - Barb Suapaia
 Spiritual Director - Rosemary Klass
 Musician - Kay Oien First UMC
 Jennie Schut
 Kory Everson
 Emily Prin
 Pat Bowe
 Mary Fisher
 Becky Peterson
 Jeanne Gamradt

4th Day Team

Rectora - Julie Houle
 Asst. Rectora - Robin Schroeder
 Karla Flemke
 Becky Furman
 Deidre King
 Betty Bullion
 Donna Ziegler

NewsLetter
DEADLINE

Next Palanca Press
 Submission Deadline:
 Wednesday, June 1, 2016



5108 W 74th Street
P.O. Box 390122
Edina, MN 55439

Contacts

•Have a Question? •Need Information?

www.unidosencristo.com
convenor@unidosencristo.com

UEC Council members:

[\(last name\)@unidosencristo.com](mailto:(last name)@unidosencristo.com)

Palanca Press Editor, Barb Laidlaw

palancapress@unidosencristo.com

E-mail Changes or Address Changes to:

Beth Pukal, Database Administrator

database@unidosencristo.com



Palanca Press distribution

The Palanca Press is being distributed electronically. You may subscribe or unsubscribe by e-mailing your request to: database@unidosencristo.com

Cursillo Friends

Unidos en Cristo is one of literally thousands of cursillo organizations. All offer the cursillo weekend in some form. Some are denominational, some are not. Some are co-ed. Some meet in churches, some in retreat centers. They all follow the same basic cursillo method. Unidos en Cristo is "friends" with the following cursillo organizations in Minnesota and you are encouraged to know about them and support them. We all have the same basic goal ... to provide a weekend that is an encounter with God's grace.

Catholic Cursillo: Found active in many of Minnesota's Catholic communities: www.tc-cursillo.org.

Charis: Cursillo in prison. Once you've attended a cursillo weekend, you can serve on team with Charis. For more information, go to: www.charismn.com.

Teens Encounter Christ (TEC): Sponsor a teenager (grades 10-12) to serve as an adult leader on a TEC weekend. Visit www.unitedtec.org (metro) or www.southerntec.org (Southern Minnesota) for more information. There is also a Lutheran TEC.

Tres Dias: An international ecumenical community. Visit www.tresdias.org.

Via de Cristo (Minnesota): Visit www.mnviadecristo.org. Now ecumenical, this began as Minnesota Lutheran Cursillo.

Walk to Emmaus: Sponsored by the Upper Room, information on this ecumenical community, which began in the Methodist tradition, can be found at: www.mnemmaus.org.