

# Lynchburg/CVA Walk to Emmaus Pilgrim's Guide

## What to Expect from the Walk Weekend Itself...

1. **What is "The Walk to Emmaus?"** It 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." (Luke 24: 13 - 35). The weekend can give the participant an intensely felt awareness of God's grace, the power of prayer, and Christian love.
2. **What happens on a Walk?** Your Walk experience will involve a 72-hour short course in Christianity, comprised of 15 short 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. Sorry, no hiking involved.
3. **What is the facility like?** The L\CVA Walk to Emmaus is held at Eagle Eyrie Baptist Conference Center in Lynchburg, Virginia ([www.eagleeyrie.org](http://www.eagleeyrie.org)). The sleeping arrangements are camp style in cabins with approx 4 beds per room and two bathrooms with about 2 stalls and 3 showers/dressing areas. Some of the rooms have bunk beds and others are singles. There are plenty of bottom bunks. Do let your sponsor know, however, if you cannot handle a top bunk. There are separate buildings for the talks, meals and where most of the worship times will be held.
4. **What do you need to bring?** You will need to bring 3 days worth of clean, comfortable clothing - no need to dress up so be casual: jeans, t-shirts, shorts, slacks, etc. are appropriate. You might want to be a little dressier on Sunday, but that is optional and still very casual. This is a time to rest in the Lord and learn what He has for you for the weekend. You may also want to bring a jacket or sweater in case the air conditioning is too cool for you. It is suggested that you bring your own pillow, colored towel, wash cloths and toiletries. Bring your Bible and a devotional book if you would like.
5. **What is the daily structure of the program like?** There are short talks from speakers, then time to discuss the talk with your small group, into which you will be placed at the beginning. There is a time to share, as well as singing and reflection. Remember there is something God wants you to learn. Ask Him to open your ears, your mind, and your heart so that you will know what He wants to you learn.
6. **What is expected of you after you attend?** It is really up to you. During and after the three days, however, 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 and in their local church.

## Here are things you need to know as a Pilgrim...

7. You might want to read [Luke 24](#) about the walk to Emmaus.
8. **You do not need to concern yourself with transportation.** Your sponsor will pick you up and take you to Eagle Eyrie in Lynchburg, Virginia, on Thursday so that you get there between 6:30 and 7:00 p.m. and they will bring you back on Sunday evening. This is part of the loving service your sponsor provides for you. Your sponsor will have communicated with you beforehand whether they will take you out to eat or if you should eat before they pick you up.
9. **You might want to take a shower before you go on Thursday** as activities are such Thursday night that you won't have a chance to take a shower until Friday morning.
10. **Please let your sponsor know several weeks before the Walk** if you need a special diet or medication regimen so they can pass that information on to the Lay Director.
11. **You will be served 3 meals a day, plus snacks and drinks.** Restroom facilities are also readily available. You will be asked to please wait to go at designated break times out of respect for the speakers. You will have numerous break times, however, if you must go, please do so quietly. You will be on a precise time schedule that is important for everyone to keep.
12. Please understand that your personal participation is requested from 7:00 p.m. Thursday until approximately 6:30 p.m. on Sunday. Each event builds on the other, so you are expected to attend each and every event. This is part of the program and the reasons will become more evident during your walk. The walk is all about listening, learning, sharing, and being a servant of Christ.
13. The weekend is very structured and can be intense. You will be on a precise time schedule that is important for everyone to keep.
14. Please also understand that this is a weekend for you to focus on God and there is no contact with family or business except, of course, in an emergency. This is so that you can focus on your weekend without distractions. You deserve this time to be alone and focus on the Lord. (Please give the name and address and phone number of a close relative and friend to your sponsor, if you haven't already, and give your sponsor's information to them also.)
15. **Please leave the following at home:** cell phones, pagers, radios, clocks, lap tops and cameras. Again, this is so you can focus on your weekend. It is a full weekend, and those items will distract from your experience. You may also be asked to take off your watch and put it in your suitcase or purse, or you may want to give it to your sponsor beforehand or leave it at home.
16. Please remember that your sponsor will be praying for you, the Lay Director and Spiritual Director will be praying for you, fellow pilgrims will be praying for you, the Emmaus community will be praying for you, and all who will share in your pilgrim weekend will be praying for you.
17. Please understand that each weekend is unique to each individual and that each person seems to find what God wants each person to experience. There is no set reaction expected. You can look forward to gaining a new enthusiasm for serving God.