

## *A Journey with Christ*

The Gospel of St Luke relates the story of the risen Christ appearing to two who were going along the road from Jerusalem to Emmaus. Two friends were walking together, sharing their hearts' deepest concerns. The risen Christ joined them and explained the scriptures as they walked, how it was ordained glory. This experience on the road was a heart warming experience as the risen Christ walked and talked with them. The illuminating climax of the experience was when Christ took bread and said the blessing, then broke it and gave it to them. The two had their eyes opened and they recognised him as the risen Christ and they rushed back to Jerusalem to tell the others. (Luke 24:13-35)



## *What is the Walk to Emmaus?*

The above story provides the image for Emmaus, a programme that calls forth and renews Christian discipleship. Originating from Cursillo de Cristiandad (Spanish for "short course in Christianity"). The walk to Emmaus is a three-day experience which helps participants to explore the Christian faith and ways of putting faith into action. It is a structured weekend designed to strengthen and renew the commitment of Christian people, and through them their families, congregations and the world in which they live. Emmaus is a combined effort of laity and clergy toward the renewal of the Church.



## *What Happens at Emmaus*

The Walk to Emmaus is a 72-hour experience. The weekend normally begins on Thursday evening and ends Sunday evening (occasional Friday to Bank Holiday Monday Walks arranged). On the Walk to Emmaus we spend three busy but very enjoyable days, usually at a retreat centre. We live and study together, and are involved in singing, prayer, worship, and discussion. Discussions centre around fifteen short talks given by laity and clergy. These talks present the theme of God's grace and how that grace comes alive in the Christian community and expresses itself in the world. We have the opportunity to participate in the daily celebration of Holy Communion, and to begin to understand more fully the presence of Christ in his body of believers. We experience God's grace personally through the prayers and acts of service of others.



## *What Happens after Emmaus?*

One of the primary strengths of Emmaus is the follow-up. The weekend last only three days, but we are invited to build on it for the rest of our lives. Those who attend a Walk to Emmaus are encouraged to do two things following the weekend:

1. Expand our own spiritual lives through study and congregation participation;
2. Become more active disciples of Christ in the world through our churches.

To help us to do this, these are links to other members of the Emmaus Community who will pray for us and support us. People who have found Emmaus helpful may be invited to join a team to plan and lead a Walk for others.



## *What is Chrysalis?*

Chrysalis is the name given to the youth part of Walk to Emmaus. It symbolises the transformation that takes place in our lives as our Christian faith grows. Chrysalis is for Christian young people aged 14 – 18 of any denomination. It is for people who may have unanswered questions about prayer, study or sharing their faith or for those who may wish to discover more about their gifts and where God could be leading them in the future.

We spend three days with other young people taking part in a programme that involves discussion, worship, talks food and fun. The theme of the weekend is God's love for us and our responsibility to share his love with the world.

After the weekend there is a chance to meet with other Christian young people so that we can support and encourage each other in our faith



## *History of Emmaus*

Originating in Spain in the late 1940's. Cursillo moved to America in the 1950's. It was primarily a Roman Catholic movement until the 1970's. As Catholic centres started accepting applications from Protestants, efforts began among some groups to make Cursillo experience available to all Protestants. In the late 1970's, the Upper Room (a unit of the Board of Discipleship of the United Methodist Church, USA) formed the Upper Room Cursillo Community in Nashville, Tennessee. In 1981, by mutual agreement between the National Secretariat of the Roman Catholic Cursillo movement and The Upper Room, the name of the Nashville Protestant community was changed to Emmaus.

In 1995 Walk to Emmaus came to Britain with the help of the British Methodist Church. The British version holds the essentials of Emmaus and the movement in this country is ecumenical.



## *Purpose of Emmaus and Chrystalis*

The objective of Emmaus is to inspire, challenge, and equip local church members for Christian action in their homes, churches, and place of work. Emmaus lifts up a way for our grace-filled life to be lived and shared with others



## *Who Should Go To Emmaus?*

Emmaus is for people who:

- † wish to strengthen their spiritual lives;
- † may have unanswered questions about prayer study and sharing faith;
- † wish to explore their gifts for Christian service;
- † need space to look again at the Christian faith;
- † are willing to dedicate their everyday lives to God;
- † have positions of responsibility in the church and the world.

Emmaus is open to members of any denomination.

## *Are You Interested?*

We invite you to join in a refreshing weekend spent meeting Jesus as he comes to you through other Christians. For more information on Emmaus and the programme of future weekends in your area, contact:

National Lay Director

Peter Richardson

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# *Walk to Emmaus and Chrystalis*



## *A Programme For Christian Growth And Development*

