



What Happens on a Walk to Emmaus?

The Walk to Emmaus is not a physical walk but a challenging and tiring 3 day experience where you will walk with Christ. The concept comes from the story in Luke 24 13-35 where 2 disciples walked along the road to Emmaus with the risen Lord without being aware of His identity.

Our Walk to Emmaus starts on a Thursday night with supper at Nunyara conference centre at Belair*. Walks are run as single sex with the Men's Walk one week and the Women's Walk usually the next. The opening introduction session concludes with a DVD presentation. The night ends with some reflections about the film led by the Spiritual Director. A period of silence is encouraged for this first evening.

Friday starts in the chapel, as does every day and is followed by breakfast. Holy Communion is also shared each day and all are welcome to participate

Nunyara have very professional catering staff and all meals are much more than you need. Special dietary needs are also handled with great care. No one is ever even slightly hungry or disappointed about the food on an Emmaus Walk.

After breakfast, everyone is allocated into small table groups which they will remain in for the weekend. During each day, 5 talks are given by Lay leaders or Clergy. These talks are not Bible studies or sermons but are testimonies about personal experience on the path of discipleship.

Each talk reveals some aspect of our calling to live a better life in Grace, in relationship with Christ and each other. The content of each talk is discussed in table groups and opportunity for a group response to the talks is given each day. Many will find the talks and discussion challenging, sometimes it's even confronting. Jesus' call to follow Him is not an easy road.

Music is a big part of the weekend and there are times of praise and worship as well as fun songs.

There are many breaks throughout the day with morning and afternoon teas various nibbles and informal times.

The program continues into the night and by the end of the day you probably will be looking forward to sleep.

Accommodation at the centre is in small shared rooms usually sleeping 2-4 guests. Most rooms have a shower and the common toilets are close by. The main areas are centrally heated in winter. Many rooms have a spectacular view over the city, as does the chapel and common areas.

The days will soon get into a familiar pattern but each day will also be different with demonstrations of God's love coming almost continually and often surprising.

At the conclusion of a weekend, it seems hard to believe that it was only 3 days. Friendships will have formed, and often lives are changed. The weekend is usually very tiring, yet most go home with a feeling of refreshment and renewal.

The Walk to Emmaus is designed to help equip and renew disciples for a lifetime of service to Christ in their church. Its purpose is to help develop and refresh leaders in the church.

The weekend experience is a once in a lifetime event and a privilege to accept.

You are invited to accept the invitation to attend the "Walk to Emmaus" and come for refreshment and renewal in your life and faith.

**Walks held in other communities follow the same program but accommodation and catering may differ*