



The Flight Plan

Hello Chrysalis Community!

I am very excited to introduce myself as the latest editor of the Northwest Ohio Chrysalis Newsletter, "The Flight Plan."

I am, Cheryl Barber, Northeast Indiana Emmaus Walk 74A, Table of Elizabeth. I experienced my weekend in March, 1996. My fourth days or next steps have been amazing. I have served on many teams for Emmaus Walks, Great Banquets, and a Chrysalis Flight. I have been on the Chrysalis Board for over a year and have met lots of wonderful people.

On November 5, I will be marrying Brett Spires, Bryan Area Great Banquet 32, Table of James. I will become a step-mom to Tomas, Jonathan, and Kayla. Brett and I enjoy serving Christ in ministry together by leading the youth at our church, heading up an adult small group, and going on mission trips.

I work for Ohio State University Extension, Fulton County, as the Extension Educator, Family and Consumer Sciences. I provide education in the area of family life and have been editing newsletters

and writing articles for years. I am honored to have the opportunity to share Christ in this effort. I hope that many of you will contact me to submit articles in the future.

God Bless You!

Cheryl Barber



Brett Spires and Cheryl Barber

Upcoming Events

November 3-6 — Kairos Weekend

November 11-13 — Girls' Flight (Maumee UMC)

November 17-20 — Women's Walk (Wesley UMC)

November 19 — Chrysalis Reunion (Faith UMC)



NORTHWEST OHIO CHRYSALIS

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Cheryl Barber, Editor

Website:
www.nwochrysalis.org

Join Us!

- ☺ Girls' Candlelight, November 12, 8:00 pm
- ☺ Girls' Closing, November 13, 4:30 pm
- ☺ Women's Candlelight, November 19, 8:00 pm
- ☺ Women's Closing, November 20, 4:30 pm

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Walking With Christ: Spiritual Formation and You

If you find the pressures of living and leading have pushed the longing for that intimacy with Christ to the bottom of the to-do list, then it's time for a change, time to attend to your own spiritual formation.

Begin by asking, "What does my heart desire?" You may find yourself feeling empty. But emptiness can be openness. Trust that God will fill you. Put your life—attitudes, actions, and plans—in God's hands to be reshaped daily into the image of God. Add to that discipline—the spiritual disciplines:

The heart of Christ

The discipline of prayer opens our hearts to speak and to listen to God. It is a way of seeking guidance and direction.

The mind of Christ

The disciplines of study and reflection upon God's Word give new ways of looking at things, of relating to others, and of deepening our understanding of our faith and its claim upon our life. Journaling is another discipline for reflection.

The work of Christ

The discipline of service allows us to share Christ's outreaching love with

others in need—and to experience that love more fully ourselves.

The peace of Christ

The discipline of Sabbath in our lives is more than simply attending worship on Sunday. Sabbath can happen any day. It is an intentional act of seeking rest and renewal in God's presence.

In the midst of the endless busyness that affects both adults and our youth, taking on the disciplines may seem hard. But it is possible!

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Butterflies from Boys' Flight #13, August 5-7, 2005

Josh Beck, Archbold, OH
James Bennett, Toledo, OH
John Bruner, Wauseon, OH
Mike Bruner, Wauseon, OH
Joshua Duran, Bryan, OH
Cody Eling, Liberty Center, OH
Dustin Gillett, Bryan, OH
Nick Goin, Lambertville, MI

Kyle Jacoby, Perrysburg, OH
Nick King, Archbold, OH
Michael Lewis, Bowling Green, OH
Bryan MacDonald, Toledo, OH
John Mathers, Sylvania, OH
Tylan Matthiesen, Toledo, OH
Nathan McCoy, Archbold, OH
Tim Miracola, Wauseon, OH

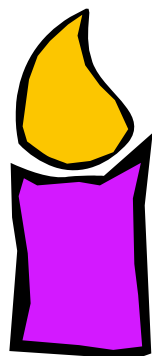
Michael Perez, Stryker, OH
Tory Rasey, Napoleon, OH
Jeremy Rupp, Archbold, OH
Chris Youngblood, Toledo, OH



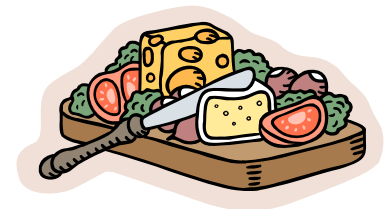
Events and Times for a Chrysalis Flight

Chrysalis flights in Northwest Ohio are always held at Maumee UMC which is located at 405 Sackett St. in Maumee, OH.

Candlelight is always on the Saturday of a flight at 8:00pm. Only those who have experienced Chrysalis or Emmaus should attend.



Closing is always on the Sunday of a flight at 5:00pm. However, you should arrive early between 4:30 - 4:45pm. Bring finger foods to share. Parents of butterflies are encouraged to attend, whether or not they have attended a Chrysalis Flight or Emmaus Walk.



Butterflies from Girls' Flight #13, June 24-26, 2005

Sara Begonia, Lima, OH
Amy Campbell, Oregon, OH
Amanda Colon, Wauseon, OH
Amanda Clark, Petersburg, MI
Danielle Clark, Petersburg, MI
Kendra Doxsie, Lambertville, MI
Mandy Eicher, Delta, OH
Melissa Graham, Lima, OH
Samantha Graham, Lima, OH



Shannon Grieser, Wauseon, OH
Illyanna Huster, Lima, OH
Jessica Stratton, Lima, OH
Brittany Sulpizio, Lambertville, MI
Stefanie Thomasma, Temperance, MI
Andrea Veilleux, Petersburg, MI

Opportunities to Serve

Girls Flight #14 - Friday, November 11 - Sunday, November 13 - 2005

(IMPORTANT NOTICE: Only persons who have been on a Emmaus or Chrysalis Weekend may volunteer to sign-up. Parents of 'Butterflies' who have not been on an Emmaus or Chrysalis Weekend are not to sign-up to serve.)

Sign-up for the Prayer Vigil, to help in the Kitchen or with Logistics

Check out the website at nwochrysalis.org and click on Kitchen, Logistics, Prayer Sign-up.

By clicking on Prayer Vigil, you will enter the correct site to sign-up online.

You may email the Kitchen coordinator for kitchen times and/or the Logistics coordinator for logistics times and your name will be added to the online form.

Email the Kitchen Coordinator at: kitchen@nwochrysalis.org
Email the Logistics Coordinator at: logistics@nwochrysalis.org

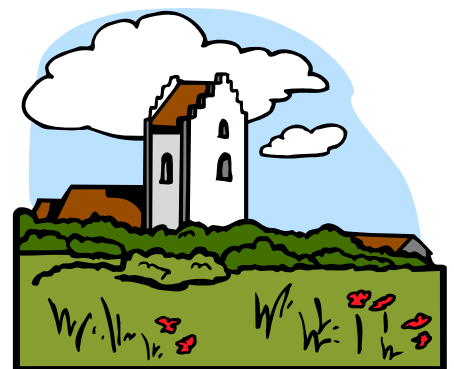
Chrysalis Reunion—You Are Invited!

All butterflies are invited to come out on November 19, from 6:30 to 7:30 pm for the Chrysalis Reunion to be held at Faith United Methodist Church; 225 East Butler Street; Bryan, Ohio.

It is a time for all those who have attended a Chrysalis weekend to welcome the newest butterflies into the

community and reconnect with butterflies from the past. Please bring food to share.

Following the reunion, all are invited to participate in the Candlelight Service for the Women's Walk at Wesley United Methodist Church in Bryan, Ohio.



Your 2005-2006 Chrysalis Board

Spiritual Director	Rev. Kurt Tomlinson	spiritualdirector@nwochrysalis.org
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Here to serve the Lord
and the Community!

NORTHWEST OHIO CHRYSALIS

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"Return Service Requested"
