

The Golden Triangle Emmaus Community (GTEC)

Instructions and Guidelines for Emmaus Pilgrims

We're so glad you want to attend a Walk to Emmaus. Here is some important information for you to consider as you prepare:

1. Active Church membership matters and is pre-requisite to attend. The GTEC Walk to Emmaus is intended to strengthen the local church. "Emmaus is a spiritual renewal program aimed at inspiring, challenging and equipping Christians for Christian action in their homes, churches, their communities and workplaces... Emmaus is not intended to make disciples, but rather to strengthen those who are disciples already." (Bryant, S. D., *What is Emmaus?* Upper Room Publishing.) Therefore, we strongly encourage a period of active membership in a church before applying to attend a Walk. In the rare situation, you may request an exception to this policy by:
 - a. Explaining your situation to your sponsor (Sponsorship is required. A Sponsor is someone who has attended a prior Walk to Emmaus or comparable event such as Cursillo.)
 - b. Asking your Sponsor to contact the Community Spiritual Director to make a request on your behalf.
 - c. Receiving confirmation of approval from your Sponsor
 - d. Attaching a note to your application that includes proof of approval (if this is missing, your application is considered incomplete.)
2. **We hope your sponsor has explained this to you, and it bears repeating: Emmaus weekends are ecumenical in nature (many denominations and faith traditions will be served on the weekend). The Methodist liturgy and practices may differ from what is "normal" for you but are designed to be open to almost any faith tradition. Clergy on an Emmaus walk may be either male or female. All participants are welcome to partake of Holy Communion, which is served at Emmaus by intinction.**
3. Understanding what the Walk to Emmaus means matters. Before you apply:
 - a. Ask your Sponsor about the Walk and the events of the weekend
 - b. Ask another person who has attended a prior Walk to explain the meaning of the Walk to Emmaus and the follow-up Fourth Day activities.
4. Increase your focus on your relationship with God by leaving your phone, watch, and technology at home. (If an emergency happens, your family will contact your Sponsor who will give you the message through the weekend team leaders.)
5. The meaning of signatures matter:
 - a. Applicant signature is your commitment to accept God's invitation to attend the Walk. Please do not attend because someone else thinks you should; rather, attend because, after prayer and guidance, you know you are ready.
 - b. Your Pastor's signature is her or his commitment to work with you to integrate your Walk to Emmaus experience into your ongoing service to God. Ask your pastor if she or he wants more information about the Walk to Emmaus. Resources for more information:

- i. Go to the GTEC web site at <https://www.goldentriangleemmaus.org>
- ii. Purchase book by Bryant, S. D. *What is Emmaus?* Web site at <http://books.upperroom.org/book/what-is-emmaus/>
- iii. Ask Sponsor/Emmaus community leader to speak w/your pastor
- iv. Speak w/the GTEC Spiritual Director (contact info on web site)
- c. Your Sponsor's signature (located on Sponsor's form) emphasizes the great importance the Walk to Emmaus places on Sponsorship and is her or his promise to you, your Church and the Emmaus Community that he/she will:
 - i. Prepare you for the Walk
 - ii. Care for your loved ones and family during your Walk
 - iii. Help you become more active in service to God after your Walk.

Instructions for completing the Application:

1. You will submit your completed application to your Sponsor. (Leave no blanks. if something does not apply, mark it "N/A.") The Pilgrim Registrar will not process incomplete applications. Incomplete applications will be returned to the applicant for completion. Returns may delay or cancel out an application for the Walk date you request.
2. Give the complete name and denomination of your church (no abbreviations).
3. Students: If attending a church near your school, but maintaining active membership in your home church, please list the church near the school you attend.
4. Special Needs: Let us know about general dietary and mobility needs. We do not ask any detailed medical information. We are relatively wheelchair/scooter accessible. For those with food allergies or other special dietary preferences, bring what you need to the Walk. (Because various members of our community prepare and cater in food, we cannot guarantee what allergens may or may not be present.)
5. When listing information for your pastor, you should reference the pastor of the church you regularly attend or hold membership in. Your pastor is not required to have attended a Walk to Emmaus or similar event, past, present, or future.
6. Check your application to be sure that both you and your pastor sign it.
7. Signatures are required; if missing, the application will be returned.
8. Review your application with your Sponsor. Your Sponsor is responsible for checking both your application and her or his Sponsor's support form and then submitting both to the Pilgrim Registrar.
9. All participants are expected to attend the entire three days: the event begins Thursday at 6:00 p.m. and lasts through Sunday around 7:00 p.m., and you **must** also attend your follow-up meeting and are **encouraged** to attend the Gathering after your walk (ask your Sponsor for details).
10. All participants are expected to be healthy and able to participate. If this status changes, please alert your Sponsor and request to cancel or reschedule.

APPLICATION TO ATTEND THE WALK TO EMMAUS
Produced by the Golden Triangle Emmaus Community (GTEC)

After reading the Guidelines and Instructions, complete all information on this form and return it to your Sponsor. Feel free to write on the back if you need more space.

I want to attend the Walk to Emmaus because: _____

Select a weekend date (mm/yy):

1st Choice ____/____ 2nd Choice ____ / ____ 3rd Choice ____ / ____

The Walk to Emmaus was explained to me (and to my spouse, if married) by:

YOUR INFORMATION

Your Full Name: _____

Preferred first name for Name Tag: _____

My address: _____

City: _____ State: _____ Zip: _____

Primary Phone Number: _____ Landline____ Mobile____ Work____

Alternate Phone Number: _____ Landline____ Mobile____ Work____

E-mail Address: _____

Current age: _____ Birthday: _____

Your occupation and/or employer: _____

Check all that apply to you:

☐ Male ☐ Female ☐ Lay ☐ Clergy ☐ Married ☐ Single ☐ Separated ☐ Divorced ☐ Widowed

Are you on a special diet? ☐ Yes ☐ No *(If yes, you and/or your sponsor may need to make arrangements so that you bring your own special foods with you.)*

Do you have any mobility or other special needs for accommodations? ☐ Yes ☐ No

If yes, how may we help? _____

FAMILY INFORMATION

If married, your spouse's name: _____

Has Spouse attended a walk? ☐ Yes ☐ No

If Yes, Walk # _____ Community: _____ City, ST: _____

of Children: _____

Children's Ages: _____

CHURCH INFORMATION

Church Denomination and Name: _____

Church Address: _____

City: _____ State: _____ Zip: _____

SPONSOR INFORMATION

Sponsor's Full Name: _____

Sponsor's Phone: _____

Sponsor's E-mail: _____

The GTEC Walk to Emmaus fee is \$275.00 (\$285.00 online or by Credit\Debit card). Please submit a \$100.00 minimum non-refundable deposit with this application to your sponsor, if your sponsor has not already done so. Missing fee will delay or cause a denial of your application. Make checks payable to: Golden Triangle Emmaus Community. Online Payment Link

If your choice of dates to attend is full, you may request placement on a waiting list. If you need to cancel or reschedule your reservation, notify your Sponsor immediately so that another person on the waiting list may attend. If your health declines so that you are not able to safely participate, please notify your Sponsor as much in advance as possible.

*All participants are expected to attend the entire three days: the event begins Thursday at 6:00 p.m. and lasts through Sunday around 7:00 p.m., and you **must** also attend your follow-up meeting and are **encouraged** to attend the Gathering after your walk (ask your Sponsor for details).*

PASTOR INFORMATION AND APPROVAL

Pastor's Name: _____

Phone: _____

Email: _____

Signature: _____ Date: _____

(Pastor signature affirms his or her approval of your attendance).

(Pastor: Feel free to add comments on the reverse side of this page)

APPLICANT SIGNATURE

My applicant signature verifies that:

- I understand the guidelines and instructions and will abide by them*
- I understand the explanation of the Walk to Emmaus given to me*
- The application is completely filled out and signed by myself and my pastor*
- I am healthy enough to participate*
- I will withdraw my application or reschedule if my health status changes and no longer enables me to participate.*

Signature: _____

Printed Name: _____

Date: _____

FOR REGISTRAR'S USE ONLY:

Application Form Rec'd ___/___/___ Sponsor Form Rec'd (if different) ___/___/___ Notes: _____

Check # _____ Amt. \$ _____ From: ___ Pilgrim ___ Sponsor ___ Other _____

Waiting list card ___ For # _____ Confirmation letter sent to sponsor: ___/___/___ For # _____ Date canceled: ___/___/___

Reassigned to Walk # _____ Confirmation letter sent to sponsor: ___/___/___ For # _____ Date canceled: ___/___/___

Notes: _____

Comments: _____

This document was revised most recently on September 21, 2025.