

Cathedral Oaks Emmaus Community

Sponsor's Checklist

Prior to the Walk

- 🙏 Pray for my pilgrim. Before you ever approach them about attending an Emmaus weekend (don't sponsor a pilgrim "because they need it"; pray that they are spiritually, mentally and physically ready to attend a Walk); after they have applied to attend the Walk; while they are on the Walk; and when they return from the Walk
- 🙏 Sign up for a designated prayer time slot on the COEC Prayer Vigil.
- 🙏 If my pilgrim is married, present the Walk to Emmaus to the spouse as well, answer any questions my pilgrim has.. Don't be secretive – don't even use the word "secret". Tell them everything. Be open about the talks, table discussions, singing, prayer services, etc.
- 🙏 Complete the Sponsor Application form and the Pilgrim Application form, obtain their pastor's signature on the Pilgrim Application and submit both to COEC Registrar, along with the Walk fee payment.
- 🙏 Explain to my pilgrim what to bring to the Walk: Comfortable clothing and shoes, jacket, umbrella, flashlight, insect repellent, medications, personal items, extra bath towels. **Do Not Bring:** Books, radios, clocks, cellular phones, pagers, cameras (cameras are prohibited during an Emmaus Walk), food, etc.
- 🙏 Write my own personal agape letter to my pilgrim.
- 🙏 Obtain letters from 8-12 family members and close friends. Only about 12 letters will be placed in the letterbag that the pilgrim receives, the remainder will be placed in a ziplock bag and placed in their Closing sack in their cabin for reading later. Please be sure to note on the envelopes of the letters from spouse, children, sponsor and other letters that should be included in the first group that the pilgrim receives. A collection box for Agape letters will be at Sponsor's Hour and at Candlelight.
- 🙏 Make arrangements to take care of the pilgrim's personal responsibilities during the Walk weekend, such as child care, meals, house-sitting, pets, mail, plants, carpools, etc. If you cannot take care of these things, find someone who can. The pilgrim needs to know all these things are taken care of so their mind can be at the Walk and not at home.

Walk Weekend

Thursday:

- 🙏 Pray for my pilgrim.
- 🙏 Make sure I have my own personal agape letter for the pilgrim.
- 🙏 Make sure I have the 8-12 letters from family members and close friends, including the pilgrim's spouse if he/she is married.
- 🙏 Clearly mark the letters. In the upper left hand corner of all the envelopes, I have put who the letter is spouse, sponsor, child, close friend, etc.) In the center of all the envelopes, I have written the pilgrim's FIRST and LAST NAME.
- 🙏 Take my pilgrim to Walk location, arriving between 6:00 and 6:30 p.m. on Thursday. Do not arrive earlier than 6 pm nor later than 6:30 pm. Be sure they have eaten their evening meal before they arrive at the camp. After escorting your Pilgrim to Registration, take Pilgrims bags to the appropriate cabin and make the bed for your Pilgrim.
- 🙏 **Stay for Sponsor's Prayer Hour:** 7:00 – 8:00 p.m. in the Chapel.
- 🙏 Give the LETTERS and any AGAPE to the WALK TEAM. Bring your pilgrim's favorite snack food and drink for snack table.

Friday:

- 🙏 Pray for my pilgrim.

Saturday:

- 🙏 Pray for my pilgrim.
- 🙏 Attend Candlelight, arriving at location by 7:30 p.m. Wear a white shirt/blouse if available. Try to sit in a location which will make it easy for your pilgrim to see you. Do not reach out to your pilgrim as he/she passes by! After leaving the service, please keep noise/visitation to a minimum as this noise can penetrate the sanctuary where the pilgrims are still in worship.

Sunday:

- 🙏 Pray for my pilgrim.
- 🙏 Attend Closing, arriving at location by 4:30 p.m.
- 🙏 Give any personal agape I may have to my pilgrim at THIS time and NOT prior to the Walk.
- 🙏 Take my pilgrim home.

After The Walk:

- 🙏 Prays for my pilgrim.
- 🙏 Check on my pilgrim to see if they have questions and to make sure everything is OK.
- 🙏 Help my pilgrim get established in a reunion accountability group.
- 🙏 Bring my pilgrim to the scheduled Fourth Day meeting and COEC Gathering.

Remember **"CHRIST IS COUNTING ON YOU"**.