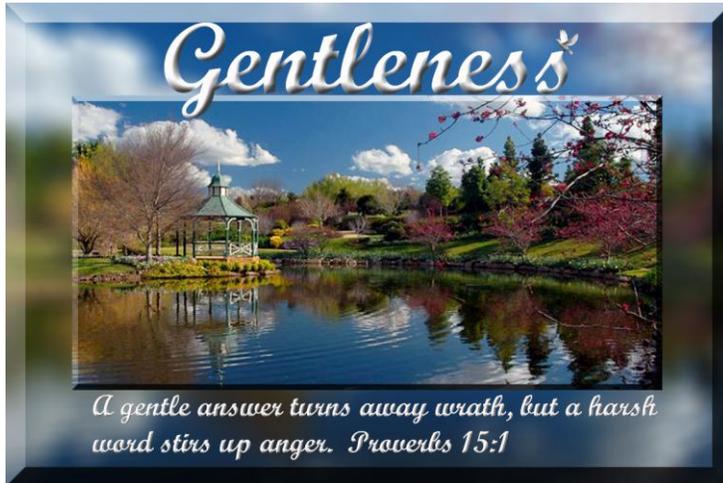


The newsletter of the National Capital Area (NCA) Emmaus for
the glory of God

Fourth Day Journal

Vol. XXVIII No. 11 November, 2010

an independent, ecumenical fourth-day community~ not affiliated with The Upper Room



From the Emmaus Community Lay Director

What do you think of when I mention the word "gentleness?" That is what I am asking myself as I prepare to write this Journal article. I've been using the Fruit of the Spirit as a kind of theme this year and am now up to "Gentleness." What does it mean to be gentle? My favorite "sitting place" in our house is in our gazebo! We have a chair that hangs from the ceiling so when you sit in it you gently swing to and fro as you hear the gentle calling of the birds and feel the gentle breeze! Is that what gentleness means? Maybe. I certainly experience gentle times there...relaxing times.

Does gentleness equate to "handle with care?" If you are gentle with someone or something you are certainly careful with them and caring of them. The American Heritage® Dictionary of the English Language defines gentleness as "Considerate or kindly in disposition; amiable and tender." How often do we treat other people with love and....tenderness? It's what Jesus showed his disciples as they asked him question after question. At times, they even questioned who he was! He never lost patience. He always spoke kindly. And he equipped those disciples to establish a religion that has had a world-wide impact. That shows clearly the power of a kind word. Proverbs 15:1 says, "A gentle answer turns away wrath, but a harsh word stirs up anger." What if we looked at each person like they had a "Handle With Care" sticker on them? Would we think before we spoke or acted?

Is someone who is gentle also someone who is weak or namby-pamby? Not according to the Bible and how we see Jesus treating others. Gentleness is power under control, submitted strength. Like a horse who submits his strength and power to a rider. We choose to be gentle because that is how Jesus taught us to be. Jesus is the perfect example of gentleness. Look how He treated those who were shunned by others; the Samaritan woman, the woman caught in adultery,

the tax collector. How do we treat those who are not like us? Like to think that Emmaus leads the way in this respect! How many times at closings do we hear the words "unconditional love?" It is what Jesus did, it is what we are called to do.

In the world we are to be the hands and feet of Christ. To do this we need to have His gentleness in us. Gentleness makes people feel loved by us and makes people see Jesus in us. Be strong by being gentle!

De Colores!

Linda Gärten, CLD

Some business:

November 11-14 - E 143 is up on the mountain! Be in prayer for all those wonderful men!

November 19 - Ultreya at Messiah UMC. This will be our Annual Meeting where you will hear reports from various committees and board members. We will vote for 2011-2013 board members. We'll recognize Rs and teams and new pilgrims. You will also be given a chance to ask questions! If you wish to do so, it would be great if you would submit them early so we'll be sure the right person is available to answer. It will also be a time of rejoicing about all that God has done for and through NCAE this year! We'll have plenty of singing and share communion together. Please wear your team shirts, work shirts and whatever "foo-foo" you'd like and come prepared to celebrate the presence of the Lord!

E 156 has begun teaming. Pray for the team and the pilgrims to come! Bring in some applications!

Be part of your church's ministries



Be completely humble and gentle; be patient, bearing with one another in love. Ephesians 4:2

From the Emmaus Spiritual Director

¹ I [Paul] therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, ² with all humility and gentleness, with patience, bearing with one another in love, ³ making every effort to maintain the unity of the Spirit in the bond of peace. ⁴ There is one body and one Spirit, just as you were called to the one hope of your calling, ⁵ one Lord, one faith, one baptism, ⁶ one God and Father of all, who is above all and through all and in all.

⁷ But each of us was given grace according to the measure of Christ's gift. ...

¹¹ The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, ¹² to equip the saints for the work of ministry, for building up the body of Christ, ¹³ until all of us come to the unity of the faith and of the knowledge of the Son of God, to maturity, to the measure of the full stature of Christ. ¹⁴ We must no longer be children, tossed to and fro and blown about by every wind of doctrine, by people's trickery, by their craftiness in deceitful scheming. ¹⁵ But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, ¹⁶ from whom the whole body, joined and knit together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love. *Ephesians 4:1-7, 11-16*

How might God be wanting to use you?

That is a question that should be regularly on your minds and hearts. Our life in Christ Jesus is not a static thing. Think back to when you first made your Emmaus walk... what season of life were you in? As our lives change, so, too, do the ways that God can use us to further God's plans for the kingdom. God can give us new and unique ways to touch the lives of others; to be part of the priesthood of all believers while changing our world through our call to discipleship in Christ Jesus.

At this season of the year especially, we need to be open to how God may be urging us to step out in new areas of faithful servant hood. Within the Emmaus community for example, it is the time electing new members to our board of directors, new people will be stepping forward to fill many of the Emmaus and Chrysalis support staff positions, and new

teams are forming all the time which need volunteers to commit to serving without knowing what their assignment might be. Are we open to new things God is doing in us?

As you consider how God might be wanting to use you, do not forget that your local church needs your time and talent also. All that we do to support Emmaus would be worthless and false to our goal if we did not also return to our churches more energized and spiritually stronger to serve in the local church. In many of our churches, this is the time when they look toward the new year, establishing goals and budgets for 2011 and putting together ministry teams to reach their vision of how the local church can further God's kingdom.

You need to be a part of your church's ministries. I would encourage you to use this as a measuring stick: Ensure that the time and quality of service that you give to your church is greater than that which you contribute to Emmaus.

De Colores!

Russ Urban, SD

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2010 -2011 WEEKEND SCHEDULE	
E-143	November 11 – 14 (M)
E-156	March 17 - 20
E-157	May 19 - 22
E-158	September 15 -18
E-159	November 3 – 6

2010 ULTREYA GATHERINGS	
DATE	LOCATION
November 19	Messiah UMC
December 17	Sleepy Hollow UMC



COMMUNITY PALANCA

I am the Community Palanca Cha. I need volunteers to make placemats for me. We need 270 decorated placemats for each team that goes to the Mountain.

I will have blank placemats at the Ultreyas each month. You can create your own design, either free hand, trace from a coloring book, use markers, glitter and glue to create your designs. You can either do them yourselves or get your Sunday School classes to do them. The pilgrims really like them when they come from the children. There are two kinds needed: the ones that are decorated with cute pictures and words, and ones that specifically say "DeColores". It does not matter what the picture is, it only needs to say "DeColores" somewhere on the placemat. If you wish to make a set for a specific weekend that is great but you need to mark the envelope this is for E-# and I will make sure it goes on that weekend.

You can do placemats for Chrysalis they need the same decorated and instead of saying DeColores they say FLY WITH CHRIST. If you want to do them for Chrysalis you can get them from Terry Downer and return them to her or you can give them to me and I will make sure she gets them.

Or what about your cloth Palanca bags that you received on Friday. How many of you sew? You can go to your fabric store and pick up some material. Rainbow material works well, I guess because most people don't want to use it as a dress. I will have the dimensions available for you if you're interested at the Ultreya.

Do you remember your Joy Flag Parade? Joy flags are always needed. These can be made from paper or fabric, and can be as simple or intricate as you desire, as long as they say "Joy" somewhere on the flag. These should always be the pennant shape, too. You may also specify the joy flags for specific weekend also.

First stones are simple. Go outside, pick up a rock, and write "First" on it. Please write "F-I-R-S-T" and not "I-S-T" on it. We have felt for the "I'm Lovable" flower pin that you received on Friday. Men get a pennant-shaped ribbon, and felt is available for both. Do you remember being showered with Warm

Fuzzies on Sunday? If you love yarn, then this is the project for you. At the Ultreyas there will be the prayer wheel for you to sign up to pray and also, there will be a sheet passed that will have snacks for the weekend. You can sign at the Ultreyas. Food for the weekends needs to get to the Head Cha before Tuesday of the week that the team is going unless you are sponsoring someone and will be going to the mountain on Thursday.

Where do I get all of the material or instructions, you may ask. Well, you can pick up placemats, felt for flowers and banners, and yarn for warm fuzzies at the Ultreya each month. You can also pick up or return items at the Ultreya. There is usually a table near the church's entrance where items are placed. Or you can find me and hand items to me.

If you're not available to attend the Ultreya, you can contact me. My email address is LindaL.Smith999@verizon.net and phone number is 703-216-2469. And if you're concerned about getting an item to me quickly, we can always keep in touch by phone and work out something. If you are willing to serve as Palanca Chairman for your church please fill out the information on the clipboard that I will have at each Ultreya in the front. Please list which items your group is interested in doing, so when I am running low on items I can contact the chairman.

If you are in a reunion group this is a good project that you could do. So, check with your group and see what items you all would love to do. If someone from your church has already signed up then you don't need to. I am looking forward to working with you!

Thank you and DeColores!

Linda L. Smith

Join us at our next Ultreya Gathering

7:30 p.m., Friday, November 19, 2010

Messiah UMC

6215 Rolling Road
Springfield, VA 22152
(703) 569-9862

National Capital Area Chrysalis



Outreach Prayer Requests



Caterpillar Pillar

As I enter my last month on the Chrysalis board, let me say that it has been a blessing to me being able to serve. I would like to welcome the new board members Sam Parris, Jen Girten, Jesse Kearns, Josh Risinger, and Karen Kimberlin.

We are coming close to C-76 going up on the mountain top. WE ARE STILL ACCEPTING CATERPILLAR APPLICATIONS UNTIL AUGUST 8, 2010. Continue to lift C-76 up in prayer. They look forward to seeing you at Candlelight on Saturday, August 21. Remember they are at the new facility, Camp Manidokan (1600 Harpers Ferry Rd, Knoxville, MD 21758).

If you haven't checked out the update website you should. It's looking good. Still working on so bear with us.

New website: www.chrysalisnca.org

As always we thank you for your continued support of our weekends and community.

Fly with Christ!

Melissa Detwiler,
NCAC Community Lay Director

Outreach Prayers

Please be in prayer for the following Fourth Day Weekends and also keep all Fourth Day Brothers and Sisters lifted up to His throne.

November 4-7, 2010

Mountain Trails Emmaus, Oregon E-33 women

November 11-14, 2010

Skyland Emmaus, New Jersey E-34 men

November 18-21, 2010

Skyland Emmaus, New Jersey E-35 women

DeColores!,

Kathy Skilton

COMMUNITY WEBSITE REMINDER!

Please check our Website at www.emmausnca.org for updates and listings of on-going ministries, missions and additional worship and service opportunities.

CY2010 EMMAUS WEEKEND FEE SCHEDULE

Application Fee	\$35
Pilgrim Fee	\$150
Team Fee	\$250



E143 - Devine Strength
November 11 – 14, 2010

Cadre and Team

- Charlie Carroll** ~ Table Leader
- David Clemons** ~ Table Leader
- Harold Cook** ~ Table Leader
- Matt Davis** ~ Asst. Dining Room Cha, Agape Cha
- Dennis Fairbanks** ~ Dining Room Cha
- Doug Geeting** ~ Spiritual Director
- Michael Gentile** ~ Chapel Cha
- Jeff Hetherington** ~ Table Leader
- Tom Lambert** ~ Talk Room Cha
- Scott Marth** ~ Table Leader
- Dave Moore** ~ Old Buffalo
- Greg Niehoff** ~ Asst. Music Director
- Scott Niehoff** ~ Music Director
- Sean Niehoff** ~ Rector
- Tony Papp** ~ Asst. Head Cha
- Andy Powell** ~ Asst. Talk Room Cha
- Jose Saldana** ~ Asst. Spiritual Director
- Kevin Sanborn** ~ Asst. Rector
- Dave Venable** ~ Table Leader
- Ralph (Chip) Webb** ~ Mananita Cha, Asst. Palanca Cha
- Rich Wunderlin** ~ Head Cha
- Milton Zapata** ~ Palanca Cha

Pilgrims

- Erik Bland**
- Dan Brickl** ~ Old Bridge UMC
- Kurt Bubenhofer** ~ Prince of Peace UMC
- Jeremy Chevalier** ~ Centreville Community Church
- Ryan Coker** ~ First Baptist
- Kim Deardorff** ~ Grace Southern Pines
- Emmanuel Duffour-Donkor** ~ Dumfries UMC
- Josh Hadder** ~ Grace Community Church
- Ryan Han** ~ Grace Community Church
- Bill Hetherington** ~ St John's Episcopal
- Monty Holcombe** ~ Messiah UMC
- Marcus House** ~ New Life Anointed Ministry
- Ron Kinzer** ~ St. John's UMC
- Mac McAdoo** ~ Grace Community Church
- Brian Meighen** ~ Messiah UMC
- Chris Murphy** ~ Old Bridge UMC
- Mack Parrish** ~ Pender UMC

- Kam Pashneh-Tala** ~ Dumfries UMC
- Rob Severn** ~ Grace Community Church
- Bobby Simms III** ~ Old Bridge UMC
- Dave Snee** ~ Grace Community Church
- Doug Swiggart** ~ Grace Community Church
- J. R. Williams** ~ Dumfries UMC
- Jim Wingfield** ~ Columbia Baptist

**Board of Directors Elections
Candidate Biographies**

Women

- Jan Niehoff** 703-455-8796
- Beth Rand** 703-585-6905

Men

- Kent Eshelman** 703-560-3112
- Rich Wunderland** 703-690-8048
- Bill Zachman** 703-580-6058

Bill Zachman, E-127

My wife, Catherine, and I have been a part of the Emmaus community since 2005. I walked on E-127 and was incredibly blessed by the tangible demonstration of the love of our Lord Jesus illustrated by all the activities of the weekend.

Since that weekend I have served on 3 teams and participated in many community activities including Ultreyas, Mananitas, and sponsorship. My relationship with the Lord has grown tremendously through my participation in the community and I look forward to any opportunity to share this experience with others. My family and I worship at Grace Baptist Church, Woodbridge, Va. I lead a small bible study and fellowship group and I serve on the ministry council. I know the Lord is using Emmaus to transform hearts and to equip believers for service in the Kingdom of God. I would be excited for the opportunity to serve the community as a board member if elected.

**De Colores,
Bill**

Beth Rand

My name is Beth Rand and I walked on C-20 and worship with my husband Brian at Old Bridge UMC. The NCAE community has been a huge part of my life and walk with Christ since I was 14 years old. Both of my parents as well as my husband and sister-in-law are also members of the community. I have lived in Lake Ridge the majority of my life and am proud to call it home.

I have been blessed to serve within the Emmaus/Chrysalis community for a number of years, with a large portion of my Christian growth being shaped by those I have met throughout my 4th Day. My experience includes serving as a member of multiple Chrysalis teams as both a youth and adult (15 total) as well as a member of the Chrysalis board and as Chrysalis Community Lay Director. I've also served on 4 Emmaus teams, most recently on E-154 as Head Cha. I've also supported the community as a sponsor to both butterflies and pilgrims on various walks.

I would be honored to be a part of the NCAE Board and believe strongly that I am being called to support this community as a member of the board.

Jan Niehoff – Pender UMC, (E-80) Table of The Lion of Judah ; CLAP J

Husband – Greg (E-90). Sons – Sean (C-23 & R of C-47 and E-143) and Scott (C-32 & R of C-62)

Experience: Served as R of E-128 and C-52
Served as Member of Emmaus NCA/National Model - Exploratory Committee

Served as AR of E-111

Served as HC of C-49

Served as Table leader and as Cha on various teams.

Served Clown Communion for several E & C weekends

Currently serving on E-155

Church service at this time:

Serve as Media Team leader

Prepare media presentations for “Common Ground”

Contemporary services

Serve as Usher and Greeter

Bible Study: CBS (Community Bible Study)

Serve as administrative assistant of Alexandria CBS

Reunion Group: “Wing and a Prayer”

Emmaus is my passion.

‘Eager to serve and glorify God on the Emmaus Board.

Jan Niehoff

BIO - Kent Eshelman

Kent is a native of Northern Virginia. He grew up in South Arlington and attended Calvary UMC located very close to what is now Crystal City. Kent, wife Debbie and son Brad now live in Fairfax where they attend St. Stephen’s UMC in Burke, VA. Kent has served on numerous church committees and is currently involved in establishing a new ministry that will be designed to intervene and prevent homelessness in targeted family situations.

Kent was introduced to Emmaus in the fall of 2006. He walked on E-133 and teamed on E-147 and E-153. Debbie walked on E-140 and teamed on E-146. Kent’s daughter Cindy, who also lives in Fairfax, walked on E-152.

The NCA Emmaus organization has been the source of great a joy for both Kent and Debbie. They feel the very heart of Christian love beats within its' community and Kent has stated that it would indeed be his privilege to serve on the Board.

Kent Eshelman

Rich Wunderlin

Sydenstricker UMC

Walked on E102 – Doers of the Word

Sat at the Table of “Inspired to Action”

Family: Lovely bride, Linda, walked on E144, daughters Krystal (E144) and Desiree (C53) and a son, Christopher, who lives in England (hasn’t walked – but we’re working on it)

Seven grandchildren: Dylan (11), Zack (10), Jay (8), Aidan (4), Myles (3), Tyler (3) and Shane (2) --- no grand-daughters yet

Served on two Chrysalis Teams (C65 / C71) and two Emmaus teams (E141 / E153) --- and currently serving as Head Cha on my third Emmaus Team (E143)

I’m a worship leader (4 yrs) at Sydenstricker and also a Youth Leader with our Youth Program (14 yrs). Also serve on the Contemporary Worship Design Team and the Church Council. Am very active with the Jeremiah Project serving over the past 13 years in various capacities as an advisory board member, adult leader, and camp staff (Tool Site Coordinator, Site Leader, Worship Leader, Assistant Camp Director and Camp Director). The Jeremiah Project is a home repair ministry for Jr High students in the Winchester, VA and Romney, WV area. Next year we are excited to open a new camp serving the Goochland, VA area.

I am very excited for the Emmaus community that we have and look forward to serving in whatever capacity the Lord has in store for me. I love serving the Lord wherever He calls me to serve, and lately, several members of the community have been asking me to consider serving --- so I’ll take that as an answer to prayer.

De Colores and Fly With Christ

Blessings,

Rich ;o) STTG

BIO- Mike McLean

Mike McLean, I worship at Cameron UMC, I walked on E-131 in the summer of 2006 right after I retired from Active Duty in the Navy. I have teamed on E-135 (talk room CHA), E-139 (table leader), E-147 (Mananita & Closing) CHA C-74 (Table Leader), C-76 (Head CHA), K-21 (outside team) K-24 and K-27. I am currently teaming on E-157 as the Head CHA. I given the Priority, Changing Our World, Communication Through Prayer, Choices, and Action Talks as well as a Fourth day talk at an Ultreya.

I really don’t know what to say. I don’t think it is appropriate to try to convince you to choose me over any of the other candidates for the board. Serving this community and our Lord on Emmaus, Chrysalis, and Kairos teams continues to be a great blessing in my life. I know we don’t serve to be blessed ourselves but you can’t out give God. I plan to continue serving the Lord through this community as long as He will have me. If it is God’s will that serve on the board then great, if not He will find other ways for me to serve, He always does.

Thank you, **Mike**

CHRYSALIS BOARD

**Community Lay Director (CLD),
Assistant Lay Director (ALD) &
Spiritual Director (SD)**

CLD	Alex Cannon	laydirector@chrysalisnca.org
ACLD	Jessie Kearns	asstLD@nca-chrysalis.org
SD	Jenny Day	Pastor1@nca-chrysalis.org
SD	Gary McCluskey	Pastor2@nca-chrysalis.org

Other Board Members

Bob LeMay	Melanie Gibson
Joe Downer	Robert Collins
Kenia Hurtado	Linda Smith
Dwain McMullen	Grace Stephano
CJ Sidener	Terri Downer

Chrysalis Support Personnel

Agape Outreach		
Chrysalis Crosses	Emily McMullen	Crosses@nca-chrysalis.org
Facilities	Megan Billingsly	Facilities@nca-Chrysalis.org
4th Day Packets	Volunteer Needed	FourthDayPackets@nca-chrysalis.org
Historian	Scott Niehoff	
Hoot Coordinator	Alex Cannon/ CJ Sidener	
Manuals and Talk Folders	Becky Carneal	
Music Director	Dave Moore	Music@nca-Chrysalis.org
Registrar	Michael Collins	Applications@nca-Chrysalis.org
Secretary	Linda Smith	LindaLSmith999@verizon.net
Supplies Coordinator	Linda Russ/ Melissa Detwiler	
Treasurer	Gale Collins	Treasurer@nca-Chrysalis.org
Website Cha	Alex Cannon	Webcha@nca-Chrysalis.org
Weekend Agape	Beth Ann Eadie Terri Downer Gale Collins	

EMMAUS BOARD

Term Expiring January 2011

Russ Urban (SD)	703-494-2963	SD@emmausnca.org
Sam Gero	703-475-8812	sam.gero@fcps.edu
Linda Girten (LD)	703-491-3801	LD@emmausnca.org
Tom Lambert	703-922-6913	tmlfam@aol.com
Jay Nesmith	540-891-1737	jayman58@verizon.net
Jeff Tidd	703-441-2743	jeffrey.tidd@us.army.mil

Term Expiring January 2012

Annette Barbier	703-491-2104	abarbier2@aol.com
TJ Cuddy	703-785-9384	trtjsc@aol.com
Gloria Esterline	703-494-0876	esterlineg@verizon.net
Doug Geeting (ASD)	703-221-8607	ASD@emmausnca.org
S tan Grigsby	703 244-1516	stan@sgrigsby.com
Kathy Henry	703-960-4540	dakota-laguapa@earthlink.net

EMMAUS SUPPORT STAFF

Applications ~ Pilgrims (& drops)

Jan & Carolyn Janiczek	703-670-6615	Cand_app@emmausnca.org
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Applications ~ Team

Jan & Carolyn Janiczek	703-670-6615	Team_app@emmausnca.org
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Board Secretary

Cynde Rogers	703-824-3634	Sec@emmausnca.org
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Community Agape

Linda Smith	703-216-2469	lindalsmith999@verizon.net
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Community Support (Storage Shed)

Patty Plummer	703-490-3769	plummerp@comcast.net
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Data Base Manager

Jan & Carolyn Janiczek	703-670-6615	Data_adm@emmausnca.org">Data_adm@emmausnca.org
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Facility Liaison

Annette Barbier	703-491-2104	abarbier2@aol.com
Gloria Esterline	703-494-0876	esterlineg@verizon.net

Fourth Day Packets

Mark Segnari	703-670-3145	4daypack@emmausnca.org
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Fourth Day Journal Editor & Mailing

Raúl Castillo	703-307-8070	4DayJour@emmausnca.org
---------------	--------------	--

Historian

Neal Ailstock	703-931-4800	history@emmausnca.org
---------------	--------------	--

HolyNet Coordinator

Dave Moore	703-680-4002	HolyNet@emmausnca.org
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Kairos Information (Weekend, Cookies, Etc.)

Todd Hastings	703-938-9553	dumpster63T@verizon.net
---------------	--------------	--

Kairos Outside Information

Barbara Teats	703-354-9043	barbteats@hotmail.com
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Manuals

Al Barbier	703-491-2104	manuals@emmausnca.org">manuals@emmausnca.org
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Music Directors

Jay Nesmith	540-891-1737	MD@emmausnca.org
Assistant - Vacant		

Outreach Agape

Kathy Skilton	703-321-7139	auntkath@aol.com
---------------	--------------	--

Prayer Wheel Coordinator

Jenn Glidwell	571-572-3335	magnolias72@comcast.net
---------------	--------------	--

Rector(a) Selection Committee

Annette Barbier	703-491-2104	Abarbier2@aol.com
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Reunion Group Coordinator

Todd Hastings	703-938-9553	dumpster63T@verizon.net
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Scholarships

Sam Gero	703-475-8812	sam.gero@fcps.edu
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Treasurer

Jim McCray	703-491-8863	treas@emmausnca.org
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Website Manager

Rob Cannon	703-965-8045	webadmin@emmausnca.org
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Wooden Crosses & Ropes

Jim and Jan Womer	703-670-5236	jmwomer@verizon.net
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WPFancuff@aol.com

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DE COLORES !



Fourth-Day-Journal
Emmaus of the National Capital Area
P.O. Box 2243
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