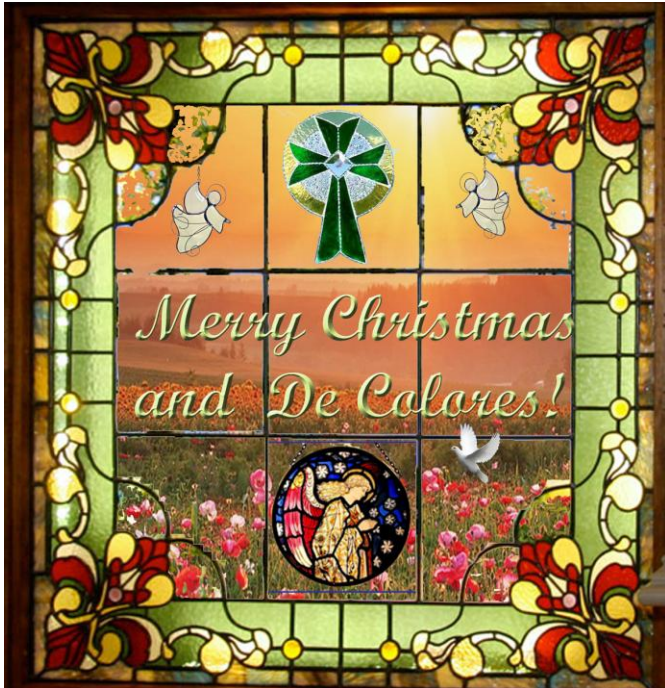


The newsletter of the National Capital Area (NCA) Emmaus for  
the glory of God

# Fourth Day Journal

Vol. XXVIII No. 12 December, 2010

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



**From the Emmaus Community Lay Director**

Christmas brings many, many memories to mind. I remember my grandmother who loved Christmas so much that she would want us to open presents as soon as they arrived under the tree! She loved giving and loved to see the faces of those she gave to! I remember our Jewish friends who helped us celebrate each year. We didn't decorate the tree until the Simons could come and they always shared a night of Hanukah with us. I remember celebrating my great-grandmother's birthday on Christmas Eve with all of the extended family. I grew up in Miami so Christmas was usually warm, but the love of family and friends made that warmth even cozier!

This Christmas season I'll especially remember my dad who passed away just a year ago on December 4<sup>th</sup>. One of Dad's many attributes was creating beauty from glass. When he retired he took a class in stained glass which quickly became an all-consuming hobby! Now, he had never shown any artistic abilities before, so we were surprised by this choice! But, in the last 20+ years Dad made the most gorgeous creations out of glass – from lamps to kaleidoscopes, from small pieces that hang in a window pane, to very large pieces that fill a window! Each piece is unique, each is made with love. Every Christmas we would look forward to seeing what special item he had created for us that year. My favorites are his angels because not only are they beautiful, but every time I look at one I picture Dad watching over me. I know that this Christ-

mas, even though he isn't here in body, he will certainly be here in spirit.

Stained glass needs light to show its real beauty. So do people. We need the light of Christ shining through us to be truly beautiful. Isn't that why Christ came? When God sent His Son into the world He sent the most beautiful, pure light imaginable. We are called to be light in a dark world. This Christmas let's remember to carry our light wherever we go so we can shine for Christ and His light can shine through us - as if we were a beautiful piece of stained glass.

This Christmas I'll also remember this remarkable year when was privileged to serve as your Community Lay Director. What an honor, what a joy! The National Capital Area Emmaus Community is so full of the love of God! Thank you for letting me serve you in this way and I look forward to seeing all that God will do, all the blessings He will give, in the coming years.

Merry Christmas and De Colores!

*Linda Gärten, CLD*

Some business:

Don't forget our December Ultreya on the 17<sup>th</sup> at Sleepy Hollow (3435 Sleepy Hollow Road, Falls Church, Virginia 22044). We will have a special time of celebrating the birth of Christ and fellowshiping together.

Be sure to sign up on the prayer list for E 77 in January and bring in applications for the bugs!

Help Needed:

Mailing the 4<sup>th</sup> Day Journal - contact Raul Castillo (rcasti@cox.net)

Beginning Journey With Jesus weekends - contact Linda Smith (lindasmith999@verizon.net)

Updating Christian bookstores and radio stations - contact the Segnaris (TheSegnaris@comcast.net).



**From the Emmaus Spiritual Director**

Christmastime is always a special time for us. We remember so many past Christmases and all the laughter and love. There are difficult Christmases, as well. Regardless of circumstance, Christmas brings with it a time of joy and hope, a time of love and peace. For that is what we celebrate when we turn our eyes toward the manger of Bethlehem.

Advent began on the last Sunday in November. As we travel these days of Advent, these days of quiet preparation, these days of secrets and anticipation, we need to be sure that our thoughts are not consumed with only visions of sugar-plums dancing in our heads, or a well-decorated tree with lots of presents beautifully wrapped underneath, or parties and all those Christmas feasts and goodies.

As we inch up to Christmas, may we spend time thinking about Jesus and the precious gift we receive at this time.

Isaiah tells us that *“the root of Jesse shall stand as a signal to the peoples; the nations shall inquire of him, and his dwelling shall be glorious.”* Matthew tells of John the Baptist proclaiming, *“Repent, for the kingdom of heaven has come near.”* In this special season we prepare for peace and hope to touch the world. We find a holy time of quiet, where the lion and the lamb can lie down together. We are filled with excitement as we realize that in the simple birth of a child in Bethlehem the kingdom of heaven comes to caress us.

We also read of how when the Messiah comes, our dry, desert-like lives will overflow with abundant water – living water and we will dwell in a safe place. Mary, the mother of Jesus, sings of how her soul rejoices in God her Savior. For the lost, the weak, the weary, the searching, the lowly, the ones who are out-of-sorts shall find strength.

A virgin mother is foretold in Isaiah. Mary conceives, but Joseph is confused and upset. God speaks to him and assures him the one to be born is Emmanuel, God with us. We are to have faith and believe in the unbelievable, to look with new eyes and see the miracle.

Isaiah so beautifully tells us, *“For unto you a child is born, unto you a son is given and his name will be Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace.”* Luke tells us that angels tell lowly shepherds of the birth and they go and see this wonderful thing which has been told to them. What a sight of celebration, joy and wonder it must

have been to have angels filling the sky, saying, *“Glory to God in the highest.”*

God’s compassion and love for all humankind is revealed in this little child, *“the Word become flesh.”* We have left our darkness, our places of despair, confusion and being lost, and have entered the light, the divine light of God. His light is the light that shines in the darkness, and the darkness is unable to overcome it or even understand it.

What a gift! We receive the light, the life, and the love of God. Now that’s a great fourth day!!! Merry Christmas to you and your loved-ones!

Christmas blessings and love,  
*Doug Geeting, SD*

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2010 -2011 WEEKEND SCHEDULE	
E-156	March 10 - 13
E-157	May 12 - 15
E-158	September 15 -18
E-159	November 3 – 6

**Join us at our next Ultreya Gathering**  
7:30 p.m., Friday, December 17, 2010  
**Sleepy Hollow UMC**

3435 Sleepy Hollow Road  
Falls Church, VA 22044



## 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 fuzzes 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](mailto: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*

2010-2011 ULTREYA GATHERINGS	
DATE	LOCATION
November 19	Messiah UMC
December 17	Sleepy Hollow UMC
January 21	Old Bridge UMC
February 18	Dumfries UMC
March 18	1 <sup>st</sup> . Baptist, Woodbridge
April 15	Cameron UMC
May 20	St. John's UMC
June 17	Sydenstricker UMC
July 15	Annandale UMC
August 19	Springfield UMC
September 16	Good Shepherd UMC, Dale City
October 21	St. Stephens UMC
November 18	St. Paul UMC, Woodbridge
December 16	Sleepy Hallow UMC

## National Capital Area Chrysalis



### *Caterpillar Pillar*

To share the love of Jesus Christ with Youth and Young Adults, supporting them in their relationship with Christ, and encouraging their service in local churches and communities.

New website: [www.chrysalisnca.org](http://www.chrysalisnca.org)

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

### *Fly with Christ!*

#### **COMMUNITY WEBSITE REMINDER!**

Please check our Website at [www.emmausnca.org](http://www.emmausnca.org) for updates and listings of on-going ministries, missions and additional worship and service opportunities.

#### **EMMAUS WEEKEND FEE SCHEDULE**

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

## Outreach Prayer Requests



### Outreach Prayers

Brothers and Sisters, please be in prayer for the following Fourth Day Weekend and for all the Fourth Day Boards and Oversight Committees and Spiritual Directors worldwide.

**December 2-5, 2010**

Alabama Emmaus - E378 men.

DeColores!,

*Kathy Skilton*

**Blessings and Prayers to our New Board members and to those who are rotating.**

#### **ROTATING OF BOARD**

Sam Gero  
Linda Girten  
Tom Lambert  
Jay Nesmith  
Jeff Tidd and Russ Urban

#### **STAYING ON BOARD**

Annette Barbier, CLD  
TJ Cuddy  
Gloria Esterline  
Doug Geeting (SD)  
Stan Grigsby  
Kathy Henry

#### **NEW TO BOARD**

*Kent Eshelman*  
*Mike McLean*  
*Matt Meisenhelter (SD)*  
*Jan Niehoff*  
*Beth Rand*  
*Beth Rand*  
*Rich Wunderlin*

## CHRYSALIS BOARD

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

<b>CLD</b>	Alex Cannon	<a href="mailto:laydirector@chrysalisnca.org">laydirector@chrysalisnca.org</a>
<b>ALD</b>	Jessie Kearns	<a href="mailto:asstLD@nca-chrysalis.org">asstLD@nca-chrysalis.org</a>
<b>SD</b>	Jenny Day	<a href="mailto:Pastor1@nca-chrysalis.org">Pastor1@nca-chrysalis.org</a>
<b>SD</b>	Gary McCluskey	<a href="mailto:Pastor2@nca-chrysalis.org">Pastor2@nca-chrysalis.org</a>

### 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

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

## EMMAUS BOARD

### Term Expiring January 2011

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

### Term Expiring January 2012

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

## EMMAUS SUPPORT STAFF

### Applications ~ Pilgrims (& drops)

Jan & Carolyn Janiczek	703-670-6615	<a href="mailto:Cand_app@emmausnca.org">Cand_app@emmausnca.org</a>
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### Applications ~ Team

Jan & Carolyn Janiczek	703-670-6615	<a href="mailto:Team_app@emmausnca.org">Team_app@emmausnca.org</a>
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### Board Secretary

Cynde Rogers	703-824-3634	<a href="mailto:Sec@emmausnca.org">Sec@emmausnca.org</a>
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### Community Agape

Linda Smith	703-216-2469	<a href="mailto:lindalsmith999@verizon.net">lindalsmith999@verizon.net</a>
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### Community Support (Storage Shed)

Patty Plummer	703-490-3769	<a href="mailto:plummerp@comcast.net">plummerp@comcast.net</a>
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### Data Base Manager

Jan & Carolyn Janiczek	703-670-6615	<a href="mailto&gt;Data_adm@emmausnca.org">Data_adm@emmausnca.org</a>
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### Facility Liaison

Annette Barbier	703-491-2104	<a href="mailto:abarbier2@aol.com">abarbier2@aol.com</a>
Gloria Esterline	703-494-0876	<a href="mailto:esterlineg@verizon.net">esterlineg@verizon.net</a>

### Fourth Day Packets

Mark Segnari	703-670-3145	<a href="mailto:4daypack@emmausnca.org">4daypack@emmausnca.org</a>
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### Fourth Day Journal Editor & Mailing

Raúl Castillo	703-307-8070	<a href="mailto:4DayJour@emmausnca.org">4DayJour@emmausnca.org</a>
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### Historian

Neal Ailstock	703-931-4800	<a href="mailto:history@emmausnca.org">history@emmausnca.org</a>
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### HolyNet Coordinator

Dave Moore	703-680-4002	<a href="mailto:HolyNet@emmausnca.org">HolyNet@emmausnca.org</a>
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### Kairos Information (Weekend, Cookies, Etc.)

Todd Hastings	703-938-9553	<a href="mailto:dumpster63T@verizon.net">dumpster63T@verizon.net</a>
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### Kairos Outside Information

Barbara Teats	703-354-9043	<a href="mailto:barbteats@hotmail.com">barbteats@hotmail.com</a>
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### Manuals

Al Barbier	703-491-2104	<a href="mailto&gt;manuals@emmausnca.org">manuals@emmausnca.org</a>
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### Music Directors

Jay Nesmith	540-891-1737	<a href="mailto:MD@emmausnca.org">MD@emmausnca.org</a>
Assistant - Vacant		

### Outreach Agape

Kathy Skilton	703-321-7139	<a href="mailto:auntkath@aol.com">auntkath@aol.com</a>
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### Prayer Wheel Coordinator

Jenn Glidwell	571-572-3335	<a href="mailto:magnolias72@comcast.net">magnolias72@comcast.net</a>
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### Rector(a) Selection Committee

Annette Barbier	703-491-2104	<a href="mailto:Abarbier2@aol.com">Abarbier2@aol.com</a>
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### Reunion Group Coordinator

Todd Hastings	703-938-9553	<a href="mailto:dumpster63T@verizon.net">dumpster63T@verizon.net</a>
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### Scholarships

Sam Gero	703-475-8812	<a href="mailto:sam.gero@fcps.edu">sam.gero@fcps.edu</a>
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### Treasurer

Jim McCray	703-491-8863	<a href="mailto:treas@emmausnca.org">treas@emmausnca.org</a>
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### Website Manager

Rob Cannon	703-965-8045	<a href="mailto:webadmin@emmausnca.org">webadmin@emmausnca.org</a>
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### Wooden Crosses & Ropes

Jim and Jan Womer	703-670-5236	<a href="mailto:jmwomer@verizon.net">jmwomer@verizon.net</a>
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# DE COLORES !

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