



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

Fourth Day Journal

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



From the Emmaus Community Lay Director

A Journey Together

Happy New Year! My name is Annette Barbier. I attend Sacred Heart Catholic Church, walked on Emmaus-58 and sat at the table of Heraldng Angels. (clap) ☺

Until recently, I never imagined myself in the position of Community Lay Director of National Capital Area Emmaus. Now that reality has set in, I am looking forward to sharing this journey with you!

Do you remember how your Emmaus journey began? Were you eagerly willing to trust God to attend a weekend you knew very little about? I have to admit, that I wasn't so willing! My sponsor kept encouraging me to go, but there was major reluctance on my part. Perhaps it was just the unknown and back then, I didn't know how to truly trust God to work in my life. It took 2 years for me to finally say yes to that journey--to step out in faith to see what God's plan was.

My arrival at this point in my personal Christian walk is sort of like the journey expressed in the following poem.

A Bike Ride With Christ

Author: Unknown

When I first met Christ
It seemed as though life was rather like a bike ride,
But it was a tandem bike,
And I noticed that Christ

Was in the back helping me pedal.

I don't know just when it was that
He suggested we change places,
But life has not been the same since.

When I had control, I knew the way,
It was rather boring, but predictable...
It was the shortest distance between two points.

But when He took the lead,
He knew delightful long cuts,
Up mountains, and through rocky places,
At breakneck speeds,
It was all I could do to hang on!
Even though it looked like madness,
He said, "Pedal"

I worried and was anxious and asked,
"Where are you taking me?"
He laughed and didn't answer,
And I started to learn to trust.

I forgot my boring life
And entered into the adventure.
And when I'd say, "I'm scared,"
He'd lean back and touch my hand.

He took me to people with gifts that I needed.
Gifts of healing, acceptance, and joy.
He said, "Give the gifts away;
They're extra baggage, too much weight."

So I did, I gave them to the people we met,
And I found that in giving I received,
And still our burden was light.

I did not trust Him, at first, in control of my life.
I thought He'd wreck it;
But He knows bike secrets,
Knows how to make it bend to take sharp corners,
Knows how to jump to clear high rocks,
Knows how to fly to shorten scary passages.

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And I am learning to shut up
and pedal in the strangest places,
And I'm beginning to enjoy the view
And the cool breeze on my face
With my delightful constant companion, Jesus Christ.

And when I'm sure I just can't do anymore,
He just smiles and says...
"Pedal."

As the Community Lay Director for 2011, I'm sure that this part of my journey will be an exciting one! After all, Christ is driving! I am encouraged by the fact that our NCAE community is vibrant, spirited and growing, and I look forward to working with each of you to continue to nurture those qualities. Each of us who have walked is an integral part of making our community prosper. We will all be pedaling together!

Just as Saul had no idea what was in store for him as he met Christ on the road to Damascus, he soon discovered that God had chosen him to be His instrument. Let us step out in faith together on our journey in 2011.

Let us be instruments to others in our community. Encourage others to join us at the Ultreyas, to feel the joy and to share the fellowship! Let us love one another! *Pass it on!*

De Colores!

Annette

DID YOU KNOW?

C-77 will be heading to the 4-H Center in Front Royal, VA on January 14 – 17. Let's remember to support them!

There's a man or woman out there waiting for an invitation to attend an Emmaus weekend! Do you know someone?



From the Emmaus Spiritual Director

January has arrived once again. On average, it is the coldest month of the year in the Northern Hemisphere. There seems to be excitement for New Year's Day, but enthusiasm quickly wanes as we enter the month and those cold winds blow.

It's after Christmas, after the music in the stores and on the radio has returned to regular programming, after the bills start to come in from Christmas. The decorations are packed away for another year. Our thoughts start to turn towards the coming spring. We don't want to be blanketed with snow like we were last January. Apparently January is a cold, dark and boring time of year for us.

We can look at January as the start of a great adventure. It's the beginning of a new year, which brings new opportunities and challenges with it. Perhaps, it's all a matter of the perspective we choose as we face each day.

I wonder what the attitude was in the caravan that took the Magi to Bethlehem. I am sure that they traveled with expectancy and excitement. They were bold to ask Herod about the location of the child who was born king. They followed the star, followed their passion, followed something that compelled them forward.

We have never been told the rest of the story. We know that several men arrived and brought gifts of gold, frankincense and myrrh. They probably held the baby and felt the joy of holding a newborn infant. They were told in a dream to return by another way. And the story of the Wise Men comes to an end. What way did they go? What did they do? How were their lives changed or touched? Did they ever find out that the baby they sought was none other than God's own Son, who would become the Savior of the world?

When we encounter Jesus in our lives, how do we respond? Do we comprehend the depth of the love being poured out upon us? Do we cast all the cares aside and forget that it's cold and wintery outside, and welcome God who comes to us in the simplicity and wonder of a defenseless infant? Do we realize that we simply need to say "yes" to this gift of God-with-us? When we do, our lives are changed; we

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find new directions, hope and forgiveness, peace and joy. May we embrace this overwhelming gift from God down deep within us, where heart and soul kiss. May we come to renew our vows to live faithfully as disciples of Jesus. May that spirit of love dwell within us so we, too, will want to share that good news and faith with others by inviting them to come in out of the cold of January to discover the warmth and love of Jesus.

There is one other part of January, and that is those wonderful New Year's Resolutions. I challenge you, the NCA-Emmaus Family, to make a resolution about inviting people to be pilgrims on our walks. You hear members of the Board speak to this at each Ultreya. Instead of pushing for pilgrims during the last month before a weekend, why not make a commitment, a resolution, that all of us will seek one or two pilgrims this year. We can work together and jointly sponsor someone. Maybe we could set up special funds within our churches to help cover the cost of sponsoring. Get those applications in to team, as well. I have found that the weekends are so special, so uplifting, so much fun, that I would hate to have anyone miss the opportunity, love and joy of walking on an NCA-Emmaus Weekend.

Have a blessed and Happy New Year!

Blessings and love,
Doug Geeting, SD



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 Fuz-

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

zies 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 LindaLSmith999@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

National Capital Area Chrysalis



Caterpillar Pillar

Dear Community,

Christmas has come to an end and as we celebrate a new year I'm starting to think of all of my new year's resolutions. I think about my priorities and how I can develop new habits. Like usual I want to lose weight and spend my time more wisely. But really my highest priority should be to live more like Christ.

My best New Year's resolution is to challenge myself to know Christ more and live more like He did. I want to love God more and love others like He did. I want to know His Word and keep it in my heart. And I want others to know these truths too!

As Christians, we are called to share the message of the gospel. In my opinion, sending someone on a Chrysalis or an Emmaus weekend is one of the best way people can hear and experience the gospel. Of course, these retreats are not the only ways the Lord reveals Himself to us, but it was the clearest way in which God revealed Himself to me. As believers, we should share the experience of Chrysalis/Emmaus as part of living out our faith. We need to grow and also improve the Chrysalis/Emmaus experience. I hope the Lord puts it on your heart to share God's love and joy with other people in your life this year and every year. This month pray for the youth who will be blessed by attending C-77 Walk by Faith on January 14-17. So that they can share the life changing relationship with God we now experience. God Bless you!

Fly with Christ!

Alex Cannon, C-39

P.S. Please Visit our website (www.chrysalisnca.org) for more information about NCA Chrysalis!



Outreach Prayers Requests

Brothers and Sisters, please be in prayer for all the Emmaus Boards, Chrisalis Boards, Oversight Committees and Spiritual Directors worldwide.

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
Rich Wunderlin

DeColores!,

Kathy Skilton

2011 ULTREYA GATHERINGS	
DATE	LOCATION
January 21	Old Bridge UMC
February 18	Dumfries UMC
March 18	1 st . 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 Hollow UMC

Join us at our next Ultreya Gathering

7:30 p.m., Friday, January 21, 2011

Old Bridge UMC

3966 Old Bridge Road
Woodbridge, VA

Help Needed:

- Beginning Journey With Jesus weekends - contact Linda Smith (lindasmith999@verizon.net)
- Updating Christian bookstores and radio stations - contact the Segnaris (TheSegnaris@comcast.net).

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.

EMMAUS WEEKEND FEE SCHEDULE

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

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
Grace Stephano	Terri Downer
CJ Sidener	

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 2012

Annette Barbier	703-491-2104	ld@emmausnca.org
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Gloria Esterline	703-494-0876	esterlineg@verizon.net
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Stan Grigsby	703 244-1516	stan.grigsby@sgrigsby.com
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Rich Wunderlin	703-627-9811	rich.wunderlin@cox.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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HolyNet Coordinator

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Kairos Information (Weekend, Cookies, Etc.)

Todd Hastings	703-938-9553	dumpster63T@verizon.net
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Kairos Outside Information

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Manuals

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Music Directors

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Outreach Agape

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Reunion Group Coordinator

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Website Manager

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Wooden Crosses & Ropes

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