

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

Fourth Day Journal

Vol. XXIX No. 3 March, 2011

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



Emmaus and ask that He continue to watch over us and bless our community to His Eternal Glory.

De Colores!
Annette



DID YOU KNOW?

- E – 156 will be held March 10–13. Please keep the team and pilgrims in your prayers.
- The pilgrims of E-156 will be introduced at our next Ultreya–Friday, March 18 at First Baptist in Woodbridge. Come and welcome them to the community!
- Chrysalis will also have their first Hoot of the year at the March Ultreya!
- Cactus Willies in Westminster, MD has closed. We have enjoyed many meals there and will miss it.

From the Emmaus Community Lay Director Celebrating the Rooster

I was captivated by the news recently when the people of Egypt were protesting against their government. As the people filled the streets, celebrating a change in their leadership, one of the men had a live rooster on his head. The newscaster said, “You can’t celebrate without a rooster!” Of course, you might be able to guess where my head went next!

In our Emmaus community we surely celebrate our colorful rooster! It is a symbol of many Christian faith expressions, coming together, to worship and praise God.

The February Ultreya was packed! Once again, our NCAE community came together to celebrate our unity in Christ. And what a celebration it was! Some people were in traffic for 2 hours, all to come and worship with our community. It was a joyous celebration in true NCA Emmaus fashion: Uplifting music, heartfelt worship, wonderful sharing, warm hospitality, and fellowship!

What do you think of when you hear the words, NCAE Community? I think of all the men and women who make up this wonderful organization we call National Capital Area Emmaus. I also think of how much we love having weekends on the mountaintop, supporting those who attend those weekends, and welcoming new pilgrims into the community. Praise God – We are about to send E-156 to the mountain!

As we begin the 2011 weekends, let us remember to thank God for the many blessings He has provided through

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2011 WEEKEND SCHEDULE

E-156	March 10 – 13 (W)
E-157	May 12 – 15 (M)
E-158	September 15 -18 (W)
E-159	November 3 – 6 (M)



From the Emmaus Spiritual Director

March supposedly comes in like a lion and goes out like a lamb. I really look forward to spring and the warmer weather. However, in order to get to those warming, sunny days, we have to go through a bit more of winter. It seems fitting that Lent begins in March.

Ash Wednesday marks the beginning of Lent, that 40 day period, excluding Sundays, that leads up to Easter. "Lent" comes from the old Anglo-Saxon word "Lencten," for spring. This is a 40 day period of prayer and spiritual self-examination that prepares for the festival of the Resurrection. Lent is identified with the suffering of Jesus, reflecting the 40 days of temptation that Jesus spent in the Wilderness.

Lent is not just a time to observe and prepare for the death and resurrection of Jesus, it's reliving our own spiritual atonement. We do remember Jesus' life, teachings, sufferings and death during this time. We also have the hope and promise of Resurrection.

At first, Lent was a very brief period of time, gradually growing to 40 days. Lent is mentioned in the 100s and by 325, the Council of Nicaea recognized 40 days. Sundays were included at first, but by the seventh century, Sundays were excluded and Ash Wednesday was established.

Communal worship (the church family worshipping together) is very appropriate since Lent is the worship of the Church and not merely a time of personal piety, sentimentality or emotionalism.

Lent is the time when Christians renew their baptismal faith, deepen their conviction, and complete their conversion to Jesus the Christ. It can be a time of fasting and prayer. (Always consult your physician before undertaking a time of fasting.)

We know that we sin and fall short of what God calls us to be. While temptations can be very strong, it is up to us to call upon God for strength and wisdom, so we may rise above the temptations. We look at ourselves and confess those weaknesses and sins. We, then, strive to be better people, more loving and caring in our words and deeds. We strive for Christian Perfect or Maturity, as John Wesley

would say, where we seek to be motivated by love for God and love for each other in all we do.

May this be a sacred and special time for you.

We appreciate so very much the dedication to our NCA-Emmaus family. We pray for you and hope that you are working to invite others to become pilgrims on our week-ends. E-156 goes up the mountain this month. We know God's Spirit will be there to bless the ladies. What a great way to begin a Lenten journey!

Blessings and love and DeColores,

Doug Geeting, SD

2011 ULTREYA GATHERINGS

DATE	LOCATION
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 Hallow UMC

NCAE INCLEMENT WEATHER POLICY:

In case of inclement weather on the night of an Ultreya, please listen to the local television or radio channels. If schools are closed, and after school activities are canceled in the county in which the Ultreya is held, the Ultreya will also be canceled.

Join us at our next Ultreya gathering
Friday, March 18, 2011
7:30 p.m.

**First Baptist Church
of Woodbridge**

13600 Minnieville Road,
Woodbridge, VA 22193



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 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 Happy Valentine's Day!

February is the month of love, I'm told in the New Testament there are 3 different words for love in Greek: One love is the cupid Valentine love, one is brotherly love and one is God/agape love. Well after C-77 closing in January I'm feeling the agape love. I want to welcome our C-77 butterflies to the community!

If you missed closing for this weekend, it was AWESOME!

These bugs wanted to share the love they received from the weekend with their friends and family. I hope this month that you have someone to share your Valentine's Day with, that you share brotherly love with your neighbor and take time to experience God's agape love for yourself.

Fly with Christ!

Alex Cannon, C-39

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

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



Outreach Prayers Requests

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

March, 3-6, 2011

Utah-- Wasatsch Front Emmaus #14 women

March, 1-13, 2011

Indiana-- Indy West Great Banquet #20 women

March 17-19, 2011

Northern Michigan Emmaus #75 men
New Mexico Kairos #38 men

March 31-April 4, 2011

Appleton Wisconsin Cursillo #220 women

Be blessed,

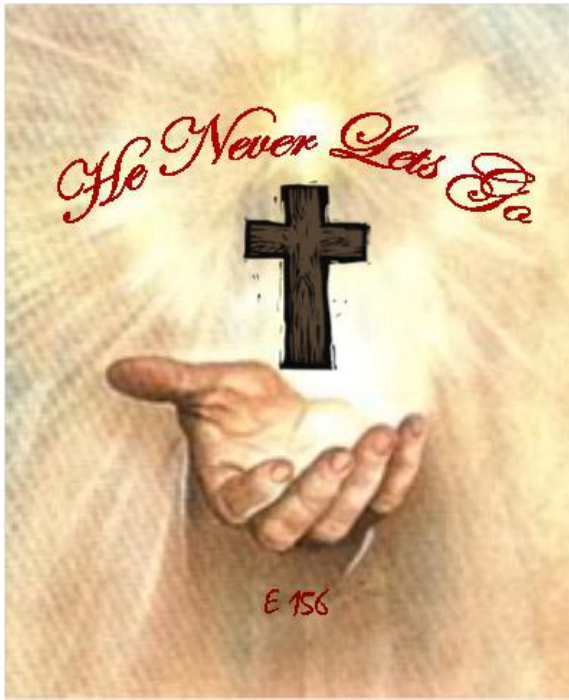
Kathy Skilton

EMMAUS WEEKEND FEE SCHEDULE

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

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).



**E156 –He Never Let's Go
New Windsor - March 10-13, 2011**

A Message from the "R"

On the night when I received my invitation to be a Rectora for this weekend I barely finished the conversation and hung up the phone when a song filled my heart. I found myself singing "You Never Let Go" and the weekend theme was born. I had been given the bible verse, Isaiah 41:10 on a piece of palanca a few years earlier and it just stuck with me: "Do not fear for I am with you, do not be dismayed, for I am your God. I will strengthen you and help you. I will uphold you with my righteous right hand." Isaiah 41:10

God had laid the path for this weekend through my experiences serving him on the mountain. He had strengthened my faith in His promise to always be with me through the calm and through the storms of this life as I shared experiences with team members and pilgrims over the years. God was asking me to pass on this faith of believing Him and His promise, He Never Lets Go.

DeColores, Patty

Cadre and Team

- Bev Barthmaier ~ Agape Cha
- Sharon Borsari ~Palanca Cha, Closing Cha
- Stephana Brown ~ Asst Talk Room Cha, Asst Closing Cha, DDU
- Amanda Cox ~ Asst Palanca Cha, Mananita Cha
- Dee Culver ~ Asst. Chapel Cha
- Amanda Damon ~ Asst. Music Director
- Gloria Esterline ~ Asst. Head Cha
- Nancy Geeting ~ Asst Dining Rm Cha, Asst Mananita Cha
- Marguerite Gibson ~ Asst. Rectora
- Jen Girten ~ Dining Room Cha

- Linda Girten ~ Old Buffalo, Floater Cha
- Laura Lacey ~ Table Leader
- Glenda Lambert ~ Table Leader
- Cynthia Mannucci ~ Talk Rm Cha
- Donna Meyer ~ Table Leader
- Maryann O'Brien ~ Music Director
- Patty Plummer ~ Rectora
- Melissa Porter-Miller ~ Spiritual Director
- Janice Root ~ Head Cha
- Janet Salbert ~ Spiritual Director
- Teresa Saunders ~ Table Leader
- Gwen Thomas ~ Table Leader
- Kathy Woodley ~ Table Leader
- Susan Young ~ Chapel Cha, Asst Agape Cha

Pilgrims

- Ashley Anderson ~ Clarendon UMC
- Debbie Arrington ~ First Baptist Church of Woodbridge
- Brenda Bengochea ~ Grace Community
- Jeannine Biddick ~ Messiah UMC
- Andrea Brda
- Sherry Catt ~ Church of the Nazarene
- Lisa Chickering ~ Lake Ridge Baptist
- Kym Payton ~ Clark Wesley UMC
- Denene Crabbs ~ Christ UMC
- Theresa Duffour-Donker ~ Dumfries UMC
- Jean Ellerbe ~ St Margaret's Anglican
- Trish Fritzsche ~ Sydenstricker UMC
- Sally Gabler ~ Clarendon UMC
- Adriana Gomez ~ Grace Community
- Ruth Grasso ~ Bethel UMC
- Eleanor Holcombe ~ Messiah UMC
- Paulette House ~ New Life Anointed Ministry
- Teresa Johnson ~ First Baptist Church of Woodbridge
- Vanessa Jones ~ Dumfries UMC
- Wilma Jordan ~ Church of the Nazarene
- Christie Lassiter ~
- Karen Mahach ~ St Paul's Lutheran
- Jennifer Martin ~ Clarendon UMC
- Sabrina Moore ~ Victory Ministries International
- Diane Smith ~ Messiah UMC
- Leslie Smith ~ Prince of Peace UMC
- Darlene Spurlock ~ Wesley UMC
- Amy Whitmore ~ First Baptist
- Stephanie Williams ~ Dumfries UMC
- Virginia Yates ~ Arlington UMC

EMMAUS BOARD

Term Expiring January 2012

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

Term Expiring January 2013

Kent Eshelman	703-560-3112	dkesh@cox.net
Mike McLean	703-577-6678	mike.mclean@caaii.com
Matt Meisenhelter(ASD)	571-277-7976	asd@emmausnca.org
Jan Niehoff	703-455-8796	niehoff4@verizon.net
Beth Rand	703-763-3242	rand.beth@yahoo.com
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	lindasmith999@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
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Facility Liaison

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Fourth Day Packets

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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
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Kairos Outside Information

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

Linda Girten	703-491-3801	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
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Prayer Wheel Coordinator

Jenn Glidwell	571-572-3335	magnolias72@verizon.net
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Rector(a) Selection Committee

Al Barbier	703-491-2104	Ajbarbier@aol.com
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Reunion Group Coordinator

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

Kathy Henry	703-960-4540	dakota-laguapa@earthlink.net
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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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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	

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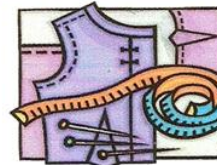


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