

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

# Fourth Day Journal

Vol. XXIX No. 5 May, 2011

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



## The Gift of Time

There is a time for everything, and a season for every activity under the heavens. Ecclesiastes 3:1

**From the Emmaus Community Lay Director**

### The Gift of Time

What do you think of when you think of the word "time"? Is your first thought that you never seem to have enough of it? Does time, in general, seem to be passing too quickly?

Have you ever thought of the impact that time has on our lives? Many of us have a certain time to wake up, a time to leave for work, time to get the kids on the bus, time for us to do so many things during our day.

I am reminded of the reading "Lord, I Have Time" from our Emmaus weekend:

*The hours are too short, the days are too short, our lives are too short!*

*You who are beyond time, Lord, You smile to see us fighting it.*

*And You know what You are doing. You make no mistakes in your distribution of time to us.*

*You give each one time to do what you want us to do.*

*But we must not lose time... waste time... kill time.*

*For time is a gift that You give us, but a perishable gift, a gift that does not keep.*

*Lord, I have time; I have plenty of time, all the time that You give me.*

*The years of my life, the days of my years, the hours of my days, they are all mine.*

*Mine to fill, quietly, calmly, but to fill completely, up to the brim;*

To offer them to You, - that of their insipid water You may make rich wine such as You made once in Cana of Galilee.

*I am not asking You, Lord, for time to do this and then that, But your grace to do conscientiously, in the time that You give me, what You want me to do.*

*De Colores!*

**Annette**

### Did You Know?

- E – 157 will be up on the mountain May 12-15. Please keep them in your prayers!
- The May Ultreya will be held at St. John's UMC in Springfield. The Rs for 2012 will be introduced!! Let's all join in to support them and to meet the pilgrims from E-157!

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Join us at our next Ultreya gathering  
**7:30 p.m., Friday, May 20, 2011**  
**St. John's UMC**

5312 Backlick Road,  
Springfield, VA 22151



**From the Emmaus Spiritual Director**

It's such a great experience watching and listening to pilgrims as they complete their walk and share with the community what the weekend has meant to them. How is it that folks can be that tired, that full, and still be up and joyous with the love and grace they have experienced over the weekend? When I have teamed, I was always amazed at how you blink on Thursday and suddenly it's Sunday. The joy and the love burns within us.

While I am sure that there are many threads, one common thread we seem to hear is folks saying that they finally know how much they are loved. They can't wait to get back home, back to their families, back to jobs, back to church. I do appreciate how Emmaus really helps us build dedicated workers in our churches. Pilgrims come back with a great desire to serve and share some of that wonderful love they felt during their walk.

I really do hope our community is still working hard to invite pilgrims to walk. As we have said before, we can work together to cover the cost of walking. The important thing to do is to invite. An Emmaus weekend experience is too good, too important, and too meaningful to not want to get members of your church, family members, friends, and co-workers up on the mountain. So I joyously encourage you to INVITE!

In looking at teams and how they work together, we find a new set of close friends developing. We share our burdens, our faith, our hopes, our joys, and our lives with each other. Time and time again, a walk will be challenged by a family crisis, or illness, or some challenging tension someplace in our lives. However, the team comes together, uplifts one another, prays fervently for each other – and the weekend unfolds in joy, in laughter, in tears, is faith, in deeper understanding, in great fellowship, and it is all led by the Holy Spirit. My goodness! Are we blessed or what?

As May moves us closer to summer, with warmer temperatures and nature's beauty bursting forth all around us, it's an exciting time. We look forward to E-157, with E-158 and E-159 not being that far away. When we look at all that love and happiness expressed at our Ultreyas and at our Weekend Closings, don't you wish that every church could have that strong of a sense of community, common purpose, and devotion? We can! All we have to do is go

back to our churches and share the love and the Spirit with all those we encounter.

As we find ourselves in the season of Easter, I pray God's blessing upon you and yours, upon our churches, upon our Emmaus family. The high point of the Christian year has arrived with Easter, the holiest of days. Jesus has defeated the powers of death and darkness and now lives in the light. It is through our faith in Jesus that we are called to the light and get to live in the light – spreading that light to those we share this journey with each day. Once Jesus has been raised, there is no more darkness mentioned in the Bible, with for one exception.

Jesus encounters two disciples walking to Emmaus. They speak of the tragedy of the weekend. They are kept from recognizing Jesus, for whatever reason. Darkness comes and the two disciples tell the stranger that he should come in and stay with them for the night. The darkness means demons, thieves and wild animals. There is danger in the darkness. As they sit together at the table, Jesus breaks the bread, and immediately the disciples recognize that it is Jesus. Their hearts are burning within them. Jesus vanishes from their sight. The two disciples immediately get up and return to Jerusalem to tell the eleven disciples and their companions what they had experienced. They ran out into the darkness, but they were not afraid. They had seen Jesus and the night had vanished forever. Live in the light!

Blessings and DeColores,

*Doug Geeting, SD*

| <b>2011 ULTREYA GATHERINGS</b> |                                     |
|--------------------------------|-------------------------------------|
| <b>DATE</b>                    | <b>LOCATION</b>                     |
| <b>May 20</b>                  | <b>St. John's UMC</b>               |
| <b>June 17</b>                 | <b>Sydenstricker UMC</b>            |
| <b>July 15</b>                 | <b>Annandale UMC</b>                |
| <b>August 19</b>               | <b>Springfield UMC</b>              |
| <b>September 16</b>            | <b>Good Shepherd UMC, Dale City</b> |
| <b>October 21</b>              | <b>St. Stephens UMC</b>             |
| <b>November 18</b>             | <b>St. Paul UMC, Woodbridge</b>     |
| <b>December 16</b>             | <b>Clarendon UMC</b>                |

| <b>2011 WEEKEND SCHEDULE</b> |                             |
|------------------------------|-----------------------------|
| <b>E-157</b>                 | <b>May 12 – 15 (M)</b>      |
| <b>E-158</b>                 | <b>September 15 -18 (W)</b> |
| <b>E-159</b>                 | <b>November 3 – 6 (M)</b>   |



## 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*

### 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.



## National Capital Area Chrysalis



### 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.

#### May 12-15, 2011

VA Kairos, Nottoway men  
San Deigo, CA Cursillo #262 men  
Indiana Cursillo #261 women  
Missoula, MT Emmaus #8 men

#### May 19-22, 2011

VA Kairos, Greenville men  
Pittsburgh Anglican Cursillo #97 women

Be blessed,

*Kathy Skilton*

### *Caterpillar Pillar*

For information on NCA Chrysalis, please visit Chrysalis NCA website: [www.chrysalisnca.org](http://www.chrysalisnca.org).

Fly with Christ!

**Progressive Catholic Community in Northern Virginia looking to rent/share attractive space for weekly Sunday morning worship. We need handicap accessibility, space for 75+, adequate parking, flexible set-up and some storage space.**

**Hoping to locate inside the Beltway with preference for Arlington/Falls Church area at a reasonable cost.**

Email [novacatholiccommunity@gmail.com](mailto:novacatholiccommunity@gmail.com).  
For more information on the community:  
[www.novacommunity.info](http://www.novacommunity.info).



*Mighty to Save*

**E157 – Mighty To Save - May 12-15, 2011**

### **A Message from the R**

We are well along on our teaming journey now and looking forward to the upcoming E-157, “Mighty to Save” weekend. Already we can sense that God is planning something special and we are excited to be His hands and feet. As part of our teaming, we’ve been studying the book, **The Fruit of the Spirit**, by Thomas Trask and Wayde Goodall. This book has centered us on becoming better servants by recognizing the fruits of the Holy Spirit as described in Galatians 5:22, “*love, joy, peace, patience, kindness, goodness, gentleness, faithfulness and self-control*”, and nurturing these fruits in our daily walk. The lessons have been many and I think all of us have felt the Spirit in our prayers and preparation. We covet your prayers and thank each of you for your support – it is only in community that we will truly experience the fullness that God has in store.

Grace & Peace,

**Dave Downer**

### **Cadre and Team**

**Al Barbier** ~ Old Buffalo  
**Kurt Bubenhofer** ~ Table Leader  
**Charlie Carroll** ~ Chapel Cha  
**Raúl Castillo** ~ Assistant Chapel Cha, Mañanita Cha  
**Toby (Octaviano) Castillo** ~ Table Leader  
**Vernon Chute** ~ Closing Cha, Assistant Agape Cha  
**Rev Larry Craddock** ~ Spiritual Director  
**Ken Denham** ~ Table Leader  
**Dave Downer** ~ Rector  
**Eric Downer** ~ Table Leader  
**Jon Downer** ~ Audio Visual Cha  
**Kent Eshelman** ~ Assistant Head Cha  
**Sean Finegan** ~ Palanca Cha  
**Joe Forrer** ~ Assistant Closing Cha, Assistant Palanca Cha,  
**Brian Gorham** ~ Assistant Music Director  
**Carl Jacques** ~ Talk Room Cha  
**Jim Krauss** ~ Assistant Dining Room Cha, Assistant Mañanita Cha  
**Jim McCray** ~ Assistant Rector

**Mike McLean** ~ Head Cha  
**Jay Nesmith** ~ Music Director  
**Mike Suddarth** ~ Agape Cha  
**Rev. Russ Urban** ~ Assistant Spiritual Director  
**Don Watkins** ~ Table Leader  
**Bill Zachman** ~ Dining Room Cha

### **Pilgrims**

**Aubrey (Buck) Burrow** ~ Springfield UMC  
**Butch Chevalier** ~ New Covenant Fellowship  
**Thomas Chisari** ~ St. Stefanos Greek Orthodox  
**Anthony Coles** ~ Victory Christian Ministries International  
**Brian Day** ~ St. Mary's RC  
**Ray Dixon** ~ 15th Street Presbyterian  
**John Etter** ~ Bethel UMC  
**Mike Germinario** ~ Our Savior's Way Lutheran Church  
**Bobby Hall** ~ Manassas Baptist  
**Steve Helms** ~ Christ UMC  
**Justin Hoar** ~ Crossroads Vineyard  
**Neal Jones** ~ Columbia Baptist  
**Eric Klein** ~ Park Valley Church  
**John Kuzins** ~ First Baptist Church  
**John Lindegren** ~ Christ UMC  
**Greg Lynch** ~ Our Savior's Way Lutheran Church  
**Caleb McCarry** ~ Bethal UMC  
**Robert Melvin** ~ New Life Anointed Ministry  
**Chuck Moon** ~ Christ UMC  
**Paul Mosteller** ~ Springfield UMC  
**John Orleans-Pobee** ~ St. Stephens UMC  
**Jeff Risinger** ~ Old Bridge UMC  
**Brant Sanderson** ~ Old Bridge UMC  
**Bill Shugarts III** ~ Christ UMC  
**Mike Smith Sr.** ~ Prince of Peace UMC  
**Tom StartKing** ~ Old Bridge UMC  
**Dick Tobey**

## 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 |
|------------------------|--------------|------------------------|

### Applications ~ Team

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

### Board Secretary

|              |              |                   |
|--------------|--------------|-------------------|
| Cynde Rogers | 703-824-3634 | Sec@emmausnca.org |
|--------------|--------------|-------------------|

### Community Agape

|             |              |  |
|-------------|--------------|--|
| Linda Smith | 703-216-2469 | <a href="mailto:lindasmith999@verizon.net">lindasmith999@verizon.net</a> |
|-------------|--------------|--|

### Community Support (Storage Shed)

|               |              |                      |
|---------------|--------------|----------------------|
| Patty Plummer | 703-490-3769 | plummerp@comcast.net |
|---------------|--------------|----------------------|

### Data Base Manager

|                        |              |                        |
|------------------------|--------------|------------------------|
| Jan & Carolyn Janiczek | 703-670-6615 | Data_adm@emmausnca.org |
|------------------------|--------------|------------------------|

### Facility Liaison

|           |              |                     |
|-----------|--------------|---------------------|
| Beth Rand | 703-763-3242 | rand.beth@yahoo.com |
|-----------|--------------|---------------------|

### Fourth Day Packets

|              |              |                        |
|--------------|--------------|------------------------|
| Mark Segnari | 703-670-3145 | 4daypack@emmausnca.org |
|--------------|--------------|------------------------|

### Fourth Day Journal Editor

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

### Fourth Day Journal Mailing

|              |              |                        |
|--------------|--------------|------------------------|
| Maria Hooper | 703-878-3227 | 4DayMail@emmausnca.org |
|--------------|--------------|------------------------|

### Historian

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

### HolyNet Coordinator

|            |              |                       |
|------------|--------------|-----------------------|
| Dave Moore | 703-680-4002 | HolyNet@emmausnca.org |
|------------|--------------|-----------------------|

### Kairos Information (Weekend, Cookies, Etc.)

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

### Kairos Outside Information

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

### Manuals

|              |              |                       |
|--------------|--------------|-----------------------|
| Linda Girten | 703-491-3801 | manuals@emmausnca.org |
|--------------|--------------|-----------------------|

### Music Directors

|             |              |                  |
|-------------|--------------|------------------|
| Jay Nesmith | 540-891-1737 | MD@emmausnca.org |
|-------------|--------------|------------------|

### Assistant - Vacant

### Outreach Agape

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

### Prayer Wheel Coordinator

|               |              |  |
|---------------|--------------|--|
| Jenn Glidwell | 571-572-3335 | <a href="mailto:magnolias72@verizon.net">magnolias72@verizon.net</a> |
|---------------|--------------|--|

### Rector(a) Selection Committee

|            |              |                   |
|------------|--------------|-------------------|
| Al Barbier | 703-491-2104 | Ajbarbier@aol.com |
|------------|--------------|-------------------|

### Reunion Group Coordinator

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

### Scholarships

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

### Treasurer

|            |              |                     |
|------------|--------------|---------------------|
| Jim McCray | 703-491-8863 | treas@emmausnca.org |
|------------|--------------|---------------------|

### Website Manager

|            |              |                        |
|------------|--------------|------------------------|
| Rob Cannon | 703-965-8045 | webadmin@emmausnca.org |
|------------|--------------|------------------------|

### Wooden Crosses & Ropes

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

## 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>ACL D</b> | Jessie Kearns  | <a href="mailto:asstlaydirector@chrysalisnca.org">asstlaydirector@chrysalisnca.org</a> |
| <b>SD</b>    | Jenny Day      | <a href="mailto:Pastor1@chrysalisnca.org">Pastor1@chrysalisnca.org</a>                 |
| <b>SD</b>    | Gary McCluskey | <a href="mailto:Pastor2@chrysalisnca.org">Pastor2@chrysalisnca.org</a>                 |

### Other Board Members

|               |                 |
|---------------|-----------------|
| Amanda Damon  | Bob LeMay       |
| Jenny Day     | Rob Collins     |
| JoAnn McLean  | Sam Parris      |
| Joe Downer    | Karen Kimberlin |
| Josh Risinger | Linda Smith     |

## Chrysalis Support Personnel

|                                 |  |
|---------------------------------|--|
| <b>Secretary</b>                | Michele McGaffic                               |
| <b>Supplies Coordinator</b>     | Linda Russ/<br>Melissa Detwiler                |
| <b>Treasurer</b>                | Gale Collins                                   |
| <b>Website Cha</b>              | Alex Cannon                                    |
| <b>Weekend Agape</b>            | Beth Ann Eadie<br>Terri Downer<br>Gale Collins |
| <b>Manuals and Talk Folders</b> | Volunteer Needed                               |
| <b>Music Director</b>           | Dave Moore                                     |
| <b>Registrar</b>                | Michael Collins                                |
| <b>Secretary</b>                | Michele McGaffic                               |
| <b>Supplies Coordinator</b>     | Linda Russ/<br>Melissa Detwiler                |
| <b>Treasurer</b>                | Gale Collins                                   |
| <b>Website Cha</b>              | Alex Cannon                                    |
| <b>Weekend Agape</b>            | Beth Ann Eadie<br>Terri Downer<br>Gale Collins |

### 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 |

### HELP NEEDED:

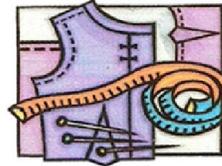
- Beginning Journey With Jesus weekends - contact Linda Smith ([lindasmith999@verizon.net](mailto:lindasmith999@verizon.net))

*"Heaven is a little closer in a house by the sea"*

**Beach House – Cape Hatteras NC**  
3 BR, 2Bath (Semi-oceanfront, open all year)

**Bill and Marie Pfancuff 703-241-2949**  
WPfancuff@aol.com

**MARY JOHNSON**  
**SEAMSTRESS**  
**SEWING AND ALTERATIONS**



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### **The Filling Station Overflow Ministries**

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540-984-8008

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Website: [www.theedinburgfillingstation.com](http://www.theedinburgfillingstation.com)

**04/11/2011**

# De Colores!

[www.emmausnca.org](http://www.emmausnca.org)

**Fourth-Day-Journal  
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