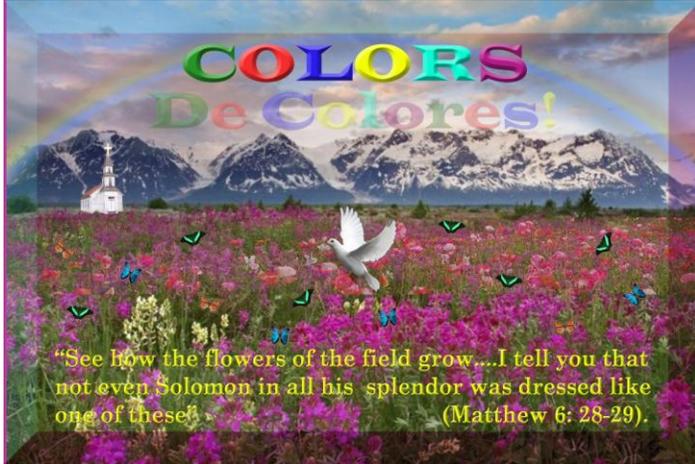


The newsletter of the National Capital Area (NCA) Emmaus for
the glory of God

Fourth Day Journal

Vol. XXIX No. 6 June, 2011

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



colorful hats.....anything that you have that makes you want to shout, "DE COLORES" and praise God in doing so!

De Colores!
Annette

Did You Know?

- The June Ultreya will be held on June 17, 7:30pm at Sydenstricker UMC. See you there in your "col-ors"!
- E-158 begins teaming this month. Please keep the team in your prayers!

From the Emmaus Community Lay Director

COLORS

This is my favorite time of year! Spring, in all its glory!

During the cold winter months, Mother Nature paints the world in various shades of brown with some evergreens visible here and there. But for the most part, winter is devoid of vivid color. Snow adds a beautiful variation when it is newly fallen, but even the pure white dirties over time and turns dark. During the Christmas season we have the beauty of the colored lights to brighten things up and create a more festive atmosphere. Then, when the lights come down, it's back to the browns.

Once the weather begins to warm, Mother Nature starts showing her colors. Neighborhoods begin to brighten with many and varied flowers and ornamental trees. The plant nurseries and stores begin stocking their shelves with various colors of flowers and shrubs to beautify our gardens and decks ~ reds, oranges, yellows, greens, blues, indigos, and violets. As it says in the bible, "See how the flowers of the field grow. ...I tell you that not even Solomon in all his splendor was dressed like one of these" (Matthew 6: 28-29). Spring brings a "rainbow" of colors.

The Spanish term, "De Colores" literally means "of colors"! What a great description of the ecumenical nature of our National Capital Area Emmaus! Like the many flowers and trees bring forth the colors of spring, so, too, do we gather together people of different faith expressions, but common faith, to worship our loving God.

Let us celebrate our rainbow of colors in June at the Ultreya. Wear your tie dye shirt, your bracelets, your

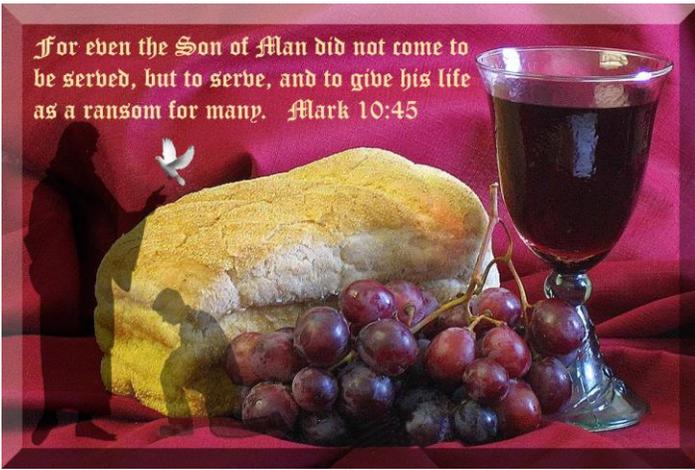
INSIDE THIS ISSUE

Emmaus CLD Message	1
June 17, Sydenstricker UMC	1
Message from the SD	2
2011 Ultreya Gatherings	2
2011 Weekend Schedule	2
Inclement Weather Policy	3
Community Palanca	3
Outreach Prayer Request	4
Chrysalis NCA Information	4
Community Website Reminder	5
Emmaus Weekend Fee Schedule	5
Help Needed	5
Emmaus/Chrysalis Board /Directories	6
Business Sponsors	7

Join us at our next Ultreya gathering
7:30 p.m., Friday, June 17, 2011

Sydenstricker UMC

8508 Hooes Road,
Springfield, VA 22152



From the Emmaus Spiritual Director

How does your Emmaus experience impact your daily life? How are your daily choices and perspectives different based on your experiences both in giving to and receiving from God and others on the Mountain? To me, my Emmaus experiences remind me of the words of Christ in Mark 10:45 -

"For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many."

What a better world it is when we, like Christ, exercise humility and deny our own entitlement in favor of loving service and outreach to others.

This is easy to remember when life is good and all the pieces just fall into place. But it's not so easy when things don't go the way we want. For example, I need to remember Christ's example of selflessness and humility when I'm on the telephone with less-than-stellar customer service. I need to remember this when I'm slogging through miserable Northern Virginia traffic. I need to remember this when dealing with the inevitable drama in church, as is inevitable in any organization where humans are allowed! Even when things aren't all rosy, we need to remember the example of Christ in leaving his throne in Heaven above, setting aside his entitlement as Creator and Lord and Master of the Universe, and instead taking on our sins and sorrows and sufferings upon himself. If this is how the Lord of Lord and King of Kings behaves, how much more should I give of myself for the good of others.

How about you? Can people look at you and see the light of Christ shining through you? Does the glow of your Emmaus experiences shine to anyone and everyone you meet? How are you giving back to the ones and to the ONE who have made your fourth day possible?

And let me just say "thank you" for the service that you're offering, but more than that, hear these words in response to your giving back to the God who first loved you, preventively:

"Well done, good and faithful servant!" (Matthew 25:23)

Blessings and DeColores,

Matt Meisenhelter, SD

2011 ULTREYA GATHERINGS	
DATE	LOCATION
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	Clarendon UMC

2011 WEEKEND SCHEDULE	
E-158	September 15 -18 (W)
E-159	November 3 – 6 (M)

INCLEMENT WEATHER POLICY

In case of inclement weather on the night of an Ultreya, please listen to the local television or radio. 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.



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 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



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.

June 9-12, 2011

Redwood Empire Cursillo, He Is Lord, women
Australia, De Koalas Far North Coast Emmaus #54, men

June 16-19, 2011

Ghana Emmaus # 7, men

June 23-26, 2011

Orlando, FL Emmaus #121 women

Be blessed,

Kathy Skilton

Caterpillar Pillar

For information on NCA Chrysalis, please visit Chrysalis NCA website: 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.
For more information on the community:
www.novacommunity.info.

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
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EMMAUS SUPPORT STAFF

Applications ~ Pilgrims (& drops)

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Applications ~ Team

Jan & Carolyn Janiczek	703-670-6615	Team_app@emmausnca.org
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Fourth Day Journal Mailing

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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

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Manuals

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Music Directors

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

Outreach Agape

Kathy Skilton	703-321-7139	auntkath@aol.com
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Prayer Wheel Coordinator

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Reunion Group Coordinator

Todd Hastings	703-938-9553	dumpster63T@verizon.net
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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	jinwomer@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	asstlaydirector@chrysalisnca.org
SD	Jenny Day	Pastor1@chrysalisnca.org
SD	Gary McCluskey	Pastor2@chrysalisnca.org

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

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

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

HELP NEEDED:

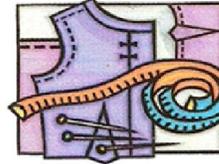
- Beginning Journey With Jesus weekends - contact Linda Smith (lindasmith999@verizon.net)

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

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04/11/2011

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