

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

Fourth Day Journal

Vol. XXIX No. 7 July, 2011

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



From the Emmaus Community Lay Director

In God We Trust

July is here and the summer activities are in full swing! This month we celebrate our country's Declaration of Independence. Celebrating that day seems to fit in well with our summer fun of bar-b-ques, picnics, going to the pool, vacations, and sports activities.

Usually at major sports events we hear "The Star Spangled Banner" sung. As I prepared to write this article, I "Googled" the song, and was surprised to see that there are actually 4 verses to it. One of the lines in the 4th verse says, "And this be our motto: 'In God is our trust;'"

The term "In God We Trust" is the official motto of the United States. We also see those words on paper currency and on coins.

Do you **trust** in God? Or do you lean on your own experiences and common sense. My favorite verse is Proverbs 3: 5-6 which includes, "**Trust** in the Lord with all your heart and lean not on your own understanding.....".

As we get fully into summer, we are probably planning all kinds of activities for ourselves and our families. Do we include God in our planning and do we **trust** that He will help and guide us and bless our plans?

Have a happy and blessed summer, and "...May the God of hope fill you with all joy and peace as you **trust** in him,

so that you may overflow with hope by the power of the Holy Spirit" (Rom 15:13).

De Colores!

Annette

Did You Know?

- Our July annual bar-b-que and Ultreya will be held at Annandale UMC! It begins at 6pm, and will be held in the hall. Please bring a side dish, dessert or soda to share! See you then!
- C-78, the Young Adult weekend, will be held at Camp Highroad, July 14 – 17. Please keep the team and bugs in your prayers! Get those bug applications in by July 6!

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Join us at our next Ultreya gathering
BBQ starts at 6pm.

Please bring a side dish, dessert or soda to share!

7:30 p.m., Friday, July 15, 2011

Annandale UMC

6935 Columbia Pike,
Annandale, VA



I lift up my eyes to the hills—
 from where will my help come?
 My help comes from the LORD,
 who made heaven and earth.
 Psalm 121:1-2

From the Emmaus Spiritual Director

One of the great joys of being in New Windsor for our Emmaus weekends is the beauty of the area. Regardless of season, it's a beautiful view. We are reminded of Psalm 121. The first 4 verses read: *I lift up my eyes to the hills— from where will my help come? My help comes from the LORD, who made heaven and earth. He will not let your foot be moved; he who keeps you will not slumber. He who keeps Israel will neither slumber nor sleep.*

We do lift up our eyes to the hills and we find a great weekend, whether we are a pilgrim or a team member. I thought it interesting that the Psalm also says that God will not sleep, which apparently means that God has been on Emmaus weekends, too.

Our fourth day is a fantastic walk, but we need to remember that it is our fourth day and not slip back into the chaos we felt before we were on the mountain. We lift up our eyes, but often we aren't aware because we have become self-centered or focused on the "stuff" around us. We are to lift up our eyes to life. We need to look for the direction signs, the love and grace, the folks whose hearts need to be touched, the important things along the way. We need to lift up our eyes to love, so our hearts are never hardened by the challenges of life, but always open to share and give.

We lift up our eyes to God, so we can meet His Spirit, as Howard Thurman once wrote: not only in the high place, the great moment, the penetrating call, but also in the byways, the little duties, the stinging irritations and the sad and bottomless renunciations. And for me this is enough *Meditations of the Heart*, p. 161).

I believe that's the great joy of going up the mountain and opening our eyes. We see the love and grace of God working in the lives of the pilgrim and team, in the very weekend itself. God reaches down and touches our lives and we know that we are His beloved children, so precious in His sight.

My dear sisters and brothers in Christ Jesus, I challenge you to keep your eyes lift up to God, lifted up to love and life, lifted up to one another. May the peace of those beautiful hills calm you and bring a vibrant remem-

brance of your weekend or your teaming and fill you with peace and joy!

Blessings,

Doug Geeting, SD

2011 ULTREYA GATHERINGS	
DATE	LOCATION
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 Request

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

July 7-10, 2011

Koinonia of Washington State Coed
Kairos of South Africa women #19
Chrysalis-- Wabash Valley, Southern Illinois #84

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
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
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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

Beth Rand	703-763-3242	rand.beth@yahoo.com
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Fourth Day Packets

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

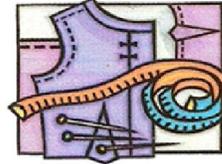
- Beginning Journey With Jesus weekends - contact Linda Smith (lindasmith999@verizon.net)

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

MARY JOHNSON
SEAMSTRESS
SEWING AND ALTERATIONS



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04/11/2011

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**Fourth-Day-Journal
Emmaus of the National Capital Area
P.O. Box 2243
Merrifield, VA 22116**