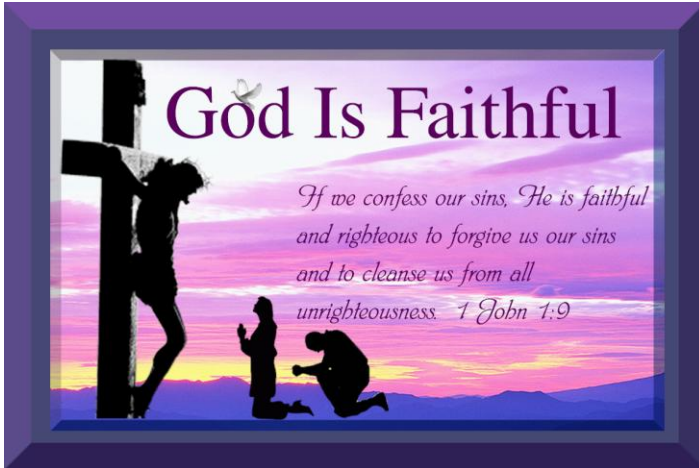


The newsletter of the National Capital Area (NCA) Emmaus for
the glory of God

Fourth Day Journal

Vol. XXIX No. 8 August, 2011

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



From the Emmaus Community Lay Director

No U Turns

How many times have we driven on the highway and wanted to turn left at an intersection, only to find out there's a "No U Turn" sign?

Joel Osteen's book, *Your Best Life*, says that we have a "God of another chance."

Aren't we blessed that our loving God allows us to have U-turns in our life? His grace sustains us to turn around and find the right path.

If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness. 1 John 1:9

We all make mistakes but He doesn't cast us aside because we have made some bad turns. He will guide us to our final destination. We just need to trust him. U-Turns are always allowed with God!

De Colores,

Annette

Did You Know?

- The August 19th Ultreya will be held at Springfield UMC! It'll be a great night of music and fellowship!!! Come and meet the team of E-158 and the butterflies from C-78!
- The high school weekend, C-79, will be going to Camp Manidokan August 18 – 21! Bug applications due by August 11.

INSIDE THIS ISSUE

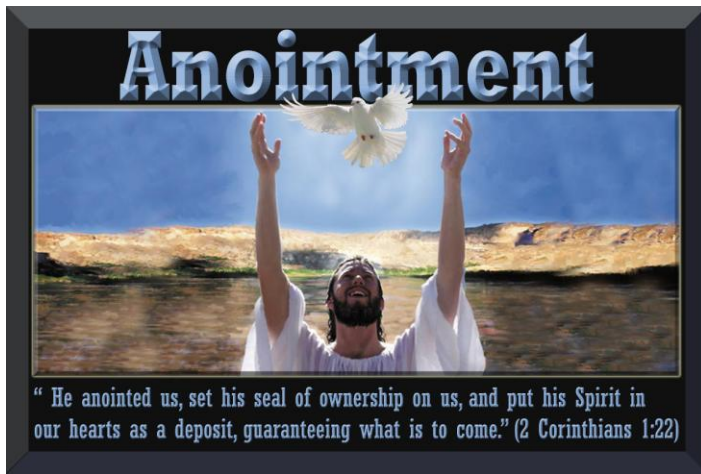
Emmaus CLD Message	1
August 19, Springfield UMC	1
Message from the SD	2
2011 Ultreya Gatherings	2
2011 Weekend Schedule	2
Inclement Weather Policy	2
Community Palanca	3
E-158 "The Power of His Love"	4
Outreach Prayer Request	5
Chrysalis NCA Information	5
Community Website Reminder	5
Emmaus Weekend Fee 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, August 19, 2011

Springfield UMC

7047 Old Keene Mill Road
Springfield, VA 22150



From the Emmaus Spiritual Director

It is HOT!!! Maybe you noticed. The ignominious joke in some clergy circles these last few weeks has been that this would be good weather for talking about the options for eternity. But the serious truth is that, because of God's justifying grace through faith in the completed work of Jesus Christ, our eternity is something that we do NOT have to worry about nor beat one another over the head about. Way too often I find even faithful, veteran believers still very scared and insecure about their forever. I have largely made it a centering part of my ministry to encourage people to understand the Biblical and theological truth that Heaven is a blessed assurance to all who know the savior, Jesus Christ...

*"Therefore, the promise comes by faith, so that it may be by grace and may be **guaranteed** to all Abraham's offspring—not only to those who are of the law but also to those who are of the faith of Abraham."* (Romans 4:16)

*"Now it is God who makes both us and you stand firm in Christ. He anointed us, set his seal of ownership on us, and put his Spirit in our hearts as a deposit, **guaranteeing** what is to come."* (2 Corinthians 1:21-22)

*"Now it is God who has made us for this very purpose and has given us the Spirit as a deposit, **guaranteeing** what is to come."* (2 Corinthians 5:5)

*"And you also were included in Christ when you heard the word of truth, the gospel of your salvation. Having believed, you were marked in him with a seal, the promised Holy Spirit, who is a deposit **guaranteeing** our inheritance until the redemption of those who are God's possession—to the praise of his glory."* (Ephesians 1:13-15)

These scriptures and many others make it clear that Jesus didn't die and rise again for a "maybe" nor for an "I hope so" nor for an "I guess." We did not receive a spirit that makes us slaves, again, to fear. Rather, we have the Spirit of Promise and Assurance by God's grace. At Aldersgate, John Wesley finally understood this as he wrote:

"In the evening I went very unwillingly to a society in Aldersgate Street, where one was reading Luth-

*er's preface to the Epistle to the Romans. About a quarter before nine, while the leader was describing the change which God works in the heart through faith in Christ, I felt my heart strangely warmed. I felt I did trust in Christ alone for salvation; and an **assurance** was given me that He had taken away my sins, even mine, and saved me from the law of sin and death."* (The Journal of John Wesley; May 24, 1738)

To be sure, the most famous verse in the Bible tells us in no uncertain terms that Jesus died and rose again to promise us that we need not worry about eternity.

*"For God so loved the world that he gave his one and only Son, that whoever believes in him **shall not perish but have eternal life.**"* (John 3:16)

Blessings,

Matt Meisenhelter, SD

2011 ULTREYA GATHERINGS	
DATE	LOCATION
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



A Message from the "R"

At one point in time, I thought the theme would be "In Christ Alone" – because that is the only way I knew I could lead the weekend – was by Christ's all powerful grace. But as I thought and prayed over what He wanted as the theme – I kept going back to "The Power of His Love" – emphasis on Power. It wasn't until my Emmaus walk that I really experienced God's all encompassing love for me. But all through my spiritual walk, I've felt and experienced His Power. Mostly I see it in nature, and I love a good rain storm with the lighting streaking across the sky – lighting my path. The green eery sky and stillness of the air before a tornado having me anticipate what will be next. The calmness of an ocean with moonbeams reflecting his grace over the water.

I chose 2Cor 4:7 – because for years I felt like a broken vessel, but looking back, I am able to see how God continued to use me to water the fields and help others to grow in their love of Christ. It's his all surpassing Power that allows this to happen.

God's Power has been evident in our first three team meetings as He has really helped us to open up and bond with each other in an amazing way. His Power and love have been abundantly clear to all of us, and it was really apparent as team assignments were completed in record time. Christ has called together the team of E-158, and we are humbled by all that He has shown us already. We ask for your continued prayers and love as we finish out the summer and prepare to share "His Power and Love" with the pilgrims of E-158,

In Christ,
DeColores
Dawn Mosteller

Cadre and Team

Liesl Arends ~ Mananita Cha, Assistant Chapel Cha
Annette Barbier ~ Assistant Music Director
Christine Cahow ~ Assistant Head Cha
Vickie Carroll ~ Table Leader

Liana Cuffman ~ Assistant Dining Room Cha, Assistant Mananita Cha
Kim Forrer ~ Agape Feast Cha, Closing Cha
Keri Geeting ~ Assistant Talk Room Cha, Assistant Agape Feast Cha
Gaylene Guest ~ Table Leader
Lolly Hetherington ~ Table Leader
Jessica Lamb ~ Table Leader
Debbie McCluskey ~ Table Leader
Gary McCluskey ~ Spiritual Director
April Moore ~ Talk Room Cha
Dawn Mosteller ~ Rectora
Laura Newberry ~ Head Cha
Denise Parris ~ Assistant Rectora
Beth Rand ~ Chapel Cha
Cindy Rogers ~ Music Director
Jose Saldana ~ Spiritual Director
Kathy Skilton ~ Floater Cha
Carolyn Tidd ~ Assistant Palanca Cha
Amy Tubbs ~ Table Leader
Dawn Vehmeier ~ Dining Room Cha
Krystal Venable ~ Palanca Cha

Pilgrims

Valorie Andrist ~ Lake Ridge Baptist Woodbridge, VA
Jennifer Bailey ~ First Christian Church Disciples of Christ Valparaiso, IN
Stephanie Bonsell ~ Old Bridge UMC Woodbridge, VA
Georgia Bouie ~ Victory Ministries International Woodbridge, VA
Kerry Brooks ~ Park Valley Haymarket, VA
Linda Carson ~ Hope Hill Manassas, VA
Pam Charbonneau ~ Christ UMC Fairfax Station, VA
Becky Evans ~ Good Shepherd UMC Woodbridge, VA
Pam Ferguson ~ Spotswood Baptist Fredericksburg, VA
Adele Geisler ~ Spotswood Baptist Fredericksburg, VA
Gloria Gharib ~ Christ UMC Fairfax Station, VA
Vern Harden ~ New Mount Moriah Clinton, MD
Sue Harmon ~ First Christian Church Disciples of Christ Valparaiso, IN
Pam King ~ Grace Dumfries, VA
Tandy Kraft ~ McLean Bible Church McLean, VA
Cherrie Lindsey ~ First Baptist Church Woodbridge, VA
Linda Melton ~ Prince of Peace UMC Manassas, VA
Chuck Miller ~ Christ UMC Fairfax Station, VA
Nancy Moon ~ Christ UMC Fairfax Station, VA
Molly Morris ~ Falmouth Baptist Fredericksburg, VA
Bonnie Myers ~ Sydenstricker UMC Springfield, VA
Suzanne Reiser ~ Salem Fields Fredricksburg, VA
Leah Sanborn ~ Christ UMC Fairfax Station, VA
Barbara Seibert ~ Dumfries UMC Dumfries, VA
Lori Vige' ~ First Baptist Church Woodbridge, VA
Allison Waring ~ Dumfries UMC Dumfries, VA
Fran West ~ Wesley UMC Alexandria, VA
Marion Wilson Free Gospel Deliverance Temple Apostolic Capital Heights, MD
Merle Wilson ~ Old Bridge UMC Woodbridge, VA
Shannon Winter ~ Christ UMC Fairfax Station, VA



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.

August 18-22, 2011

Melbourne, Australia Emmaus #94 men
South Central Texas, Emmaus #1618 women
Northeast Louisiana, Emmaus #271 women

Be blessed,

Kathy Skilton

National Capital Area Chrysalis



Caterpillar Pillar

For information on NCA Chrysalis, please visit Chrysalis NCA website: www.chrysalisnca.org.

Fly With Christ!

EMMAUS WEEKEND FEE SCHEDULE

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

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.

HELP NEEDED:

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

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@caii.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	lindasmith999@verizon.net
-------------	--------------	---------------------------

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

Kathy Skilton	703-321-7139	auntkath@aol.com
---------------	--------------	------------------

Outreach Agape

Kathy Skilton	703-321-7139	auntkath@aol.com
---------------	--------------	------------------

Prayer Wheel Coordinator

Jenn Glidwell	571-572-3335	magnolias72@verizon.net
---------------	--------------	-------------------------

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	jmwomer@verizon.net
-------------------	--------------	---------------------

CHRYSALIS BOARD

Community Lay Director (CLD)

Assistant Lay Director (ALD)

Spiritual Director (SD)

CLD	Alex Cannon	laydirector@chrysalisnca.org
ALD	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!

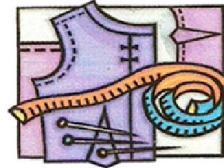
Please check our Website at www.emmausnca.org for updates and listings of on-going ministries, missions and additional worship and service opportunities.

"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



703-492-1020

Seatco Custom Embroidery

*Let us transform your original design into
beautiful, lustrous embroidery!*

Jennifer Ailstock E-67

5610 Scoville St. 703-931-4800
Bailey's Crossroads, VA 22041



RE/MAX
Allegiance

Dawn Squires
REALTOR®

Top Producer, SRES Specialist
5641 Burke Centre Parkway
Burke, Virginia 22015

10% of Commission to NCA Emmaus
for each "Emmaus" House

Direct (703) 503-4286
Office (703) 250-8500
Fax (703) 250-4586

Each Office Independently Owned and Operated

dawn.squires@gte.net

The Filling Station Overflow Ministries

We are a ministry first and coffee house second.



We are Open:
Tue., Wed. and Thu., 9pm-4pm.
Open Mic, Fri. and Sat. 7pm-9pm.

104 North Main Street,
Edinburg, VA 22824
540-984-8008

Email: Owners@TheEdinburgFillingStation.com
Website: www.theedinburgfillingstation.com

04/11/2011

De Colores!

www.emmausnca.org

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