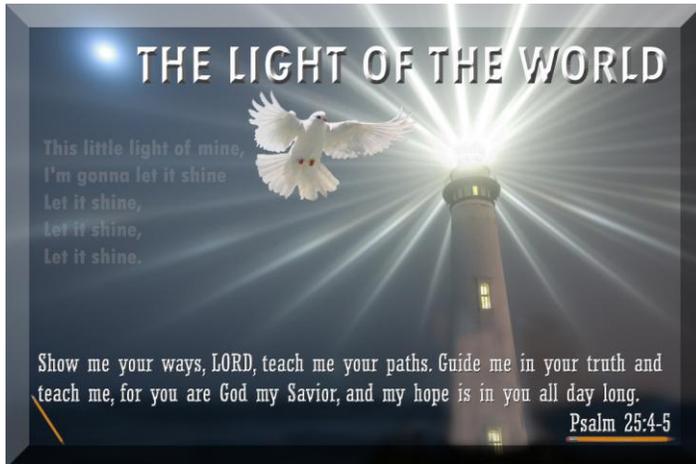


The newsletter of the National Capital Area (NCA) Emmaus for
the glory of God

Fourth Day Journal

Vol. XXIX No. 9 September, 2011

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



From the Emmaus Community Lay Director PENCILS

September signifies the beginning of school for many people. School supplies on the store shelves, and the smell of new crayons and pencils bring back wonderful memories for me of being in school and beginning a new school year!

For our area, schools open this month. The school supplies have been purchased, and those who are returning to school, have their pencils ready!

Not long ago someone sent me an email which said, "A pencil maker told the pencil five important lessons just before putting it into the box:

1. Everything you do will always leave a mark.
2. You can always correct the mistakes you make
3. What is important is what is inside of you
4. In life, you must undergo painful sharpening, which will only make you better.
5. To be the best pencil, you must allow yourself to be held and guided by the hand that holds you."

Do these five points remind you of some familiar lessons from the bible?

1. *Everything you do will always leave a mark.*

Think about how your words, actions, and even your demeanor affect those with whom you come into contact. Matthew 5:14 tells us that we are the light of the world, and verse 16 says that we are to let that light shine before men so that they may see your good deeds and praise our Father in heaven.

In my bible, the note that accompanies Romans 2:24 asks the question, "What do people think about God from watching your life?"

2. *You can always correct the mistakes you make.*

Forgiveness! Our God is always ready to forgive. As one of our more popular Emmaus songs says in paraphrasing Psalm 103, "The Lord is gracious and compassionate, slow to anger, and rich in love. As far as the east is from the west, that's how far he will remove our transgressions from us."

3. *What is important is what is inside of you.*

As Christians, we acknowledge the presence of the Holy Spirit living in us. As St. Paul says in Chapter 8 of his letter to the Romans, "And if the Spirit of Him who raised Jesus from the dead is living in you, He who raised Christ from the dead will also give life to your mortal bodies because of His Spirit who lives in you." (Romans 8:11, NIV).

4. *In life, you must undergo painful sharpening, which will only make you better.*

In Hebrews chapter 12, St. Paul talks about God's discipline for those He loves. Verse 7 reads, "Endure hardship as discipline; God is treating you as sons. For what son is not disciplined by his father." Verse 10 goes on to say that God disciplines us for our good that we may share in His holiness.

5. *To be the best pencil, you must allow yourself to be held and guided by the hand that holds you.*

In Psalm 25, verses 4-5 are a plea for God's guidance. "Show me your ways, O Lord, teach me your paths; guide me in your truth and teach me ..." (NIV). In his letter to the Ephesians, St. Paul tells us in verses 18-20, "...be filled with the Holy Spirit. Speak to one another with psalms, hymns, and spiritual songs. Sing and make music in your heart to the Lord, always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ. (NIV)

The prayer to Holy Spirit is another familiar example of seeking guidance for our lives.

Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your

Fourth Day Journal • September, 2011

love. Send forth your spirit and they shall be created. And You shall renew the face of the earth.

O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations, Through Christ Our Lord, Amen.

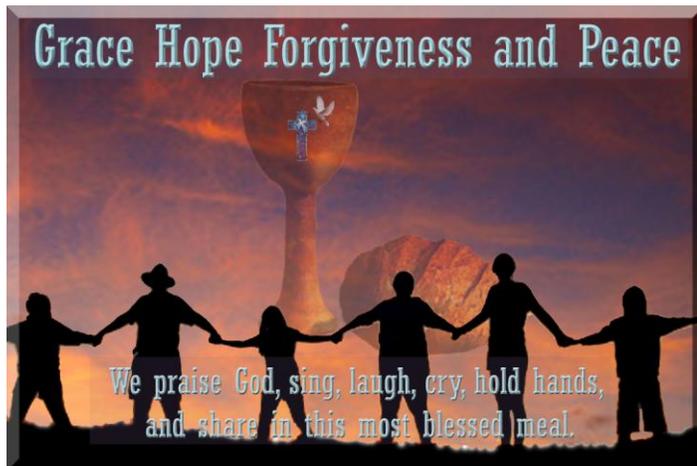
Who would have thought that we would find life lessons in a pencil?

De Colores,

Annette

Did You Know?

- E-158 will be going to the mountain September 15-18. Please keep the team and pilgrims in your prayers.
- The men of E-159 will begin teaming this month in preparation for their weekend in November.
- C-79 was an awesome weekend! Come and welcome the new butterflies to our community at the September Ultreya at Good Shepherd UMC in Dale City.



From the Emmaus Spiritual Director

September is always an exciting time in our churches as we begin a new program year for the church. We start thinking about being together again after summer vacations. We begin making plans through Christmas. In our NCA-Emmaus community we pray for E-158 this month and E-159 in November.

We do remember the tragedy of September 11th and continue to pray for peace in our world, an end to terrorism and violence, and an end to war. We remember those who perished, their families and friends, and our nation. We pray for our President, our national leaders, and all those who serve our nation so well.

In September, we also start to think about cooler days, the brilliant fall colors, and all those fragrances that let us know autumn has arrived. We experience all four seasons. (If we don't have any snow this year, I won't be too upset...) How marvelous it is that God graces us with the seasons.

I think our lives also resemble the seasons. Frank Sinatra sang of "*The September of My Years.*" Perhaps turning 60 this past summer brings these thoughts to mind – I don't know. I'm still trying to figure out why it is that when this 30 year-old looks in the mirror; there is a 60 year-old staring back. However, we do have seasons to our lives. Yes, there is birth, youth, adulthood, followed by those so-called "golden years." We also have a variety of meetings and partings. Folks move away, folks pass on, folks move in, folks pass through.

And we miss you if we don't see you at our Closings or Ultreyas or Mananitas! We also enjoy seeing our friends at church on Sundays. Maybe that's why old fashioned Sunday Dinners were so popular. What a time it was to gather around a big table with lots of family and friends and share in a wonderful meal. There are stories to be told, laughter to be heard, memories to recall, music to be sung, life to share.

Often around the table, a child will ask an impossible question. Don't be annoyed by this, but be proud of the fact that you think you know the answer.

In describing this time around the table, isn't that what so much of our Emmaus life together is? It's wonderful that each time we gather as an Emmaus family, we celebrate Holy Communion, we all gather around the table. We praise God, sing, laugh, cry, hold hands, and share in this most blessed meal.

Life unfolds in many ways. We have our better days and our preferred-to-be-forgotten days. We have our moments of experiencing real love and those moments that seem to divide or hurt. And, God is with us on our 4th day.

It is by the grace of God that we get through all our days. We need to pray and celebrate, to find a word of thanksgiving on our lips for life and each other. We need to whisper our prayers to God, for God is always with us, regardless of circumstance. We have a God who loves us and gives us strength and determination to get through life's many challenges. We have a God who offers us love, grace, hope, forgiveness, and peace. We have a God-given faith, empowered by the Holy Spirit, and made real in Jesus our Lord. September is a good time to sit back and take stock of our lives and our dreams, what we hope to do, how we want to make a difference, and how we will be involved in the life of our churches with this new beginning we have in September.

It is my earnest hope and prayer that our Emmaus Community/Family feels these things, too. It is also my prayer that our community will diligently work to recruit pilgrims for our weekends, so they, too, can enjoy all that we enjoy. Who knows, maybe you are the only bit of Jesus that people have a chance to see.

Blessings and Love

Doug Geeting, SD



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

INSIDE THIS ISSUE	
Emmaus CLD Message	1
Message from the SD	2
Community Palanca	3
E-158 "The Power of His Love"	4
Ultreya, Sept. 16, Good Shepherd UMC	5
2011 Ultreya Gatherings	5
2011 Weekend Schedule	5
Outreach Prayer Request	5
Inclement Weather Policy	6
Emmaus Weekend Fee Schedule	5
Help Needed	6
Chrysalis CLD Message	6
C-79-Butterflies, "You Are More"	6
Community Website Reminder	6
Emmaus/Chrysalis Board /Directories	7
Business Sponsors	8



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
Barbara Finegan ~ Good Shepherd UMC, Woodbridge, VA
Adele Geisler ~ Spotswood Baptist Fredericksburg, VA
Gloria Gharib ~ Christ UMC Fairfax Station, VA
Lorraine Gordon ~
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
Mollie Morris ~ Falmouth Baptist Fredericksburg, VA
Bonnie Myers ~ Sydenstricker UMC Springfield, VA
Suzanne Reiser ~ Salem Fields Fredericksburg, VA
Leah Sanborn ~ Christ UMC Fairfax Station, VA
Barbara Seibert ~ Dumfries UMC Dumfries, VA
Lori Vigé ~ First Baptist Church Woodbridge, VA
Allison Waring ~ Dumfries UMC Dumfries, VA
Fran West ~ Wesley UMC Alexandria, VA
Merle Wilson ~ Old Bridge UMC Woodbridge, VA
Shannon Winter ~ Christ UMC Fairfax Station, VA



2011 ULTREYA GATHERINGS	
DATE	LOCATION
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)

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.

September 2-5, 2011

Kairos San Quentin, CA men

September 13-16, 2011

Kairos Keen Mountain, VA men

September 15-18, 2011

Ohio Bryan Great Banquet #54 men

September 22-29, 2011

Pittsburgh Angilcan Cursillo coed

September 22-25, 2011

Northern Colorado Emmaus #38 men

September 29-Oct 2, 2011

Garden State Emmaus #39 women

Northern Colorado Emmaus #39 women

Be blessed,

Kathy Skilton

Join us at our next **Ultreya**
7:30 p.m., Friday, September 16, 2011
Good Shepherd UMC, Dale City
14999 Birchdale Avenue
Dale City, VA 22193

National Capital Area Chrysalis

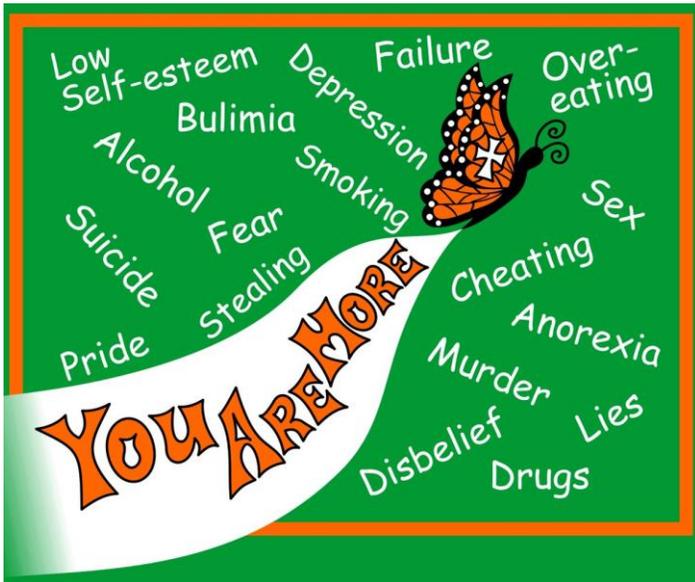


From Our Chrysalis Community Lay Director

Dear Community,

I'm excited about working with you this coming year. As your new Chrysalis Community Lay Director, I'm pleased to announce that Chrysalis 79 "You Are More" was another awesome weekend! Thank you so much for all your support!

Please welcome our new **C-79 Butterflies** to the Community...



Girls

Kaitlyn Goudey	Springfield UMC
Nichol Kerkhoff	[none listed]
Maku Orleans-Pobee	St. Stephens UMC
Kaitlyn Rice	Old Bridge UMC
Miranda Shelton	Fredericksburg Baptist
Victoria Sprenger	[none listed]
Carley Swetz	First United Presbyterian CDC
Rebecca Waring	Dumfries UMC

Guys

Austin Brinkman	Spirit & Life Church
Brad Eshelman	St. Stephen's UMC
Alex Ward	Grace Community Church
Michael Willson	Messiah UMC

I'm looking forward to seeing you all at the September Ultreya which will be led by the C-79 Team.

Fly With Christ,

Jessie Kearns

Chrysalis Community Lay Director

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

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

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.

EMMAUS BOARD

Term Expiring January 2012

Annette Barbier	703-491-2104	ld@emmausnca.org
TJ Cuddy	703-785-9384	trjisc@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	lindalsmith999@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">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">manuals@emmausnca.org
--------------	--------------	---

Music Directors

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

Assistant - Vacant

Outreach Agape

Kathy Skilton	703-321-7139	aunkath@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	Jessie Kearns	asstlaydirector@chrysalisnca.org
ACL	Jo Ann McLean	asstlaydirector@chrysalisnca.org
SD	Gary McCluskey	Pastor2@chrysalisnca.org

Other Board Members

Katie Bubenhofer	Shane Marth
Kurt Bubenhofer	Mariah McLean
Sam Gero	Sam Parris
Nick Iverson	Josh Risinger
Karen Kimberlin	Lindell Tinsley

Chrysalis Support Personnel

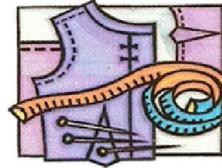
Supplies Coordinator	Linda Russ/ Melissa Detwiler
Weekend Agape	Beth Ann Eadie Linda Smith Gale Collins
Manuals and Talk Folders	Volunteer Needed
Music Director	Dave Moore
Registrar	Michael Collins
Secretary	Michele McGaffic
Treasurer	Gale Collins
Website Cha	Alex Cannon

"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

De Colores!

www.emmausnca.org

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