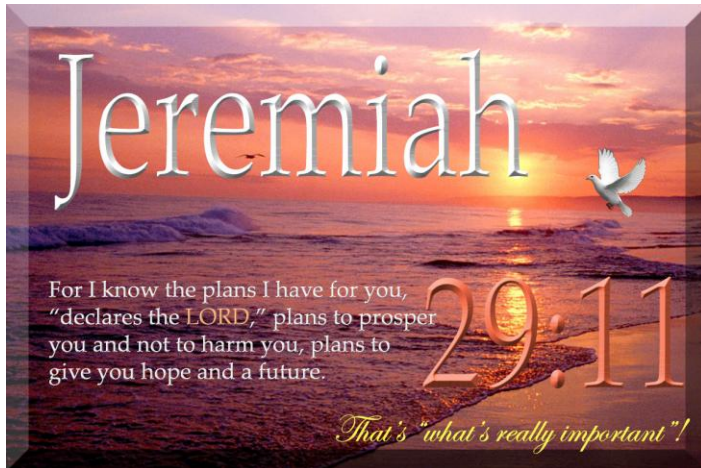


The newsletter of the National Capital Area (NCA) Emmaus for  
the glory of God

# Fourth Day Journal

Vol. XXIX No.12 December, 2011

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



## From the Emmaus Community Lay Director

### What's Really Important?

As this article is being written, Al and I are spending Thanksgiving in Louisiana with Al's family. This is the first time we've been here for the holiday since we've been married.

It was a spur of the moment decision to come. We had planned to have a quiet Thanksgiving at home and to begin early decorating and shopping for Christmas. Then we received the news that Al's brother was diagnosed again with cancer. Our previous plans became insignificant when we sensed that the family really needed and wanted us to be with them. What a blessing to hear God whisper ~ "What's really important?"

God's whispers sometimes lead us in directions that are different than what we had planned. How often have we thought that we were going in one direction and then we found that God was leading us down a different path? Our blessings come in different ways. We just need to listen to the whispers. Jeremiah 29:11 says, "For I know the plans I have for you. They are plans for good and not for disaster, to give you a future and a hope."

This leads me to thinking about the decision to close New Windsor, as of June 3, 2012. It has been a wonderful retreat center for our community and we have been blessed to hold approximately 155 weekends there. We have become very familiar with the surroundings and the people who work there. While we will definitely miss New Windsor, God once again whispered ~ "What's really important?" We know that wherever our weekends will be held, God will be there with us. The pilgrims will continue to

experience God's grace and love, and the love of our community.

As this year comes to an end, I have been reflecting upon the blessings of having been the Community Lay Director. We have the most awesome community! There is such joy, love of the Lord and of each other! That's "what's really important"!

De Colores,

*Annette Barbier*

### Did You Know?

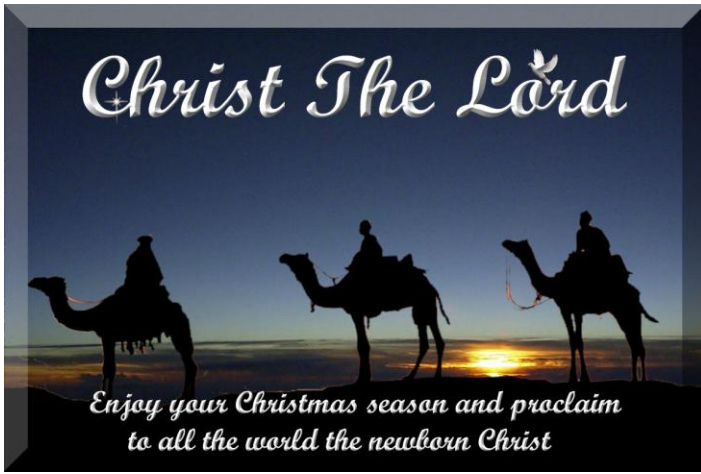
- The December Ultreya will be held on the 16<sup>th</sup> at Clarendon UMC at 7:30p.m.
- Chrysalis is looking for bug applications for the C-80 weekend, January 13 – 16, 2012 at the 4-H Center in Front Royal, VA.
- Beth Rand will be the NCAE Community Lay Director for 2012!

### INSIDE THIS ISSUE

Emmaus CLD Message	1
<b>New Elected Emmaus Board Members</b>	<b>1</b>
Emmaus SD Message	2
Outreach Prayer Request	2
2011-2012 Ultreya Gatherings	2
2012 Weekend Schedule	2
Emmaus Weekend Fee Schedule	2
2011 Weekend Fee Schedule	2
Community Palanca	3
Ultreya, Dec. 16, Clarendon UMC	3
Community Website Reminder	3
Inclement Weather Policy	3
Chrysalis CLD Message	4-5
Emmaus/Chrysalis Board /Directories	6
Business Sponsors	7

### New Elected Emmaus Board Members

Congratulations to our new elected board members: Vickie Carroll, Jack Christie, Mark Fahner, Amy Philips, Kathy Woodley, Janet Salbert, SD and Jim Earley, SD



**From the Emmaus Spiritual Director**

Can you believe Christmas time is here again already!? It seems like just yesterday that I agreed to take on this position as a Spiritual Director on the National Capital Area Emmaus board. It has been a wonderful opportunity to offer the board and community some spiritual guidance as well as to learn much more about how Emmaus works from the inside!

Unfortunately, the gargantuan responsibilities of this position along with exponentially increasing responsibilities at our new United Methodist church plant made it simply unfeasible for me to have continued in this capacity beyond 2011. I am overjoyed that Janet Salbert and Jim Earley have been elected to continue this work into 2012, and I invite you to unite with me in praying for them now and throughout the New Year. In addition to all of their other responsibilities, they have chosen to freely and graciously offer themselves for our benefit as members of this community. As Dale Carnegie would say, let our approbation for their willing spirits be lavish and our praise for their work be hearty. When you see them, voice your thanks for what they are doing, motivated purely out of love for God, for Emmaus, and for you!

Slow down and enjoy your Christmas season, and be sure to remember and proclaim to all the world the newborn Christ who makes this otherwise anonymous "Happy Holiday" really so happy!

God bless you all!

*Matt Meisenhelter, SD*



**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.

**December 14, 2011**

St. David's, Wales Episcopal Cursillo coed # 39  
South Texas, Crossroads Emmaus men #17

Be blessed,

*Kathy Skilton*

<b>2011 ULTREYA GATHERINGS</b>	
<b>DATE</b>	<b>LOCATION</b>
Dec. 16	Clarendon UMC

<b>2011 WEEKEND FEE SCHEDULE</b>	
<b>Application Fee</b>	<b>\$35.00</b>
<b>Pilgrim Fee</b>	<b>\$175.00</b>
<b>Team Fee</b>	<b>\$275.00</b>

<b>2012 WEEKEND SCHEDULE</b>	
<b>E-160</b>	<b>March 1-4 (W)</b>
<b>E-161</b>	<b>May 17-20 (M)</b>
<b>E-162</b>	<b>TBD</b>
<b>E-163</b>	<b>TBD</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 me also, and return them to me.

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 LindaLSmith999@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 De Colores! And Fly with Christ

*Linda L. Smith*

### 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.

### 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.

Join us at our next **Ultreya**  
7:30 p.m., Friday, December 16, 2011

**Clarendon UMC**

606 N. Irving Street,  
Arlington, VA 22201

## National Capital Area Chrysalis



### From Our Chrysalis Community Lay Director

Dear Community,

It's hard to believe that Christmas is just around the corner. Have you finished all your shopping yet? No? Me neither. The rush to get all of our Christmas shopping completed on time is just an added thing that can keep us busy this time of year. So much so that it can cause us to lose sight of what Christmas is all about. Sure giving and receiving gifts is great but not when it causes us to forget about the most amazing gift of all, Jesus. "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, TNIV). This year let's do our best to keep Christ in Christmas.

Before we know we'll be ringing in the New Year and C-80 will be here. We really need more Bugs, please prayerfully consider sponsoring someone! Youth ages 14-18 may attend as long as they have completed their first few months of High School. C-80 will take place over Martin Luther King Jr. holiday weekend January 13-16 at the 4-H Center in Front Royal, VA. Their weekend theme is "Power of Love," their song is "I Lift My Hands" by Chris Tomlin, and their verse is 1 John 4:19.

#### C-80 Team List

Katie Bubenhofer – Youth Female HC, DDU 4<sup>th</sup> Day Talk  
Kurt Bubenhofer – Adult Male HC  
Sharon Bubenhofer – Table Leader, Prayer Talk  
Nicole Gunderson – Table Leader, Hope for the Flowers Reading  
Amanda Damon – Female MD, Single Life Talk  
John Dolan – Agape Cha  
Emily Downer – Talk Room Cha, Study Talk  
Dan Elmore – SD, God Talks, The Wall Reading  
Carol Good – Adult Female R, Priesthood Talk  
Brittney Janzen – Chapel Cha  
Sally Lyberger – Chapel Cha, Faith Talk  
Tim Lyberger – Adult Male R, Priesthood Talk, The Ragman Reading  
Jerrod Mannucci – Talk Room Cha, Please Hear Reading  
Shane Marth – Youth Male R, Next Steps Talk  
Madison McLean – Dining Room Cha

Mariah McLean – Youth Female R, Next Steps Talk  
Mike McLean – Table Leader, Prayer Talk, Who Me Reading  
Clayton Newberry – Youth Male HC, Ultreya 4<sup>th</sup> Day Talk, Hope for the Flowers  
Scott Niehoff – Male MD, Single Life Talk  
Mack Parrish – Table Leader, Faith Talk  
Sarah Pritt – Table Leader  
Kat Provost – Table Leader  
Chennon Radford – Adult Female HC  
Becca Radoye – Table Leader, Christian Action Talk  
Jose Saldana – SD, God Talks  
Brian Smith – Table Leader, Study Talk  
Victoria Sprenger – Table Leader, Please Hear Reading  
Max Stribula – Table Leader, Christian Action Talk  
Donna VanWert – Agape Cha  
Rebecca Waring – Table Leader  
JR Williams – Table Leader, Marriage Talk  
Stephanie Williams – Table Leader, Marriage Talk  
Tyler Zong – Table Leader, Prodigal Talk

If you ordered a Chrysalis Shirt please pick up your order at the December Ultreya. If you can't make it to the Ultreya please email me at [laydirector@chrysalisnca.org](mailto:laydirector@chrysalisnca.org) and we'll make some other arrangements.

If you missed out on the first round of Shirt orders don't worry you'll have another opportunity in the Spring. Plus, we're still selling our Chrysalis Bumper Magnets at \$7.00 a piece, which would make an awesome stocking stuffer! Remember all of the proceeds go to our scholarship fund.

And finally, the results are in! The Board would like to thank you for approving the following changes to our NCA Chrysalis By Laws...

#### Article IV Board Members, Section 3 Term of Office

**C. A Member of the Board may not serve more than two (2) consecutive full (2) two-year terms. Former Board Members may serve again after being absent from the Board for at least (1) one year, under the same conditions and limitations as indicated herein.**

**D. Members of the Board appointed to fill vacant positions (as described in Section 11) may serve no more than (4) four consecutive years. However, the Community Lay Director must step down from the Board for at least one (1) year immediately after serving as Community Lay Director regardless of where they are in their term.**

I hope to see you at the next Community Reunion Group at Old Bridge UMC on Saturday, December 17<sup>th</sup>.

Fly With Christ,

Jessie Kearns  
Chrysalis Community Lay Director

The Chrysalis Bumper Magnets & Shirts we're selling would make the perfect gift for Agape! We're selling the following Chrysalis items to replenish our scholarship funds...

Bumper Magnets	\$7
Short Sleeve T-Shirts	\$10
Long Sleeve T-Shirts	\$15
Sweat Shirts	\$20
Hoodies	\$30

Chrysalis T-Shirt Logo



Bumper Magnets



Please sign up at the next Ultreya or email me at [laydirector@chrysalisnca.org](mailto:laydirector@chrysalisnca.org). You can order any colors you want. With the holidays just around the corner, these shirts and magnets would also make great gifts for Christmas or even if you just want one for yourself ☺.

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

## EMMAUS BOARD

### Term Expiring January 2012

Annette Barbier	703-491-2104	<a href="mailto:ld@emmausnca.org">ld@emmausnca.org</a>
TJ Cuddy	703-785-9384	<a href="mailto:trjisc@aol.com">trjisc@aol.com</a>
Gloria Esterline	703-494-0876	<a href="mailto:esterlineg@verizon.net">esterlineg@verizon.net</a>
Doug Geeting (SD)	703-221-8607	<a href="mailto:SD@emmausnca.org">SD@emmausnca.org</a>
Stan Grigsby	703 244-1516	<a href="mailto:stan.grigsby@sgrigsby.com">stan.grigsby@sgrigsby.com</a>
Kathy Henry	703-960-4540	<a href="mailto:dakota-laguapa@earthlink.net">dakota-laguapa@earthlink.net</a>

### Term Expiring January 2013

Kent Eshelman	703-560-3112	<a href="mailto:dkesh@cox.net">dkesh@cox.net</a>
Mike McLean	703-577-6678	<a href="mailto:mike.mclean@caaii.com">mike.mclean@caaii.com</a>
Matt Meisenhelter(ASD)	571-277-7976	<a href="mailto:asd@emmausnca.org">asd@emmausnca.org</a>
Jan Niehoff	703-455-8796	<a href="mailto:niehoff4@verizon.net">niehoff4@verizon.net</a>
Beth Rand	703-763-3242	<a href="mailto:rand.beth@yahoo.com">rand.beth@yahoo.com</a>
Rich Wunderlin	703-627-9811	<a href="mailto:rich.wunderlin@cox.net">rich.wunderlin@cox.net</a>

## EMMAUS SUPPORT STAFF

### Applications ~ Pilgrims (& drops)

Jan & Carolyn Janiczek	703-670-6615	<a href="mailto:Cand_app@emmausnca.org">Cand_app@emmausnca.org</a>
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### Applications ~ Team

Jan & Carolyn Janiczek	703-670-6615	<a href="mailto:Team_app@emmausnca.org">Team_app@emmausnca.org</a>
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### Board Secretary

Cynde Rogers	703-824-3634	<a href="mailto:Sec@emmausnca.org">Sec@emmausnca.org</a>
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### Community Agape

Linda Smith	703-216-2469	<a href="mailto:lindalsmith999@verizon.net">lindalsmith999@verizon.net</a>
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### Community Support (Storage Shed)

Patty Plummer	703-490-3769	<a href="mailto:plummerp@comcast.net">plummerp@comcast.net</a>
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### Data Base Manager

Jan & Carolyn Janiczek	703-670-6615	<a href="mailto:Da-ta_adm@emmausnca.org">Da-ta_adm@emmausnca.org</a>
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### Facility Liaison

Beth Rand	703-763-3242	<a href="mailto:rand.beth@yahoo.com">rand.beth@yahoo.com</a>
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### Fourth Day Packets

Mark Segnari	703-670-3145	<a href="mailto:4daypack@emmausnca.org">4daypack@emmausnca.org</a>
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### Fourth Day Journal Editor

Raúl Castillo	703-307-8070	<a href="mailto:4DayJour@emmausnca.org">4DayJour@emmausnca.org</a>
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### Fourth Day Journal Mailing

Maria Hooper	703-878-3227	<a href="mailto:4DayMail@emmausnca.org">4DayMail@emmausnca.org</a>
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### Historian

Neal Ailstock	703-931-4800	<a href="mailto:history@emmausnca.org">history@emmausnca.org</a>
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### HolyNet Coordinator

Dave Moore	703-680-4002	<a href="mailto:HolyNet@emmausnca.org">HolyNet@emmausnca.org</a>
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### Kairos Information (Weekend, Cookies, Etc.)

Todd Hastings	703-938-9553	<a href="mailto:dumpster63T@verizon.net">dumpster63T@verizon.net</a>
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### Kairos Outside Information

Barbara Teats	703-354-9043	<a href="mailto:barbteats@hotmail.com">barbteats@hotmail.com</a>
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### Manuals

Linda Girten	703-491-3801	<a href="mailto&gt;manuals@emmausnca.org">manuals@emmausnca.org</a>
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### Music Directors

Jay Nesmith	540-891-1737	<a href="mailto:MD@emmausnca.org">MD@emmausnca.org</a>
Assistant - Vacant		

### Outreach Agape

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

Jenn Glidwell	703-850-9587	<a href="mailto:magnolias72@verizon.net">magnolias72@verizon.net</a>
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### Rector(a) Selection Committee

Al Barbier	703-491-2104	<a href="mailto:Ajbarbier@aol.com">Ajbarbier@aol.com</a>
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### Reunion Group Coordinator

Todd Hastings	703-938-9553	<a href="mailto:dumpster63T@verizon.net">dumpster63T@verizon.net</a>
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### Scholarships

Kathy Henry	703-960-4540	<a href="mailto:dakota-laguapa@earthlink.net">dakota-laguapa@earthlink.net</a>
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### Treasurer

Jim McCray	703-491-8863	<a href="mailto:treas@emmausnca.org">treas@emmausnca.org</a>
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### Website Manager

Rob Cannon	703-965-8045	<a href="mailto:webadmin@emmausnca.org">webadmin@emmausnca.org</a>
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### Wooden Crosses & Ropes

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

### Community Lay Director (CLD)

### Assistant Lay Director (ALD)

### Spiritual Director (SD)

CLD	Jessie Kearns	<a href="mailto:laydirector@chrysalisnca.org">laydirector@chrysalisnca.org</a>
ACL D	Jo Ann McLean	<a href="mailto:asstlaydirector@chrysalisnca.org">asstlaydirector@chrysalisnca.org</a>
SD SD	Gary McCluskey	<a href="mailto:Pastor2@chrysalisnca.org">Pastor2@chrysalisnca.org</a>

### 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

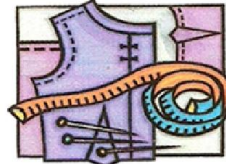
Supplies Coordinator	Linda Russ/ Melissa Detwiler
Weekend Agape	Beth Ann Eadie Linda Smith Gale Collins
Manuals and Talk Folders	Volunteer Needed
Music Director	Dave Moore
Registrar	Michael Collins
Secretary	Katie Bubenhofer
Treasurer	Gale Collins
Website Cha	Alex Cannon

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

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



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