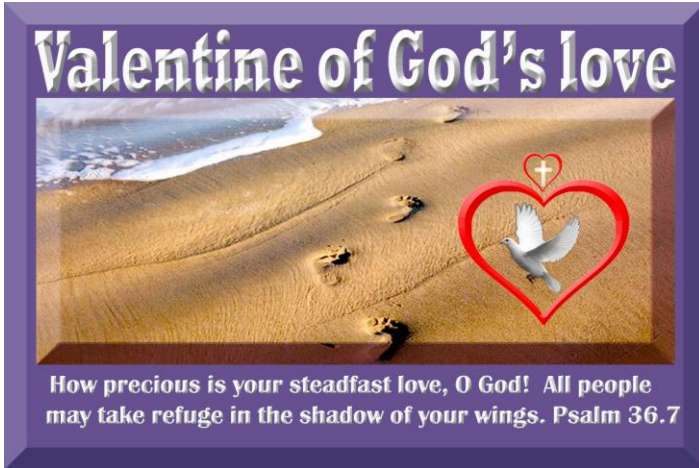


The newsletter of the National Capital Area (NCA) Emmaus for
the glory of God

Fourth Day Journal

Vol. XXX No.2 February, 2012

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



From the Emmaus Community Lay Director

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails. 1 Corinthians 13: 4-8

This is the verse that always comes to mind whenever I think of the word love and what it means to me. February truly is the month of love, a time when we pause to show those we love how special they are to us. I could feel the love permeating at the January ultreya, love for our brothers and sisters within the community and a deep love of the Lord.

One of my favorite poems is *Footprints in the Sand*- I even have a copy of it attached to my keychain so it is with me at all times. The message of *Footprints* constantly reminds and comforts me, letting us know that the Lord is with us and never lets go. Psalm 36:7 says *How precious is your steadfast love, O God! All people may take refuge in the shadow of your wings.* God's grace and steadfastness is the ultimate valentine to the world talk about a great box of chocolate.

In our community we can be a witness to God's love in so many ways. Do you remember the feeling you had when you walked? For me the love I felt by total strangers was overwhelming and has stayed with me over the years. Passing on that love by attending mananitas, closings, candelights and ultreyas or writing palanca is a great blessing- being able to see that joy on others faces as they

too experience that unconditional love that Christ offers. How will you be a valentine of God's love to the women who will head to the mountain for E160? How will be an example of Christ's love to the world this month and always? My prayer is that you feel God's steadfast love each day as he reveals to you in His many ways how great His love is for us.

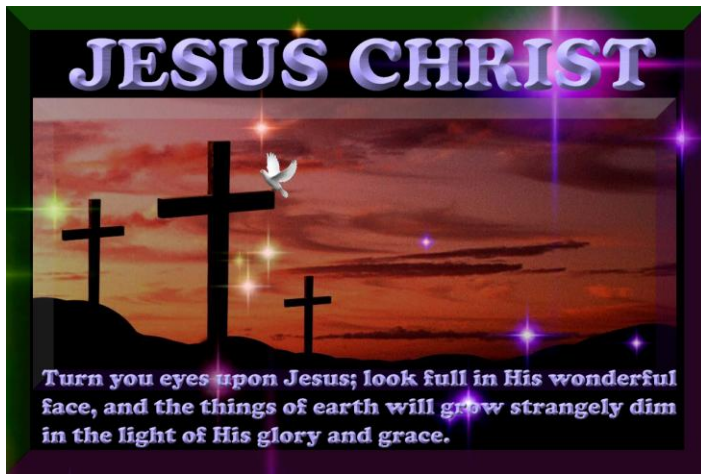
Blessings,
Beth Rand
Community Lay Director

Did You Know?

The February ultreya will be held at Lake Ridge Baptist Church in Woodbridge

The women of E160 head to the mountain March 1-4

INSIDE THIS ISSUE	
Emmaus CLD Message	1
Emmaus SD Message	2
Outreach Prayer Request	5
2012 Weekend Schedule	2
2012 Ultreya Gatherings	2
Community Palanca	3
Feb. 17, Ultreya at Lake Ridge Baptist	3
E-160 Love Like Jesus/Team/Pilgrims	4/5
2012 Weekend Fees	5
Chrysalis CLD Message	6
Community Website Reminder	6
Inclement Weather Policy	6
Emmaus/Chrysalis Board /Directories	7
Business Sponsors	8



From the Emmaus Spiritual Director

Have you ever had the Winter-time blues? The days are short, the nights long, energy's low, the weather's brutal, and it just seems to be a good time to curl up on the couch until at least Easter! Christians are not exempt - let alone Emmaus-folk - from the urge to hibernate, if not simply withdraw altogether from life's relentless demands. The brief periods of sunlight robs our bodies of some essential chemistry, limited social interaction seem to rob our spirits of the energy we get from others in the Body of Christ, and "navel gazing" limits our field of vision to those first-person, personal pronouns: me, my, myself, and mine.

I used to see a little poster on a Church wall somewhere that said, "A person all wrapped up in him/herself makes a pretty small package!" I was reminded of the sentiment in late January, when my wife, Phyllis, and I went to see the movie "Joyful Noise" in a local theater. It may be that the best prescription for the winter blues (to which I am susceptible, it seems) is to focus my energy and attention in Christian service to an Other, "as unto Christ." That is to say, when I stop listening to my own heartbeat, and lift my field of vision from my own corner of the universe, I may be led to an Other whose needs and hurts and loneliness may exactly complement my gifts and graces for ministry in that moment! (Isn't God's economy wonderful in that way?!?!)

It may be that the local Food Pantry needs your help stocking and sorting and delivering supplies to folk who just can't get out in the wintry-mix. Your neighbor's icy sidewalk may need shovel and salt - in the exact quantity you have available! The person behind you in line at the fast-food-drive-through may need a pleasant surprise, finding that you've covered their tab as an expression of gracious gifting! Someone you know may need a phone call, a hand-written note, or an envelope full of encouragement and glitter (*Okay, that last thing about glitter may be over the top, but you understand the sentiment!*).

I still carry around in my heart that little phrase of poetry I learned early on in my Christian walk: "Love wasn't put in your heart to stay; love's not love 'til you give it away!" God's love - both the "warm, fuzzy feeling" that comes from the heart of the Almighty directly to you, and the "warm, fuzzy feeling" that comes from Him through the heart of

one of His own - is not meant for hoarding, or secreting away, like that fellow tried to do in the wonderful movie "The Music Box!" It's not yours, alone.

As I think about it, it may be that the best antidote for the winter-time blues is in the chorus that goes: "Turn you eyes upon Jesus; look full in His wonderful face, and the things of earth will grow strangely dim in the light of His glory and grace." My issues, the ones dragging my heart and gaze toward the earth, aren't quite so large and overbearing when seen in the light of God's love for me, and His love through me - and you. Finding your mission in this life may be a lot simpler than it may seem at first; you may be looking too hard!

Let me encourage you, here in the depths of this winter, to spend a moment in reflection on the "Christian Action" talks you have heard.... and then take up your role in the life and ministry of the Body of Christ! Blues, *schmoose!* Ha!

Grace and peace to you.

Jim Earley, SD,

an NCA Emmaus Community SD, E-43

2012 WEEKEND SCHEDULE	
E-160	March 1-4 (W)
E-161	May 17-20 (M)
E-162	TBD
E-163	TBD

2012 ULTREYA GATHERINGS	
Jan. 20	Old Bridge UMC
Feb.17	Lake Ridge Baptist, Woodbridge
Mar.16	Dumfries UMC
Apr. 20	Cameron UMC
May 18	St. Paul's UMC, Woodbridge
Jun.15	St. John's UMC
Jul. 20	Annandale UMC
Aug.17	Christ Church
Sept.21	Sydenstricker UMC
Oct. 19	St. Stephen's UMC
Nov. 16	First Baptist Church, Woodbridge
Dec. 21	First United Presbyterian Church of Dale City



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.

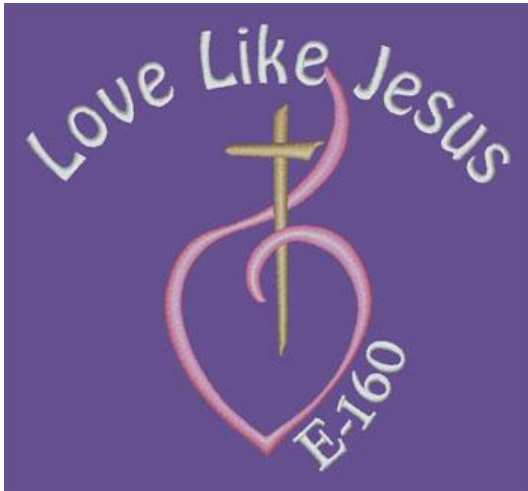
If you're not available to attend the Ultreya, you can contact me. My email address is LindaLSmith999@verizon.net and phone number is 703- 216-2469. And if you're concerned about getting an item to me quickly, we can always keep in touch by phone and work out something. If you are willing to serve as 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

Join us at our next **Ultreya**
7:30 p.m., Friday, February 17, 2012
Lake Ridge Baptist
12450 Clipper Drive, Woodbridge, Virginia 22192



E160- Love Like Jesus!

New Windsor - March 1 - 4, 2012

Song: "Worthy Is the Lamb", Darlene Zschech

Scriptures: John 15:5 "Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing... "I have loved you even as the Father has loved me. Remain in my love... This is my commandment: Love each other in the same way I have loved you... This is my command: Love each other.

Ephesians 5:2 and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.

A Message from the "R"

Once again the Lord has woven together an amazing team of women filled with His Spirit - this team has come together filled with great joy as we excitedly prepare to **Love like Jesus!**

From the moment of accepting the call to serve as Rectora for this weekend, God placed "Love Like Jesus" on my heart. And He drew me to a deeper understanding of the selected scripture passages...Attempting to love like Jesus, is to live in a way that cannot be accomplished on our own. He teaches us that "Apart from me you can do nothing". It's impossible to love like Jesus on our own...We can't serve on our own, we can't lead on our own...but...When we surrender our life to Jesus, and abide in Christ, his love genuinely and freely flows through us to reach others.

Jesus is the vine that sustains us. Through God's Word, a relationship with our Heavenly Father, and fellowship with one another, His love abides, heals and supplies us with renewed and continued purpose so we may daily walk in the way of love... "Love each other." A simple commandment, isn't it?

As we remain in Him – connected – our relationship with

Him becomes sweetened and strengthened. And this enables us to touch the lives of others...and to offer love with a selfless compassion and without condition. As Christian sisters and brothers, staying united in the Spirit allows us to grow and to bear fruit in His name...this connectedness to the vine – Jesus – is our lifelong journey; and every day is a new opportunity for growth.

My heart is filled to overflowing, and I am humbled beyond words. This team of E-160 is blessed with wonderfully gifted, loving, gentle, passionate Christian women. Joyfully and lovingly, each one has chosen to answer the call to serve our Lord. Like the precious Pilgrims God is preparing and calling to the mountain, each woman is God's unique and special daughter; she has her own story...burdens and responsibilities, heartaches, joys and praises. Our focus is steadfast on sharing God's Love with the Pilgrims and each other. Together we will experience and share an amazing, unconditional, overwhelmingly joyful Love...A Love like Jesus. Our hearts remain open for all that God has in store for us as we continue to meet and prepare together in the weeks ahead by inviting Him to enrich our spiritual lives and draw us closer to Him. We are so very grateful for your continued love and prayers...We cannot do this on our own. We are strong and united in the Spirit, as we walk in the way of Christian love. The women of E-160 know that whatever we do, whatever love we share, is God's doing...it is his Grace that allows us to share a Love like Jesus.

DeColores! Love Like Jesus!

Cindy Mannucci

CADRE AND TEAM

Jeanne Axtell ~ Assistant Head Cha
Cindy Bireley ~ Assistant Music Director
Kathy Channell ~ Palanca Cha
Carroll Cobb ~ Table Leader
Evelyn Cook ~ Talk Room Cha
Gloria Esterline ~ Old Buffalo, Floater Cha,
Margaret Fuson ~ Table Leader
Linda Girten ~ Chapel Cha, Closing Cha
Faith Gorham ~ Asst. Talk Room Cha, Asst. Agape Feast Cha
Paulette House ~ Asst. Chapel Cha, Asst. Manañita Cha
Mary Ann Krauss ~ Music Director
Glenda Lambert ~ Asst. Palanca Cha, Asst. Closing Cha
Syn-D Lazo ~ Agape Feast Cha
Cindy Mannucci ~ Rectora
Jennifer Marth ~ Audio-Visual Cha/Asst. Talk Room Cha
Michele McGaffic ~ Dining Room Cha
Louise Newbanks ~ Table Leader
Melissa Porter-Miller ~ Spiritual Director
Carolyn Ritenour ~ Assistant Rectora
Diantha Rivera ~ Table Leader
Janet Salbert ~ Spiritual Director
Stephanie Scholz ~ Assistant Dining Room Cha, Manañita Cha
Stephanie Williams ~ Table Leader
Kathy Woodley ~ Head Cha

Fourth Day Journal• February, 2012

E160 PILGRIMS

Lenora Clark- Prayer Temple Church of God In Christ
Donna Disbrow- Old Bridge UMC
Kimberly Dominy- Hope Church
Stephanie Edmonds- Oakton UMC
Pat Fahner- Oakton UMC
Tammy Flanagan –Christ UMC
Jackie Fong- Sydenstricker UMC
Beverly Harris- Manassas Assembly of God
Lanette Hewlett- Lake Ridge Baptist
Pat Hodges- Victory Ministries International
Charisse Ingraham- Victory Ministries International
Sharyn Jarzombek- Spirit and Life UMC
Lenora Johnson- Victory Ministries International
Ivette Kingrey- Good Shepherd UMC
Lindsey Kirkwood- Clarendon UMC
Diana Languagne- New Life Anointed Ministries
Elizabeth Lewis- Hatcher's Memorial Baptist
Sarah Lindegren- Christ UMC
Debra Merril- Christ UMC
Doris Newton- Florida Avenue Baptist
Julia Papalaskaris-Christ UMC
Sara Porter- First United Presbyterian
Lois Roberts- Bethel UMC
Amanda Root- First Baptist Church
Sandy Skocik- Messiah UMC
Ashleigh Stacy-Reese- Spirit and Life UMC
Carmen Tate- Hope Hill
Kathy Willson-Messiah UMC
Debbie Womer- Bethel UMC
Marcia Zimmerman -Bethel UMC



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.

Feb. 2-5, 2012

Catholic Cursillo #125, men, Harvey, North Dakota
Anglican Cursillo #207, women, Washington, DC

Feb. 16-19, 2012

Emmaus #24, men, Northeast Louisiana Emmaus
Via de Cristo#575, women, Saginaw, Minnesota

Feb. 17-20, 2012

Kairos #3, men, Allenwood, PA

Be blessed,

Kathy Skilton

2012 WEEKEND FEES

Application Fee	\$35.00
Pilgrim Fee	\$175.00
Team Fee	\$275.00

National Capital Area Chrysalis



From Our Chrysalis Community Lay Director

Dear Community,

Happy Valentine's Day everyone! It is my prayer that each of you will remember the greatest love of all comes from God. As C-80's theme verse reminded us, "We love because He first loved us" (1 John 4:19). On C-80 there were 33 more beautiful butterflies that experienced God's love for them in new and exciting ways. Thank you to all of you who made this weekend possible.

Even though it may seem like a long ways off we have already begun preparations for our summer weekends. The R's for C-81, which is a Young Adult Weekend, are Tyler Mankin and Denise Paris. Their theme is "So Much More" with the song, "Meant to Live" by Switchfoot and their verse Jeremiah 29:11, "'For I know the plans I have for you,' declares the LORD, 'plans to prosper you and not to harm you, plans to give you hope and a future.'"

If you are interested in teaming this summer on either the Young Adult or High School Weekend please get your applications in as soon as possible, it's never too early! Now is also a good time to send in Caterpillar/Bug applications, again it's never too early!

Reminders:

- If you missed out on the first round of Shirt orders don't worry you'll have another opportunity this spring.
- We are still selling our Chrysalis Bumper Magnets at \$7.00 a piece, which would make a great gift for agape! Remember all of the proceeds go to our scholarship fund.
- Please check our website (www.chrysalisnca.org) or NCA Chrysalis facebook page for the most current information.

Fly With Christ,
Jessie Kearns
Chrysalis Community Lay Director

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.

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.

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Kairos Outside Information		
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Manuals		
Linda Girten	703-491-3801	manuals@emmausnca.org
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Outreach Agape		
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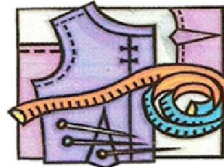
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Assistant Lay Director (ALD)		
Spiritual Director (SD)		
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ALD	Jo Ann McLean	asstlaydirector@chrysalisnca.org
SD	<i>Volunteer Needed</i>	
SD	Gary McCluskey	Pastor2@chrysalisnca.org
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Katie Bubenhofer		Clayton Newberry
Kurt Bubenhofer		Mariah McLean
Sam Gero		Sam Parris
Nick Iverson		Josh Risinger
Karen Kimberlin		Lindell Tinsley
Chrysalis Support Personnel		
Supply Coordinators		Linda Russ/ Melissa Detwiler
Prayer Wheel		Gale Collins
Manuals and Talk Folders		<i>Volunteer Needed</i>
Community Music Director		Dave Moore
Registrar		Scott Niehoff
Secretary		Katie Bubenhofer
Treasurer		Gale Collins
Clothe Agape Bags		Beth Ann Eadie
Dining Room Supplies		Linda Smith
World Wide Comm. Agape		<i>Volunteer Needed</i>
Facilities Liaison		<i>Volunteer Needed</i>
Fourth Day Packets		Bob LeMay
Historian		<i>Volunteer Needed</i>
Outreach		<i>Volunteer Needed</i>
Clown Ministry		<i>Volunteer Needed</i>
Chrysalis Crosses		<i>Volunteer Needed</i>
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Website Cha		Alex Cannon

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