

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

Fourth Day Journal

Vol. XXX No.3 March, 2012

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



God is with me in every moment, every day
and all I must do is simply talk to HIM.

From the Emmaus Community Lay Director

¹² At once the Spirit sent him out into the wilderness, ¹³ and he was in the wilderness forty days, being tempted^(a) by Satan. He was with the wild animals, and angels attended him. Mark 1:12-13

Lent is one of my favorite periods because of this time of reflection. It is a time when we prepare our hearts and minds and look to the cross and the resurrection of Christ that we celebrate in April. I came across a recent blog that that really spoke to me- the writer talked about their difficulty at times to pause and connect with God in the midst of all the business of the day that can get in the way and His desire to have a purposeful connection with us. For me, Lent offers the reminder that God is with me in every moment, every day and all I must do is simply talk to him. It helps me remember the sacrifice He made for my Grace. What an exciting time it is within our community. As you read this we will have just welcomed the pilgrims of E-160 into the community. What a blessing to see our community grow and share the 4th day of these amazing women. I love the joy and excitement that is in the air after a weekend- it brings wonderful memories to mind of my own walk. We are truly blessed to have the ability to pass it on through the many ways we can shower our community with love. During this Lenten season my prayer is that we grow close to God and pause to deepen our relationship with him and celebrate the Grace that we receive through Christ.

Welcome to the ladies of E-160 Love like Jesus, we look forward to introducing you to an even larger portion of the community at the March ultreya at Dumfries UMC !

Blessings,

Beth Rand

Community Lay Director

Did you know?

- E-162 will take place September 13-16 and E-163 October 25-28 at the 4H Center at Front Royal.
- New brochures about our community are available for distribution to those you feel led to sponsor. Pick them up at every ultreya and Emmaus event.

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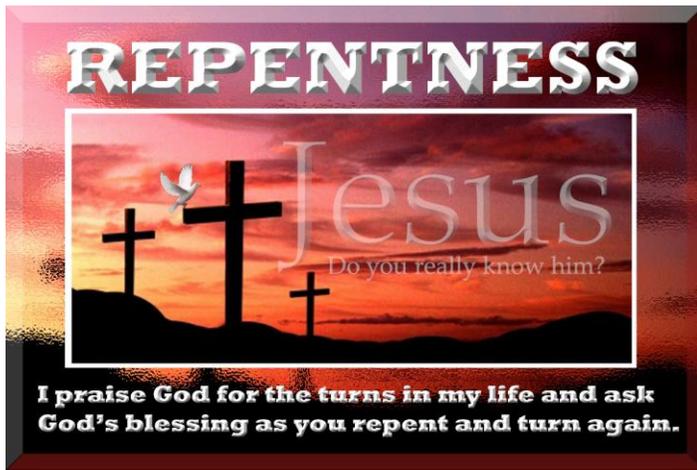
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2012 WEEKEND SCHEDULE

E-160	March 1-4 (W)
E-161	May 17-20 (M)
*E-162	Sept. 13-16 (W)
*E-163	Oct. 25-28 (M)

*Note:

E-162 and E163 will be held at **Front Royal 4h Center.**



From the Emmaus Spiritual Director

We are in the season of Lent, a time of repentance. Repentance means turning to face God. What does it mean for us to turn and face God? The shape of the faith journey is not linear, we do not go from point A to B in a straight line. Most often we start repenting at B only after turning and looking at what happened in A, and then moving to C, only to find ourselves close to B again, though not exactly. Our faith journey looks more like a spiral, a constant turning to God, over and over again. From my experience as a labor and delivery room nurse, I will share that the way new life comes into the world is in the shape of a spiral. Babies move through the birth canal turn in a spiral before taking their first breath. The only muscles in the human body, the muscles needed for labor, the muscles that cause contractions, are spiral shaped, allowing both for the growth of the pregnancy and necessary for the contractions which push and deliver the infant into the world. Indeed, scientists who are researching the outer limits of the universe are learning that the shape of the universe is a spiral.

So turning to God over and over again is essential for new life to come forth. We ought not get discouraged when we try something the first time and it does not work, the life of faith is about persevering and trying again. I praise God for the turns in my life and ask God's blessing as you repent and turn again. God's plan is for new life. Repentance brings new life in our families, our churches and our world!

Lenten blessings,

Janet

Grace and peace to you.

2012 ULTREYA GATHERINGS	
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

National Capital Area Chrysalis



From Our Chrysalis Community Lay Director

Dear Community,

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 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!

I NEED 275 DECORATED PALCEMATS BY MAY 1, 2012.

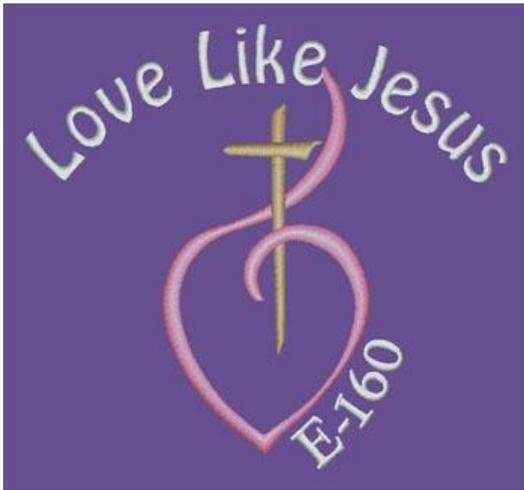
Thank you De Colores! And Fly with Christ

Linda L. Smith

Join us at our next **Ultreya**
7:30 p.m., Friday, March 16, 2012
Dumfries UMC
 3890 Cameron Street
 Dumfries, Virginia 22026
 (703) 221-2880

2012 WEEKEND FEES

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



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
Jan Niehoff ~ Talk Room Cha
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

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E160 PILGRIMS

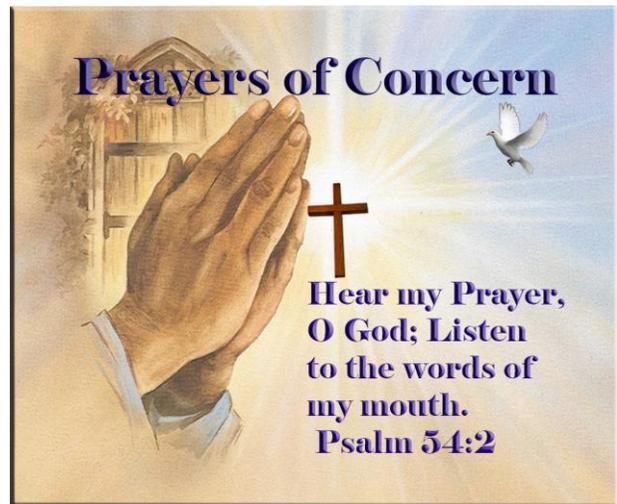
Lenora Clark- Prayer Temple Church of God In Christ
Donna Disbrow- Old Bridge UMC
Kimberly Dominy- Hope Church
Stephanie Edmonds- Oakton UMC
Pat Fahner- Oakton UMC
Tammy Flanagan –Christ UMC
Penny Grammer- Messiah UMC
Beverly Harris- Manassas Assembly of God
Lanette Hewlett- Lake Ridge Baptist
Pat Hodges- 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 Languaigne- New Life Anointed Ministries
Elizabeth Lewis- Hatcher's Memorial Baptist
Sarah Lindegren- 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

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 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.



Outreach Prayers Request

Please pray for all Fourth Day communities worldwide. Lift up all governing Boards, Community Lay Directors, all Spiritual Directors, physical sites and teams for 2012. Some Fourth Day Communities include: Walk To Emmaus, Tres Dias, Great Banquet, Kairos, Kairos Outside, Cursillo, Episcopal Cursillo, Chrysalis, Ephina, Koinonia and many independent communities like ours.

Be blessed,

Kathy Skilton

EMMAUS BOARD

Term Expiring January 2013

Beth Rand	703-763-3242	rand.beth@yahoo.com
Kent Eshelman	703-560-3112	dkesh@cox.net
Jim Earley	703-536-7720	revsrus@comcast.net
Mike McLean	703-577-6678	mike.mclean@caaai.com
Jan Niehoff	703-455-8796	niehoff4@verizon.net
Rich Wunderlin	703-627-9811	rich.wunderlin@cox.net

Term Expiring January 2014

Vickie Carroll	703-887-7590	Vickie.carroll@verizon.net
Jack Christie	703-491-8670	jackchristie153@gmail.com
Mark Fahner	703-273-1204	mfahner1@verizon.net
Amy Phillips	703-371-8173	amyville22@gmail.com
Janet Salbert	571-275-0289	jansalbert@wesleyva.org
Kathy Woodley	703-971-3741	kwoodley1@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

Kathy Henry	703-960-4540	dakota-laguapa@earthlink.net
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Community Agape

Linda Smith	703-216-2469	lindalsmith999@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

Fourth Day Packets		
Mark Segnari	703-670-3145	4daypack@emmausnca.org

Fourth Day Journal Editor

Raúl Castillo	703-307-8070	4DayJour@emmausnca.org
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Fourth Day Journal Mailing

Maria Hooper	703-878-3227	4DayMail@emmausnca.org
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Historian

Neal Ailstock	703-931-4800	history@emmausnca.org
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HolyNet Coordinator

Dave Moore	703-680-4002	emmausnca@gmail.com
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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

Mary Ann and Jim Krauss	540-895-9671	md@emmausnca.org
Assistant - Vacant		

Outreach Agape

Kathy Skilton	703-321-7139	auntkath@aol.com
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Prayer Wheel Coordinator

Jenn Glidwell	703-580-5182	magnolias72@verizon.net
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Rector(a) Selection Committee

Annette Barbier	703-491-2104	Abarbier2@aol.com
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Reunion Group Coordinator

Todd Hastings	703-938-9553	dumpster63T@verizon.net
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Scholarships

Treasurer		
Jim McCray	703-491-8863	treas@emmausnca.org

Website Manager

Rob Cannon	703-965-8045	webadmin@emmausnca.org
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Wooden Crosses & Ropes

Jim and Jan Womer	703-670-5236	jmwomer@verizon.net
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CHRYSALIS BOARD

Community Lay Director (CLD)

Assistant Lay Director (ALD)

Spiritual Director (SD)

CLD	Jessie Kearns	laydirector@chrysalisnca.org
ALD	Jo Ann McLean	asstlaydirector@chrysalisnca.org
SD	<i>Volunteer Needed</i>	
SD	Gary McCluskey	Pastor2@chrysalisnca.org

Other Board Members

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

Chrysalis Support Personnel

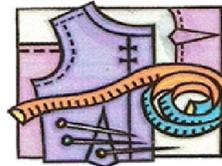
Supply Coordinators	Linda Russ/ Melissa Detwiler
Prayer Wheel	Gale Collins
Manuals and Talk Folders	<i>Volunteer Needed</i>
Community Music Director	Dave Moore
Registrar	Scott Niehoff
Secretary	Katie Bubenhofer
Treasurer	Gale Collins
Clothe Agape Bags	Beth Ann Eadie
Dining Room Supplies	Linda Smith
World 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>
Hoot Coordinators	Donna VanWert/Bob LeMay Karen Kimberlin
Website Cha	Alex Cannon

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

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DE COLORES !



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