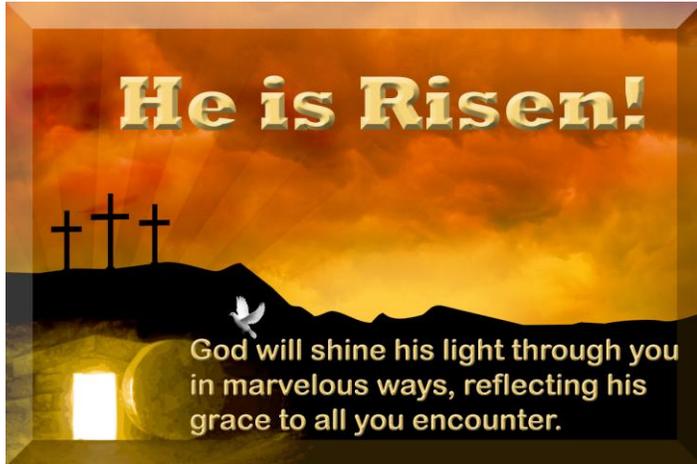


The newsletter of the National Capital Area (NCA) Emmaus for  
the glory of God

# Fourth Day Journal

Vol. XXX No.4 April, 2012

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



**From the Emmaus Community Lay Director**

Happy Easter!

Easter reminds us that Christ loved us so much that he died for our sins... died for our grace. For me, this idea brings to mind a scene from "The Music Box" (which is beloved by those who walked or have teamed on Chrysalis). The message of "The Music Box" is to share God's love, not keep it to ourselves. What better time to be reminded of this call than during Easter. Christ's death shows us that we shouldn't keep our faith to ourselves but share it with all we encounter. I encourage you to think about this question---how do you share your faith? It is by feeding the homeless, teaching Sunday school, sponsoring a pilgrim or caterpillar or through song? What unique gifts are you blessed with that allow you to share your love for the Lord? We are called to be active in our faith- to not sit on the sidelines but get in the game. Sometimes I find this a challenge, especially when I'm not in the comfort of my church or Emmaus/Chrysalis community. But then I think of one of my favorite verses, 1 Timothy 4:12 <sup>12</sup> *Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity.*

We are all members of this community because someone cared enough to pass it on and sponsor us on our walk. What an amazing demonstration of active faith. Christ didn't die for us to keep the Easter story to ourselves, he died that we might experience the grace and love of God and share the good news. 1 Timothy 4:12 is just one way we are told how to share our faith. As a young person I clung to this verse because it made me feel that no matter my age or place in my walk that my story and my example mattered. The verse still holds great meaning for me today

(as a not so young person), reminding me that my actions and speech may be the only face of God that someone encounters.

My prayer for each of you is that God will shine his light through you in marvelous ways, reflecting his grace to all you encounter. The tomb is empty, Christ has risen indeed!

DeColores and Fly With Christ,

*Beth Rand*

Community Lay Director

### Did You Know?

- The April Ultreya will be on April 20<sup>th</sup> at Cameron UMC
- The men of E-161 head to the mountain May 17-20. Let's lift them in prayer!
- E162 and E163 will be held at the 4H Center in Front Royal. Visit the website for details and share your faith through sponsorship

### INSIDE THIS ISSUE

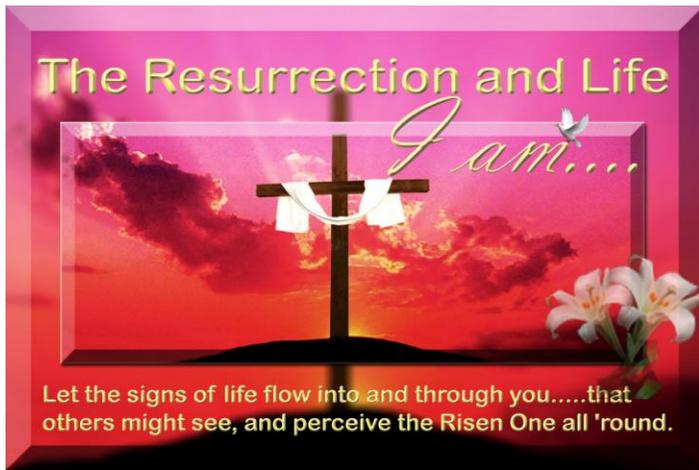
Emmaus CLD Message	1
April 20, Ultreya at Cameron UMC	1
2012 Weekend Schedule	2
Emmaus SD Message	2
2012 Ultreya Gatherings	2
<b>Inclement Weather Policy</b>	<b>3</b>
Community Palanca	3
Community Website Reminder	3
2012 Weekend Fees	4
Outreach Prayer Request	4
Chrysalis CLD Message	4
Emmaus/Chrysalis Board /Directories	5
Business Sponsors	6

Please join us!

7:30 p.m., Friday, April 20, 2012

**Cameron UMC,**

3530 Franconia Road  
Alexandria, VA 22030



**From the Emmaus Spiritual Director**

Dear Friends and family in the Body of Christ in the NCA Emmaus Community.....

According to the British poet T. S. Elliot well more than half a century ago, "April is the cruelest month, breeding lilacs out of the dead land...." The weather can't make up its mind as to its season; Tax Filing Day is in its middle; and early (in this year's calendar), comes Good Friday (aka, "God's Friday"), with the suffering, death, and burial of Jesus. Things are all in flux; nothing's the same today that was true yesterday. The academic "home stretch" is opening up, and graduation looms in the not-so-distance; exams are even closer! College is just "on the other side" of the summertime, and new chapters of family and personal life are about to be written.... as others come to conclusion.

Yards and gardens are beginning to green - some in just the right places, and in lots of the wrong ones! Trees are leafing.... causing many a snuffle and sneeze! Flowers are budding, many with the same result (personally, I wish that there was another symbol for Easter than the lily, as they set my sinuses and allergies into quite a frenzy!). Lawn mowers, dormant since October, sputter to life again; seeding and fertilizing get underway..... and many of us discover how the winter's dormant months have gathered around our waists, making the sluggish awakening a challenge to get through!

But is death and struggle and waning all the story? People of Easter faith would say otherwise! Perhaps within only a few days of reading this, Easter will be celebrated again, as it has been for nearly two millennia. In one dramatic, fell swoop, the Creator began to remind Creation that winter's death was not the last word; life is! No mere resuscitation of a swooned victim, God has taken that which was lifeless and infused it with life, again.... life, eternal. "Jesus is risen!" said the members of the ancient Church to one another, and they responded, "He is risen, indeed!"

He is, the scriptures affirm, the "first born of a new creation," which includes people of faith in Him. Now, make sure that "faith" is heard as an active verb, more like "be-

lieve" or "be-love." To have faith in this resurrected Lord is not merely about intellectual or affective assent to a series of propositions and emotions. There's more! To have faith in Him is to be in relationship with One who died, and is now alive for ever! In the congregational traditions in which I was formed, we loved to sing what I later learned was Mary's Song, sung "in the Garden." It's chorus goes, "And He walks with me, and He talks with me, and He tells me I am His own....!" That's faith, active, vibrant, living, full of love.

If "April is the cruelest month," perhaps we might also say it is the span of time most full of joy and life. In these few days, death gives way to Life; barren winter gardens sprout crocuses and daffodils and lilacs; hearts warm "strangely" to the radiance of His Son (pun intended!). It is my hope and prayer that you will find ways to express that joy, and invite others to share in it - in your congregational celebrations of Easter, in our Emmaus community Ultreya gatherings, in your serving and gifting. Let the signs of life flow into and through you..... that others might see, and perceive the Risen One all 'round.

Grace and peace.

*Jim Earley, E-43*  
Spiritual Director

<b>2012 ULTREYA GATHERINGS</b>	
<b>Apr. 20</b>	<b>Cameron UMC</b>
<b>May 18</b>	<b>St. Paul's UMC, Woodbridge</b>
<b>Jun.15</b>	<b>St. John's UMC</b>
<b>Jul. 20</b>	<b>Annandale UMC</b>
<b>Aug.17</b>	<b>Christ Church</b>
<b>Sept.21</b>	<b>Sydenstricker UMC</b>
<b>Oct. 19</b>	<b>St. Stephen's UMC</b>
<b>Nov. 16</b>	<b>First Baptist Church, Woodbridge</b>
<b>Dec. 21</b>	<b>First United Presbyterian Church of Dale City</b>

<b>2012 WEEKEND SCHEDULE</b>	
E-160	March 1-4 (W)
E-161	May 17-20 (M)
<b>*E-162</b>	<b>Sept. 13-16 (W)</b>
<b>*E-163</b>	<b>Oct. 25-28 (M)</b>

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



## 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*

### **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](http://www.emmausnca.org) for updates and listings of on-going ministries, missions and additional worship and service opportunities.

## National Capital Area Chrysalis



### From Our Chrysalis Community Lay Director

Dear Community,  
I wish you all a very Happy Easter! This month as we celebrate the death and resurrection of our Savior, Jesus Christ, I pray that you'll be reminded of just how much God loves you. "You see, at just the right time, when we were still powerless, Christ died for the ungodly. Very rarely will anyone die for a righteous person, though for a good person someone might possibly dare to die. But God demonstrates his own love for us in this: While we were still sinners, Christ died for us" (Romans 5:6-8). No matter who you are, where you come from, or what mistakes you've made, God loves you. Don't you want to share that message with the teens and young adults in your life?

Here are the details of both our summer weekends...  
C-81 "So Much More" (Young Adult: 18 - 26)  
Jeremiah 29:11  
Song: "Meant to Live" by Switchfoot  
Middle Creek Retreat & Conference Center – Fairfield, PA  
July 12-15, 2012

C-82 "Its All About Jesus" (High School: 14-18 first semester of HS completed)  
1 Corinthians 10:13  
Song: "Heart of Worship" by Matt Redman  
Camp Happyland – Richardsville, VA  
August 9-12, 2012

Please prayerfully consider sponsoring a youth or young adult to walk on one of our weekends. Or consider submitting your Team application. Now is the time, the R's from both of our weekends are currently calling Team. So please don't wait until the last minute. Remember how you felt when you walked on your weekend? Why not share that love and joy with others?

Reminders:  
-If you missed out on the first round of Shirt orders don't worry you'll have another opportunity in May.

-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](http://www.chrysalisnca.org)) or NCA Chrysalis facebook page for the most current information.

Fly With Christ,  
*Jessie Kearns*, Chrysalis Community Lay Director



### Outreach Prayers Request

Please in prayer for the following Fourth Day Weekends and also keep all Fourth Day Brothers and Sisters lifted up to His throne.

#### April, 19-22, 2012

Men Episcopal Cursillo #124, Arlington, Virginia  
Men Emmaus Kanawha Valley Emmaus, West Virginia  
Men #73, Loudoun Valley Emmaus, Virginia

#### April 26-29, 2012

Women #74 Loudoun Valley Emmaus, Virginia  
Men Episcopal Cursillo San deigo, California

#### April 25-28, 2012

Women Catholic Cursillo #26, Sassari, Italy

Be blessed,

*Kathy Skilton*

2012 WEEKEND FEES	
Application Fee	\$35.00
Pilgrim Fee	\$175.00
Team Fee	\$275.00

## 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@caai.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

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### Fourth Day Packets

Mark Segnari	703-670-3145	4daypack@emmausnca.org
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### 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

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### Treasurer

Jim McCray	703-491-8863	treas@emmausnca.org
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### 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)

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

### Other Board Members

Katie Bubenhofer	Clayton Newberry
Kurt Bubenhofer	Mariah McLean
Sam Gero	Sam Parris
Nick Iverson ( Young Adult ALD)	Josh Risinger
Karen Kimberlin	Lindell Tinsley

### Chrysalis Support Personnel

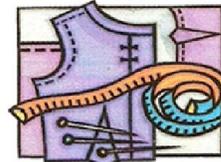
<b>Supply Coordinators</b>	Linda Russ/ Melissa Detwiler
<b>Prayer Wheel</b>	Volunteer Needed
<b>Manuals and Talk Folders</b>	Kurt Bubenhofer
<b>Community Music Director</b>	Dave Moore
<b>Registrar</b>	Scott Niehoff
<b>Secretary</b>	Volunteer Needed
<b>Treasurer</b>	Gale Collins
<b>Clothe Agape Bags</b>	Beth Ann Eadie
<b>Dining Room Supplies</b>	Linda Smith
<b>World Wide Comm. Agape</b>	Volunteer Needed
<b>Facilities Liaison</b>	Volunteer Needed
<b>Fourth Day Packets</b>	Bob LeMay
<b>Historian</b>	Volunteer Needed
<b>Outreach</b>	Volunteer Needed
<b>Clown Ministry</b>	Volunteer Needed
<b>Chrysalis Crosses</b>	Janet & Lindsey Matthews
<b>Hoot Coordinators</b>	Donna VanWert/Bob LeMay Karen Kimberlin
<b>Website Cha</b>	Alex Cannon

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