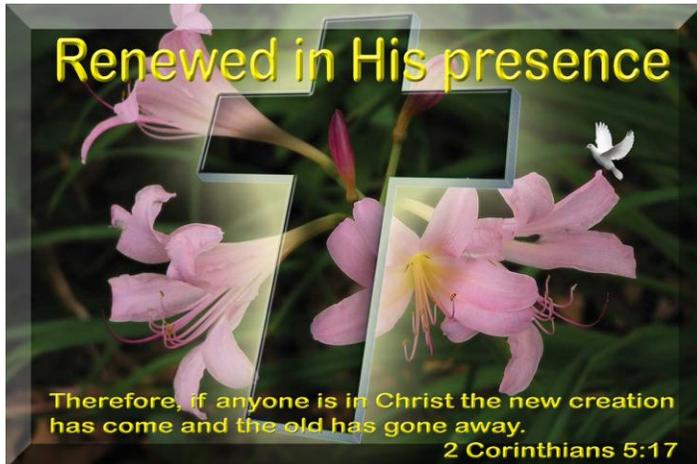


The newsletter of the National Capital Area (NCA) Emmaus for
the glory of God

Fourth Day Journal

Vol. XXX No.5 May, 2012

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



From the Emmaus Community Lay Director

I truly love this time of year despite the recent cold snap we've been experiencing. Spring feels like such a time of renewal for me. All around us the flowers bloom and we celebrate the end of another winter.

2 Corinthians 5:17 tells us "Therefore, if anyone is in Christ the new creation has come and the old has gone away." To me, Spring is such an example of this. As Easter people we are reminded of this when we celebrate Christ rising from the tomb. Because of the grace he has given us we are all washed anew. For our community this is an exciting time of year--as I write this the men of E161 prepare to head to the mountain. There they will greet 30 pilgrims who will experience Christ's love (some again and some for the first time).

For many within the community this will be a bittersweet time, a time when we say goodbye to New Windsor. We all have fond memories of this special place that has so wonderfully served us over the years. I remember hiding in the corn fields that once dotted the landscape as my parents attended weekend closings. Those memories are just as special to me as the weekends I was blessed to serve on or support in other ways. We all have similar memories of our individual experiences on the mountain, memories that will never leave us and I'm thankful for that.

We are told that in Matthew 18:20 that "where two or three come together in my name, there am I with them". It doesn't say we have to be at New Windsor or Mar Lu Ridge or Front Royal or anywhere in particular. We just have to gather. And gather we will this summer for the young adult and high school Chrysalis weekends and this

fall for E162 and 163. Christ will meet each and every person right where they are in their walks, your prayers and support help ensure that.

Spring is here and we are all new creations in Him because we believe and pass that faith on. My prayers are with those men who head to the mountain this month and those that will be called to walk this summer on the Chrysalis weekends and on all weekends to come, may we all feel renewed in His presence and continue to gather to praise His name.

Blessings,

Beth Rand, CLD

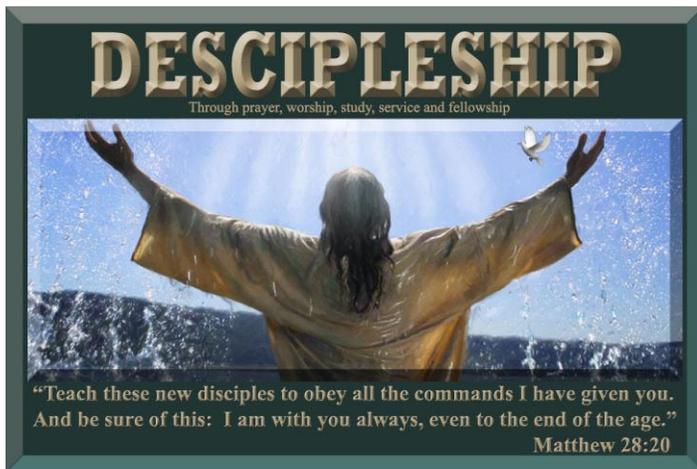
Did You Know:

- Our May ultreya will be held at St. Paul UMC in Woodbridge on May 18th.
- We are seeking a person to help host the NCA Emmaus Website---please see Beth if you are interested
- Now is the time to begin praying about sponsoring for upcoming summer and fall weekends. Submit your pilgrim and caterpillar applications today.

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Please join us!
7:30 p.m., Friday, May 18, 2012
St. Paul UMC,
400 G Street, Woodbridge, VA 22191



From the Emmaus Spiritual Director

Make Disciples of ALL Nations!

Jesus gave a commission, a charge, a marching order if you will, to make disciples. Disciples making is really God’s business, it is a work of the Spirit, that we are privileged and blessed to be invited by Jesus take part in. I think of the friends that I have made because of Jesus Christ. I think of the laughter and tears, of the joy and the shared sorrow, that has made life bearable because someone reached out to disciple me. There is nothing magic about making disciples. It does not happen instantly but with repeated encounters over prayer, worship, study, service and fellowship. Discipleship involves giving ones whole life to Christ. Learning and doing what Jesus taught is an ongoing process. It is revealed though life experience and witness. It is shaped by the Word of God. Discipleship at its very best creates a community of obedience to God.

I believe that NCA takes seriously Jesus’ commission to go make disciples. We make friends, grow with them and in God’s time, offer to sponsor them on a four day journey called the Walk to Emmaus. But that is not the end of discipleship. In a book titled “Same Kind of Different at Me,” Denver, a homeless, ex-con, whose history includes growing up as a plantation slave tells Ron, and affluent art dealer serving at a mission soup kitchen, “It is about the way white people fish,” Denver said, “you take a fish and catch and release it, but we catch fish and we are so proud of it, we show it off, to everyone who will look and then we eat what we catch, they sustain us. So Mr. Ron, if you are fishing for a friend and you just gonna catch and release, then I don’t have any desire to be your friend. But if you looking for a real friend, then I will be one forever.” (Same kind of Different as Me, Nashville: Thomas Nelson, 2006, p. 107)

Discipleship sustains us. Sharing our faith with others helps us to grow even more deeply in our own faith. Jesus promise was not to catch and release, his final words after the commission went like this, “Teach these new disciples to obey all the commands I have given you. And be sure of

this: I am with you always, even to the end of the age.” (Matthew 28:20)
Forever friends, forever disciples, forever the church.
Amen.

Blessings,
Rev. Janet Salbert, SD

2012 ULTREYA GATHERINGS	
May 18	St. Paul 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

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

2012 WEEKEND SCHEDULE	
E-161	May 17-20 (M)
*E-162	Sept. 13-16 (W)
*E-163	Oct. 25-28 (M)



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 "1-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!

If you would like to get placemats please call Linda Smith 703-216-2469 and she will meet you to get them to you.

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 for updates and listings of on-going ministries, missions and additional worship and service opportunities.



**From the Emmaus Music Directors,
MD's**

"Keep a Song In your Heart!"

De Colores!! What a great song - a celebration of God's creation and JOY, of the new awareness of His world's beauty. Did you know the shout of "VIVA" at the end means HE LIVES!!

At the March Ultreya CLD Beth Rand welcomed us as the new community MDs, and we are honored and thrilled to serve! Thanks for your expressions of support and encouragement, God is good beyond belief. As Jim shared at Ultreya, we hope to lead in facilitating the following: (like the 3 legged-stool), (1) worshipful music at NCAE Ultreyas and Weekend events, (2) development of new MDs and AMD's, (3) and Outreach thru use of SDs and band music. There was an overwhelming response from musicians in the community at the March Ultreya. We had an overwhelming sign-up by musicians who expressed an interest in music and outreach. We plan to maintain contact with them regarding music and service opportunities. We are looking forward to the future, and including the Chyrsallis community in all we do. If you missed the opportunity to sign up as a musician, please contact us via email at: mkrauss70@hughes.net.

Nothing can Steal this JOY! VIVA!

- Sincerely, Jim and Mae



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.

May, 3-6, 2012

Men Emmaus #837 Phoenix, Arizona
Women Emmaus #65 Orlando, Florida
Men Great Banquet Fairfax County, Virginia

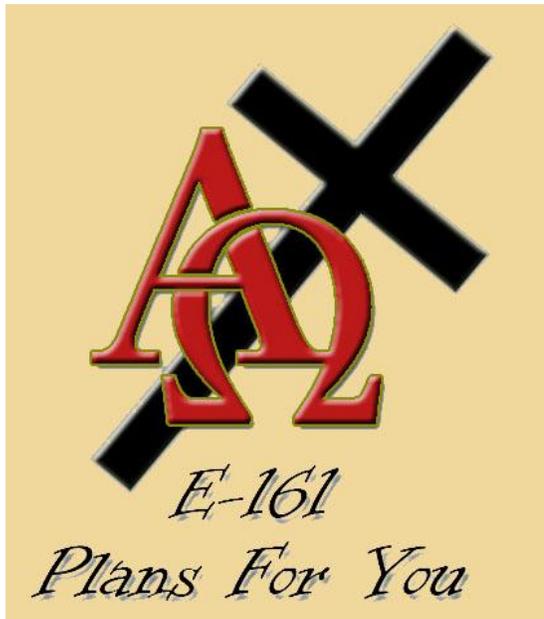
May 17-20, 2012

Women Great Banquet Fairfax County, Virginia
Men Tres Dias Big Sky Montana Tres Dias
Coed Anglican Cursillo Central Newfoundland, Canada

Be blessed,

Kathy Skilton

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



**A Message from the "R"
E161- New Windsor - May 17 - 20, 2012**

"For I know the plans I have for you, says the Lord, plans to prosper you, not to harm you, plans to give you hope and a future." Jeremiah 29:11

That's the only verse that came to me after I'd been asked to be the Rector for E 161. And it just kept coming back. No matter what I read, or what I studied, or where I looked for inspiration, it was Jeremiah 29:11. And I believe it.

The funny thing is, you can never really tell what God's plans are for you as you look ahead. Its like being on a boat. The water ahead unmarked with no clear indicators of which way one should go. Its only when you look behind that you can see the trail of the boat, its wake, and tell where you've been. I think the same is true for God's plan for us. Its very hard to tell what lies ahead, but when you look back, you can see all of the things that God has put in our lives to shape us, to care for us and to help us along the way. Even in the toughest times, we can find God's hand. I've already seen God's hand at work in our teaming process. So far, things just seem to fall into place. Amazing how God makes His plans work!

I think its part of God's plan that Jeremiah 29:11 stuck with me for E 161. E 161 is the last weekend at New Windsor, and it marks the end of a chapter in the life of NCA Emmaus. But we can rest assured and have faith that God's plan for our community is greater than any of us can imagine, and the end of this chapter only means that another is beginning, one with great possibilities, one by God's plan, and one that can be written for His glory. The faith of the community and our acceptance of His plan ensures that we will continue to be a strong and vibrant organization focused on doing His work in our place and time.

E 161 had our first team meeting on the 3rd of March. I have to admit that I felt like a kid at Christmas, opening a

whole pile of presents as I listened to each team member speak for the first time. Each team member is truly a gift that God has brought to E 161, just for His purpose. Hopefully, we will serve for His glory, and help to fulfill His plans up on the mountain. I can't wait to see what God has planned for the weekend, for the Pilgrims and for our community!

Des Colores,

Tom Richbourg

Cadre and Team

- Matt Billingsley** ~ Talk Room Cha
- Kurt Bubenhofer** ~ Palanca Cha, *DDU Fourth Day Talk*
- Charlie Carroll** ~ Assistant Dining Room Cha, Mananita Cha, *Priesthood of All Believers Talk*
- T.J. Cuddy** ~ Music Director, *Growth Through Study Talk*
- TJ Evans Jr.** ~ Talk Room Cha
- Jeff Hetherington** ~ Dining Room Cha, Asst. Mananita Cha
- Jan Janiczek** ~ Old Buffalo, Assistant Closing Cha, *Stations of the Cross Reading*
- Bob Jones** ~ Head Cha, Lord, *I have time Reading*
- Aaron Jullien** ~ Assistant Chapel Cha
- Ron Lanman** ~ Assistant Spiritual Director, *Prevenient Grace Talk, Obstacles to Grace and Sanctifying Grace Talk*
- John Lindegren** ~ Table Leader, *Priority Talk*
- Greg Loewer** ~ Spiritual Director, *Means of Grace Talk, Justifying Grace Talk*
- Scott Marth** ~ Agape Cha, *Christian Action Talk*
- Jim McCray** ~ Closing Cha, Floater Cha, *Stations of the Cross Reading*
- Stu Mentzel** ~ Table Leader, *Discipleship Talk*
- Sean Murphy** ~ Assistant Music Director
- Jeff Pehl** ~ Table Leader, *Life in Piety Talk*
- Charlie Porter** ~ Assistant Head Cha
- Andy Powell** ~ Assistant Palanca Cha, Asst. Agape Cha
- Tom Richbourg** ~ Rector, *Fourth Day Talk*
- Steve Russ** ~ Assistant Rector, *Perseverance Talk*
- Rick Saunders** ~ Chapel Cha, *Body of Christ Talk*
- Jerry Wills** ~ Table Leader, *Changing Our World Talk*
- Jim Wingfield** ~ Table Leader
- Paul Wright** ~ Table Leader

Pilgrims

- Bob Augustad ~ Columbia at Greenspring
- Alex Budd ~ Fairfax Community Church
- Buck Burrow ~ Springfield UMC
- Steve Clausson ~ Spirit and Life
- Wade Clausson ~ First Baptist
- Ken Crawford ~ Alfred Street Baptist
- Charlie Duren Jr ~ Spirit and Life UMC
- Dutch Dutchie ~ Capital Baptist
- Jason Fong ~ Sydenstricker UMC
- Cory Hall ~ Spirit and Life UMC
- Kevin House ~ Christ Baptist
- Paul Janiczek ~ Cass UMC
- Vandy Juana-Kamanda
- Alan Keiran ~ Capital Life Church
- Ryan Kilgore ~ St. Paul UMC
- John Kuzins ~ First Baptist Church

Keith Lambert ~ Spirit and Life UMC
 Corey Lancaster ~ Columbia@Crossroads
 Will Lanman ~ Old Bridge UMC
 Tom Lawrence ~ Christ UMC
 Reggie Lockhart ~ New Life Anointed Ministry
 Ken Miller ~ Christ UMC
 Marc Petrizza ~ Spirit and Life UMC
 Bob Porter ~ First United Presbyterian
 Roger Rice ~ Our Savior's Way Lutheran Church
 Chris Roberts ~ Columbia Furnace Church of the Brethren
 Dion Smith ~ Spirit and Life UMC
 Juan Sanchez ~ Old Bridge UMC
 Tom Wilson ~ Messiah UMC
 Ken Wilson ~ Old Bridge UMC

Camp Happyland – Richardsville, VA
 August 9-12, 2012

Please prayerfully consider sponsoring a youth or young adult to walk on one of our weekends. 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:

-Chrysalis Shirt Sales are back!

Regular T-Shirt \$10.00
 Long Sleeve T-Shirt \$15.00
 Hoodie \$30.00

You can order any solid color shirt, in any size with either white or rainbow print. To order please sign-up at the Ultreya or send an email to laydirector@chrysalisnca.org.

-We are running a special on our **Chrysalis FWC Magnets**, for the month of May only, 3 for \$14.00, 2 for \$10.00, or \$7.00 individually. These magnets are perfect for agape! Remember all of the proceeds go to our scholarship funds!

-Please check our website (www.chrysalisnca.org) or the NCA Chrysalis facebook page for the most current information.

Fly With Christ,
 Jessie Kearns
 Chrysalis Community Lay Director

National Capital Area Chrysalis



**From Our Chrysalis
 Community Lay Director**

Dear Community,

It's May and that means summer break is beginning for college students. Now is the time to get those Bug/Caterpillar applications in for the Young Adult weekend!

It's also not too early to send in Bug/Caterpillar applications for the High School weekend.

The details for both the Young Adult and High School weekends are below...

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

Chrysalis T-Shirt Logo



Bumper Magnets



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

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

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Historian

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

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
---------------	--------------	-------------------------

Kairos Outside Information

Barbara Teats	703-354-9043	barbteats@hotmail.com
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Manuals

Linda Girten	703-491-3801	manuals@emmausnca.org
--------------	--------------	-----------------------

Music Directors

Mary Ann and Jim Krauss	703-850-8226	md@emmausnca.org
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Assistant - Vacant

Outreach Agape

Kathy Skilton	703-321-7139	auntkath@aol.com
---------------	--------------	------------------

Prayer Wheel Coordinator

Jenn Glidwell	703-580-5182	magnolias72@verizon.net
---------------	--------------	-------------------------

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
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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)

CLD	Jessie Kearns	laydirector@chrysalisnca.org
ACL	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 (Young Adult ALD)	Josh Risinger
Karen Kimberlin	Lindell Tinsley

Chrysalis Support Personnel

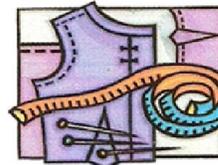
Supply Coordinators	Linda Russ/ Melissa Detwiler
Prayer Wheel	Volunteer Needed
Manuals and Talk Folders	Kurt Bubenhofer
Community Music Director	Dave Moore
Registrar	Scott Niehoff
Secretary	Volunteer Needed
Treasurer	Gale Collins
Clothe Agape Bags	Beth Ann Eadie
Dining Room Supplies	Linda Smith
World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

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WPfancuff@aol.com

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DE COLORES !



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