

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

Fourth Day Journal

Vol. XXX No.7 July, 2012

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



From the Emmaus Community Lay Director

"You will go out in joy and be led forth in peace; the mountains and hills will burst into song before you, and all the trees of the field will clap their hands." Isaiah 55:12

Doesn't that verse just make you happy! Despite the heat, the summer months always make me joyful as I focus on what is to come and reflect on my priorities.

This last month I've been able to spend a significant amount of time with my family (I love mini-vacations). The fellowship and fun that we've been able to enjoy together is something that I'm so thankful for. What a joy to be with friends and family and celebrate life's joys.

Serving the Emmaus community also brings me great joy--- I was thrilled to see so many of the gentlemen who walked on E-161 at the June ultreya and pray that we continue to see many of them at events within the community. It's also a time when we welcome the young adults and youth who walk on Chrysalis into our community- another thing that makes me joyful.

The year may be half over but we still have many JOY-FULL things to come as we prepare to pass it on to the men and women who have been called to walk on E-162 and E-163 at the 4H Center in Front Royal. There is still time to submit pilgrim applications if you feel led to serve as a sponsor for either of these weekends. Ask the person that sponsored you, there is no greater joy than seeing someone meet Jesus on the mountain and bask in the glow of His grace.

My prayer for each of you is a joyfilled summer complete with fellowship and worship. We hope to see you at the July community BBQ and ultreya as we welcome the butterflies of C-81.

Blessings,

Beth Rand, Community Lay Director

Did You Know:

July's ultreya is at Annandale UMC and includes the community BBQ! Join us at 6 and bring a drink or side dish to share

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2012-2013 WEEKEND SCHEDULE

*E-162	Sept. 13-16	(W)
*E-163	Oct. 25-28	(M)
E-164	Feb. 28-March 3	(M)
E-165	June 6-9	(W)
E-166	Sept. 12-15	(M)
E-167	Oct. 31-Nov. 3	(W)

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



From the Emmaus Spiritual Director

“Faith”

We had sparrows nest in an old ski helmet sitting on the shelf in our garage. Yesterday, five miniature birds flew for the first time. They made such a racket in their excitement! And today the trees are alive with the songs of sparrows.

Do you remember the first time you flew? The first time you experienced what it was you were created to do? Did your heart sing with joy from deep within? Did you know complete freedom for the moment? Did others see and experience your joy?

In all that we do to grow faith, for me, the most important is to practice and experience what we were created by God to do. I believe living out our specific purpose is how god justifies and sanctifies our lives. We can learn further about how our divine purpose by considering what we are already doing. What are the things that you do that bring you joy? What are the things you do that bring others joy? There are no mistakes. Some part of our purpose is already being lived out. Recognizing and cultivating that understanding will bring us to new depths of joy and peace.

Decolores!

Janet Salbert, Spiritual Director

2012 ULTREYA GATHERINGS

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

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 Gathering

7:30 p.m., Friday, July 20, 2010

Annandale UMC

6935 Columbia Pike Annandale, VA 22003



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

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.

WEEKEND FEES	
Application Fee	\$35.00
Pilgrim Fee	\$175.00
Team Fee	\$250.00



Sing to God, sing in praise of his name, extol him who rides on the clouds, rejoice before him—his name is the LORD. Psalm 68:4

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

"Friend of God"

"Who am I that u are mindful of me?"

John 15: 11-16 clearly answers that - Jesus named us as friends because He has let us in on everything He's heard from the Father. " What joy, what a blessing! Friend is a beautiful word, He is our most faithful friend & He Honors our Christian friendships!

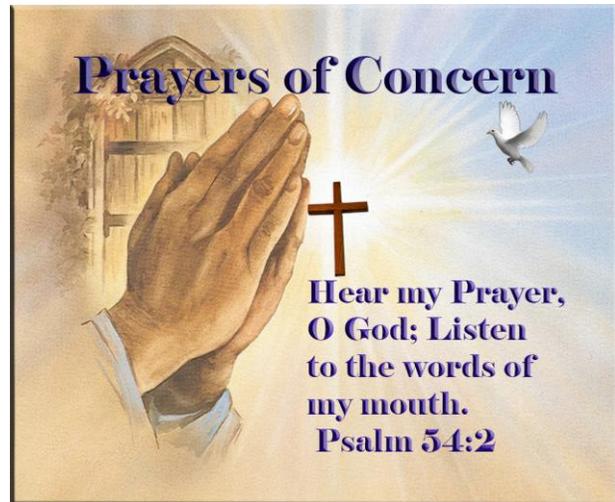
Look around and see how we can reach out to friends or make new friends and bring them to Emmaus through local coffee houses. We will be playing at Clarendon UMC, 606 North Irving Street, Arlington, VA, Sunday 7/22/2012, at 5pm - 8pm. Also an NCAE SD will share and invite all to walk! Be there to support the cause and grab a pilgrim to sponsor and make a new friend.

July Ultreya, 7/20/12, will be a great time for friendship as we BBQ at Annandale and worship is lead by C-81. Musicians, bring your axe and enjoy along with these fantastic butterflies!

Contact us about your Coffee House and/or desire for us to send music sets to u for Ultreyas. Note new emails: mkrauss70@aol.com and James.krauss@aol.com

He calls me friend!
Keep a song in your heart - we love you!

Mary Ann "Mae" & Jim Krauss
Jim and Mae Krauss



Hear my Prayer,
O God; Listen
to the words of
my mouth.
Psalm 54:2

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.

July 7-10, 2012

Men #108 Sunshine South Florida, Miami Springs, Florida

July 12-15, 2012

Men Emmaus #46 Perth, Australia

July 19-22, 2012

Women Emmaus #58 Cradle of Texas Emmaus

July 26-29, 2012

Men Emmaus #150 Emmaus of the Rockies, Colorado
Men Emmaus #117 Common, Nebraska

Be blessed,

Kathy Skilton

National Capital Area Chrysalis



From Our Chrysalis Community Lay Director

Dear Community,

July is here and that means we are getting ready for another amazing weekend later this month! C-81, our young adult weekend is almost here. If you have a Bug (Caterpillar) application for either weekend, please send it in asap! Let's make this another full and exciting weekend! Please keep the Team and Caterpillars in your prayers.

Earlier this summer, I began my chaplaincy internship with my Chrysalis cross around my neck. Wearing that cross for the first few days and remembering the agape love I have experienced in this community helped me get over some of my fears and anxieties. A couple weeks later I actually ran into my Chrysalis sponsors. I couldn't believe it, there I was walking down the hall and I looked up and there was Tina Abel with her family. She was so excited to see me and so happy to find out that I was working as one of the chaplains at the hospital. She was there because her husband Nolie was a patient in the hospital. It was so wonderful to have the opportunity to be there and work closely with a family that is so near and dear to my heart. He was transferred to another hospital a few days later and then released after his condition improved, which was truly a miracle. God is so good! The experiences I've had and the things I've learned through my involvement with Chrysalis have enabled me to continue to be faithful to the calling God has placed on my life. And I am truly thankful for having experienced God's "agape" love time and again through this wonderful community.

It is my prayer that every youth or young adult who walks on one of our weekends will feel the presence and love of God in such a powerful way that they will never forget it. That they would be encouraged to follow God for the rest of their life and that they would be able to live out their calling and their dreams. Even though Chrysalis is not a program specifically for those called to full-time vocational ministry. It is an organization which aims to show young people how

very much God loves them and in doing so we hope to equip them for ministry in the church and in the world.

The details for both weekends are below...

C-81 "So Much More" (Young Adult: HS grad - 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

Reminders:

-We are now selling our **Chrysalis FWC Magnets** for \$5.00 a piece. If you are interested please send me an email at laydirector@chrysalisnca.org or see me at the next Ultreya.

-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

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

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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	703-850-8226	md@emmausnca.org
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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
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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

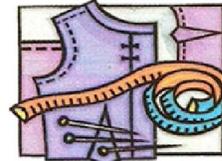
Supply Coordinators	Linda Russ/ Melissa Detwiler
Prayer Wheel Coordinator	Volunteer Needed
Manuals and Talk Folders Coordinator	Kurt Bubenhofer
Community Music Director	Dave Moore
Registrar	Scott Niehoff
Secretary	Stephanie Williams
Treasurer	Bob LeMay
Clothe Agape Bags Coordinator	Beth Ann Eadie
Dining Room Coordinator	Linda Smith
World Wide Agape Coord.	<i>Volunteer Needed</i>
Facilities Coordinator	<i>Volunteer Needed</i>
Fourth Day Packet Coord.	Bob LeMay
Historian	<i>Volunteer Needed</i>
Outreach Coordinator	<i>Volunteer Needed</i>
Clown Communion Coord.	Jan Niehoff
Chrysalis Crosse Coord.	Janet & Lindsey Matthews
Hoot Coordinators	Donna VanWert/Bob LeMay Karen Kimberlin
I am Lovable Pin Coordinator	Linda Smith
Website Coordinator	Alex Cannon

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

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