

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

# Fourth Day Journal

Vol. XXX1 No.1 January, 2013

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



**From the Emmaus Community Lay Director**

*But those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.*

Isaiah 40:31

My name is Jack Christie. I worship with the NOVA Catholic Community in Arlington. I walked on E-83 and sat at the table of Symbols of the Cross. (!)

When I made my walk in 1999, the Lord told me that he wanted me to be involved in this ministry to bring others to a fuller relationship with Him. Never did I imagine that it would lead to me serving as your Community Lay Director for 2013. Although I find this a bit overwhelming, I take comfort in the words of Isaiah 40:31, and believing that since this is a part of His plan for my life, He will guide me and support me. Thank you for the honor of allowing me to serve you in this way.

I pray that you had a blessed celebration of the birth of our Savior, surrounded by friends and family. And now we begin a new year - a time of reflection and resolutions. Make those resolutions a positive; rather than giving something up, resolve to do something positive to improve your relationships with the Lord or with others. I have resolved to spend more time with the scriptures through the use of daily devotionals (daily instead of a few times a week).

Blessings throughout the new year,

*Jack Christie*  
Community Lay Director

### Did You Know?

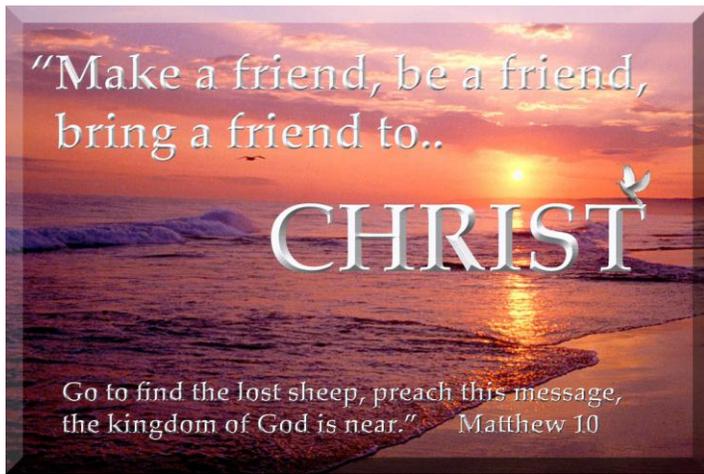
We have four weekends scheduled during 2013 at the new (for us) facility of Skycroft in Middletown, MD.

The first event of the new year is the Chrysalis high school weekend, 18-21 January and the 4-H Center in Front Royal. See the Chrysalis website at [www.ncachrysalis.org](http://www.ncachrysalis.org) for details.

Our first Ultreya of the new year will be held January 18 at Springfield UMC. See the website at [www.emmausnca.org](http://www.emmausnca.org) for directions a schedule of Ultreyas for 2013.



2013 WEEKEND SCHEDULE	
E-164	Feb. 28-March 3 (W)
E-165	June 6-9 (M)
E-166	Sept. 12-15 (W)
E-167	Oct. 31-Nov. 3 (M)



### **From the Emmaus Spiritual Director**

How do you welcome in a New Year? Many of us attend a party with friends, family, food and music and wait until the Big Apple in Times Square drops. Do you enter this New Year concerned about whether your work will create more stress than benefit? Are you concerned for how you will make ends meet? Or are you concerned about the side effects and efficacy for the health care treatment that you receive? Do you welcome in this New Year excited for what lies ahead, for how God will shine light into your days, and wonder for how God will use you?

Perhaps we can do both. Perhaps we can enter this New Year with an appreciation of the difficulties of navigating our faith in this broken world. Perhaps this New Year will call us to make ends meet through life giving relationships that make all the difference for how we manage our families and even our churches. Perhaps we can enter this New Year, knowing that in the midst of our illness, God will use us for someone or something beyond our understanding. Welcoming in a new year for me always means welcoming in new people. Each year I am blessed by making new friends, especially through the process of serving on an Emmaus team and growing in Christian community. The ecumenical nature of our ministry enlivens us to grow in meaningful ways through Jesus Christ.

Do you have a plan for welcoming new people in your life this year? Those at work? In your neighborhood? At your church?

Jesus made friends with everyone, the disciples and the lost, children in the family and those outside the family, the rich and the poor, the healthy and the ill. He sent the disciples instructing them, "Therefore, be as shrewd and snakes and as innocent as doves." Even in the time of Jesus, making friends and sharing the love of God was a risk taking mission. Jesus instructed the twelve in Matthew 10, "Go to find the lost sheep, preach this message, the kingdom of God is near." Jesus instructed them to heal the sick, raise the dead, cleanse those who have leprosy and drive out the demons. He warned them about the difficulties they

would encounter, saying "Do not be afraid, the very hairs on your head are numbered."

In the days ahead, come up with a plan to sponsor others for the Walk to Emmaus, Chrysalis and Kairos weekends. "Make a friend, be a friend, bring a friend to Christ." We make friends in the knowledge that God is with us, that our truest form of sharing Christ come through friendship, journeying alongside one another to encourage, keep one another accountable and strengthen our faith. It's time to welcome in the new! Let's look forward to all the Holy Spirit will send in our midst in the year ahead. I am sure we will find Christ revealed in each of our new friends.

*Janet Salbert, SD*



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

**HAPPY NEW YEAR!!** with the New Year we have claimed a verse for the Emmaus Music efforts and wanted to share it with you. We appreciate your beautiful spirit of worship through music. You are a blessing. Psalm 95:1-2 NIV

"Come, let us sing for joy to the lord; let us shout aloud to the Rock of our salvation. Let us come before him with thanksgiving and extol him with music and song."

At the December Ultreya, we were blessed with a song written by Scott Niehoff, "Faith, Hope, and Love". All were inspired by its beauty and the personal message Scott shared. Tears. We plan to share more of these testimonial songs - pls let us know if you have such and are willing to bless the community with it. At the January Ultreya, we plan on having a beautiful testimonial song written by our own Laura Lewis. See you there -- all musicians please join in!  
De Colores

*Mary Ann and Jim, and Jerry!*  
**Don't let anything steal your JOY!**



## 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*

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**Outreach Prayers Request**

Pray for all Spiritual Directors, Lay Leaders, Community Boards and Fourth Day Brothers and Sisters worldwide.

Be blessed,

*Kathy Skilton*

**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, January 18, 2013  
**Springfield UMC**

7047 Old Keene Mill Road, Springfield, VA 22150

**2013 ULTREYA GATHERINGS**

Jan. 18	Springfield UMC
Feb. 15	Old Bridge UMC, Woodbridge
Mar. 15	St. John UMC - Springfield
April 19	Dumfries UMC
May 17	Christ Church - Fairfax Station
June 21	St. Paul UMC - Woodbridge
July 19	Annandale UMC
Aug. 15	First United Presbyterian Church
Sept. 20	Sydenstricker UMC
Oct. 18	Bethel UMC
Nov. 15	Messiah UMC
Dec. 20	Cameron UMC - Alexandria

**WEEKEND EMMAUS FEES**

Application Fee	\$35.00
Pilgrim Fee	\$150.00
Team Fee	\$200.00

## National Capital Area Chrysalis



**From Our Chrysalis  
Community Lay Director  
Greetings to the 4th day community.**

We need Bug (attendee) applications for C-83 High School weekend. The weekend theme is "JESUS IS EVERYTHING WE NEED" and the Bible verse is Isaiah 40:31 "but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint." Dates for this weekend are Friday, January 18 - Monday, January 21. You can download applications at our new web page at [ncachrysalis.org](http://ncachrysalis.org)

Thank Clayton Newberry (with a little help from Mariah McLean) for our beautiful site. Speaking of web sites, here are some things you will find there:

1. Donations with pay pal
2. A little background as to who we are
3. Beautiful photos of butterflies in nature
4. Team roster for C-83
5. Team applications (high school & young adult)
6. Bug applications (high school & young adult)
7. Dates of Ultreyas
8. Upcoming fund raisers
9. Dates of upcoming weekends
10. Ways you can support this ministry

Reann Newberry and Sam Parris are the R's for the upcoming Young Adult weekend in June 2013. Do not wait to turn in team applications. They hope to start meeting during the Christmas Holiday season.

We thank all who participated in the dinner fund raiser at San Vitos. There was a large turnout. We hope to do this

again. It is a great way to generate much needed funds and to socialize at the same time.

Please support our bake sale to be held at November's Ultreya. Also - November Ultreya will be the last time to order Chrysalis shirts and hoodies to receive before Christmas and the January weekend. This is a fund raiser. You can also contact Jo Ann McLean at [joann\\_mclean@cox.net](mailto:joann_mclean@cox.net). Short sleeve \$15, Long sleeve \$20, and hoodies \$30.

Understanding the financial realities of Chrysalis: For every Chrysalis weekend, the team and bug fees collected are less than the cost of the facilities and food (even if no scholarships are provided). In addition we have the cost of t-shirts, bibles, crosses, agape bags, etc... All of these costs are provided solely by contributions.

And as always, please keep this ministry, the board, teams, and participants (Bugs/Butterflies) in your prayers. God, through this ministry, has transformed many lives, young and not so young.

I am always open to hear from the community. Please stop by and visit the Chrysalis table at Ultreyas or feel free to contact me at 703-477-7129 or [joann\\_mclean@cox.net](mailto:joann_mclean@cox.net).

Fly With Christ,  
***Jo Ann McLean***  
Chrysalis Lay Director

Anyone interested in donating food and drinks for the C-83 High School Chrysalis weekend, please bring to sponsors hour at 4-H center in Front Royal on January 18th or send up with a Team member (listed at [ncachrysalis.org](http://ncachrysalis.org))

### **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.

## EMMAUS BOARD

### Term Expiring January 2014

Vickie Carroll	Vickie Carroll	Vickie Carroll
Jack Christie	Jack Christie	Jack Christie
Mark Fahner	Mark Fahner	Mark Fahner
Amy Phillips	Amy Phillips	Amy Phillips
Janet Salbert	Janet Salbert	Janet Salbert
Kathy Woodley	Kathy Woodley	Kathy Woodley

### Term Expiring January 2015

Bev Barthmaier	Bev Barthmaier	Bev Barthmaier
Charlie Carroll	Charlie Carroll	Charlie Carroll
Doug Geeting	Doug Geeting	Doug Geeting
Bob Jones	Bob Jones	Bob Jones
Glenda Lambert	Glenda Lambert	Glenda Lambert
Tony Papp	Tony Papp	Tony Papp

## EMMAUS SUPPORT STAFF

### Applications ~ Pilgrims (& drops)

Jan & Carolyn Janiczek	703-670-6615	<a href="mailto:Cand_app@emmausnca.org">Cand_app@emmausnca.org</a>
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### Applications ~ Team

Jan & Carolyn Janiczek	703-670-6615	<a href="mailto:Team_app@emmausnca.org">Team_app@emmausnca.org</a>
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### Board Secretary

Kathy Henry	703-960-4540	<a href="mailto:dakota-laguapa@earthlink.net">dakota-laguapa@earthlink.net</a>
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### Community Agape

Linda Smith	703-216-2469	<a href="mailto:lindalsmith999@verizon.net">lindalsmith999@verizon.net</a>
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### Community Support (Storage Shed)

Patty Plummer	703-490-3769	<a href="mailto:plummerp@comcast.net">plummerp@comcast.net</a>
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### Data Base Manager

Jan & Carolyn Janiczek	703-670-6615	<a href="mailto&gt;Data_adm@emmausnca.org">Data_adm@emmausnca.org</a>
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### Facility Liaison

<b>Fourth Day Packets</b>		
Mark Segnari	703-670-3145	<a href="mailto:4daypack@emmausnca.org">4daypack@emmausnca.org</a>

### Fourth Day Journal Editor

Raúl Castillo	703-307-8070	<a href="mailto:4DayJour@emmausnca.org">4DayJour@emmausnca.org</a>
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### Fourth Day Journal Mailing

Maria Hooper	703-878-3227	<a href="mailto:4DayMail@emmausnca.org">4DayMail@emmausnca.org</a>
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### Historian

Neal Ailstock	703-931-4800	<a href="mailto:history@emmausnca.org">history@emmausnca.org</a>
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### HolyNet Coordinator

Dave Moore	703-680-4002	<a href="mailto:emmausnca@gmail.com">emmausnca@gmail.com</a>
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### Kairos Information (Weekend, Cookies, Etc.)

Todd Hastings	703-938-9553	<a href="mailto:dumpster63T@verizon.net">dumpster63T@verizon.net</a>
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### Kairos Outside Information

Barbara Teats	703-354-9043	<a href="mailto:barbteats@hotmail.com">barbteats@hotmail.com</a>
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### Manuals

Linda Girten	703-491-3801	<a href="mailto&gt;manuals@emmausnca.org">manuals@emmausnca.org</a>
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### Music Directors

Jim Krauss	540-895-9671	<a href="mailto:md@emmausnca.org">md@emmausnca.org</a>
Mary Ann Kraus	540-895-9671	<a href="mailto:md@emmausnca.org">md@emmausnca.org</a>

### Outreach Agape

Kathy Skilton	703-321-7139	<a href="mailto:aunkath@aol.com">aunkath@aol.com</a>
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### Prayer Wheel Coordinator

Jenn Glidwell	703-580-5182	<a href="mailto:magnolias72@verizon.net">magnolias72@verizon.net</a>
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### Rector(a) Selection Committee

Annette Barbier	703-491-2104	<a href="mailto:Abarbier2@aol.com">Abarbier2@aol.com</a>
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### Reunion Group Coordinator

Todd Hastings	703-938-9553	<a href="mailto:dumpster63T@verizon.net">dumpster63T@verizon.net</a>
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### Scholarships

<b>Treasurer</b>		
Jim McCray	703-491-8863	<a href="mailto:treas@emmausnca.org">treas@emmausnca.org</a>

### Website Manager

Rob Cannon	703-965-8045	<a href="mailto:webadmin@emmausnca.org">webadmin@emmausnca.org</a>
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### Wooden Crosses & Ropes

Jim and Jan Womer	703-670-5236	<a href="mailto:jmwomer@verizon.net">jmwomer@verizon.net</a>
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## CHRYSALIS BOARD

### Community Lay Director (CLD) Assistant Lay Director (ALD) Spiritual Director (SD)

<b>CLD</b>	Jo Ann McLean	<a href="mailto:laydirector@chrysalisnca.org">laydirector@chrysalisnca.org</a>
<b>ACL D</b>		<a href="mailto:asstlaydirector@chrysalisnca.org">asstlaydirector@chrysalisnca.org</a>
<b>SD</b>	Joann Smith	<a href="mailto:Pastor1@chrysalisnca.org">Pastor1@chrysalisnca.org</a>
<b>SD</b>	Gary McCluskey	<a href="mailto:Pastor2@chrysalisnca.org">Pastor2@chrysalisnca.org</a>

### Other Board Members

Katie Bubenhofer	Clayton Newberry
Kurt Bubenhofer	Mariah McLean
Sam Gero	Reann Newberry
Nick Iverson ( Young Adult ALD)	J R Williams
Amanda Daman	Lindell Tinsley

### Chrysalis Support Personnel

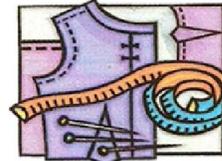
<b>Supply Coordinators</b>	Linda Russ/ Melissa Detwiler
<b>Prayer Wheel Coordinator</b>	Volunteer Needed
<b>Manuals and Talk Folders Coordinator</b>	Kurt Bubenhofer
<b>Community Music Director</b>	Dave Moore
<b>Registrar</b>	Scott Niehoff
<b>Secretary</b>	Stephanie Williams
<b>Treasurer</b>	Bob LeMay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

*"Heaven is a little closer in a house by the sea"*

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

**MARY JOHNSON**  
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