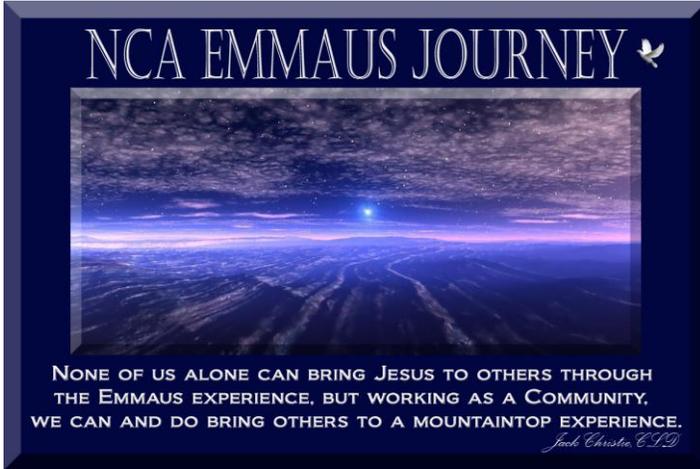


The newsletter of the National Capital Area (NCA) Emmaus for
the glory of God

Fourth Day Journal

Vol. XXX1 No.2 February, 2013

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



From the Emmaus Community Lay Director

Peter said to Jesus, "Master, it is good for us to be here."

For someone who had just seen the Messiah transfigured before him in glory and light, Peter's response seems a little low-key. Terrific! - maybe; WOW! - at least; Incredible! Awesome! 'Smazin! - better yet. I'm hoping something got lost in the translation! Many of us view our Emmaus weekend as a mountaintop experience where the Lord was unveiled to us in all His glory. Surrounded by His love, it was hard for us, as it was for Peter, to come down from the mountain to begin our Fourth Day. But we must; this is too good to keep to ourselves!

We need to share the wonder of that experience with others. And so we invite and sponsor, recreate the experience for others by being a part of the team, and reach out to others in our families and faith communities. Maybe through us, they can experience the love of our Lord and Savior, Jesus Christ.

Although the journey is sometimes difficult, it is important that we press on toward the goal, as St. Paul told us. As the beautiful poem by Jane Eggleston puts it: "The mountain tops are glorious, but it's in the valleys I grow." None of us alone can bring Jesus to others through the Emmaus experience, but working as a Community, we can and do bring others to a mountaintop experience.

Jack Christie
Community Lay Director

Did You Know?

The ladies of E-164 will be headed to the mountain on 28 February at the Skycroft Conference Center in Middletown, MD. Directions may be found on their web site at www.skycroft.org.

Ultreya will be held February 15 at Old Bridge UMC in Lake Ridge. See the website at www.emmausnca.org for directions a schedule of Ultreyas for 2013.

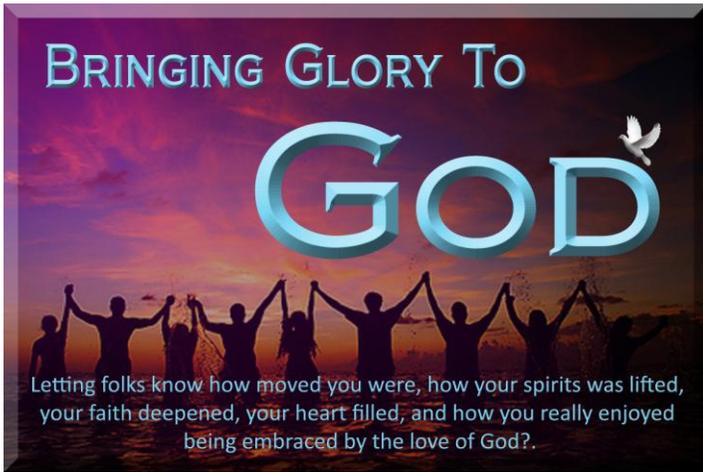
REUNION GROUP COORDINATOR NEEDED:

The NCA Emmaus Community is seeking a new Reunion Group Coordinator. If you are interested in serving in this capacity, please let a member of the Board know. Many thanks to Todd Hastings who has been serving the community in this role for the past several years.

Luke 9:33

INSIDE THIS ISSUE

Emmaus CLD Message	1
Reunion Group Coordinator Needed	1
2013 Weekend Fees	2
2013 Ultreya Gatherings	2
Emmaus SD Message	2
Inclement Weather Policy	2
Emmaus Music Directors, "Sing Praise"	3
Community Palanca	3-4
Outreach Prayer Request	4
E164 Rooted in His Love	5
Community Website Reminder	6
Chrysalis CLD Message	6
February 15 Ultreya, Old Bridge UMC	6
Emmaus/Chrysalis Board /Directories	7
Business Sponsors	8



From the Emmaus Spiritual Director

It is a joy and a privilege to get to serve you once again on the Board. Thank you for allowing me to serve.

I know that it seems like we just finished putting the Christmas decorations away and here we are getting ready to celebrate the season of Lent. It's a busy time. It's also an opportune time.

Often when we begin Lent, we think that we should give something up. I appreciate the sacrifice and the spiritual discipline. I also think it might be a good time to start something new. On your fourth day, what are you doing that's new? ...that's exciting? ...that's bringing joy? ...that's bringing glory to God?

This month, E-164 will be our "maiden voyage" for a wonderful weekend at Skycroft in Middletown, Maryland. We certainly wish them well and pray for another Spirit-filled weekend of love, laughter, food, music, inspiration, and did I mention food?

The world seems to be getting to be a tougher and tougher place to be. I still see the beauty of nature and the glory of God all around. I think the attitude we take with us is what makes our fourth day so dramatic and powerful in our lives. I believe that our Emmaus family truly makes a difference in our lives and in our churches. I know we speak of the importance of recruiting for weekends, but I hope we can also see it as a great privilege. We have an opportunity to share the power of that weekend that has moved each one of us, with others. We need to find pilgrims for both the women's and the men's weekend. (We need to find caterpillars for the Chrysalis weekends, too.)

The fee to sponsor to is \$150. Why not go in together with someone to sponsor -- share the cost? Why not see if you can get a line item in your church budget for Emmaus? Why not find a comfortable way to bring up what a great experience you had on a weekend, not giving away the surprises of course, but letting folks know how moved you were, how your spirits was lifted, your faith deepened, your

heart filled, and how you really enjoyed being embraced by the love of God?

I believe in the goodness of God and how God will bless us. I also believe that God expects us to do our part. We need folks to be tenacious about Emmaus, about recruiting, about attending Ultreyas and Closings, about supporting and working in their home churches, about seeking to be faithful disciples of our Lord Jesus.

Have a Happy Valentine's Day! May you enjoy a Spirit-filled Lent!

Blessings and De Colores,

Doug Geeting, SD

2013 ULTREYA GATHERINGS	
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

2013 WEEKEND EMMAUS FEES	
Application Fee	\$35.00
Pilgrim Fee	\$150.00
Team Fee	\$200.00

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.



From the Emmaus Music Directors, MD's

Wow! ... C-83 enjoyed an over-the-top music experience led by weekend MDs Sean Murphy and Lauren Van Wurt. They will be heading up the February Ultreya & all are invited to jump in and sing/play along! Song of this weekend chosen by Rs - Katie Bubenhoffer, Jerrod Mannucci, Stephanie Williams and Kurt Bubenhoffer – is "Everything I Need".

Wow! Talk about a song that sings a message for your heart, this is it! Part of the lyrics read "I love everything about You!" "Strength in My Weakness" Beautiful & spirited. Hope to see some new Butterflies playing along!

Jim, Jerry and I hope to plan a Musicians Get Together in the late spring here at the Krauss house in Lake Anna. The focus will be on jamming and discussing what's involved in providing music for weekends, Ultreyas, serenades, DDU's, outreach events, CCLI, power points, closing bulletins - any matters concerning such. Our hope is to encourage and share what works well & what may not, so we all improve & learn from each other as musicians & future Music Directors, Assistants, or band participants! This will be great for those with MD and/or AMD experience, or hoping to be such in the future. Count on a good time – let us know if you are interested.

Mary Ann and Jim and Jerry!

Don't let anything steal your JOY!

respond to: mkrauss70@aol.com, (703) 850-8226



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



OUTREACH PRAYERS REQUEST

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

Jan. 30-Feb 3, 2013

Men's Cursillo, Harvey, North Dakota

Feb. 14 - 18, 2013

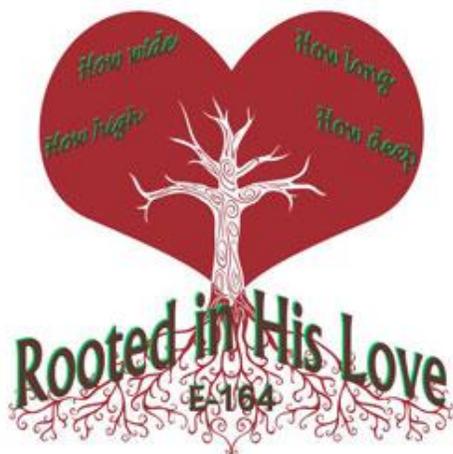
Men's Emmaus #26 Northeast Louisiana Emmaus
Women's #577 Via de Cristo Saginaw, MN

Feb. 28 - March 3, 2013

Men's Cursillo Derry, Ireland

Be blessed,

Kathy Skilton



E164- Skycroft - Feb 28 - March 4, 2013
A Message from the "R"

Ephesians 3:17-19: *And I pray that you, being rooted and established in love, may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.*

When I came to my Emmaus walk 17 years ago, I was already a committed Christian with a lot of biblical knowledge - I could recite your some scripture (hint, hint). But there was something missing, something I wasn't quite getting. Don't get me wrong I loved God and was totally a goner for Jesus but I had a hard time loving you "hypocrites and vipers". Those of you who "acknowledged Jesus with your lips but contradicted it with your lifestyle". And you know what, I had no problem pointing it out to you. Boy did I need a heart transplant... and that's exactly what happened that weekend many years ago. Just like the two men who walked on the Road to Emmaus over 2000 years ago, my eyes were opened as they were never before and I finally began to grasp how wide and long and high and deep is the love of Christ and to know this love ... the kind of love that surpasses knowledge, the kind of love that changes everything from the "inside out". I was forever changed.

I am honored by your call and for the privilege to serve with the fantastic kaleidoscope of women God has called together to serve Him on E-164. We are grateful for this opportunity to share His amazingly crazy love with the women who will be joining us and look forward to the great things that will happen when "God mixes with us". Our hope is they too will be forever changed.

To Him be the glory!
 DeColores and Fly With Christ,

Cynde Rogers

CADRE and TEAM

Heather Bosley-Papp ~Table Leader

- Stephana Brown** ~Table Leader
Lorraine Cornish ~Table Leader
Jenn Glidwell ~Palanca Cha
Catharine Guest ~Spiritual Director
Kathi Hall ~Ole Buffalo, Floater Cha
Michelle House ~Asst. Agape Feast Cha, Asst. Talk Room Cha
Charisse Ingraham ~Table Leader
Carolyn Janiczek ~Talk Room Cha, A/V Cha
Suzie Jelinski ~Agape Feast Cha, Asst. Chapel Cha
Kris Jullien ~Asst. Palanca Cha
Vicki Lamb ~Chapel Cha
Karen Lanman ~Asst. Closing Cha, Asst. Palanca Cha
Barbara Lee ~Asst. Dining Room Cha, Asst. Mananita Cha
Janet Loewer ~Table Leader
Kathy McCray ~Asst. Talk Room Cha, Mananita Cha
Maryann O'Brien ~Asst. Music Director
Amy Phillips ~Music Director
Cynde Rogers ~Rectora
Sandi Rogers ~Spiritual Director
Stephanie Scholz ~Table Leader
Eve Thompson ~Dining Room Cha, Closing Cha
Vanessa Watson ~ Asst. Head Cha
Kathy Woodley ~ Asst. Rectora
Rhianna Wright ~ Head Cha

PILGRIMS

- Lisa Abes** ~ Spirit & Life UMC
Cheryl Bauserman ~ Furnace Church of the Brethren
Reba Bayliss ~ First Baptist Alexandria
Kelly Boden ~ Prince of Peace UMC
Meredith Bridgers ~ Christ UMC
Michele Buzbee ~ Christ UMC
Jodi Clarken ~ Christ UMC
Maryann Danchik ~ Rising Hope UMC
Dana Duren ~ Spirit & Life UMC
Devin Duren ~ Spirit & Life UMC
Marti Farrelly ~ St. Timothy's Catholic
Jill Frankfort ~ Salem Fields Nazarene
Sandy Greer ~ St. John's UMC
Pam Holbert ~ Lake Ridge Baptist
Faye Lambert ~ Spirit & Life UMC
Roxanne Martin-Frey ~ Dumfries UMC
Terry O'Connor ~ New Life Anointed Ministry
Darlene Olarinde ~ Dumfries UMC
Michelle Olmstead ~ All Saints Episcopal
Martha Pretizza ~ Spirit & Life UMC
Kat Schreiber ~ Christ UMC
Tomi Trimm ~ Pender UMC
Susan Watkins ~ Old Bridge UMC
Ali Wills ~ Old Bridge UMC
Robin Wisner ~ Salem Fields Nazarene

National Capital Area Chrysalis



From Our Chrysalis Community Lay Director

Greetings 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" (C-83's Bible verse)

Chrysalis 83 High School Weekend proved to all that "JESUS IS EVERYTHING WE NEED!" We ask for continued prayers for the most recent Butterflies, on their fourth day journey, that they continue to feel God's powerful Agape Love and pass it on to others. Let's give them a hearty reception at the next Ultreya.

Chrysalis 84 Young Adult Team have started the teaming process and they are looking forward to their weekend , Wednesday, June 12, through Saturday, June 15, at Skycroft Conference and Retreat Center in Maryland. Prayerfully consider sponsoring a Caterpillar (young adult ages between 18 and 25). Rectora is Reanne Newberry and Rector is Sam Parris.

Their theme is "Living for the very first time", and C-84's scripture is John 3:8 "The wind blows wherever it pleases. You hear it's sound, but you cannot tell where it comes from or where it is going. So it is with everyone born of the spirit."

Our Chrysalis community now has new, hand painted, communion chalice and platter, in loving memory of Emily "Tabor" McMullen. We remember Emily "Tabor" for her Love of Chrysalis and God's Agape Love. Emily knew how to pass it on. Now it's our job to continue her legacy.

Be sure to check out our web site: www.ncachrysalis.org - you will find:

- * Caterpillar (Bug) applications

- * Team applications
- * Background of who we are
- * Dates of upcoming events
- * Ways we can support this ministry

We thank everyone for the continued support, to make this ministry a reality. I am always amazed by your generosity and the outpouring of prayers and encouraging words. I am always open to hear from you. Please stop by and visit the Chrysalis table at Ultreyas or feel free to contact me at joann_mclean@cox.net or 703-477-7129.

May you be strengthened with all power, according to His glorious might. - Colossians 1:11

Fly With Christ,

Jo Ann McLean

Chrysalis Lay Director

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.

Join us at our next **Ultreya Gathering**
7:30 p.m., Friday, February 15, 2013
Old Bridge UMC,
Woodbridge, VA

EMMAUS BOARD		
Term Expiring January 2014		
Vickie Carroll	703-887-7590	vickie.carroll@me.com
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
Term Expiring January 2015		
Bev Barthmaier	856-231-9912	bevb361@comcast.net
Charlie Carroll	703-887-7590	ccarroll813@me.com
Doug Geeting	703-221-8607	dgeeting@verizon.net
Bob Jones	703-451-4329	lgandrrjones@aol.com
Glenda Lambert	703-992-6913	gcljewelry@gmail.com
Tony Papp	703-441-9715	teepee22@msn.com
EMMAUS SUPPORT STAFF		
Applications ~ Pilgrims (& drops)		
Jan & Carolyn Janiczek	703-670-6615	Cand_app@emmausnca.org
Applications ~ Team		
Jan & Carolyn Janiczek	703-670-6615	Team_app@emmausnca.org
Board Secretary		
Kathy Henry	703-960-4540	dakota-laguapa@earthlink.net
Community Agape		
Linda Smith	703-216-2469	lindalsmith999@verizon.net
Community Support (Storage Shed)		
Patty Plummer	703-490-3769	plummerp@comcast.net
Data Base Manager		
Jan & Carolyn Janiczek	703-670-6615	Data_adm@emmausnca.org
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
Fourth Day Journal Mailing		
Maria Hooper	703-878-3227	4DayMail@emmausnca.org
Historian		
Neal Ailstock	703-931-4800	history@emmausnca.org
HolyNet Coordinator		
Dave Moore	703-680-4002	emmausnca@gmail.com
Kairos Information (Weekend, Cookies, Etc.)		
Todd Hastings	703-938-9553	dumpster63T@verizon.net
Kairos Outside Information		
Barbara Teats	703-354-9043	barbteats@hotmail.com
Manuals		
Linda Girten	703-491-3801	manuals@emmausnca.org
Music Directors		
Jim Krauss	540-895-9671	md@emmausnca.org
Mary Ann Kraus	540-895-9671	md@emmausnca.org
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
Reunion Group Coordinator		
Todd Hastings	703-938-9553	dumpster63T@verizon.net
Scholarships		
Treasurer		
Jim McCray	703-491-8863	treas@emmausnca.org
Website Manager		
Rob Cannon	703-965-8045	webadmin@emmausnca.org
Wooden Crosses & Ropes		
Jim and Jan Womer	703-670-5236	jmwomer@verizon.net

CHRYSALIS BOARD		
Community Lay Director (CLD)		
Assistant Lay Director (ALD)		
Spiritual Director (SD)		
CLD	Jo Ann McLean	laydirector@chrysalisnca.org
ACLD		asstlaydirector@chrysalisnca.org
SD	Joann Smith	Pastor1@chrysalisnca.org
SD	Gary McCluskey	Pastor2@chrysalisnca.org
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		
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
Worldwide Agape Coord.		Volunteer Needed
Facilities Coordinator		Volunteer Needed
Fourth Day Packet Coord.		Bob LeMay
Historian		Volunteer Needed
Outreach Coordinator		Mark and Pat Fahner
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		Clayton Newberry

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

Beach House – Cape Hatteras NC
3 BR, 2Bath (Semi-oceanfront, open all year)

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

**Seatco Custom
Embroidery**

*Let us transform your original design into
beautiful, lustrous embroidery!*

Jennifer Ailstock E-67

5610 Scoville St. 703-931-4800
Bailey's Crossroads, VA 22041



RE/MAX
Allegiance

Dawn Squires
REALTOR®

Top Producer, SRES Specialist
5641 Burke Centre Parkway
Burke, Virginia 22015

10% of Commission to NCA Emmons
for each "Emmons" House

Direct (703) 503-4286
Office (703) 250-8500
Fax (703) 250-4586

 
Each Office Independently Owned and Operated

dawn.squires@gte.net



DE COLORES !



www.emmausnca.org

**Fourth-Day-Journal
Emmaus of the National Capital Area
P.O. Box 2243
Merrifield, VA 22116**