

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

# Fourth Day Journal

Vol. XXX1 No.3 March, 2013

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



## Our Redeemer Lives

It is all part of God's plan



Have a holy and blessed Easter celebration. Alleluia!

### From the Emmaus Community Lay Director

*Blessed is he who comes in the name of the Lord!*

Now, during this Lenten season, we see Jesus' ministry on a high. He has been preaching, converting, healing - touching peoples' lives in so many ways. And then He will go one step farther to raise his friend Lazarus from the grave. Then it is time for his triumphant entry into the Jerusalem with the crowd going wild.

By the time of the Last Supper, the apostles must have thought, "It doesn't get any better than this. What a privilege to be known as one of His twelve chosen!" But then, suddenly, everything comes apart: their teacher is arrested, the crowd turns against Him, and Pilate has condemned Him to death. Talk about a 180 degree turn! Their hopes and dreams seem all for naught.

What the apostles couldn't see was that this was all part of God's plan. Although Jesus told them the plan more than once, that he would suffer and die and rise again, it just wasn't something the apostles could understand. In a few more days, it would begin to make sense - their Redeemer lives!

For many of us, it is hard to see and understand God's plan. Why do these things happen? Why must I be ill, or injured, or see my loved ones suffer? Through it all we must remember that God's way is not our way - that there is a greater plan that may or may not be revealed to us. But through it all, we can also find comfort that God is at our side. walking with us through the bad times to support and

comfort us. He is a loving shepherd who cares for His sheep always.

Have a holy and blessed Easter celebration. Alleluia!

Blessings,

*Jack Christie*

Community Lay Director

### Did You Know?

Ultreya will be held March 15 at St. John's UMC in Springfield. See the website at [www.emmausnca.org](http://www.emmausnca.org) for directions a schedule of Ultreyas for 2013. The pilgrims from E-164 will be introduced to the community at this Ultreya.

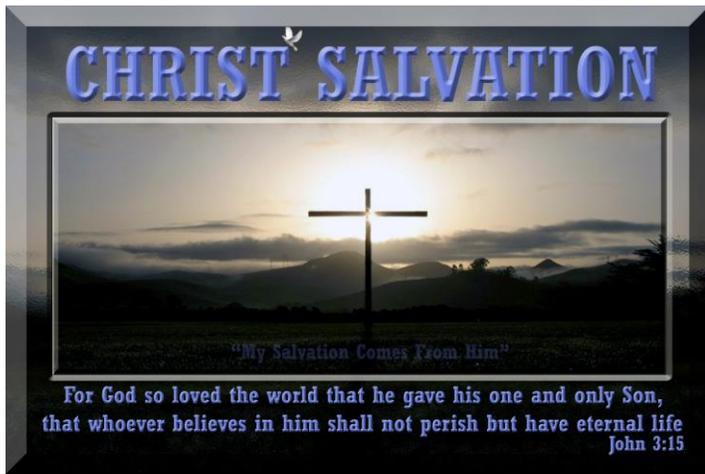
Our next weekend will be E-165 for men, June 6-9 at the Skycroft Retreat Center in Middletown, MD. Jim McCray is the Rector for this weekend. For information on the center, visit their web site at [www.skycroft.org](http://www.skycroft.org).

### 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.

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**From the Emmaus Spiritual Director**

The primary purpose for the Walk to Emmaus is to encourage and strengthen the leaders for the local church. As the whole church has experienced decline, the ministry of NCA Emmaus is essential for renewal and recovery. Leadership behavior requires practice. Teaming is a wonderful way for leaders to practice and test out their call to find exactly how their gifts can be used. Prayer around each team member has eternal significance beyond the weekends that are served. Local churches become places of health and vitality through stronger leadership. Stronger leadership does not mean taking on more power and authority, when we follow Christ we take the path of downward mobility. A strong leader will take responsibility when they see a need to mobilize others to assist in meeting the need. Leadership steps out of the way to make room for others to grow. God will often use those who have a desire whether we have the gift to accomplish the ministry or not. I believe practicing leadership is so important, even at the cost of failure. We are not to be an efficient community so much as we are to be a body of believers trusting that God can work through our humanness. The significant factor in leadership is passion. Passion is expressed when we are focused on God and work to build bridges to meet the needs of God's people, and ultimately the needs of God's church.

The season of Lent is about acknowledging where we fall short and put other things besides God in the center of our lives. This is the season that we are to get in touch with our sinful nature. Salvation is not some kind of ticket to heaven, I believe that salvation is what happens to our lives when we admit our own sinfulness and let God change us. John Wesley would say, "we feel the love of God shed abroad in our heart by the Holy Spirit, we are changed, we leave behind our loved of pleasure, ease, honor of money, we let go of our selfish pride, and every other evil temper and are changed toward the mind that was in Christ." Things like pride, greed and envy can be burned away during Lent, purified so that we learn who we are truly meant to be.

Lent is a personal journey but it is also deeply communal. So as we address our sin, we also ought to address the sin

of our community. Have we welcomed all to participate? Have all the gifts of the body been utilized? Are we stepping out of the way to see God's gifts come alive in others? Lent is the time to come out of the shadows, as a whole people of God, all of us practicing and preparing for the Resurrection that is to come.

*Rev. Janet P. Salbert, SD*

<b>2013 ULTREYA GATHERINGS</b>	
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

**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.

<b>2013 WEEKEND EMMAUS FEES</b>	
<b>Application Fee</b>	<b>\$35.00</b>
<b>Pilgrim Fee</b>	<b>\$150.00</b>
<b>Team Fee</b>	<b>\$200.00</b>



## From the Emmaus Music Directors, MD's

"I will praise You in the storm". Wow! What a concept, what a great song & we sing it with fervor. Do we live it?! Sabrina Murphy sure does!! & her talk song represents her testimony. She shared at February Ultreya and we all cried tears of praise as we witnessed her great faith & better yet, our God's greatness. "For You are who You are no matter where I am!"

Can others be reached for Christ through you, through Emmaus?? Arrange an Outreach Time for the Emmaus band to come to your church or group for His glory. We bring an SD with us and community support with apps to best offer the opportunity to invite others to walk & share the JOY!

*Mary Ann and Jim and Jerry!*

**Don't let anything steal your JOY!**

respond to: [mkrauss70@aol.com](mailto: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.

### **March 7-10, 2013**

Men Blue Ridge Cursillo, Fincastle, VA  
Men Emmaus #7 Dublin, Ireland

### **March 14-17, 2013**

Women Catholic Cursillo #136 Arlington, VA  
Men Kairos, Greensville, VA  
Men Kairos, Augusta, VA

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  
**Patty Plummer** ~Asst. Dining Rm. 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  
**Yvonne Cunningham** ~ Risen Hope  
**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  
**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  
**Betsy Weixel** ~ Fairfax Community Church  
**Ali Wills** ~ Old Bridge UMC  
**Robin Wisner** ~ Salem Fields Nazarene

## National Capital Area Chrysalis



### From Our Chrysalis Community Lay Director

*John 3:8 "The wind blows wherever it pleases. You hear its sound, but you cannot tell where it comes from or where it is going. So it is with everyone born of the Spirit."*

This is the inspirational scripture chosen by our Young Adult C-84 Chrysalis R's Reann Newberry and Sam Parris. They have been meeting and bonding with their cadre and team. Let's support them. Prayerfully consider sponsoring someone you know, 18 to 25, to attend this special weekend. Please don't wait. Start now.

Our Caterpillar applicants on file are few but our hopes are high. Chrysalis, like Emmaus, and KAIROS, changes lives. Let's do our part to support this ministry. I challenge all to approach at least 3 people to sponsor for a Chrysalis weekend. If we all do this, I bet we can raise the number of applicants, for high school and young adult weekends. If we sit back and leave sponsorship to someone else, this community could disappear. Like many of you, I have benefited from someone thinking enough of me to sponsor me. I have received even greater joy in sponsoring others, seeing the love of Jesus reflected, and building life long brothers and sisters in Christ. You can pick up and turn in applications at all Ultreyas. Applications can be printed from the Chrysalis WEB site [www.ncachrysalis.org](http://www.ncachrysalis.org)

Please mail applications with \$30 application fee to:  
NCA Chrysalis, P.O. Box 185  
Occoquan, VA 22125

### C-84 Young Adult Chrysalis weekend

**Dates:** Wednesday, June 12 - Saturday, June 15

**Location:** Skycroft Conference & Retreat Center  
9621 Frostown Road, Middletown, MD 21769

### C-85 High School weekend

**Dates:** Friday, August 9 - Monday, August 12

**Location:** Skycroft Conference & Retreat Center  
9621 Frostown Road, Middletown, MD 21769

Teaming process will begin soon for the summer High School Chrysalis weekend, so please get your team application in if you wish to be a part of it.

I am continually inspired by the youth in this community. If you missed the last Ultreya, you missed out on a moving 4th Day Talk. The days following Sabina's message (or should I say God's message through her), I have been continually reminded of the power of God's Love, His Loving faith community, and hope and peace that can only come from Him.

Thank you for the continued prayers and support of this worthwhile ministry!

Fly With Christ,

*Jo Ann McLean*

NCA Chrysalis Lay Director

#### **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.

Join us at our next **Ultreya Gathering**  
7:30 p.m., Friday, March 15, 2013  
**St. John's UMC,**  
Springfield, VA

<b>EMMAUS BOARD</b>		
<b>Term Expiring January 2014</b>		
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Dave Moore	703-680-4002	emmausnca@gmail.com
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<b>Assistant Lay Director (ALD)</b>		
<b>Spiritual Director (SD)</b>		
<b>CLD</b>	Jo Ann McLean	laydirector@chrysalisnca.org
<b>ACLD</b>		asstlaydirector@chrysalisnca.org
<b>SD</b>	Joann Smith	Pastor1@chrysalisnca.org
<b>SD</b>	Gary McCluskey	Pastor2@chrysalisnca.org
<b>Other Board Members</b>		
	Katie Bubenhofer	Clayton Newberry
	Kurt Bubenhofer	Mariah McLean
	Sam Gero	Reann Newberry
	Nick Iverson ( Young Adult ALD)	J R Williams
	Amanda Daman	Lindell Tinsley
<b>Chrysalis Support Personnel</b>		
<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
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<b>Dining Room Coordinator</b>		Linda Smith
<b>Worldwide Agape Coord.</b>		Volunteer Needed
<b>Facilities Coordinator</b>		Volunteer Needed
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<b>Historian</b>		Volunteer Needed
<b>Outreach Coordinator</b>		Mark and Pat Fahner
<b>Clown Communion Coord.</b>		Jan Niehoff
<b>Chrysalis Crosse Coord.</b>		Janet & Lindsey Matthews
<b>Hoot Coordinators</b>		Donna VanWert/Bob LeMay Karen Kimberlin
<b>I am Lovable Pin Coordinator</b>		Linda Smith
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*"Heaven is a little closer in a house by the sea."*

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# DE COLORES !



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