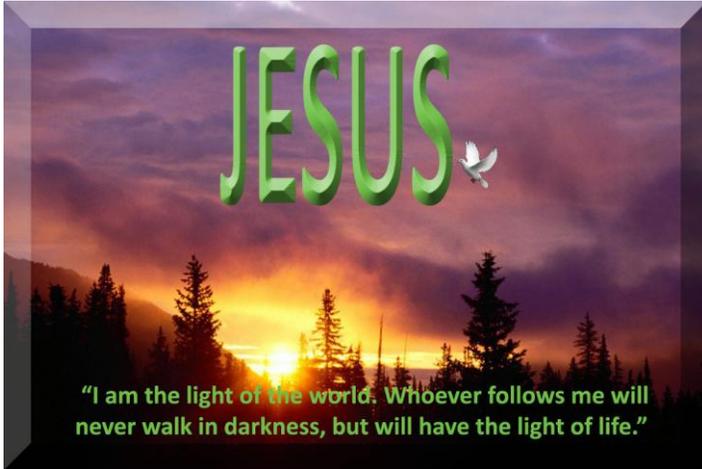


The newsletter of the National Capital Area (NCA) Emmaus for
the glory of God

Fourth Day Journal

Vol. XXX1 No.4 April, 2013

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



Receive Jesus as your light. Continue to look to Him as your light, and then let Him shine for you and through you, as you say to others, "the peace of Christ be with you!"
DeColores

Blessings,
Jack Christie
Community Lay Director

Did You Know?

Ultreya will be held April 19 at Dumfries UMC. See the web-site at www.emmausnca.org for directions a schedule of Ultreyas for 2013.

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.

The weekends for 2014 have been announced: E-168 (women) March 27-30 with Carolyn Ritenour as Rectora; E-169 (men) May 1-4 with Paul Salbert as Rector; E-170 (women) Oct. 2-5 with Beth Rand as Rectora; E-171 (men) Nov. 20-23 with Sam Parris as Rector

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.

From the Emmaus Community Lay Director

I am the light of the world. He who follows Me shall not walk in darkness, but have the light of life.

When I was in high school, a friend took several of us boys hiking on the Appalachian Trail. We were not planning to walk after dark, so we took no flashlights, but our timing was not good, and after a dinner on the trail, we started back as the sun set. Beneath the canopy of the trees it got rather dark in a hurry. Walking on the uneven ground, with loose rock and tree roots, became quite treacherous - and more than a little scary. God willing, we made it to a cross road and walked the roads back to where the car was parked - miles out of the way, but made safer by the bit of moonlight available.

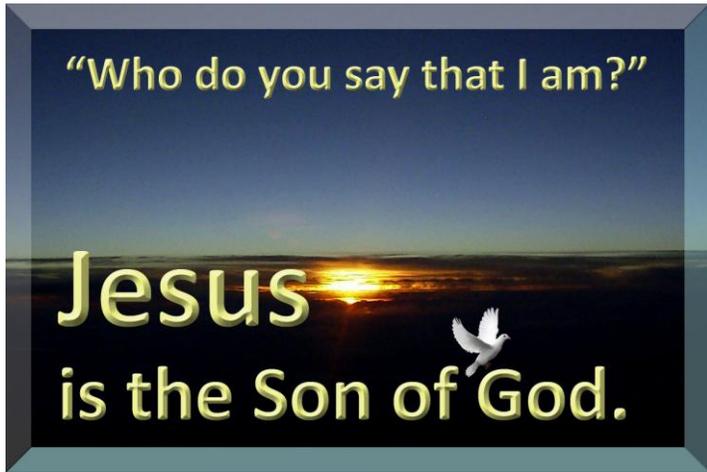
Thus it is with our life. If we embrace evil, we seek the darkness so that our evil ways will not be exposed. Our lives can be filled with worry, fear, and anxiety. We will continue to stumble because we cannot see the way to go and have no one to follow.

Turning to Jesus brings us into the light, the Light of the World, the light of our lives! Jesus shines in our darkness to give us understanding and guidance when we are confused; He gives us hope in the midst of our struggles; and He breaks the forces of evil.

As the sun nurtures the plants, Jesus provides us with physical sustenance to live, as well as causing us to grow spiritually. Jesus enables us to grow the fruit of the Spirit: love, joy, peace, patience, kindness, gentleness, faithfulness, and self-control.

2013 ULTREYA GATHERINGS

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



From the Emmaus Spiritual Director

April arrives and we find ourselves in the season of Easter. It's a beautiful season, with the joy of resurrection surrounding us and all the beauty of spring. All the blossoms and fragrances make us aware of new life all around us.

In the days leading up to Easter, Jesus asked his disciples a question, "Who do you say that I am?" Here we are, sitting on the other side of Easter and I think we still ask ourselves that question. Jesus is the Messiah, the Son of the living God. Peter's confession is a powerful statement of faith. While there is still understanding for Peter to come, he knows, based on what he has seen and heard, that Jesus is the Son of God.

Do we have that deep faith within us, where we state that Jesus is our Savior, the Son of the living and true God? Still, we can find ourselves in the midst of turmoil or stress and wonder. We can find ourselves in the midst of joy and celebration and we may tend to forget. We may be deep in prayer or hearing the Scriptures read or a piece of music played -- and we know -- we just know. Yes, our context, our situation, can make belief easier or more difficult. Jesus' love for us is constant.

But, I think that there is another question. Jesus asked Peter this question, and I think he asks us, "Do you love me?" We know that Jesus asked Peter that question three times on the beach at the Sea of Galilee, after the Resurrection. Peter had denied Jesus, and this was Jesus' way of forgiving Peter and letting him know that he would now be entrusted to carry on the church.

I wonder what kind of a fourth day Peter thought he was having? Like an Emmaus weekend, Peter ate, laughed, listened, and cried. I think Peter finally got it. He was able to enter into his own pain, to come face-to-face with his shortcomings, and discover that Jesus was still there loving him. Peter's fourth day would be one of great challenge and great accomplishment. The Holy Spirit filled him and gave him the power he needed to carry out his many responsibilities.

And that's our fourth day -- we know we have messed up and not been all that we should have been, but we have a loving God who stands beside us to uplift us and sustain us in the high moments and in the very low. As you recall your spiritual "high" up on the mountain, may you know that Jesus walks with you through all those valleys and shadows. We are not alone. Thanks be to God!

Blessings and De Colores,
Doug Geeting, SD

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

2013 -2014 WEEKEND SCHEDULE		
*E-165	June 6-9	(M)
*E-166	Sept. 12-15	(W)
*E-167	Oct. 31-Nov. 3	(M)
2014		
E-168	March 27-30	(W)
E-169	May 1-4	(M)
E-170	Oct 2-5	(W)
E-171	Nov. 20-23	(M)

* www.skycroft.org



From the Emmaus Music Directors, MD's

Zephaniah 3:17 NIV

"The lord your God is with you, the Mighty Warrior who saves. He will take great delight in you; in his love he will no longer rebuke you, but will rejoice over you with singing."

Oh, yes!! He is mighty to save! Don't you love the saying, "We are Easter people!" ? All year long. The joy of the resurrection and the lasting truth that "He lives!" He has conquered the grave & because of this we SING. And He rejoices over us with singing - wow! Praise.

During this beautiful season keep a song in your heart, hum as you go. And we ask that you share with us that catchy tune, favorite hymn or praise song! As spring blossoms, we are reminded we are new creatures - sing Praise!!

Mary Ann and Jim and Jerry!

Don't let anything steal your JOY!

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

See it at YouVersion.com:
<http://bible.us/Zeph3.17.NIV>

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 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.

April 4-7, 2013, Men

Maryland Emmaus #192

April 11-14, 2013

Women Blue Ridge Cursillo Fincastle, VA

Women Kairos Fluvanna Correctional Center Troy, VA

April 18-21, 2013

Men Arlington Catholic Cursillo #126 Arlington, VA

April 25-28, 2013

Women Maryland Emmaus #194

Chrysalis #9 Via de Christo Western Washington Newcastle, WA

Be blessed,

Kathy Skilton

National Capital Area Chrysalis



**From Our Chrysalis
Community Lay Director**

Easter is finally here – Hallelujah!

“All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.” Mathew 28: 18-20

Please keep the Young adult Chrysalis Team of C-84 in your prayers and consider sponsoring a Caterpillar. Time is running short, so let's show our support by mailing those Bug applications in. You can find applications at www.ncachrysalis.org. The R'S for the weekend are Reann Newberry and Sam Parris. It will be at Skycroft Conference and Retreat Center on Wednesday, June 12 through Saturday, June 15. The address is 9621 Frostown Road, Midletown, MD 21769.

The summer High School Chrysalis C-85 weekend is scheduled for Friday, August 9 through Monday, August 12 at Skycroft Conference and Retreat Center. The team selection process is starting, so please submit a team application if you want to participate. It is always good to have an application in, even if you wish to team next January because we prioritize by date submitted and by first time applicants. Also, be in prayer and approach teens (and parents of teens) that you think would be interested in attending or teens who would benefit from this ministry. Don't forget to pass it on. Download Team and Bug applications at our web site www.ncachrysalis.org. If you approach friends and family about attending, refer them to our web page to find out more.

Chrysalis Reunion Group will be held at Cameron UMC in Alexandria on Saturday, April 20 at 7pm. It is a great time for Butterflies and Chrysalis Team members to get together to socialize, share, and keep connected. This month we will also be baking cookies for the KAIRO's Prison Ministry

and eating a few in the process. Call Jo Ann McLean at 703-477-7129 with any questions.

We have a Chrysalis Board nomination Committee of J.R. Williams, Jacob Mosser, and Madison McLean for anyone interested in being on the Chrysalis Board. The new term starts in September. The Board meets once a month, typically the second Monday of each month. Please talk with anyone on this committee if you would like to know more.

We thank everyone for your continued prayers, time, financial support, agape, and enthusiasm! Thank you for supporting these youth and this ministry!

Fly With Christ,

Jo Ann McLean
NCA 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, April 19, 2013
Dumfries UMC,
Dumfries, 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
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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

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Fourth Day Packets

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Fourth Day Journal Mailing

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Historian

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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

Jim Krauss	540-895-9671	md@emmausnca.org
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Mary Ann Kraus	540-895-9671	md@emmausnca.org
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Outreach Agape

Kathy Skilton	703-321-7139	aunkath@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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Scholarship Coordinator

Glenda Lambert	703-992-6913	gcljewelry@gmail.com
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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	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

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