

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

Fourth Day Journal

Vol. XXXI No.5 May, 2013

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



Let our prayers of thanksgiving for all that God has blessed us with include thanks for the working of the Holy Spirit in our lives. And pray, also, that our hearts remain open to the direction of the Holy Spirit. DeColores!

Blessings,
Jack Christie
Community Lay Director

Did You Know?

Ultreya will be held May 17 at Christ Church in Fairfax Station. See the website at www.emmausnca.org for directions and a schedule of Ultreyas for 2013.

Our next Emmaus weekend will be E-165 for men, June 6-9 at the Skycroft Retreat Center in Middletown, MD. For information on the center, visit www.skycroft.org.

E-165 is followed the next weekend by the Chrysalis Young Adult C-84, also at Skycroft.

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

And I will pray the Father, and He shall give you another Helper, that He may abide with you forever - the Spirit of Truth, whom the world cannot receive because it neither sees Him nor knows Him; but you know Him, for He dwells with you and will be in you.

John 14:16

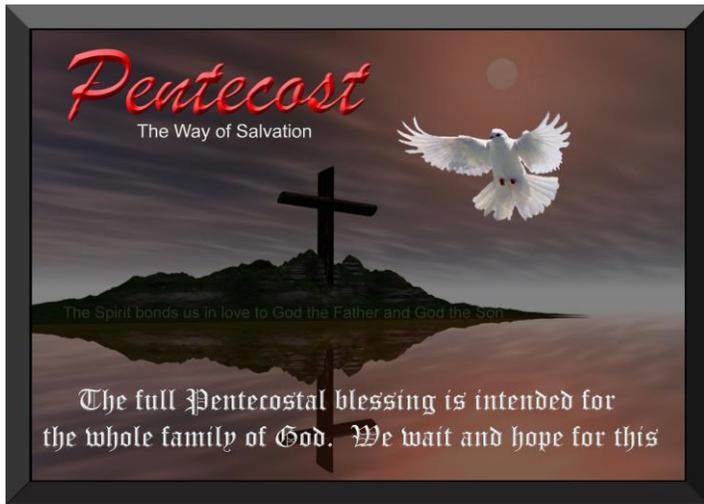
Spring has sprung! - with fits and starts. But in spite of the ups and downs of the thermometer, the flowers are blooming and the trees are budding. I have a robin nesting on the end of my extension ladder, and a mourning dove has set up housekeeping in the vines over my back door.

We have exalted in the resurrection at Easter, and now we wait with the apostles for the coming of the Holy Spirit that Jesus promised to send, *who will teach you all things and bring to your remembrance all things* (John 14:26). We often ask the Lord to send us the Holy Spirit. It is in the prayer we say before each of the talks on the weekend, "Come Holy Spirit..." And we say it again before the 4th Day Talk at DDU or Ultreya. We ask the Spirit to "bring to our remembrance" the details and the emotions: joy, sorrow, fear, or wonder, of the testimony we are trying to share.

And many of us have truly felt the touch of the Holy Spirit: a special insight or depth of understanding that surprises even ourselves; a deep calm when we should be nervous; a capability to make a passage of Scripture understandable and relatable to others; or a peacefulness beyond all understanding.

2013 ULTREYA GATHERINGS

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



Please wear **RED** to your church on Pentecost Sunday, May 19th!

Rev. Janet Salbert, SD

**From the Emmaus Spiritual Director
Pentecost**

We celebrate the gift of the Holy Spirit on Pentecost, in some churches, Pentecost used to be called Whit Sunday and in some countries it is a national holiday. John Wesley, served the church during a time that the church that was caught up in theological arguments, a church where the understanding of grace had gone stale. In his journal, John Wesley wrote that on May 24, 1783, after hearing Martin Luther's *Preface to the Epistle to the Roman's*, his heart was strangely warmed. His experience of the Holy Spirit inspired the rest of his ministry in which he outlined The Way of Salvation, which we in the Emmaus community, hear during our prevenient, justifying and sanctifying grace talks. Augustine called the Holy Spirit the bond of love. The Spirit bonds us in love to God the Father and God the Son.

Many people well intended people think the Holy Spirit is that which nudges them towards whatever feels good. After all, in the gospel of John, the **Paraclete** is most often translated as the 'comforter,' and we often misinterpret the experience of the Holy Spirit as that which gives us permission to act in whatever way we think *feels* best. What *feels* best is unfortunately, not always necessarily what is faithful.

The ongoing work of the Spirit in our lives is called sanctification. It is the grace present when we are empowered to love God and one another. The work of the Holy Spirit works within the entire community. It is the power of the Holy Spirit at work when we remain devoted and honor God and one another. It is the work of the Holy Spirit when we care for and minister with one another. It is the work of the Holy Spirit when we get along well both in work and in play. It is the work of the Holy Spirit when our humility and acceptance for another is expressed in community. Through the Holy Spirit, we inspire one another on to good deeds. Like the water in a mountain spring, the life of the Spirit cannot be contained in community either, it spills out and gushes forth becoming a blessing for the entire world.

The full Pentecostal blessing is intended
for the whole family of God.
We wait and hope for this.

INSIDE THIS ISSUE	
Emmaus CLD Message	1
Reunion Group Coordinator Needed	1
2013 Ultreya Gatherings	1
2013 Weekend Fees	2
Emmaus SD Message	2
Inclement Weather Policy	3
Emmaus Music Directors, "Sing Praise"	3
Community Palanca	3-4
Outreach Prayer Request	4
Community Website Reminder	5
Chrysalis CLD Message	5
April 19, Dumfries UMC, Dumfries, VA	5
Emmaus/Chrysalis Board /Directories	6
Business Sponsors	7

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



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.

May 2-5, 2013

Women Emmaus # 69 Drakensburg, South Africa
Men Emmaus #50 Central Queensland, Australia

May 16-19, 2013

Women Great Banquet #158 Madison, KY

May 23-26, 2013

Men Via de Cristo #594 St. Paul, MN
Women Kairos Virginia Correctional Center for Women,
Goochland, VA

Be blessed,

Kathy Skilton

National Capital Area Chrysalis



From Our Chrysalis Community Lay Director

“THOUGHTS”

As I was walking this morning,
I noticed many butterflies on my path.
Were they always there?
Maybe so, I don't recall.
Now they seem to stir up emotion –
Joy – Happiness.
Why is it so?
Is it how the Bugs transformed,
Or is it something that changed in me?
Maybe it's both.
I am certain that something lights up in me,
When I see a Butterfly.

Written after teaming on C-76

Help us transform lives by sponsoring a youth or young adult on a Chrysalis weekend. There are two opportunities coming up very soon. We are **EXTREMELY** low on Caterpillar applications. If we do not receive more applications, we will be forced to *cancel weekends*.

The deadline for C-84 Young Adult weekend is May 24. Please go to ncachrysalis.org to print applications. Applicants should be 19 – 25 age range. The dates for C-84 are Wednesday evening, June 12 through Saturday, June 15 at Skycroft Conference and Retreat Center, 9621 Frostown, MD 21769. Rectora is Reann Newberry and Sam Parris is the Rector. Theme: “Living for the first time”
Scripture: John 3:8,8 “The wind blows wherever it pleases. You hear its sound, but you cannot tell where it is going. So it is with everyone born of the spirit.”
Song: “Born Again” by Third Day

C-85 High School weekend is scheduled for Friday evening, August 9 through Monday, August 12 at Skycroft Conference and Retreat Center, 9621 Frostown, MD 21769.

Youth Male Rector: Max Stribula
Youth Female Rectora: Madison McLean
Adult Male Rector: Jeff Tidd
Adult Female Rector: Carolyn Tidd

Deuteronomy 4:9 states “Don't forget the things your eyes have seen or let them fade from your heart. As long as you live. Teach them to your children.”

Thank you for continued prayers for Chrysalis and for continued support of 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, May 17, 2013
Christ Church UMC,
Fairfax Station

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
Scholarship Coordinator		
Glenda Lambert	703-992-6913	gcljewelry@gmail.com
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 Emmaus
for each "Emmaus" House

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

Equal Opportunity Lender
Equal Housing Lender

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**