

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

Fourth Day Journal

Vol. XXXI No.7 July, 2013

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



From the Emmaus Community Lay Director

Therefore, if the Son makes you free, you shall be free indeed.

This month we celebrate our Independence Day! No, not when Will Smith saved us from the aliens, but when we separated from an oppressive ruler. This country was founded on Christian principles. God is part of the national motto that appears on our coins and currency. Belief in the Almighty is deeply rooted in the history of the United States. Granted that it has taken many years to bring some of those founding principles to bear, but our country is a work in progress.

One thing that we value highly is our LIBERTY. In the words of Thomas Jefferson, "God, who gave us life, gave us liberty." But we know our liberty is truly in the hands of the Lord; freedom from want, freedom from worry, freedom from sin. It is in Him that we are free indeed. "In God We Trust" needs to be more than a nice phrase on our money. It needs to be a belief rooted firmly in our hearts and souls. That is the true foundation of peace in our lives.

So this month, as we reflect on the blessing it is to be Americans, let us raise our voices in thanksgiving to the God in whom we trust. DeColores!

Blessings,

Jack Christie

Community Lay Director

Did You Know?

Ultreya will be held July 19 at Annandale UMC. Remember that this is our annual BBQ feast, thanks to Rob Cannon and the folks at Annandale, so come early to feast before the Ultreya. See the website at www.emmausnca.org for directions and a schedule of Ultreyas for 2013.

The women's Emmaus weekend, E-166, has begun the teaming process. It will be on the mountain September 12-15 at the Skycroft Retreat Center in Middletown, MD. For information on the center, visit www.skycroft.org.

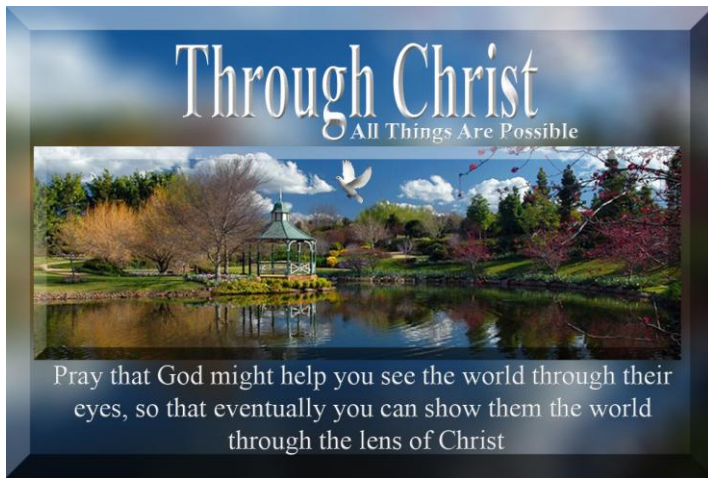
Chrysalis is launching the "Coffee Bug" on July 20, 7 to 9 PM, at Springfield UMC. The event is designed to introduce high school youths to Chrysalis in a non-threatening atmosphere of fun and entertainment.

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

Decolores!

How bright and vibrant creation looks in summer! How vibrant the world looks for those whom Christ is alive! Did you know that in our communities, there are 33% of adults under the age of 30 who have never attended church and over 85% of those said they were not even looking for religious affiliation. (according to Pew Research Report)

Imagine what your world would look like if someone had not introduced you to Christ. Emmaus serves the mission to strengthen leaders in the church. We are not a starting place for new Christians but a place for mature, seasoned Christians to be refreshed and restored in relationship to God in order to better serve our local churches.

Clearly, one of the most needed places to serve in our churches is beyond the walls, into the community and neighborhoods where we can learn from the never churched. It is not as scary as it sounds. Pick one teller at the bank, one cashier at the grocery store, one teacher at the school, one lifeguard at the pool, one mechanic at the shop and begin to pray. Pray that God might give you an opportunity to become their friend. Pray that God might help you see the world through their eyes, so that eventually you can show them the world through the lens of Christ. Build the relationship first over conversation. Talk about the books they read, the movies they enjoy, the concerns they have. Meet them for lunch on their territory.

Share some of the joys and concerns of your life. Reflect on how the relationship nurtures you. And keep at it. There is a rhythm to life. Every week, we are called to pray, study, worship, eat and serve and then do it again. Keep engaged with our Emmaus community strengthen and nurture your witness.

The garden becomes brighter and more vibrant as each flower opens offering its gift and so it is with people. As we open ourselves and begin to share our gifts, God creates a brighter world. We serve in communities of people waiting for such a time as this!

Blessings & De Colores,
Rev. Janet Salbert, SD



From the Emmaus Music Directors, MD's

Oh, summertime!! The beauty and fun. The Lord is stirring up more opportunities for Emmaus/Chrysallis outreach and this brings the promise of great JOY for the future. Please consider an outreach night or weekend afternoon at YOUR church or youth group. Say YES to this small mission.

Start by approaching your pastor or church board with the idea. Next, choose a date and place, your choice - contact us at email or # below. We offer as much or little music as you prefer - it can be totally music centered or not. We start with music, then pause for your pastor or an Emmaus SD or representative to talk about Emmaus and offer applications, then short devotional/sermon with communion (or not), and end with more music. This can be a picnic, light snacks, or no food! Indoors or out! It works best with publicity and the support of the Emmaus community, especially those from your church who would be willing to answer questions and sponsor an interested pilgrim. We bring apps and info for Chrysallis as well as Emmaus! You can even consolidate your efforts and have several churches do ONE together!

Search your heart and calendar. Say YES! And let The Lord take it from there. This is an exciting opportunity that promises to grow His Kingdom. Praise.

Mary Ann and Jim and Jerry!

Don't let anything steal your JOY!

respond to: mkrauss70@aol.com



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

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

2013 ULTREYA GATHERINGS

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



OUTREACH PRAYERS REQUEST

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

July 5-8, 2013

Girls Chrysalis #66, Maryland Chrysalis, Mt. Airy, MD

July 11-14, 2013

Women Emmaus #62, Cradle of Texas Emmaus
 Men Crossroads Great Banquet #45 Indianapolis, IN
 Girls, Indy West Awakening #5 Indianapolis, IN

July 18-21, 2013

Boys Indy West Awakening #6 Indianapolis, IN

July 25-28, 2013

Men Emmaus #156 Emmaus of the Rockies, Colorado

Be blessed,

Kathy Skilton

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, July 19, 2013
 Annandale UMC,
 Woodbridge, VA

National Capital Area Chrysalis



**From Our Chrysalis
 Community Lay Director**

"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." John 3:8,8

C-84 Chrysalis Young Adult weekend is approaching. Rectora is Reann Newberry and Rector is Sam Parris. Their weekend Theme is "Living for the first time". The Scripture is John 3:8,8 written above. Their song is "Born Again" by Third Day. This will be the first Chrysalis weekend held at Skycroft Conference & Retreat Center in Middletown, MD, (www.skycroft.org). C-84 dates are Wednesday, June 12 – Saturday, June 15. Join us for **Candlelight** on Friday, June 14 at 8:30pm and **Closing** on Saturday, June 15 at 4pm. PLEASE refer to Skycroft web page for best directions on **main** roads. Do not google or mapquest.

Currently, we have 4 female caterpillars and 3 male caterpillars, (7 total). Here are the caterpillar names if you can send agape: Caitlyn Costello, Danielle Gunderson, Katie Schafer, Jessica Wray, Rod Morris, Michael Jaurbe, and Josef Bell. Go to www.ncachrysalis.org to get C-84 Team names. Thank you for continuing to support Chrysalis with your prayers, sponsorship, time, and donations. This is a worthwhile ministry where God has transformed many lives.

Mark your calendars for our **upcoming Chrysalis Coffee House on Saturday, July 20, at Springfield UMC**. We will give you more information about this next month.

We are excited about being invitational to Youth outside our current community, as well as those already involved, as we gather together in Christian fun.

Fly With Christ,

Jo Ann McLean

NCA Chrysalis Lay Director



The Chrysalis
Coffee
BUG

*Saturday,
July 20*

*7:00pm
to
9:00pm
@*

*Springfield
United Methodist
Church*

*(7047 Old Keen Mill Rd,
Springfield 22150)*

All High School youth are invited to the experience.

Featuring:

-  *Refreshments (not just coffee)*
-  *Entertainment, Music & Talent showcase*
-  *Sharing*
-  *Activities & Games*
-  *Fellowship with Christian friends!*

This free event is sponsored by the NCA Chrysalis Board. There will be opportunities to learn about this spiritually renewing retreat for high school & young adults. Have your questions answered, and even have a chance to sign-up for a future weekend. There is no obligation to attend a weekend by participating in the Chrysalis Coffee Bug.

RSVP/Questions:

contact Jo Ann McLean — jo@tsfl2.com

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

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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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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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2013 WEEKEND EMMAUS FEES

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

CHRYSALIS BOARD

Community Lay Director (CLD)

Assistant Lay Director (ALD)

Spiritual Director (SD)

CLD	Jo Ann McLean	laydirector@chrysalisnca.org
ACLAD		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
Cloth 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
Crown 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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