

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

Fourth Day Journal

Vol. XXXI No.9 September, 2013

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



Do not conform to the pattern of this world, but be transformed by the renewing of your mind.

From the Emmaus Community Lay Director

I know the plans I have for you; plans to prosper you and not to harm you; plans to give you hope and a future.

With Labor Day marking the end of summer, we enter a time of change. Summer vacations are history and now it's back to school for the kids and back to work for the adults. The shorter days and cooler weather bring about changes in attire, as we dig the jackets out of the closet, and changes in lifestyle. Baseball season approaches the playoffs, while football, basketball, and hockey seasons get underway.

But for some of us, change is a thing to be feared, maybe because it takes us out of our comfort zone. How often do we hear, "If it ain't broke, don't fix it!", or the famous lament, "But we've never done it that way before!"

Paul tells us in Romans 12:2, "Do not be conformed to this world, but be transformed by the renewing of your mind. Jesus was all about change - "The last shall be first and the first shall be last." (Luke 13:30) "Therefore, if anyone is in Christ, he is a new creation; the old things passed away; behold, new things have come." (2Cor 5:17)

So let us embrace change with the energy to learn new ways as we get out of the boat to follow Jesus.

DeColores!

Jack Christie
Community Lay Director

Did You Know?

The women's Emmaus weekend, E-166 will be on the mountain September 12-15 at the Skycroft Retreat Center in Middletown, MD under the leadership of Rectora Denise Parris. Mark your calendars now for Mañanita and Closing. Visit www.skycroft.org for information on the facility.

Our next Ultreya will be held September 20 at Sydenstricker UMC in Springfield. It will be led by the team of E-166. See the website at www.emmausnca.org for directions and a schedule of Ultreyas for 2013.

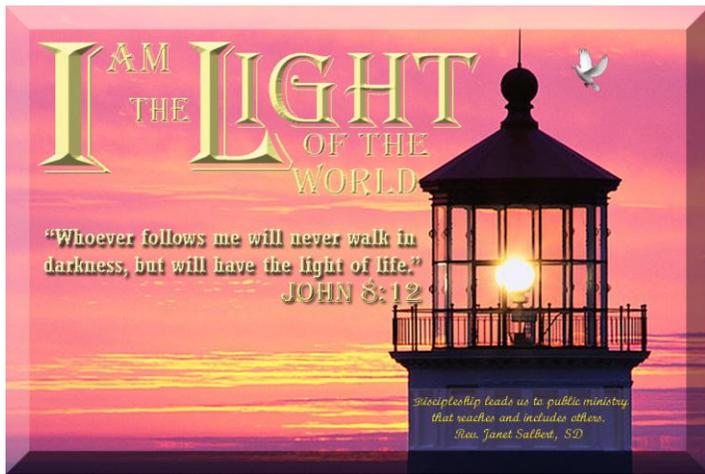
The up-coming men's weekend will be October 31 - November 3, also at Skycroft. As always, pilgrims are needed to make this a full weekend. The Rector of E-167, Rich Wunderlin, will be introduced to the community at the September Ultreya.

Jeremiah 29:11

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

Jesus said, "You are the light of the world." Our Christianity should be visible to everyone, visible to our professors, visible to the child on the playground, visible to our employers, visible in the way we park our car, or in the language we use at a ball game. Jesus did not say you are the light of the church, he said, "You are the light of the world." Archbishop William Temple is famous for saying, "The church is the only institution on earth that exists for those who are not its members."

A light is a guide, like the lighthouse that guides ships into shore, your light guides others to solid ground. Discipleship leads us to public ministry that reaches and includes others. Good works are the light that point beyond themselves toward God. Consider the things that we rely on light for today. Plants and trees grow because of sunlight. We now have solar panels that can transform light to electricity. Small beams of light, lasers can be used for healing. In the same way, disciples of Christ are beams of God's light sent to bring vitality and energy toward life, to offer growth and understanding, and bring healing works that glorify God.

On those days when it seems like there is a lot of darkness, remember that Jesus said in the gospel of John, 9:5 "As long as I am in the world, I am the light of the world." Look towards the light and you will find Christ. Yes, like the early disciples, whatever work you are called to will at times put you in places where others will revile and persecute you. Yet, your light cannot be hidden. The darkness can never overcome the light. Understand that. Darkness can never overcome your light. Sometimes we are to go to places of darkness to bear light. Author Annie Dillard writes, " You do not have to sit outside in the dark. If, however, you want to look at the stars, you will find that darkness is necessary.

^[1] Annie Dillard, Teaching a Stone to Talk, Expeditions and Encounters, (New York: Harper Perennial, 1992) 43.

NCA Emmaus, you are a light for the world! Shine, Jesus, Shine!

Blessings and De Colores,
Rev. Janet Salbert, SD



From the Emmaus Music Directors, MD's

Unity! Singing together as we worship, team, and play - wow! "How good and pleasant it is when brothers can live together! Psalm 133:1

The beautiful rainbow represents the brilliant blend of our differences shoulder to shoulder forming a shining outreach based on His promises! Considering all of the various religions at Ultreya singing "Love will hold us together"! So awesome!

Ladies of E-166 will lead the September Ultreya. Please join and play/sing along, all are welcome!!

Emmaus outreach effort continues as we visit Furnace Church at Shenandoah in September - worship and picnic fun. Won't you do something similar at your church or event? We can help you plan. Just reach out, glorify God, be the rainbow!

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

2013 ULTREYA GATHERINGS	
Sept. 20	Sydenstricker UMC
Oct. 18	Bethel UMC
Nov.15	Messiah UMC
Dec. 20	Cameron UMC - Alexandria



National Capital Area Chrysalis



From Our Chrysalis Community Lay Director

**I know the plans I have for you," announces he LORD.
"I want you to enjoy success. I do not plan to harm you.
I will give you hope for the years to come.
Jeremiah 29:11 New International Reader's Version (NIRV)**

If you had asked me two years ago if I thought I would be the Community Lay Director for Chrysalis community I would have told you that you were crazy. Well here it is September 2013 and guess what I am the Lay Director for the Chrysalis community.

When thinking about being in this new position a verse comes to mind. First is Jeremiah 29:11 and talking about the plans God has for all of us, for us to prosper and to enjoy success not harm. I know I am not in control of my life and that God will put me where he needs me to be, and that he will take care of me. That is one way I hope I can serve the Chrysalis community over the next year by being where God wants me to be. We can all do our part for the glory of God by being whom and where he wants us to be.

The Chrysalis community needs new caterpillars and plenty of team members to help in growing God's kingdom. Let God use you by either teaming or by sponsoring a youth or young adult on a weekend. We are working on getting the next team together. The high school weekend is coming up on Martin Luther King Jr. weekend in January. Get those applications for teaming and for caterpillars in quickly. Hope to see everyone at Ultreya on the 20th at Sydenstricker UMC.

Fly with Christ

J.R. Williams

NCA Chrysalis Lay Director



OUTREACH PRAYERS REQUEST

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

September 5-8, 2013

Women Emmaus #48 Auckland, New Zealand

September 12-15, 2013

Men Heart of Ohio Emmaus #49

Girls Chrysalis op Chrysalis Bryson City, North Carolina

September 19-22, 2013

Women Emmaus # 190 Big Country Emmaus Abilene, TX

Women Arlington Cursillo # 137 Arlington, Virginia

September 26-29, 2013

Men Emmaus #35 Maribrynog, Australia

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, September 20, 2013
Sydenstricker UMC



“Prayerful Peace.”

**E166 ~ Skycroft ~
Sept. 12 ~ 15, 2013**

A Message from the "R"

Dear Brothers and
Sisters in Christ,

God has called to-
gether a wonderful
group of women and
men to serve Him as
the team of E-166.

The excitement
builds as we ready
ourselves with the
work that He has
called us to do. The
E166 Weekend
Theme is “Prayerful

Peace.” This theme jumped off the pages of the Word as I settled on the Weekend Scripture of Philippians 4:6-7. Simply stated it reads “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” What comfort that should bring to us to know that He will give us His peace and guard our heart when we go to Him in thankful prayer. The Weekend Song I chose is Meet with Me. The lyrics beckon God to meet with us and to reveal Himself to us as we seek Him through prayer and worship. As we wait, He makes us strong. As we long, He draws us to His arms.

What a model we have in Jesus of both prayer and peace! Jesus, who taught us to pray, prayed unceasingly with thanksgiving. He was the Prince of Peace riding the Beast of Peace into the City of Peace to give His life in ransom for our Eternal Peace, and left us with His spirit represented by the Bird of Peace. Getting that Peaceful easy feeling? Talk about transcending all human understanding, and watching guard of our hearts and our minds in Christ Jesus. It is hard to wrap the human mind around such a promise but be assured that God is this much in love with you and me. He offers us this peace. So don't let the world deter your prayer life! Pray during your morning routine, pray on the road, pray standing in line waiting to be served, give praise for the sunset, praise for hitting the ground this morning, seek Him in times of trouble and when times are good because He delights in a prayerful relationship with us. His promises are great! We can find peace, His peace.

In the fondest of closings, we humbly seek and thank you for your prayers and support over the pilgrims and the team of E166 as HE fills this place.

De Colores,

Denise Parris, E-166 Rectora

CADRE AND TEAM

Bev Barthmaier ~ Table Leader
Cindy Bireley ~ Assistant Music Director
Debbie Boisvert ~ Assistant Rectora
Vickie Carroll ~ Head Cha
Tammy Crouch ~ Table Leader
Deborah Elliott ~ Mañanita Cha, Assistant Talk Room Cha
Gloria Esterline ~ Music Director
Keri Finegan ~ Agape Feast Cha
Gaylene Guest ~ Assistant Head Cha
Lindsey Kirkwood ~ Talk Room Cha
Glenda Lambert ~ Table Leader *Reading*
Gary McCluskey ~ Spiritual Director
Debbie McCluskey ~ Dining Room Cha
Donna Morris ~ Closing Cha, Assistant Palanca Cha
Denise Parris ~ Rectora
Sara Porter ~ Table Leader
Linda Saldaña ~ Assistant Chapel Cha
Jose Saldaña ~ Spiritual Director
Kathy Skilton ~ Chapel Cha
Cathy Smith ~ Assistant Dining Room Cha
Krystal Venable ~ Assistant Agape Feast Cha
Lori Vigé ~ Table Leader
Stephanie Williams ~ Palanca Cha
Shannon Winter ~ Table Leader
Susan Young ~ Old Buffalo, Floater Cha

PILGRIMS

Jenny Aguon ~ Christ UMC
Ann Ball ~ Strasburg Christian Church Disciples of Christ
Lindsey Baynham ~ Fairfax UMC
Judy Bisignano ~ Christ UMC
Nicky Burrell ~ Christ UMC
Andee Cabrera ~ Park Valley
Michele Clausson ~ First Baptist Church
Elizabeth Glycer ~ First United Presbyterian
Susie Van Guilder ~ Spirit and Life UMC
Jennifer Hairston ~ Mount Zion
Monique Hines ~ Victory Christian Ministries International
Deborah Lafleur ~ Strong Tower
Faye Lambert ~ Spirit and Life UMC
Diomedis Lopez ~ Salem Fields
Ruth McDonald ~ First Assembly of God
Debra Merrill ~ Christ UMC
Elizabeth Mitchell ~ Fairlington UMC
Rachel Parker ~ St. John's UMC
Dee Dee Phillips ~ Christ UMC
Yvonne Rathore ~ My Church
Kim Teitelman ~ Park Valley
Tomi Trimm ~ Pender UMC
Nancy Victor ~ Cape Elizabeth Church of Nazarene
Anita Wade ~ Park Valley
Ruth Washburg ~ First United Presbyterian
Cindy Wells ~ Spirit and Life UMC
Gracie Wiersma ~ Christ UMC
Yasmin Williams ~ Old Bridge UMC
Roz Wilson ~ First Baptist Church

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SD	Gary McCluskey	Pastor2@chrysalisnca.org
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	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	
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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 WEEKEND EMMAUS FEES

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



DE COLORES !



www.emmausnca.org

**Fourth-Day-Journal
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