



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

# Fourth Day Journal

Vol. XXXI No.10 October, 2013

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



## From the Emmaus Community Lay Director

*The harvest is plentiful, but the laborers are few.  
Matthew 9:37*

All around us are opportunities to change our world! That might be sharing the Truth with someone on a street corner or sharing the Gospel in the midst of a group of friends or even just being a listening ear. But all too often we ignore these opportunities. We get caught up in our own little worlds and it becomes very easy to let God-given opportunities pass us by. Then we sit back and wonder why we aren't seeing "God moving" within our lives.

God has placed each and every one of us in a different place for a different reason: some of us plant the seeds, some of us nurture the young growth, and others are there for the harvesting. But all of us are essential to bring forth the Kingdom of God.

To see the fruits of the harvest, we need look no farther than the sharings by the returning pilgrims of E-166 at the last Ultreya. The workings of the Holy Spirit were obvious in preparing those ladies and getting them to this Emmaus Weekend to prepare them for what was coming in their Fourth Day. Someone planted the seed in these ladies, in their churches or homes or work places. Then it was our joy, with the help of the sponsors, to prepare them for the harvest. If each of us does a part, we can begin to change this world, one starfish at a time.

DeColores!

*Jack Christie, CLD*

## Did You Know?

We need two men and an SD to serve the community on the NCAE Board of Directors for 2014-2015. Please contact Bev Barthmaier at [bevb361@comcast.net](mailto:bevb361@comcast.net), or Bob Jones at [lgandrrjones@aol.com](mailto:lgandrrjones@aol.com) to be added to the slate. The elections are held during the November Ultreya.

The men's Emmaus weekend, E-167 will be going to the mountain October 31 - November 3 at Skycroft under the leadership of Rector Rich Wunderlin. As always, pilgrims are needed to make this a full weekend. Mark your calendars now for Mañanita and Closing. Visit [www.skycroft.org](http://www.skycroft.org) for information on the facility.

Our next Ultreya, October 18 at Bethel UMC in Woodbridge, will be led by Chrysalis. See the website at [www.emmausnca.org](http://www.emmausnca.org) for directions. Please note that the November 15 Ultreya (annual business meeting) has been moved from Messiah UMC to Christ Church.

Matthew 9:37

## **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**

On the first Sunday in October, the Church celebrates World Communion Sunday. This is a special celebration that brings churches from around the world together. We remember as the Church of Jesus Christ the love, grace, and sacrifice that God made on our behalf.

I fully believe that we are never alone when we receive Communion. All the apostles, St. Paul, John Wesley, John Knox, John Calvin, Pope John Paul, Mother Teresa, and so many other folks we read about in the Bible are gathered with us. More than that, even those members of our families who are no longer among us stand and kneel with us each time we receive Holy Communion. The Spirit of God is that powerful, that inclusive, that loving.

I have heard many times folks telling me that they are not worthy to receive Communion and how they will avoid coming to church on those Sundays. We come to the table, gather around the altar, because we are unworthy. We cannot repay God. We cannot earn a place in line. We cannot buy a good seat. All we can do is receive... and what a gift that is. We receive God's grace freely. We are invited to Communion. We are ushered into the Kingdom. We are given eternal life. What a banquet table that will be, when we are all together in heaven praising our God.

Jesus comes to us, changes ordinary things like bread and wine, into his body and blood, and we take Jesus into our heart. While we may hold differing views on Transubstantiation and a symbolic presence, we do agree that the real presence of Jesus is with us in the act of receiving Holy Communion.

An NCA Emmaus event would not be an NCA Emmaus event without Communion being served. We have that connection with God and with one another. What a blessing and great joy it is when Jesus looks at us and says, "Come to the table, sit down, enjoy the meal."

Blessings and DeColores,  
*Doug Geeting, SD*



**From the Emmaus Music Directors, MD's**

"ENCOURAGE One Another" 1 Thess. 4:18

"Let us consider how we may SPUR ON one another"  
Hebrews 10:24

"Sing a New Song"

Dearest Community Brothers and Sisters - The NCAE musicians thank you for many encouraging and uplifting words. It's all for His glory but the positive feedback is affirmation in serving Him. Perhaps you have criticism or concerns & wish to express that. Bring it to us at the address [md@emmausnca.org](mailto:md@emmausnca.org), nobody enjoys being torn down but sincere and constructive input is welcome. There is NO way to please all, so we ask you worship with an open heart and enjoy! Our intention is to provide a worshipful atmosphere for Ultreyas, outreach, and assist weekend MDs. Current songs are a blessing to our younger upcoming Emmaus people & those young at heart. "Sing a new song!" Let us know which song(s) you request to be sung - even if not current. We love you and want to remain sensitive to the desires of all & the Holy Spirit's leading!

We seek to improve as we serve and will discuss that further at the November Ultreya.

*Mary Ann and Jim and Jerry!*

[MD@EMMAUSNCA.ORG](mailto:MD@EMMAUSNCA.ORG)

Join us at our next Ultreya Gathering  
7:30 p.m., Friday, October 18, 2013  
Bethel UMC, Woodbridge, VA



## 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

Oct. 18

Bethel UMC

Nov. 15

Messiah UMC

Dec. 20

Cameron UMC - Alexandria

## National Capital Area Chrysalis



From Our Chrysalis  
Community Lay Director

*Romans 15: 5-7*

May the God who gives endurance and encouragement give you a spirit of unity among yourselves as you follow Christ Jesus, so that with one heart and mouth you may glorify the God and Father of our Lord Jesus Christ. Accept one another, then, just as Christ accepted you, in order to bring praise to God.

Here we are it is October already; the nights are getting cooler and the days shorter. Fall is upon us it is a time of harvest and of gathering. With that in mind it is also time to start planning for the upcoming Chrysalis weekend. C-85 will be held at the 4H Center in Front Royal, VA over Martin Luther King Jr. weekend January 17-20. The R's have been selected and they are Madison McLean, Max Stribula, Sally Lyberger, and Scott Marth. They are working hard to get the team God has chosen together and will begin teaming and planning God's Chrysalis weekend soon!

We need team and caterpillar applications turned in soon. Any high school age youth is eligible to participate on a Chrysalis weekend. I know God has great things in store for this high school weekend and He is just waiting to show them to us! Hope to see you all at Bethel UMC on October 18 for the next Ultreya!

Fly with Christ

*J.R. Williams*

NCA Chrysalis Lay Director

### 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



## OUTREACH PRAYERS REQUEST

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

### October 10-13, 2013

Women Kairos Fluvanna Correctional Center Troy, VA  
Men Kairos Augusta Correctional Center, VA

### October 17-20, 2013

Men Arlington Cursillo # 124 Arlington, VA  
Women Emmaus # 89 Sydney, Australia

### October 19-22, 2013

Men Emmaus #191 Big Country Emmaus Abilene, Texas

### October 24-27, 2013

Men Kairos Greenville Correctional Center Virginia

Be blessed,

*Kathy Skilton*

### 2013 WEEKEND EMMAUS FEES

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



**E167 : Oct 31 – Nov 3, 2013**

**A Message from the "R"**

Dear Brothers and Sisters in Christ,

WoW! How truly blessed and humbled I am as God has lead this weekend from the start with the selection of a wonderful team of men who are God-centered and focused on being the hands, heart and feet of Christ to the pilgrims of E-167.

It is so wonderful to watch God at work as the team gets down to business preparing for the weekend now that assignments have been made. The Assistant R has got all the Table Leaders excited for the pilgrims, our Music Directors have made teaming a worship experience, the Spiritual Directors have kept us spiritually fed, the Head Chas are keeping us on schedule, and the OB is doing a great job providing much needed prayer and encouragement to all.

The theme for the weekend is *"My Hope Is in You Lord"* and draws from Psalm 39:7, *"But now Lord, what do I look for? My hope is in you."* The songs for the weekend, *"O This God"* by Matt Redman and *"My Hope Is In You Lord"* by Aaron Schust should speak to us directly as we're reminded that Our God is with us through drought or storm, even to the end, and we can count on His faithfulness, providing us with the peace that passes understanding.

Recently, a few of the pilgrims of E-166 expressed this peace as some of them started their Fourth Day in a "storm" at the Navy Yard. What a great testimony to the strength and power of Our God as they gathered with others in prayer and experienced the presence of God as they walked through the storm. Place your hope in the strong

and everlasting protection, strength and faithfulness that God provides, and like the Psalmist, and our songwriters, we can declare, "My Hope Is In You, Lord!"

Soon, we will once again enter the Advent season, preparing for the arrival of the "Hope" of the world, Our Lord Jesus Christ. That "Hope" also brings us love, joy and peace, and I'm sure we can agree that our world is in need of this hope, this love, this joy and certainly this peace.

We anxiously await all that God will do on this weekend. We have begun calling pilgrims and hope for a full weekend. We covet your prayers for our pilgrims and team. See you on the mountain!

De Colores!

*Rich Wunderlin, E-167 Rector*

**Cadre and Team**

**Brian Cabacar** ~ Table Leader -  
**Dave Charbonneau** ~ Asst. Music Director  
**Ed Darden** ~ Dining Room Cha  
**Sean Finegan** ~ Talk Room Cha #1  
**Ken Fritzsche** ~ Chapel Cha  
**Doug Geeting** ~ Spiritual Director  
**Mike Gentile** ~ Head Cha  
**Joe Jarzombek** ~ Table Leader  
**Bill Jones** ~ Palanca Cha  
**Jim Krauss** ~ Closing Cha, Asst. Mañanita Cha  
**Tom Lambert** ~ Floater Cha  
**Scott Marth** ~ Talk Room Cha #2  
**Nathan McCarry** ~ Asst. Agape Feast Cha, Asst. Dining Room Cha  
**Matt Meisenthaler** ~ Spiritual Director  
**Dave Moore** ~ Table Leader  
**Tony Papp** ~ Asst. Rector  
**Mark Proudfoot** ~ Asst. Closing Cha, A/V Cha  
**John Rowe** ~ Table Leader  
**Chris Scholz** ~ Mañanita Cha, Asst. Palanca Cha  
**Carter Wilson** ~ Table Leader  
**JR Williams** ~ Agape Feast Cha, Asst. Chapel Cha  
**Phil Wisner** ~ Table Leader  
**Dave Venable** ~ Asst. Head Cha  
**Rich Wunderlin** ~ Rector  
**Milton Zapada** ~ Music Director

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<b>CHRYSALIS BOARD</b>		
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<b>Spiritual Director (SD)</b>		
<b>CLD</b>	J.R. Williams	laydirector@chrysalisnca.org
<b>ACL D</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	
<b>Clothe Agape Bags Coordinator</b>	Beth Ann Eadie	
<b>Dining Room Coordinator</b>	Linda Smith	
<b>Worldwide Agape Coord.</b>	Volunteer Needed	
<b>Facilities Coordinator</b>	Volunteer Needed	
<b>Fourth Day Packet Coord.</b>	Bob LeMay	
<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	
<b>Website Coordinator</b>	Clayton Newberry	

*"Heaven is a little closer in a house by the sea"*

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