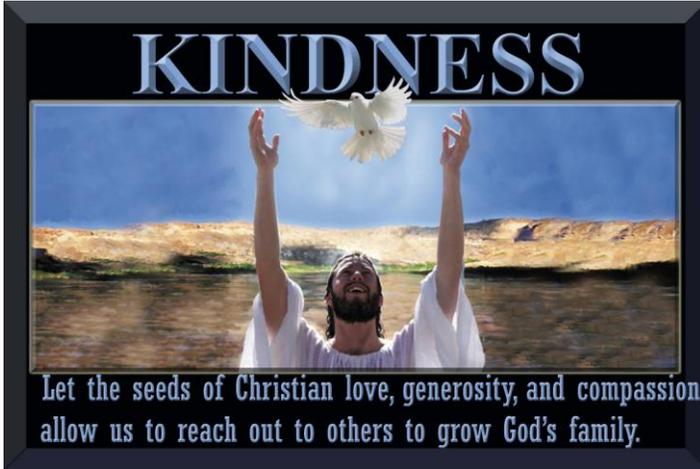


The newsletter of the National Capital Area (NCA) Emmaus for the glory of God

# Fourth Day Journal

Vol. XXXII No.1 January, 2014

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



## From the Emmaus Community Lay Director

1 Peter Chapter 2 Verse 9: *"But you are a chosen race, a royal priesthood, a holy nation, God's own people, in order that you may proclaim the mighty acts of him who called you out of darkness into his marvelous light"*

A New Year is upon us. Before we look too far ahead during this first month of the year, we should relish the significant event that we just celebrated – Christmas. As we know the birth of a child in any family changes everything. It is especially true for us as Christians; the birth of Jesus changed everything!

With the glorious coming and birth of Jesus, God fulfills His promise and His plan foretold across the Old Testament. Jesus is the precious cornerstone of God's spiritual household -- the Church. However, and more relevant for us, is the message that we Christians are the family members of God's household -- the Church.

As Christians, within our Emmaus Community and especially within our Churches, we have a lot to celebrate all year long. But we have to remain humble; the birth of Jesus alone is not the single act that ensures our redemption. We must have commitment to be that 'royal priesthood' as dedicated and faithful disciples who persevere through the trials and tribulations of life. Because of our human condition during the year ahead, there will be stumbles; there will be times we disobey. However, we must remember throughout the year that we are chosen, we are holy, and God loves us. With that foundation we can have faith and know that we can be forgiven as long as we remain true to

our 'cornerstone' Jesus Christ.

Instead of grand or specific resolutions which wane or fall short of overly ambitious goals, let us make 2014 a year when simple acts of kindness are part of our daily lives. Let the seeds of Christian love, generosity, and compassion allow us to reach out to others to grow God's family. May the Holy Spirit be present within and part of our daily lives all year!

Prayer: Blessed Jesus, your birth and your life show us that grace and humility are possible for us humans. There will be times of rejection, there will be times of turmoil but throughout we know the Father, Son, and Holy Spirit are there for us, as long as we believe! Help us proclaim and demonstrate our faith as the holy priesthood within the universal Church as we follow Christ's example throughout the coming year. Amen.

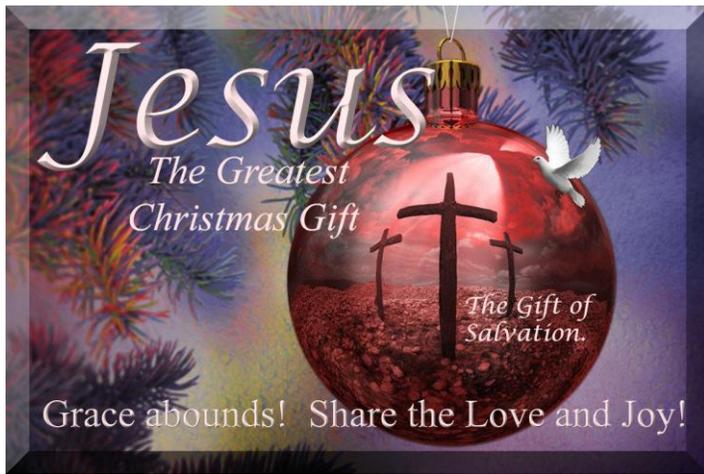
## Tony Papp, CLD

### 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**

January arrives, as it always does, telling us it's a long way to spring, there are bills to pay, decorations to take down, and a few pounds to lose.

January also means a new round of Emmaus weekends at Front Royal. We will lift up Carolyn, Paul, Beth, and Sam in prayer for their weekends! It's so amazing to me how these weekends are able to change people's lives and attitudes. Having just come through the season of Christmas, when all the world seems to be a little gentler, more loving, and filled with the hope of peace; we find we need to continue those feelings through-out the year. Perhaps each weekend is something like a Christmas gift that is given to us, but we must choose to open the box. Grace abounds! Share the love and joy!

January comes and we find we have a new set of Board Members: Debbie McCluskey, Dawn Moesteller, Nancy Geeting, Chris Scholz, Michael Gentile, and Garey Eakes. Welcome! And we wish Tony Papp well as he assumes the responsibilities of being our new Community Lay Director. We thank Jack Christie for his leadership as our CLD, along with Janet Salbert, Amy Phillips, Kathy Woodley, Vicki Carroll, and Mark Fahner

January is here and I wish for all of you to have a blessed and Happy New Year! I am grateful for each of you, because of what you add to our Emmaus family. I appreciate how NCA Emmaus helps keep me sane. Amid my silliness and seriousness about God's love and grace, I find that the responsibilities of being a pastor can seem overwhelming at times. I'm sure you experience the same thing in your jobs. For me, it's the centering, the fun, the laughter, the love, and the joy of Emmaus that is a real help. So, I thank you!

January has arrived it's time for the Community to step up and recruit pilgrims for our 2014 Weekends. Pray, ask, invite, share, calm, enthuse, encourage, and love folks into being a pilgrim. We need the Emmaus experience in our lives and in our churches.  
Blessings and De Colores,

**Doug Geeting, SD**



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

Greetings, family! Happy new year!

Have you ever needed to choose a talk song or a theme song for a weekend, or a song for a wedding, funeral, or celebration? It can be very perplexing or exciting as you ponder how to relate your thoughts through a song and choose one that others will find enjoyable and understandable.

Think about it now, for your daily living, and choose a song that represents your heart and your desires. Allow it to be in your mind and voice daily and bring joy and encouragement to your own soul, just as David encouraged himself.

Psalm 92:1

Singing and music is a beautiful thing and we all have ownership of it has God's creation. Enjoy it and never let anything still your joy! Resolve to "Keep a song in your heart" in 2014!

Looking forward to worshiping with you at January Ultreya and throughout the year!

We love you,

**Mary Ann and Jim and Jerry!**

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

**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*

### 2014 Emmaus Walks

E-168 ~ Mar. 27-30 - Carolyn Ritenour

E-169 ~ Apr. 01-04 - Paul Salbert

E-170 ~ Oct. 02-05 - Beth Mickey

E-171 ~ Nov. 13-16 - Sam Parris

Join us at our next Ultreya Gathering  
7:30 p.m., Friday, January 17, 2014  
Dumfries, UMC

## National Capital Area Chrysalis



From Our Chrysalis  
Community Lay Director

Joshua 1:9 - *Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go.* (NIV)

With the holidays behind us we look forward to the upcoming New Year with excitement. We have the excitement of the upcoming year and where it will take us on our journey with our Lord Jesus Christ. There will be many ups and downs this year and many bumps in the road as well as mountain top experiences. However there is something about mountaintops that I want to share with you. Everyone wants to be on the mountaintop, but if you remember mountaintops are rocky and cold. There is no growth on the top of a mountain. Sure, the view is great, but what's a view for? A view just gives us a glimpse of our next destination, our next target. But to hit that target we must come off the mountain, go through the valley, and begin to climb the next slope. It is in the valley that we slog through the lush grass and rich soil, learning and becoming what enables us to summit life's next peak. We do all of this not on our own we travel with a constant companion, helping all the way from valley to mountaintop and wherever we go.

The journey to the next mountaintop for the of caterpillars and the team of C-85 begins on January 17<sup>th</sup>-20<sup>th</sup>. The list of caterpillars is getting finalized, the prayer wheel is being filled up, and snacks (lots of sugar) are being prepared! Go to <http://wejoin.com/sheets/wrwrw> to sign up for the prayer wheel. If you would like to send snacks or anything to the mountain please contact a team member or me ([JRKY97@gmail.com](mailto:JRKY97@gmail.com)) to make sure it arrives on time. God Bless and have a prosperous New Year!

Fly with Christ

*JR Williams, CLD*



## OUTREACH PRAYERS REQUEST

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

Be blessed,

*Kathy Skilton*

### 2014 ULTREYA GATHERINGS

Jan. 17	Dumfries UMC
Feb. 21	Old Bridge UMC - Woodbridge
Mar. 21	Cameron UMC - Alexandria
April 25	• Franconia UMC
May 16	St. Paul UMC - Woodbridge
June 20	Springfield UMC
July 18	Annandale UMC
Aug. 15	Christ Church - Fairfax Station
Sept. 19	First United Presbyterian-Dale City
Oct. 17	St. John UMC - Springfield
Nov. 21	Clarendon UMC - Arlington
Dec. 19	Bethel UMC - Woodbridge

*\*NOTE: The April Ultreya has been moved to the 4<sup>th</sup> Friday of the month, due to Good Friday on April 18<sup>th</sup>.*

### 2014 WEEKEND EMMAUS FEES

Application Fee	\$35.00
Pilgrim Fee	\$175.00
Team Fee	\$225.00

**CHRYSALIS BOARD**

**Community Lay Director (CLD)**

**Assistant Lay Director (ALD)  
Spiritual Director (SD)**

<b>CLD</b>	J.R. Williams	<a href="mailto:laydirector@chrysalisnca.org">laydirector@chrysalisnca.org</a>
<b>ACLD</b>		<a href="mailto:asstlaydirector@chrysalisnca.org">asstlaydirector@chrysalisnca.org</a>
<b>SD</b>	Joann Smith	<a href="mailto:Pastor1@chrysalisnca.org">Pastor1@chrysalisnca.org</a>
<b>SD</b>	Gary McCluskey	<a href="mailto:Pastor2@chrysalisnca.org">Pastor2@chrysalisnca.org</a>

**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**

<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>	<i>Volunteer Needed</i>
<b>Facilities Coordinator</b>	<i>Volunteer Needed</i>
<b>Fourth Day Packet Coord.</b>	Bob LeMay
<b>Historian</b>	<i>Volunteer Needed</i>
<b>Outreach Coordinator</b>	<i>Mark and Pat Fahner</i>
<b>Clown Communion Coord.</b>	<i>Jan Niehoff</i>
<b>Chrysalis Crosse Coord.</b>	<i>Janet &amp; Lindsey Matthews</i>
<b>Hoot Coordinators</b>	<i>Donna VanWert/Bob LeMay Karen Kimberlin</i>
<b>I am Lovable Pin Coordinator</b>	<i>Linda Smith</i>
<b>Website Coordinator</b>	Clayton Newberry

**EMMAUS BOARD**

**Term Expiring January 2015**

Bev Barthmaier	856-231-9912	<a href="mailto:bevb361@comcast.net">bevb361@comcast.net</a>
Charlie Carroll	703-887-7590	<a href="mailto:ccarroll813@me.com">ccarroll813@me.com</a>
Doug Geeting	540-841-2900	<a href="mailto:dgeeting@me.com">dgeeting@me.com</a>
Bob Jones	703-451-4329	<a href="mailto:lgandrjones@aol.com">lgandrjones@aol.com</a>
Glenda Lambert	703-992-6913	<a href="mailto:gcljewelry@gmail.com">gcljewelry@gmail.com</a>
Tony Papp	703-441-9715	<a href="mailto:teepee22@msn.com">teepee22@msn.com</a>

**Term Expiring January 2016**

Michael Gentile		
Garey Eakes		
Chris Scholz		
Nancy Geeting		
Debbie McCluskey		
Dawn Mosteller		

**EMMAUS SUPPORT STAFF**

**Applications ~ Pilgrims (& drops)**

Jan & Carolyn Janiczek	703-670-6615	<a href="mailto:Cand_app@emmausnca.org">Cand_app@emmausnca.org</a>
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**Applications ~ Team**

Jan & Carolyn Janiczek	703-670-6615	<a href="mailto:Team_app@emmausnca.org">Team_app@emmausnca.org</a>
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**Board Secretary**

Kathy Henry	703-960-4540	<a href="mailto:dakota-laguapa@earthlink.net">dakota-laguapa@earthlink.net</a>
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**Community Agape**

Linda Smith	703-216-2469	<a href="mailto:lindalsmith999@verizon.net">lindalsmith999@verizon.net</a>
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**Community Support (Storage Shed)**

Annette Barbier	703-491-2104	<a href="mailto:Abarbier2@aol.com">Abarbier2@aol.com</a>
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**Data Base Manager**

Jan & Carolyn Janiczek	703-670-6615	<a href="mailto&gt;Data_adm@emmausnca.org">Data_adm@emmausnca.org</a>
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**Facility Liaison**

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**Fourth Day Packets**

Mark Segnari	703-670-3145	<a href="mailto:4daypack@emmausnca.org">4daypack@emmausnca.org</a>
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**Fourth Day Journal Editor**

Raúl Castillo	703-307-8070	<a href="mailto:4DayJour@emmausnca.org">4DayJour@emmausnca.org</a>
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**Fourth Day Journal Mailing**

Maria Hooper	703-878-3227	<a href="mailto:4DayMail@emmausnca.org">4DayMail@emmausnca.org</a>
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**Historian**

Neal Ailstock	703-931-4800	<a href="mailto:history@emmausnca.org">history@emmausnca.org</a>
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**HolyNet Coordinator**

Dave Moore	703-680-4002	<a href="mailto:emmausnca@gmail.com">emmausnca@gmail.com</a>
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**Kairos Information (Weekend, Cookies, Etc.)**

Todd Hastings	703-938-9553	<a href="mailto:dumpster63T@verizon.net">dumpster63T@verizon.net</a>
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**Kairos Outside Information**

Barbara Teats	703-354-9043	<a href="mailto:barbteats@hotmail.com">barbteats@hotmail.com</a>
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**Manuals**

Linda Girten	703-491-3801	<a href="mailto&gt;manuals@emmausnca.org">manuals@emmausnca.org</a>
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**Music Directors**

Jim Krauss	540-895-9671	<a href="mailto:md@emmausnca.org">md@emmausnca.org</a>
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Mary Ann Kraus	540-895-9671	<a href="mailto:md@emmausnca.org">md@emmausnca.org</a>
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**Outreach Agape**

Gary & Debbie McCluskey	703-698-0511	<a href="mailto:revribster@verizon.net">revribster@verizon.net</a>
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**Prayer Wheel Coordinator**

Jenn Glidwell	703-580-5182	<a href="mailto:magnolias72@verizon.net">magnolias72@verizon.net</a>
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**Rector(a) Selection Committee**

Annette Barbier	703-491-2104	<a href="mailto:Abarbier2@aol.com">Abarbier2@aol.com</a>
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**Reunion Group Coordinator**

Todd Hastings	703-938-9553	<a href="mailto:dumpster63T@verizon.net">dumpster63T@verizon.net</a>
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**Scholarship Coordinator**

Glenda Lambert	703-992-6913	<a href="mailto:gcljewelry@gmail.com">gcljewelry@gmail.com</a>
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**Treasurer**

Jim McCray	703-491-8863	<a href="mailto:treas@emmausnca.org">treas@emmausnca.org</a>
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**Website Manager**

Rob Cannon	703-965-8045	<a href="mailto:webadmin@emmausnca.org">webadmin@emmausnca.org</a>
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**Wooden Crosses & Ropes**

Jim and Jan Womer	703-670-5236	<a href="mailto:jmwomer@verizon.net">jmwomer@verizon.net</a>
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The NCAE, 4"x6" car **MAGNETS** and **REMOVABLE DECALS** are available for **\$3.00** each. For more information, please contact: **Jack Christie** at **703-491-8670** or email: [jackchristie153@gmail.com](mailto:jackchristie153@gmail.com)

**Fourth-Day-Journal  
Emmaus of the National Capital Area  
P.O. Box 2243  
Merrifield, VA 22116**