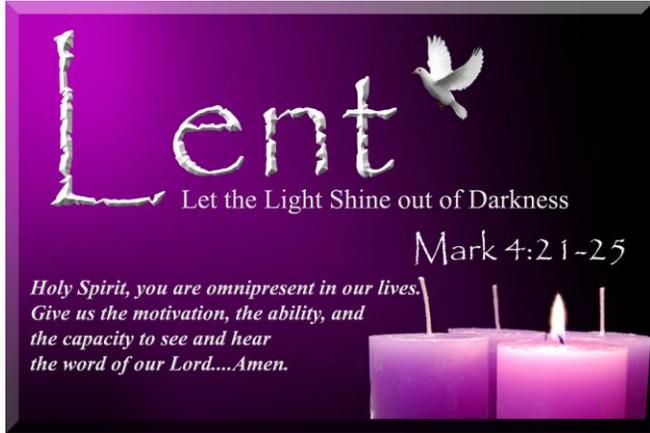


The newsletter of the National Capital Area (NCA) Emmaus for  
the glory of God

# Fourth Day Journal

Vol. XXXII No.2 February, 2014

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



## From the Emmaus Community Lay Director

At the January 2014 Emmaus Community Ultreya, it was introduced that 2014 should be a year, we as a community, look to grow and have renewed outreach into our church and communities. One idea was to take advantage of Lent being late this year and have members of the Emmaus Community advocate and facilitate the idea at individual churches doing a Lenten Devotional Booklet. This can provide a wonderful opportunity to support the Lenten period in our religious calendar cycle, prepare for the Resurrection celebration, and gain insights into individual church member's devotion and faith. It has proven to promote discussion among church members about the topics and feelings they express.

The mechanics should be very straight forward and kept simple. Pick a 12 or 14 point font and standardize the font style for the church. Size each day's devotion to fit on one page. Format should be: a bible verse (personal choice or from the lectionary options); then the person's reflection on the chosen verse; concluding with a personal prayer. A cover and back sheet with 20 pages front and back stapled for the forty days of lent is the assembled product with a quantity reproduced for the number of congregants in a given church. Goal is to have ready to provide on Ash Wednesday (March 5, 2014).

The following is an example of a Lenten Devotion written in a prior year (Note: In a Word document this Devotion fits on one page in the Booklet but for webpage presentation that reference sizing might be lost or distorted ) :

-----Start of example

### LENTEN Devotional: [Day & Date filled in]

Mark 4:21-25

#### A Lamp on a Stand

<sup>21</sup> He said to them, "Do you bring in a lamp to put it under a bowl or a bed? Instead, don't you put it on its stand? <sup>22</sup> For whatever is hidden is meant to be disclosed, and whatever is concealed is meant to be brought out into the open. <sup>23</sup> If anyone has ears to hear, let them hear."

<sup>24</sup> "Consider carefully what you hear," he continued. "With the measure you use, it will be measured to you—and even more. <sup>25</sup> Whoever has will be given more; whoever does not have, even what they have will be taken from them."

#### Reflection:

Shining a light, is a simple act that has a direct influence on its surroundings. But illumination does not equal enlightenment. Lighting, to be more effective has to be placed high and clearly not hidden or relegated to a concealed spot. No matter how effective we place lighting; there are always shadows and areas not benefiting from that source of light. Just like a sermon that provides us illumination for His word, we have to bring other senses into play. We have to hear, within our own lives, the context and meaning of the words spoken by Clergy and from the Scriptures.

As human beings we have the power of reason. We take in what we see and hear. We assimilate within our lives, with our perceptions, what it all means to us. Each of us can take our interpretation of the 'Light' and 'Word' of God and formulate it into what has meaning and relevance for us. There will still be 'shadows' in daily life, there will still be contradictions in what is heard. However, it is the actions we Christians take, that elevates us above what we simply see and hear. Whether we call it 'Active Christians', 'Discipleship', or 'Mission'; it is the doing and demonstration that has true value and benefits the whole church and ourselves.

#### Prayer:

Holy Spirit, you are omnipresent in our lives. Give us the motivation, the ability, and the capacity to see and hear the word of our Lord. Give us the conviction and strength to be 'doers' and examples of Christian action in our congregation and outside the walls of our church. Protect us from all the distractions and daily contradictions that can relegate us to dark places and make hearing difficult. We pray for the strength to be focused and attentive to your Spirit in us and to do good works in your

name in all facets of this and our next life. In the name of the Father, Son, and Holy Spirit, we pray. Amen.

Prepared by: Tony Papp

-----End of example

Why do it? It can be a gift and your interpretations and reflections may touch other members of your church. It fosters communications between individual church members or reveals something about members from other service times within an individual church. It shows unity of spirit and willingness to be demonstrative about ones faith and beliefs. It is a mechanism that promotes some study and thoughts about the Bible and its meanings to various people in a given church. All these things have value and are core principles of our Emmaus Community: to be active in our local churches; to be disciples; and, to help spread the Word to all those who might read the devotional. It is a wonderful way to reflect upon and have a daily interlude to prepare for the Resurrection of our Lord, the foundation for Christianity.

De Colores!

*Tony Papp, 2014 CLD*



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

While onboard a recent Christian Music Cruise we were inspired by Matthew West that God is Strong Enough, His Grace is Enough. He made a CD of songs written from

testimonies that were submitted by everyday people.

Everyone of us has a story that could be put to song.

How cool! Your life is a song. Psalm 100:1-2.

"Shout for joy to The Lord all the earth, worship The Lord with gladness; come before Him with joyful songs"

This spring will be full of music from Chrysalis and women's and men's weekends. Let us know if you have any special song requests for the March Ultreya. It can even be one that represents your story!!

Praises!

*Mary Ann and Jim and Jerry!*

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

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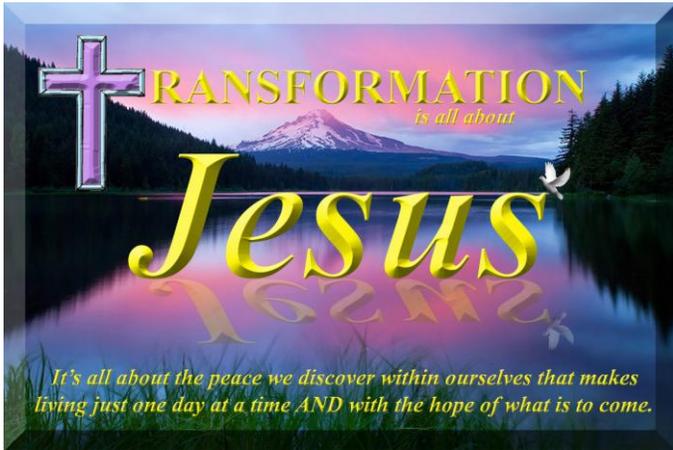
## INCLEMENT WEATHER POLICY

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

Join us at our next Ultreya Gathering  
7:30 p.m., Friday, February 21, 2014  
Old Bridge, UMC

## 2014 Emmaus Walks

E-168 ~ Mar. 27-30 - Carolyn Ritenour  
E-169 ~ May. 01-04 - Paul Salbert  
E-170 ~ Oct. 02-05 - Beth Mickey  
E-171 ~ Nov. 13-16 - Sam Parris



**From the Emmaus Spiritual Director**

We have entered February. It's a time to think about sweethearts and love. It's a time to really hope winter finally comes to an end. Having grown up around Chicago, I know all about cold, wind, snow, and windchill factors. So I am ready for spring and temperatures in the 60s. I appreciate those who love to frolic in the snow, but I no longer consider myself to be one of those folks. However, a fresh, untouched snow is pretty to behold.

February — it's that time in the Christian year when we continue in the season of Epiphany, awaiting Ash Wednesday and the coming of Lent. I have noticed that for those of us who work in the church, we are always thinking ahead. In September, we begin thinking about Advent and Christmas. As Christmas comes to a close, we have to start thinking about Lent and Easter. We need to take time and live in the now and enjoy the present. I think that is very important.

I also think it's a challenge, at times, to live in the present. We are folks who are geared towards looking forward to something. Whether we are looking forward to Valentine's Day, or Ash Wednesday, or Holy Week, or Easter, or summer vacations, or an upcoming anniversary, a child coming home, a good report from the doctor, graduation, the next Emmaus weekend, getting to team, getting to walk — part of us still has an eye on what's ahead. We certainly do not want to be unprepared. I mean what's the point in being organized if you don't want to look ahead?

I think having something to look forward to is very healthy. I'm referring to positive things here. I think we enjoy that little bit of not knowing — of wonder and excitement — as we think about what may be ahead. Perhaps, we just need a balance in our lives. We need to be able to enjoy the wonder, the beauty, the love, the joy of the present moment. We need to be able to find hope in looking ahead.

We have left the mountain, having been thrilled with all that love and joy — even if we didn't get much sleep. Our fourth day begins and we look forward to the

changes that will come. We have learned that the changes will not come in other people, but will come in us. Attitudes and priorities begin to change. We draw closer to God and to one another. Something is different within ourselves. In addition to that, we live each day basking in the love of God; each day cherishing life, family, and friends; each day seeing how it has a way of taking care of itself. It's all about the peace we discover within ourselves that makes living just one day at a time AND with the hope of what is to come.

Happy February — when blizzards are forecast, ground hogs peer outside, chocolate finds its way into our homes, the hope of warmth grows, and God's love for us remains ever present.

Blessings and De Colores,  
*Doug Geeting, SD*



**OUTREACH PRAYERS REQUEST**

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

Be blessed,  
*Kathy Skilton*

2014 WEEKEND EMMAUS FEES	
Application Fee	\$35.00
Pilgrim Fee	\$175.00
Team Fee	\$225.00



## 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 rib-

bon, 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*

### **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.

## National Capital Area Chrysalis



### From Our Chrysalis, CLD

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 pre-

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

Fly with Christ

*JR Williams, CLD*

pared! Go to <http://wejoin.com/sheets/wrwr> to sign up for the prayer wheel. If you would like to

### 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 Board Committee Positions

<b>Ultreya Coordinators</b>	Glenda Lambert, Bev Barthmaier, Charlie Carroll, (Dawn Mosteller)
<b>Lay Assistant To Board SD's</b>	Charlie Carroll, Dawn Mosteller
<b>Ultreya Offering Counters</b>	Glenda Lambert, Bob Jones, (Debbie McCluskey)
<b>Nomination Committee</b>	Bob Jones, Bev Barthmaier, (Nancy Geeting)
<b>Finance/Budget Committee</b>	Tony Papp, Glenda Lambert, (Michael Gentile), Jim McCray [Treasurer]
<b>Website/HolyNet Committee</b>	Michael Gentile, Chris Scholz
<b>Scholarship Coordinators</b>	Tony Papp, Glenda Lambert, (Chris Scholz)
<b>Facilities Liaison</b>	Nancy Geeting, Mike Gentile, Chris Scholz
<b>Outreach Committee</b>	All Board Members {assigned by ideas or events}
<b>Chrysalis Rep</b>	Debbie McCluskey, Tony Papp
<b>CLD / ACLD</b>	Tony Papp / Chris Scholz
<b>Senior SD / SD</b>	Doug Geeting / Garey Eakes
NOTE: Positions within Parentheses are for 2015 Members to be familiar with for Continuity.	

## EMMAUS BOARD

### Term Expiring January 2015

Bev Barthmaier	856-231-9912	bevb361@comcast.net
Charlie Carroll	703-887-7590	ccarroll813@me.com
Doug Geeting, SD	540-841-2900	dgeeting@me.com
Bob Jones	703-451-4329	lgandrjones@aol.com
Glenda Lambert	703-992-6913	gcljewelry@gmail.com
Tony Papp, CLD	703-441-9715	teepee22@msn.com

### Term Expiring January 2016

Michael Gentile	703-638-2545	michaelgentile@verizon.net
Garey Eakes, ASD	703-892-8634	pastorgarey@yahoo.com
Chris Scholz, ACLD	703-929-7931	ccscholtz@gmail.com
Nancy Geeting	540-841-3343	ngeeting@wakefieldschool.org
Debbie McCluskey	703-698-0511	Gndmcccluskey2@verizon.net
Dawn Mosteller	703-994-7071	Dcm_1103_sew@cox.net

## 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	lindasmith999@verizon.net
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### Community Support (Storage Shed)

Annette Barbier	703-491-2104	Abarbier2@aol.com
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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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### Fourth Day Packets

Mark Segnari	703-670-3145	4daypack@emmausnca.org
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### Fourth Day Journal Editor

Raúl Castillo	703-307-8070	4DayJour@emmausnca.org
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### Fourth Day Journal Mailing

Maria Hooper	703-878-3227	4DayMail@emmausnca.org
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### Historian

Neal Ailstock	703-931-4800	history@emmausnca.org
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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

Gary & Debbie McCluskey	703-698-0511	revribster@verizon.net
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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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## CHRYSALIS BOARD

### Community Lay Director (CLD) Assistant Lay Director (ALD) Spiritual Director (SD)

<b>CLD</b>	J.R. Williams	laydirector@chrysalisnca.org
<b>ACLD</b>		asstlaydirector@chrysalisnca.org
<b>SD</b>	Joann Smith	Pastor1@chrysalisnca.org
<b>SD</b>	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

<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

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**NEW – NCA Emmaus Car Magnets and Decals**

The NCAE, 4"x6" car **MAGNETS** and **REMOVABLE DECALS** are available for **\$5.00 donation or more for each decal**. All proceeds go to Scholarship Fund. For more information, please contact: **Jack Christie at 703-491-8670 or email: [iackchristie153@gmail.com](mailto:iackchristie153@gmail.com)**

**Fourth-Day-Journal  
Emmaus of the National Capital Area  
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