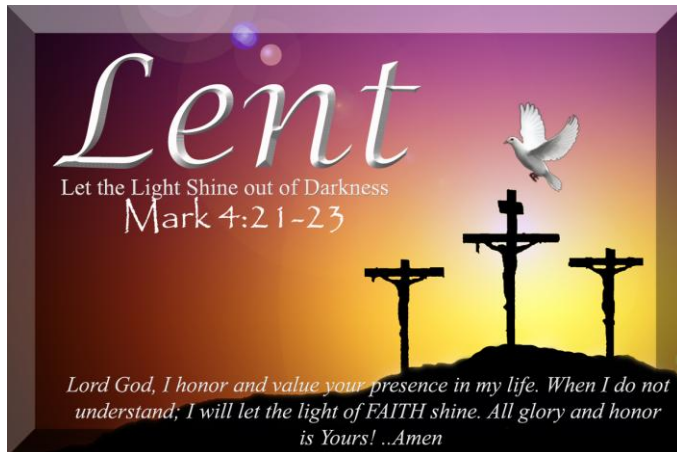


The newsletter of the National Capital Area (NCA) Emmaus for  
the glory of God

# Fourth Day Journal

Vol. XXXII No.3 March, 2014

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



## From the Emmaus Community Lay Director

### Mark 4:21-23 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."

In close proximity with the publishing of this article, the season of Lent will be upon us. It formally kicks off with Ash Wednesday on the 5th of March this year. In attempting to gather my thoughts about Lent, which seemed relevant since it covers most of the month, I came to the realization of how many different meanings or things that in the past I have associated with Lent.

As a very young child, Lent was a time when almost everything in the house and school changed. There was a special service in the middle of a week. Thereafter, for what seemed like forever, the family would have different meals and were doing things differently. I naturally did not grasp all of it. I am not even sure that I made the connection of Lent and Easter as related events, other than Easter marked the end of Lent. After that Sunday, celebrated with candy, colored eggs, and fancy clothes, things returned to more normal behavior in the household.

As I got older (adolescent and young teen) there were levied stern expectations to be very remorseful, to make changes in how one acted or behaved. There was a mandate to give up something as a sacrifice for being a

sinner. There seemed to be a lot of negative connotations: you had to repent because you were not worthy; you had to sacrifice because Jesus sacrificed; you had to lower yourself to an altered state of activity and dress (more muted colors); etc. So true meanings and personal comprehension and internal motives were still vague. Self-denial seemed to be the predominate theme but to what end was not clear.

In the approximately 40 years I was not actively engaged in my faith walk, I acknowledge the Lenten timeframe, even occasionally gave up something as a token concession to being Christian. But the truth was, I was no more in tune with what Lent could or should be than when I was as a youth.

The added benefit of being the Emmaus CLD is that it makes you stop, think, study and be more aware of one's faith and relevance of Christian events during the year.

I now appreciate that Easter is the headliner for Lent. Easter marks the resurrection of our Lord and that really is the defining moment of the Christian Church. The weeks leading up to Easter Sunday, the period of **Lent, is a time to prepare ourselves as Christians for Easter. Jesus himself took 40-days to prepare for what was ahead of Him in God's divine plan, so surely, we can take a lead from that.**

**As Christians, Lent is a timeframe when we can** focus our thoughts on Jesus: through prayer; connection with Jesus' life on earth; perform Bible reading or studies; do repentance based on individual feelings not prescribed behavior; and, perform outreach or acts of service. We can do these things any day of the year; but, as humans it is usually important to have a time or season set aside for motivation to change things or revamp our approaches - Lent is that time.

During January Ultreya we planted a seed of an idea about Emmaus community members advocating and supporting a Lenten Devotional within their local church. I prayerfully hope that this did occur in some local churches, because it reflects core values 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.

At this stage of my life I have renewed and hopefully a more balanced faith-based outlook about Lent. As the

scripture at the top of this article indicates, shining a light is more effective than keeping things in the dark. Lent for me, for the longest time, was not a bright spot, it did have dark or self-denial connotations. For too long I concealed feelings, internalize that I was not worthy, and Lent, as previously viewed, only reinforced that.

I am better grounded now. I believe Lent is a very positive time during our faith walk, it lets us prepare for the greatest gift of all -- our redemption! A redemption that stems from our Lord's death and resurrection. We are all worthy of being forgiven, and we are truly beloved children of God. I learned from Jesus when He was human, that it is acceptable not to be perfect and trespasses will occur. However, no matter how many different ways or theological traditions are used to observe Lent, it is important to keep Lent in the context of the Easter Season. If we keep Jesus in our hearts and focus on being true Christians, we can have the self-realization that a life filled with justice, faith, and love will have its reward in heaven for us all.

Prayer:

Lord God, I honor and value your presence in my life. When I do not understand; I will let the light of faith shine. When I have issues; I will pray in Your holy name. I will try to humbly serve You for the rest of my life. Now and forever, on earth and in heaven, You make us worthy to be forgiven our trespasses and to eventually share in your kingdom. All glory and honor is Yours! Amen

De Colores!

*Tony Papp, 2014 CLD*



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

Thess 5:16. Rejoice Always!!! "The Only Name" is a great song which states - JESUS, Jesus, Jesus, just that name! We can testify there is power even in whispering His name. When we all praise His name together in song - it is so very powerful. This Ultreya, just pause and enjoy the shower of praise, rejoicing in Him. Jesus, just that name!

Praises!

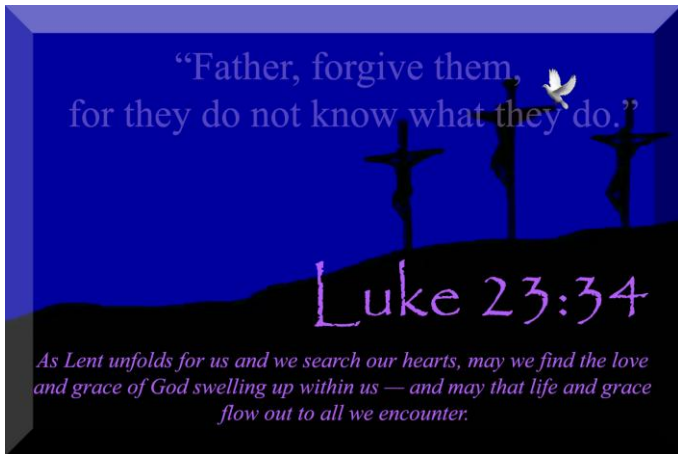
*Mary Ann and Jim and Jerry!*

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

Join us at our next Ultreya Gathering  
7:30 p.m., Friday, March 21, 2014  
Cameron, UMC

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**From the Emmaus Spiritual Director**

March has finally arrived and our thoughts turn readily to spring and warmth. I love it when the earth smells so good as it comes back to life...and all those gorgeous colors that burst forth! Happy Spring!

We now move into the season of Lent, that 40 day period of preparing ourselves for the events that are to come in Jerusalem. Near St. Stephen's Gate/the Lion Gate in the Old City part of Jerusalem, there is a street that goes downhill. As you walk down, there will be a doorway on the right. As you go through the doors and down the hall, you will find yourself walking on the very walkway that Jesus was on when he appeared before Pilate. That is where the long walk to Golgotha began. We are loved so much to be saved by such a grace-filled God, by One who is willing to endure so much so we could gain eternal life.

God's grace — his loving acceptance of us and his forgiveness of our sins — is often difficult to accept or believe. Maybe that's due, in part, to our reluctance to forgive others or to accept that we are loved that much. God's grace, according to Philip Yancy, has a maddening quality about it because it is undeserved, unmerited and unfair. But what would our world be like if there was no grace?

When comic actor W.C. Fields was nearing death, folks found a Bible near his bed. Having never been a religious person, they asked him about it. He said, "Looking for loopholes." It's sad to think of a life wasted in sin and rebellion, in discomfort and so much brokenness. Yet Jesus comes and we are offered his grace; we have a chance. Forgiveness may be hard to give and hard to receive, but we surely need it!

From the cross Jesus said, "Forgive them, Father, for they know not what they do." The Roman soldiers who had killed him, the Roman government who had sentenced him, the Jewish authorities who did not understand him, the disciples who abandoned him, you, me — we all receive forgiveness and grace!

To accept that divine grace, to be free to begin again, to have the promise of eternal life, we must be willing to receive grace. As Lent unfolds for us and we search our hearts, may we find the love and grace of God swelling up within us — and may that life and grace flow out to all we encounter.

Blessings and love,  
*Doug Geeting, SD*

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

**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

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





## 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.

**E168- Love One Another**  
**March 27-30, 2014**

**A Message from the "R"**

1 JOHN 4:7-8

*Beloved let us love one another: for love is of God; and everyone that loveth is born of God, and knoweth God. He that loveth not, knoweth not God; for God is love.*

Dear Brothers and Sister in Christ,

As a team we are learning to "love one another" and we are ready to share God's love with others. God's love is perfect and there is nothing you can do to stop His love for us. God is love. Love, love,love, just a little bit of love! God's team E168 is excited to be the hands and feet of Jesus. We are ready to make the pilgrims our new best friends by pouring out loads of love. We are anxious to pray for the new pilgrims and each other as we prepare for our journey on E168. Please pray for the team and the pilgrims. We trust God will fill all of us with His love and we can pass that love to others. Our team appreciates your prayers, support and love. Carolyn

Carolyn Ritenour

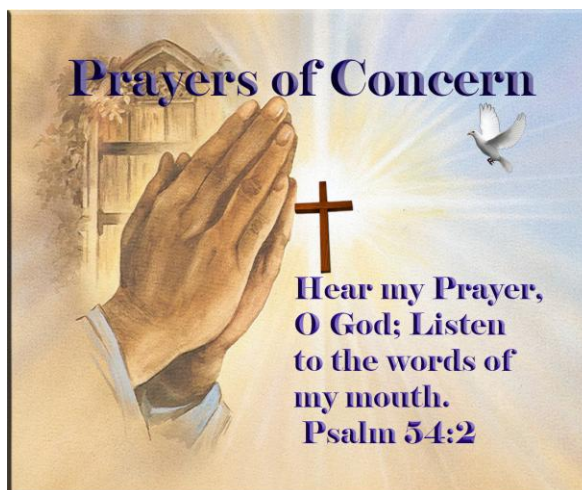
**CADRE AND TEAM**

**Vikki Beaty** ~ Assistant Dining Room Cha, Assistant Agape Cha  
**Kathy Channell** ~ Old Buffalo, Floater Cha  
**Carroll Cobb** ~ Talk Room Cha  
**Richard Cobb** ~ Spiritual Director  
**Roxanne Cuddy** ~ Dining Room Cha  
**Lavonya Douglas** ~ Table Leader  
**Garey Eakes** ~ Spiritual Director  
**Sara Eakes** ~ Table Leader  
**Rossana Finegan** ~ Table Leader  
**Nancy Geeting** ~ Chapel Cha  
**Linda Girten** ~ Talk Room Cha  
**Faith Gorham** ~ Closing Cha, Palanca Cha  
**Monique Hines** ~ Assistant Chapel Cha, Assistant Closing Cha  
**Kris Jullien** ~ Assistant Rector  
**Jennifer Marth** ~ Assistant Head Cha  
**Kathy McCray** ~ Music Director  
**Dawn Mosteller** ~ Agape Cha  
**Martha Petrizza** ~ Assistant Talk Room Cha  
**Sarah Purdy** ~ Music Director  
**Carolyn Ritenour** ~ Rectora  
**Denise Sanchez** ~ Table Leader  
**Stephanie Scholz** ~ Head Cha  
**Shari Spring** ~ Table Leader  
**Deborah Wright** ~ Mananita Cha, Assistant Palanca Cha

**PILGRIMS**

**Becky Ash** ~ Old Bridge UMC  
**Melodee Ashley** ~ Salem UMC  
**Debra Bobbitt** ~ Spirit and Life UMC

**Nati Brizuela** ~ Spirit and Life UMC  
**Donna Bullock** ~ Falmouth UMC  
**KJ Cabacar** ~ Christ UMC  
**Bonita Chase** ~ Old Bridge UMC  
**Jennifer Clardy-Chalmers** ~ Clarendon UMC  
**Tracey Clark** ~ Victory Christian Ministries International  
**Lori Douglas** ~ Harvest Life Changers  
**Margarita Estela** ~ Spirit and Life UMC  
**Cathy Fields** ~ First UMC  
**Rachel Foster** ~ Reston Community Church  
**Amy Franco**  
**Sandy Greer** ~ St. John's UMC  
**Michele Guentner** ~ Epic Life Church Christian & Missionary Alliance  
**Kathy Hardin** ~ Cameron UMC  
**Sue Johnson** ~ Lake Ridge Baptist  
**Stacy Jones** ~ Salem Fields  
**Lea Anne Long** ~ Christ UMC  
**Izzy Kenney** ~ Christ UMC  
**Andrea Ker** ~ St. Paul UMC  
**Amanda Meres** ~ St. Paul UMC  
**Ingrid Mihos** ~ Grace Bible  
**Charlotte Mitchell** ~ First Assembly of God  
**Vera Morton** ~ Woodlawn UMC  
**Jennifer Penninger** ~ Spirit and Life UMC  
**Sylvia Rainford** ~ Howard University  
**Michelle Rowe** ~ St. Paul UMC  
**Lucy Sandoval** ~ Mount Olive Baptist



**OUTREACH PRAYERS REQUEST**

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

Be blessed,

*Kathy Skilton*

## National Capital Area Chrysalis



### From Our Chrysalis, CLD

Luke 18:16

New Living Translation (NLT)

<sup>16</sup>Then Jesus called for the children and said to the disciples, "Let the children come to me. Don't stop them! For the Kingdom of God belongs to those who are like these children.

Here it is March already this has been one tough winter. There have been some highlights one of those highlights in our Chrysalis community has been C-85. We welcomed 25 new Butterflies into the Chrysalis community back in January. After seeing the youth arrive on Friday evening looking all scared and not sure of themselves and then to see them again at closing was an amazing transformation. They became a family up on the mountain! Each one said that they now had a new family that they could lean on and depend on each other in the tough times that we all have. In my eyes there is no greater thing we as a community can do than to grow God's family. I think of our NCA community as a family, a part of God's family. I only hope we can grow His family more and more through our weekends.

C-86 is coming up July 10-13 this is our young adult weekend. Those young adults ages 18-25 are able to attend. Please get your teaming applications as well as those applications for the youth to walk! We are also starting to plan for our next high school weekend in August, so get those applications in soon!

Fly with Christ

*JR Williams, CLD*

### 2014 ULTREYA GATHERINGS

Mar. 21	Cameron UMC - Alexandria
April 25	*Messiah 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>ALD</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

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

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WPfancuff@aol.com

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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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Merrifield, VA 22116**