



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

Fourth Day Journal

Vol. XXXV No.7 July 2017

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



FROM THE NCA EMMAUS COMMUNITY LAY DIRECTOR

Summer....just the word brings back memories of long lazy days spent swimming at the lake, eating watermelon, making homemade ice cream, summer camps, and chasing fire flies with my friends. You may have similar sweet memories from your childhood of days spent lazing around. Throughout the year, as children, we would long for those days....when we could sing, "School is out!!!".

As an adult, summer's importance is just a little different. It is an opportunity for taking time to do a few things that refresh us. As families we try to take vacations or "stacations" and get away from the ordinary routines of life and just be together. It's a time to regroup and reorganize our lives and reconnect with those we love.

In our Emmaus community, summer is a super busy time!!! We have two Chrysalis weekends happening. We are busy writing agape for the young people that we love so much. We are sending "bugs" to the mountain to experience the love of God in a fresh and exciting way. New Emmaus teams are getting started with Cadre meetings and "Meet and Greet" times. New friendships are being made and relationships established. It is a time of great excitement with new beginnings!

As a "pass it on" community, we love to see our young people shine as they begin to lead weekends and the Ultreyas. As a "lay led" community, it is a wonderful opportunity for our Chrysalis Kids to gain experience in being leaders in our community. I certainly hope that you

will each come out and support all of our butterflies as they try their wings and learn to soar to the mountaintop in July. Come to Candlelight, write agape and provide goodies for these super kids who have spent a big part of their summer serving the Lord and our community.

In addition to new things, in Emmaus we have a tradition of a "cook out" every July for our Ultreya. Everyone loves a cookout, especially when you have a grill master like our very own Rob Cannon at the grill! No one needs an invitation to come to Sleepy Hollow UMC, July 21st and bring your favorite "side" to share with others. We hope that you will come with your hearts open to worship and hear the excitement from the new "butterflies" and their story of God's grace in their lives.

De Colores!

Glo

Gloria Esterline
Community Lay Director





FROM THE SPIRITUAL DIRECTOR

An Extension Agent was visiting with each farmer in his new territory. As he drove up the lane to one farm he took note of the signs that bordered the drive: “No Trespassing”, “That Means You!”, and “Solicitors will be shot on sight.” He drove on, with some trepidation, and approached the front door with not just a little apprehension. As he stood waiting for the door to open what actually happened baffled him. A kindly older man opened the door and invited him in. They sat at the table over coffee, conducted business, and chatted. When he rose to leave the gentle farmer invited him to come back any time because he didn’t get many visitors up his way.

HOSPITALITY is something that is essential in Christian life? Right? We all practice it without fail? Right? Or maybe not so much...

I have noticed that as the electronic age has exploded to some extent our hospitality quotient has receded. Last week as I was grocery shopping I did a little experiment. I counted the number of shoppers that I encountered and the total was 140. Of those 140 all but 15 of them were too busy talking, or texting, or exploring on their devices. Just a tic over 10% were aware of their surroundings, and had time to reply to a pleasant hello. I frequently exercise by walking at the mall and while I have not conducted the same experiment I would be happy to share some of the near and not misses of people glued to their electronic god.

Jesus tells us in Matthew 10:42, “whoever offers even a cup of cold water to one of these little ones in the name of a disciple shall not lose their reward.”

Sounds like a pretty simple statement. Yet I think many times we fall short of the task. We get so caught up in the busyness that has become our lives, of running hither and yon to take care of this and to finish that, texting, talking, and googling that we don’t look around us with discerning eyes to discover who might be thirsty and need us to offer them that cold cup of water.

One thing that has spoken to me each time I have gone to the mountain is this:

- Make a friend.**
- Be a friend.**
- Lead a friend to Christ.**

How is your hospitality quotient on a daily basis? That is a thought worth pondering.

Blessings,

Dale Gillis, Spiritual Director

2017 NCA Emmaus Walks

E-182~ **W~Oct. 5-8, 2017**.....Glenda Lambert
 E-183~ **M~Nov. 2-5, 2017**.....TJ Cuddy

2017 ULTREYA GATHERINGS	
July 21	Sleepy Hollow UMC w/ <i>Annandale UMC</i>
August 18	First United Presbyterian Church of Dale City
Sept. 15	Clarendon UMC
Oct. 20	Bethel UMC
Nov. 17	Christ Church UMC
Dec. 15	Messiah UMC
If you are interested in hosting an Ultreya gathering, please contact the Emmaus Board.	

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From the NCAE MD

Hello, music friends!!

Praise Him, Praise Him, Jesus our blessed Redeemer!

You may wonder to yourself or for someone else how do people become involved in the NCAE music praise team? Here's the scoop:

If you play an instrument or sing and/or are interested in being a part of the program, contact us at the email below and we will give you additional information. However, in a nutshell – there are over 150 people who have expressed an interest in the music and we try to involve them in various NCAE MUsic activities at one time or the other - Sponsors hour, Mananita, Ultreyas, DDU's, teaming, MD, AMD, outreach and other special events.

Prior to an Ultreya, practice is held at a church on the Monday or Thursday preceding the meeting. This is usually done at the church where the Ultreya will occur, however if that is not available we have a substitute church which is generous in allowing us to practice there. Praises!

Upon expressing an interest in participating, you will be informed about a practice and included in the planning center services email. This email will enable you to listen to the songs for the event, print them, or use your iPad as chord music. It is important for the recipient of the email to accept or decline, indicating they are able to make the practice and the event.

Voila! That's it! Participants are rotated based on the large number of those interested in participating. There is always room for more and we are always looking for participants to move into the music director position or assistant music director for teaming weekends. We love music and try to share the load.

A lot goes into the background for any NCAE function, such as audiovisual preparation of slides and equipment, set up of music speakers, stands, hook ups, micro-

phones, etc, & sound operation. If this is your gift and/or do you have an interest, please contact us and join in. It is a joy and blessing and we would love to have you serve.

The remaining Ultreya music this summer will be lead by Chrysalis MDs. Come out and support in worship and song. de Colores!

Jim and Mae Krauss

Community MDs

If music is your gift, please plug into NCAE music!! Contact us for more info -- all are welcome! Mae at Mkrauss@aol.com and Jim Mkrauss70@aol.com



From the NCA Chrysalis, CLD

FWC, Monica G

NEW – NCA Emmaus Car Magnets and Decals

The NCAE, 4" x 6" 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:

Raúl Castillo at 703-307-8070 or Email: 4DayJour@emmausnca.org

COMMUNITY PALANCA



Need material and help to make palanca bags for 2017.

There are 7 weekends that require 35 palanca bags so that is **245** bags which equal 82 yards of material. So if you can help construct bags or are willing to supply a yard of material which makes 3 bags please bring material to Ultreya.



Who likes to draw?
We need volunteers to design placemats for Emmaus and Chrysalis. Please see Donna Morris at the Ultreyas to pick up an envelope of placemats to decorate.

The love shared by the community is a very important part of each weekend. Without help from the community it is very difficult for a single person to share so much love. Please Email me at agape@emmausnca.org if you would to share your gifts with the community!

DeColores,
Donna Morris
Community Palanca

DeColores & Fly with Christ,

Donna Morris

KAIROS KORNER

The Teaming Cycle

Just like Emmaus and Chrysalis, Kairos goes through a teaming cycle. Our men's 4-day weekends in the prisons generally are held in the spring (March/April) and fall (September/October). As soon as the 4-day weekend concludes, the weekend leader (similar to the "R") begins to recruit the team for the next 4-day weekend. Recruitment usually ends about 2 months before the 4-day so the team can form during teaming meetings. Around the time that team meetings are being held, agape (and palanca, but in Kairos it is all called agape) is solicited.

That's why you will see calls for team members November – February and June – August; both prison teams are recruiting! Also, the prayer lists to cover the weekends are passed around at Ultreyas in August, September, February, and March – although sometimes the 4-day will fall so that another Ultreya will receive prayer lists.

The warden of Sussex-1 State Prison recently challenged Kairos to do more. He is excited for our program and wants more of the light of Christ to come into the prison. We at Kairos want to respond, but it takes Christian soldiers to take up arms. Can we change the Kairos cycle by adding a 4-day in the summer starting in 2018? That, brothers and sisters, is something that you can help answer. As one of the pastors said recently, "If the door is being opened, don't you think you should walk through it?"

Applications for teaming are available at our website <https://kairosnova.org>. The next Greenville Correctional Center (GCC) S-3 weekend, K-69, is planned for October 12-15. The next Sussex-1 State Prison weekend, K-6, will be October 19-22. Please contact Bill Iwig (bethesda.duo@verizon.net) or Ed Tucker (edtucker829@gmail.com) or any former Kairos team member if you have any questions about Kairos.

Matt 25:36 "...I was in prison and you visited me."

INCLEMENT WEATHER POLICY

In case of inclement weather on the night of an Ultreya, please listen to the **local television or radio**. If **Public Schools are closed**, and after school activities are canceled in the locality where the Ultreya is being held, **the Ultreya will also be canceled**.

NCA EMMAUS BOARD

Term Expiring January 2019

Dale Gillis, ASD	703-517-2232	gillisdale1@gmail.com
Vickie Carroll	703-887-7590	vickie.carroll@me.com
Charlie Duren		c_duren@comcast.net
Rich Goad	571-265-2682	Richard.e.goad@gmail.com
Gaylene Guest	703-398-7449	Gi.gi.@verizon.net
Jim Stacy	703-680-5111	stacycentral@verizon.net

Term Expiring January 2018

Sam Gero	703-475-8812	samgero@gmail.com
Stan Esterline, SD		stanre@verizon.net
Kathy Woodley,	703-232-8043	Kwoodley69@gmail.com
Gloria Esterline,CLD	703-407-2420	esterline.gloria@gmail.com
Jerry Wills	703-217-4262	jerry@hippofamily.com
Phil Wisner	540-760-7594	phil_wisner@yahoo.com

COMMUNITY SUPPORT LEADERS

Applications ~ NCA Emmaus Pilgrims

Charlie & Vickie Carroll	703-887-7590	Cand_app@emmausnca.org
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Applications ~ NCA Emmaus Team

Charlie & Vickie Carroll	703-887-7590	Team_app@emmausnca.org
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Audio-Visual/Software Managers

Jim and Donna Morris	540-625-2843	avsoftware@emmausnca.org
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Community Palanca/Agape Coordinators

Donna Morris	540-625-2843	Agape@emmausnca.org
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Community Shed Coordinator

Annette Barbier	703-491-2104	Abarbier2@aol.com
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Facility Liaison

Nancy Geeting	540-841-3343	ngeeting.54@gmail.com.
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Fourth Day Journal – Newsletter Editor

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Fourth Day Journal Mailing

Beth Parker	703-447-9553	4DayMail@emmausnca.org
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HolyNet Coordinator

Charlie Hays	703-8013521	Charleyhays@gmail.com
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Kairos Representative

Dick Tobey		tobeygroup@aol.com
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Kairos Outside Representative

Barbara Teats	703-354-9043	barbteats@hotmail.com
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Rector (a) Manuals Coordinator

Linda Girten	703-491-3801	manuals@emmausnca.org
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Music Directors

Jim Krauss	703-850-8226	md@emmausnca.org
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Mary Anne Krauss	703-850-8226	md@emmausnca.org
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Outreach Palanca/Agape Coordinator

Debbie McCluskey		gndmcccluskey2@verizon.net
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Prayer Wheel Coordinator

Robin Wisner	202-341-2485	Robin@robinwisner.com
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Rector(a) Selection Coordinator

Annette Barbier	703-491-2104	Abarbier2@aol.com
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Reunion Group Coordinator

Liana Cuffman	703-920-6219	cuffli@comcast.net
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Scholarship Coordinator

Lindsey Kirkwood	571-236-4563	lindsey.kirkwood@gmail.com
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Talk Folder Coordinator

Al Barbier	703-491-2104	Ajbarbier@aol.com
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Treasurer

Lindsey Kirkwood		treas@emmausnca.org
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Website Manager

Rob Cannon	703-965-8045	webadmin@emmausnca.org
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Weekend Handouts Coordinator

Mark Segnari	703-670-3145	4daypack@emmausnca.org
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Wooden Crosses & Ropes

Jim & Jan Womer	703-670-5236	jmwomer@verizon.net
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NCA CHRYSALIS BOARD

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

CLD	Monica Gibson	Butterfly_maka@yahoo.com
ACL D	John Rowe Devin Duren	asstlaydirector@chrysalisnca.org
SD	Jose Saldana	Pastor2@chrysalisnca.org
SD		

Other Board Members

Lindell Tinsley	Dan Hughes
Stephanie Williams	Katie Rowe
Bonita Darby	Matt Critchley
Carolyn Tidd	Burton Robinson
Milton Zapata	Michael Jurabe
Tori Guest	Molly Haynes
Sarah LeMay	Nicole Parish

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	Donna Morris
Secretary	Stephanie Williams
Treasurer	Bob LeMay
Clothe Agape Bags Coordinator	Beth Ann Eadie
Dining Room Coordinator	Donna Morris
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	Donna Morris
Website Coordinator	Clayton Newberry



July Ultreya

Friday, July 21st

THEME: BBQ

Bring your
favorite "side"
dish!!

Sleepy Hollow

3435 Sleepy Hollow Road,
Falls Church, Virginia 22044.

With Assistance from Annandale UMC

LOVE OFFERING:

Please bring your General Mills
cereal box tops and Campbell
soup labels to church...



...they will be used to
benefit McCurdy Ministries
in New Mexico.

2017 WEEKEND EMMAUS FEES

Application Fee	\$35.00
Pilgrim Fee	\$200.00
Team Fee	\$250.00

WEEKEND PRAYER WHEEL needs you!

Sign up at emmausnca.org; click on weekend #E182 on the left; then click Prayer Wheel heading. Be a Blessing as the Body of Christ covers these weekends in prayer.



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National Capital Area Emmaus
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