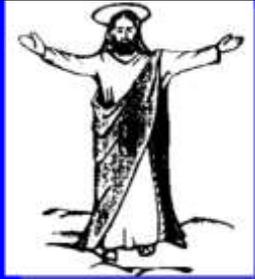


The newsletter of the National Capital Area (NCA) Emmaus for the glory of God

# Fourth Day Journal

Vol. XXXV No.8 August 2017

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



## FROM THE NCA EMMAUS COMMUNITY LAY DIRECTOR

I am sitting at a beautiful lake in central Alabama this morning and a gentle rain is falling outside my cabin. I can hear thunder in the distance and see flashes of lightning around me, yet I am safe and dry within the confines of the screened in porch. There is something so refreshing about a summer rain. The trees and grass soak up the moisture eagerly and seem to stand taller and shine a little greener with each drop. Today's plan was filled with swimming, boating and water activities with the family, but here we sit watching God take charge of the day and remind us that He is really the One who determines the directions of our lives. So instead of water fun, we will play indoor games, talk, laugh, reminisce, and just be still in the presence of our family and our Heavenly Father.

Sometimes He calls us to be still in His presence and to look deeply into our hearts to know the direction in which He is calling us to go. In the middle of life's storms we hold onto His hand for guidance and peace.

I have been on a few Emmaus weekends during my almost 20 years of walking.... Some teams go very smoothly and have very little "rain" that falls on them. Others are taken by fierce storms, but God is there in the middle of each team. He says to each of us to "fear not and step out of the boat". There is such a joy when we take the first step out of the boat and realize that we can do the impossible, as long as we keep our eyes fixed on Him. Look for His hand and His purpose in your life. Keep your eyes always turned upwards and He will keep you always in His grip.

While in Atlanta recently I saw a sign with a quote from Catherine of Siena that said "Be who God meant you to be and you will set the world on fire". I want to encourage each of you to be what God intended you to be. Live your life without fear and worry. When the storms come, allow God's people to be His hands extended in your life. But....LIVE!!!

De Colores!

*Gloria*

Gloria Esterline  
Community Lay Director

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## 2017 ULTREYA GATHERINGS

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.**



**FROM THE SPIRITUAL DIRECTOR**

**PRAYER: THE ESSENCE OF OUR RELATIONSHIP WITH GOD**

How is your prayer going these days? Is it rich and deep? Is it an experience that brings you back each day with an enthusiasm of meeting with the Savior whose Name is above all Names.?

When we pray, it is essential that we begin by following our Lords example as He said in His teaching to the disciples, "Our Father, Who art in heaven, HALLOWED BE THY NAME". When we look inward to our earthly needs only, and do not remember the Holiness of Who he is at the very outset, we risk not acknowledging Him at all. The prayer becomes a small circle of requests for ours or others' well being which fails to recognize our immortal status as Children of God. Now, I am not saying that we should hesitate in bringing our requests to our most compassionate God, but that we must enter into a deep awareness of our relationship to Him.

As I write this, I am sitting overlooking a picturesque lake in Alabama where Gloria and I have retreated for a few days to spend with our family. As I sit here, I listen to the sounds of thunder from a passing storm which I do not know if it will bring rain or not. Fortunately, I am sheltered by a screened in porch and will be unaffected by the rain if it does come. The purpose of these storms is to bring us the life giving water that is essential to our existence on this earth. I witness the rustling of the leaves on the trees that signals the closeness of the showers, but only now, after sitting here about 30 minutes, do I witness the raindrops pattering in the roofs of our cottages and making small circular dents and splashes in the lake. It appears that this rain will last a while, and that it is not merely a quickly passing storm, but a mild, soaking rain that will do more good than a brief, heavy downpour which merely runs away into the storm drains, providing little benefit.

Our prayers are also better that way. Long and constant, embedded in the activities of our daily lives, our prayers are most respectful of our lord, and constantly meaningful to us.

Isaiah the prophet comes to mind as he writes in his 55th chapter: Seek the Lord while he may be found, call on him while he is near; (and later in the chapter he declares): You will go out in joy and be led forth in peace.

What a blessing He brings when we remember to place Him in His rightful place in our hearts.

Grace and Peace,

*Stan Esterline,*

*Emmaus Board Spiritual Director*

**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:

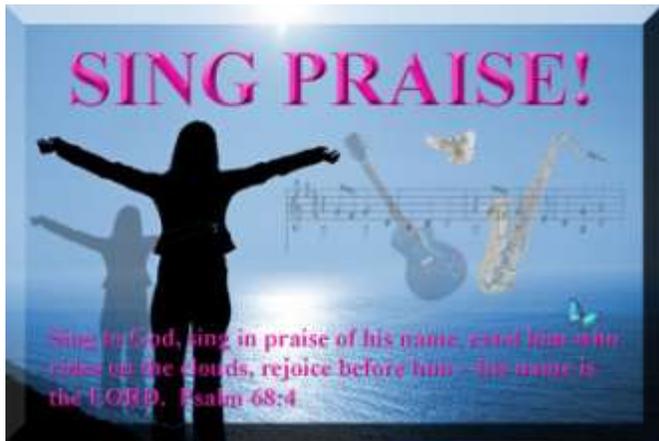
[Raúl Castillo at 703-307-8070](mailto:Raúl.Castillo@703-307-8070) or  
[Email: 4DayJour@emmausnca.org](mailto:4DayJour@emmausnca.org)

**2017 NCA Emmaus Walks**

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

**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.**



## From the NCAE MD

De Colores!!

! Undignified- David danced! Read about it in 2 Samuel 6:14--

You may wonder how 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, microphones, 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 August Ultreya music will be lead by Chrysalis E-96 MDs--The Billingsleys! 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](mailto:Mkrauss@aol.com) and Jim [Mkrauss70@aol.com](mailto:Mkrauss70@aol.com)



## From the NCA Chrysalis, CLD

Hello all,

As it is my last month as Lay Director I would like to say thank you to everyone. It has been a blessing serving my community! But before I go I do have some last minute business to let you all in on. Our Board elections are happening this August Ultreya. Here is the list on nominees we have so far. We just need 2 more adults to be on the list.

Here is the list for the 2017- 2019 Chrysalis Board:

Spiritual Directors(s)

Jessie Kerns

Youth Board Members

Matt Critchly

Joey Goode

Emma Grammar

Judieclair Kinerney

Adult Board Members

Jon Guest

Kirstin Smith

As we vote on them coming up please pray over these names! Speaking about praying, please pray over the new Lay Director for Chrysalis as it is a big job.

Thank you all again for this fantastic year. See you at the Ultreya this August and get ready to see some new Butterflies!!!

Fly With Christ,  
Monica G

## 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](mailto:bethesda.duo@verizon.net)) or Ed Tucker ([edtucker829@gmail.com](mailto: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."

## 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](mailto:agape@emmausnca.org) if you would to share your gifts with the community!  
DeColores,  
Donna Morris  
Community Palanca

DeColores & Fly with Christ,

*Donna Morris*

<b>NCA EMMAUS BOARD</b>		
<b>Term Expiring January 2019</b>		
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
<b>Term Expiring January 2018</b>		
Sam Gero	703-475-8812	samgero@gmail.com
Stan Esterline, SD		stanre@verizon.net
Kathy Woodley,	703-232-8043	<a href="mailto:Kwoodley69@gmail.com">Kwoodley69@gmail.com</a>
Gloria Esterline,CLD	703-407-2420	<a href="mailto:esterline.gloria@gmail.com">esterline.gloria@gmail.com</a>
Jerry Wills	703-217-4262	jerry@hippofamily.com
Phil Wisner	540-760-7594	phil_wisner@yahoo.com
<b>COMMUNITY SUPPORT LEADERS</b>		
<b>Applications ~ NCA Emmaus Pilgrims</b>		
Charlie & Vickie Carroll	703-887-7590	<a href="mailto:Cand_app@emmausnca.org">Cand_app@emmausnca.org</a>
<b>Applications ~ NCA Emmaus Team</b>		
Charlie & Vickie Carroll	703-887-7590	Team_app@emmausnca.org
<b>Audio-Visual/Software Managers</b>		
Jim and Donna Morris	540-625-2843	avsoftware@emmausnca.org
<b>Community Palanca/Agape Coordinators</b>		
Donna Morris	540-625-2843	<a href="mailto:Agape@emmausnca.org">Agape@emmausnca.org</a>
<b>Community Shed Coordinator</b>		
Annette Barbier	703-491-2104	<a href="mailto:Abarbier2@aol.com">Abarbier2@aol.com</a>
<b>Facility Liaison</b>		
Nancy Geeting	540-841-3343	<a href="mailto:ngeeting.54@gmail.com">ngeeting.54@gmail.com</a>
<b>Fourth Day Journal – Newsletter Editor</b>		
Raúl Castillo	703-307-8070	<a href="mailto:4DayJour@emmausnca.org">4DayJour@emmausnca.org</a>
<b>Fourth Day Journal Mailing</b>		
Beth Parker	703-447-9553	<a href="mailto:4DayMail@emmausnca.org">4DayMail@emmausnca.org</a>
<b>HolyNet Coordinator</b>		
Charlie Hays	703-8013521	Charleyhays@gmail.com
<b>Kairos Representative</b>		
Dick Tobey		tobeygroup@aol.com
<b>Kairos Outside Representative</b>		
Barbara Teats	703-354-9043	barbteats@hotmail.com
<b>Rector (a) Manuals Coordinator</b>		
Linda Girten	703-491-3801	manuals@emmausnca.org
<b>Music Directors</b>		
Jim Krauss	703-850-8226	<a href="mailto:md@emmausnca.org">md@emmausnca.org</a>
Mary Anne Krauss	703-850-8226	<a href="mailto:md@emmausnca.org">md@emmausnca.org</a>
<b>Outreach Palanca/Agape Coordinator</b>		
Debbie McCluskey		<a href="mailto:gndmcccluskey2@verizon.net">gndmcccluskey2@verizon.net</a>
<b>Prayer Wheel Coordinator</b>		
Robin Wisner	202-341-2485	<a href="mailto:Robin@robinwisner.com">Robin@robinwisner.com</a>
<b>Rector(a) Selection Coordinator</b>		
Annette Barbier	703-491-2104	<a href="mailto:Abarbier2@aol.com">Abarbier2@aol.com</a>
<b>Reunion Group Coordinator</b>		
Liana Cuffman	703-920-6219	cuffli@comcast.net
<b>Scholarship Coordinator</b>		
Lindsey Kirkwood	571-236-4563	<a href="mailto:lindsey.kirkwood@gmail.com">lindsey.kirkwood@gmail.com</a>
<b>Talk Folder Coordinator</b>		
Al Barbier	703-491-2104	<a href="mailto:Ajbarbier@aol.com">Ajbarbier@aol.com</a>
<b>Treasurer</b>		
Lindsey Kirkwood		<a href="mailto:treas@emmausnca.org">treas@emmausnca.org</a>
<b>Website Manager</b>		
Rob Cannon	703-965-8045	<a href="mailto:webadmin@emmausnca.org">webadmin@emmausnca.org</a>
<b>Weekend Handouts Coordinator</b>		
Mark Segnari	703-670-3145	4daypack@emmausnca.org
<b>Wooden Crosses &amp; Ropes</b>		
Jim & Jan Womer	703-670-5236	<a href="mailto:jmwomer@verizon.net">jmwomer@verizon.net</a>

<b>NCA CHRYSALIS BOARD</b>		
<b>Community Lay Director (CLD)</b>		
<b>Assistant Lay Director (ALD)</b>		
<b>Spiritual Director (SD)</b>		
<b>CLD</b>	Monica Gibson	<a href="mailto:Butterfly_maka@yahoo.com">Butterfly_maka@yahoo.com</a>
<b>ACL D</b>	John Rowe Devin Duren	<a href="mailto:asstlaydirector@chrysalisnca.org">asstlaydirector@chrysalisnca.org</a>
<b>SD</b>	Jose Saldana	<a href="mailto:Pastor2@chrysalisnca.org">Pastor2@chrysalisnca.org</a>
<b>SD</b>		
<b>Other Board Members</b>		
	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
<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>		Donna Morris
<b>Secretary</b>		Stephanie Williams
<b>Treasurer</b>		Bob LeMay
<b>Clothe Agape Bags Coordinator</b>		Beth Ann Eadie
<b>Dining Room Coordinator</b>		Donna Morris
<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>		Donna Morris
<b>Website Coordinator</b>		Clayton Newberry



**August  
Ultreya**

# First United Presbyterian Church of Dale City AKA: FUPCDC

14391 Minnieville Rd, Woodbridge, VA 22193

Dinner Starts at 6:30pm  
Ultreya Starts at 7:30pm

**Friday, August 18th**  
**THEME: Salad Night**

*Bring your favorite salad...*

*Chef, Caesar, Club,  
Chicken, Ambrosia,  
Antipasto, Greek, Afghan,  
Potato, etc*

## LOVE OFFERING:

**Acts Food Pantry:**  
**Canned and Non-**  
**Perishable foods of any**  
**kind. Used to feed**  
**families and individuals**  
**across Prince William**  
**County**

### **2017 WEEKEND EMMAUS FEES**

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

January Chrysalis Weekends  
at 4-H Center in Front Royal:  
**High School: January 12-15th**

Know any High School Youth ages 15-18?  
Think they will enjoy Chrysalis?  
Want to Team?  
Applications online at [ncachrysalis.org](http://ncachrysalis.org)

### **WEEKEND PRAYER WHEEL needs you!**

Sign up at [emmausnca.org](http://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.





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