

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

Fourth Day Journal

Vol. XXXV No.9 September 2017

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



FROM THE NCA EMMAUS COMMUNITY LAY DIRECTOR

As a child I was always so excited when September rolled around. It meant new shoes, maybe a new dress or so that Mom made, fresh notebooks to fill and sharp new pencils to use, but more excitingly, it meant a new grade with opportunities to learn new and better “stuff” than last year!! I went to a small school so I knew all the students and we all progressed together each year, so friendships remained the same. But, I eagerly looked forward to a new teacher and new ways of doing things.

Our Emmaus Community is making a few changes, and learning from our Chrysalis Community, some new ways of doing things too. We are beginning to put our manuals for training in “the cloud”, paying our bills through PayPal, signing up on the “database”....so many ways to bring our community into the world of technology. I appreciate each board member who has taught me so much and given countless hours to make these things happen for our community. This board is filled with passionate warriors who are relentless in their efforts to make our community ever better. They are truly amazing!

One of the things that we have been working on for quite some time is an additional way of paying our fees. We now have the option to pay our weekend fees using PayPal. We still welcome checks. If that is easier for you, please continue to pay using your checks. (It is easier for us.) For those who wish to use a credit card to pay for team or pilgrims fees, please send a request to Treas@emmausnca.org A link to sign up and pay

fees will be provided to you via email. PayPal charges a convenience fee, based on the amount processed. This fee will be added to the amount you will be charged by PayPal.

But there is much **YOU** can do as well!!!

- We need you to seek out Pilgrims to invite to the weekends. We especially need Men’s applications in the next few weeks. Please prayerfully consider inviting a man to be a participant in this wonderful opportunity. Ask someone to co-sponsor with you.
- Volunteer to be the Secretary or Treasurer (financial experience necessary) for the board for a year.
- Volunteer your church to host an Ultreya next year.
- Write Palanca letters to all Pilgrims and Bugs each weekend
- Help out with Agape such as placemats, cookies, joy flags, warm fuzzies....
- Sign up on the Prayer Chain and remember to pray☺

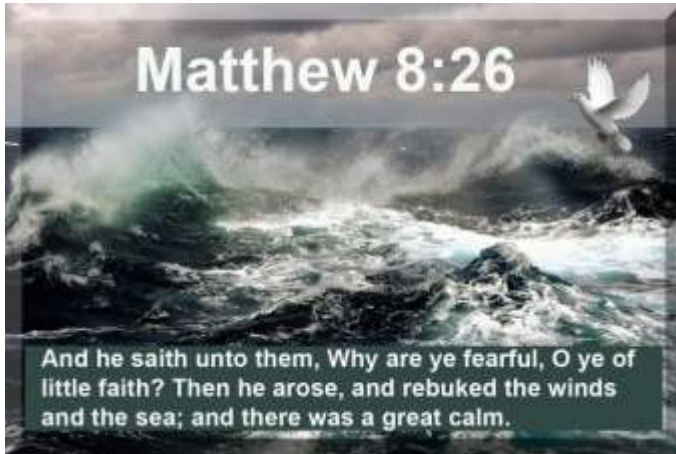
Remember that our fees for E 182 and forward will be \$250 total. \$35 for application fee and \$215 for Sponsor fee.

Our next Ultreya will be at Clarendon UMC. We hope you will join us at 6:30 for food and fellowship. Clarendon has graciously volunteered to provide the meal for the evening, but would appreciate donations of **canned and non-perishable foods of any kind which are used to feed families and individuals across Arlington County.** Music/worship begins at 7:30. The beautiful ladies of E 182 will be introduced. You will NOT want to miss the wonderful 4th Day Speakers, George and Nancy Gerol!!!

De Colores!

Glo

Gloria Esterline
Community Lay Director



Lord to take those first few steps on the water. I believe that God has a mission for each of us individually and for this community and for the world in the name of Jesus Christ. My question to each of us is will we "Stop being afraid of what could go wrong and start being positive about what could go right?"

That is a thought worth pondering.

Blessings,

*Pastor Dale,
Emmaus Board Spiritual Director*

FROM THE SPIRITUAL DIRECTOR

I have often heard it said that some of the finest things in life have been scribbled on a cocktail napkin. In fact I have even heard that Abraham Lincoln scribbled the famous words to the Gettysburg Address on a napkin in route to Gettysburg. These days I think the whole napkin thing could be changed to say that some of the greatest things are posted on Social Media. I often find myself looking at the posts and seeing various nuggets of wisdom on there. That was the case yesterday. While scrolling I found, "Stop being afraid of what could go wrong and start being positive about what could go right." This resonated with me because I tend to try to reason through everything that I do and choose. As I do this I tend to overthink everything, especially the negative outcomes. This process goes on so long that sometimes I become paralyzed and frozen out of fear of making the wrong decision. Anyone else relate to that?

As I read the piece of advice yesterday I was reminded of the story told in Matthew about the disciples. Following the feeding of the 5,000 plus, Jesus put the disciples into a boat and told them to cross to the other side of the lake while he went up on a hillside to pray. They got to the middle of the lake and a storm arose about the time that Jesus was going to cross over. Seeing their peril he began walking to them on the water. When the disciples saw him they thought it was a ghost. Until Jesus said to them fear not, come to me. Now check my math but at that invitation there were 12 on the boat and yet only one, impetuous Peter dared to get out of the boat.

The question keeps repeating itself in my head is why did the other 11 remain in the boat? Were they afraid of sinking? Did it not seem rational that they could walk on water? Were they so paralyzed with all of the what ifs that they decided to remain hunkered down in the relative safety of a boat on a stormy sea?

My point here is one of encouragement for us as followers of Jesus Christ. I believe that we are called to leave our relative safety of the boat that we feel most comfortable in to take a leap of faith as Peter did by trusting the

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2017 ULTREYA GATHERINGS

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.

2017 NCA Emmaus Walks

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



From the NCAE MD

“Rejoice Always” I Thess. 5:16

Choose JOY. Let a song express your heart's concerns, hurts, joys, or praises. The 4th Day Packet you received when you walked had a list of Christian radio stations - a full page of local stations for your listening pleasure.

Please accept the challenge to listen to Christian radio. Not only will you find it more positive, expressive, uplifting, and comforting, but the music you hear at Ultrayas and NCAE events will be familiar and you can sing along! You may also find a tune you are crazy about and ask us to play sometime for the community.

God is so good. Song: “He’s a good, good Father”
I don’t understand, but I know He loves me. “ Even if”
So glad I know you, Jesus. “What a beautiful name”
Thank you, Lord, for being constant. “King of the World”

The above list is an example of a few thoughts or emotions which are expressed by the song that follows. They cover a large range of things we might ponder or otherwise, be frustrated to express. So flip that dial, roll down the windows and put your De Colores on. Enjoy the ride!

September’s Ultraya music will be lead by our own dear Lindsey Kirkwood. Lindsey has participated and lead music at various NCAE events. She has brought together a fantastic group of praise team musicians and array of music in an effort to create an atmosphere of worship. To Him be the glory. See you at Bethel on September 15. We love you!

Mae and Jim Krauss, 703-850-8226,
mkrauss70@aol.com

Jim and Mae Krauss

Community MDs

KAIROS KORNER

Kairos Fall Weekends

The Kairos teams for Kairos #69 at Greenville Correctional Center and Kairos #6 at Sussex-1 State Prison have started teaming for their weekends on October 12 – 15 for K-69 and October 19 – 22 for K-6. So, that means it is **Cookie Time** and **Prayer Chain Time!**

Homemade cookies are a tangible and meaningful expression of God’s unconditional agape love for the incarcerated and are a very important part of each Kairos weekend. Each team will take approximately 2,400 dozen (!) cookies into the prison for a Kairos weekend, which includes enough to provide one dozen cookies to each inmate in each prison in addition to the participants and team over the weekend. Cookie instructions are available on the team website at: <https://kairosnova.org>. Also, instructions for delivering the cookies to each team will be available on the website as the weekends draw near.

While the cookies demonstrate God’s amazing love, the Kairos weekends are powered by prayer as we seek the Holy Spirit to watch over each weekend and touch each participant’s heart with God’s love and forgiveness in a new and powerful way. Links to the prayer chain sign-up list, divided into 30 minute slots, and prayer guides for both K-69 and K-6 will be posted to the team website in the near future. A paper prayer chain is then created by the team consisting of paper chain links with the name and State of the prayer partner for each 30 minute slot. This prayer chain is shared with the participants during one of the talks on Friday morning as a powerful demonstration that they are not alone on this new journey with Christ. Please join many others from around the world, including Kairos brothers on death row, in praying for the participants and team.

Please contact Bill Iwig (bethesda.duo@verizon.net) or Ed Tucker (edtucker829@gmail.com) or any Kairos team member if you have any questions about Kairos.

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



From the NCA Chrysalis, CLD

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**.

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

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Term Expiring January 2019		
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Jim & Jan Womer	703-670-5236	jmwomer@verizon.net

NCA CHRYSALIS BOARD		
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Assistant Lay Director (ALD)		
Spiritual Director (SD)		
CLD	Nicole Parish	Nicolegp410@gmail.com
ACL D	John Rowe Devin Duren	asstlaydirector@chrysalisnca.org
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SD	Jessie Kearns	
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	Lindell Tinsley	Dan Hughes
	Stephanie Williams	Joe Goode
	Bonita Darby	Emma Grammer
	Jon Guest	Burton Robinson
	Scott Marth	Michael Jurabe
	Tori Guest	Molly Haynes
	Sarah LeMay	Judiclaire Kinemey
	John Lohr	
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.	<i>Volunteer Needed</i>	
Facilities Coordinator	<i>Volunteer Needed</i>	
Fourth Day Packet Coord.	Bob LeMay	
Historian	<i>Volunteer Needed</i>	
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	



September Ultreya

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

Friday, September 15th

THEME: “Come As You Are”

Food provided by Clarendon UMC

Maybe a good chance to bring a love offering/donation for the month to support the Hunger Relief Program at Clarendon

Clarendon UMC

606 N. Irving Street, Arlington, VA 22201
Phone: 703-527-8574

Hunger Relief Program Support:

Canned and Non-Perishable foods of any kind. Used to feed families and individuals across Arlington County

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



2017 WEEKEND EMMAUS FEES

Application Fee	\$35.00
Pilgrim Fee	\$250.00
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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