



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

Fourth Day Journal

Vol. XXXV No.10 October 2017

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



FROM THE NCA EMMAUS COMMUNITY LAY DIRECTOR

This past month I attended a conference called Exponential. I heard the speakers talk about dreaming big and how big dreams change our prayers. Dreams drive us to our knees and to our prayer closets because we realize that we can not do the things we dream within our own power. Big dreams make us honor God and depend on Him. Today, join with me to dream big and ask big things of our God for the team of E 183. We want 30 men on the mountain. If each one of us will go and ask just one man, we will more than fill the weekend. What are you dreaming??? We need to be a community of multipliers!!! We need to be exponential multipliers!!! James 5:16 says "The prayer of the righteous person is powerful and effective!". Let's dream and pray for this team to be filled!!! Please come to the October Ultreya, October 20 at Bethel UMC, to greet the Pilgrims of E 182 and to meet the Dream Maker team of E 183!!!

Our **Annual Business** meeting will be held at Christ Church on **November 17th**. We hope that you will each plan on attending this very important meeting. We will be selecting the 6 Board members for the years 2018-19. **Our business meeting will begin at 6:00 PM, followed by dinner at 6:45 and worship at 7:30.** All members of the Emmaus community are eligible to vote. Qualified candidates may be nominated from the floor that evening. You will find a biography of the candidates who have asked for their names to be submitted at the end of this letter. If you are unable to attend the business meeting but would like to submit an absentee ballot for the board position, you will find an absentee ballot at the end of this

newsletter. You will also find it on the website at emmausnca.org (Home of National Capital Area Emmaus) Ballots may be submitted to Phil Wisner at Phil_wisner@yahoo.com Ballots will need to be received no later than November 15, 2017.

I hope to see each of you there at the November 17th Ultreya at Christ Church. Remember to pray about your selection for the board. Be there at 6:00 for our business meeting. We will end at 6:45 and we will have our Potluck meal. Bring your favorite dish to share. Can't wait to see each of you.

De Colores

"Glo"

Gloria Esterline
Community Lay Director

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FROM THE SPIRITUAL DIRECTOR

Prepare your Hearts

There are many things in our Christian walk that we must be ready for; to be at our best as we meet the challenges and opportunities of our daily lives. As the teams do diligently in preparing for their weekends, we must also get ourselves ready each day to engage in the spiritual warfare of this earthly life.

A good and necessary starting point is to go to Psalm 51 and call out to God for his mercy, for sin is ever with us and it must be banished from our lives on a regular basis. We may use the first four verses as beginning point for cleansing. Before we begin this prayer, it is important to identify the sins for which we ask forgiveness. In that way there will be no excuse or denial of what we have done.

Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgression. Wash away all my iniquity and cleanse me from my sin. For I know my transgressions, and my sin is always before me. Against you, and you only have I sinned and done what is evil in your sight, so that you have proved right when you speak and justified when you judge.....Create in me a pure heart, O God, and renew a steadfast spirit within me.

Once we have confessed our sin and received the merciful forgiveness of God, we may stand back and survey the wonders of a pure heart that God's miracle of grace has given us.....and use Philippians 4:4 to**Rejoice! again I say... rejoice**.....for the joy received from the miracle of grace is an essential ingredient of a heart prepared to spread the good news of the gospel.

The next step in preparing our hearts is to put on the whole armor of God (found in Ephesians 6:10-18) and STAND against all evil.

Finally, consider how we are being Christ's ambassadors, (II Corinthians 5:20) carrying his message of reconciliation to God for everyone we meet.

Four steps to be reviewed daily as our hearts are prepared and inspired to spread the Lord's wondrous message. If we are properly prepared to serve out Lord, the results will far surpass anything we could ask or imagine.

Grace and Peace,

Stan Esterline

NCA Emmaus Board Spiritual Director

2017 ULTREYA GATHERINGS

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 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**.



From the NCAE MD

"The Lord is my strength and my song, and He has become salvation. He is my God, and I will praise Him, my father's God, and I will exalt Him." Exodus 15:2

Wow - glory to God and kudos to the musical team lead by Lindsey Kirkwood last month at Ultreya. The music was described by the CLD as "out of this world". All worshipped and danced and had a great time singing and praising. What JOY! Thank you, Lindsey, Phil bass man and trailer driver, sound man Rich, and all who made this rock for His glory.

Hallelujah! Fall is a beautiful time of song and service for the NCAE community! Cooler fresh air, calmer days, and songs of thanksgiving and praise. October and November are full of teaming events and music. The MDs for E-182 and men MDs of E-183 will lead the DDU Ultreya music for those months, respectively. If you are interested in participating in the music or sound support-pls know we would love it. Just reach us at mkrauss70@aol.com. You are loved, you are welcome in this place!!

Tune in! You can Google songs by title or artist, and use Spotify and local radio stations to keep your musical JOY going daily. Songs that express your heart and heal and celebrate Christ. !De Colores!

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

Jim and Mae Krauss

Community MDs

KAIROS KORNER

Kairos Informational Dinner

The Northern Virginia Kairos teams serving at Greensville Correctional Center and at Sussex-1 State Prison are completing their team meetings in preparation for Kairos #69 at Greensville on October 12 – 15 and for Kairos #6 at Sussex I on October 19 – 22. Thanks to all for your prayers and for your cookies!

As the teams start preparing for their spring weekends, they cordially invite you to attend their semi-annual Kairos Informational Dinner on Saturday, November 11, 5:30 pm to 8:00 pm, at Annandale UMC, 6935 Columbia Pike, Annandale, VA 22003. This is a great evening, where you will learn more about Kairos, meet some of our team members, and hear the testimony from a couple of Kairos graduates. Our special guest on November 11 will be Rev. Lynn Litchfield, a former prison chaplain and current Director of Development for GracelInside, the organization which places chaplains in Virginia men's and women's prisons. Rev. Litchfield shares a compelling story about the importance of Kairos and spiritual support for the men and women behind bars. If you would like to attend the dinner, please RSVP to Bill Iwig at bethesda.duo@verizon.net or to Ed Tucker at edtucker829@gmail.com by Friday, November 3.

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



From the NCA Chrysalis, CLD

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

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](mailto:Raúl.Castillo@703-307-8070)

[Email: 4DayJour@emmausnca.org](mailto:4DayJour@emmausnca.org)

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**.

DeColores & Fly with Christ,

Donna Morris



2 Timothy 1:7. *For God gave us a spirit not of fear but of power and love and self-control.*

A Message from the "R"

Scripture:

2 Timothy 1:7

For God gave us a spirit not of fear but of power and love and self-control.

When I started to think a theme for the weekend, I

about had a few different ideas but there wasn't one that really stood out to me until one night when I was watching the news. The newscasters talked about one awful thing after another and I remember thinking that it almost made me scared to go out of my house!

Then I had a thought that I'm sure was from God! What do I have to fear when I have God on my side? All I need is the faith to realize that he's always there for me. That's when I realized that "Fearless by Faith" would be the weekend theme. In today's world we all need to have the faith to be fearless, because if God's on our side what are we afraid of?

The refrain of our weekend song, "God of Angel Armies (Whom Shall I Fear)" by Chris Tomlin, says so much about being fearless by faith:

"I know who goes before me
I know who stands behind
The God of angel armies
Is always by my side

The one who reigns forever
He is a friend of mine
The God of angel armies
Is always by my side."

The team of E-182 is walking hand-in-hand with the Holy Spirit in getting ready for the weekend. We have a wonderful bond and all want to serve God and the Pilgrims who will be coming to the mountain. We pray that they see Christ in each and every one of us. I know that God's going to be on the mountain in a big way, and I can't wait to see what he has in store for us all!

CADRE AND TEAM ~

- Bev Barthmaier** ~ Agape Feast Cha, Asst. Palanca Cha
- Kelly Boden** ~ Table Leader,
- CJ Brown** ~ Table Leader,
- KJ Cabacar** ~ Assistant Agape Feast Cha, Closing Cha
- Mallory Cave** ~ Music Director
- Carroll Cobb** ~ Asst. Rectora

- Lori Darden** ~ Table Leader
- Maureen Devery** ~ Asst. Closing Cha, Asst. Palanca Cha
- Gail Dietze** ~ Spiritual Director
- Gloria Esterline** ~ Asst. Dining Room Cha, Asst. Mananita Cha
- Sam Gero** ~ Head Cha
- Sheri Goad** ~ Mananita Cha, Assistant AV Cha
- Mary Ann Krauss** ~ Assistant Music Director
- Glenda Lambert** ~ Rectora
- Kathy McCray** ~ Table Leader
- Pam Meeuwissen** ~ Spiritual Director
- Donna Morris** ~ AV Cha
- Martha Mraz** ~ Assistant Chapel Cha
- Erin Prendergast** ~ Table Leader
- Karen Rogers** ~ Table Leader
- Michelle Rowe** ~ Dining Room Cha
- Stephanie Scholz** ~ Chapel Cha
- Monica Springman** ~ Palanca Cha
- Susan Verghese** ~ Old Buffalo
- Stephanie Williams** ~ Talk Room Cha
- Bonnie Wine** ~ Assistant Dining Room Cha
- Robin Wisner** ~ Assistant Head Cha
- Desiree Wunderlin** ~ Assistant Talk Room Cha

PILGRIMS

- Jesse Basile** ~ St. Paul UMC
- Rebecca Blackburn**
- Michele Bortnick** ~ 1st Baptist Church
- Kim Carter** ~ Sydenstricker UMC
- Sally Esposito** ~ St. Madeleine Sophie
- Amber George** ~ Crossroads Vineyard
- Lisa Giamette**
- Kate Green** ~ Old Bridge UMC
- Ana Guerrero** ~ Hope Hill
- Kathy Hays** ~ Christ UMC
- Penny Hernandez** ~ Christ UMC
- Talisha Hollenbeck** ~ St. Francis of Assisi RC
- Michele Husfelt** ~ The District Church
- Rashida Johnson** ~ Agape Community of Faith Church
- Mary Kleppinger** ~ Sydenstricker UMC
- Deb Larrabee** ~ Above and Beyond Ministries
- Carol Liles** ~ Christ UMC
- Marjorie Morgan** ~ Washington Community Church
- Shelby Neal** ~ Woodbridge Church of Christ
- Margaret Pfaff** ~ Hope Hill
- Eileen Pletz** ~ Saint Jude Catholic Church
- Monica Reynolds** ~ Warrenton UMC
- Anna Rorick** ~ The Refuge Church
- Jillaine Ross** ~ First Baptist Church
- Alex Rouse**
- Barbara Schanmier-Mistrot** ~ Christ UMC
- Carol Senters** ~ White Chapel UMC
- Stephanie Sheridan** ~ St. Paul UMC
- Beth Taylor** ~ McLean Bible Church
- Morgan Wiggins** ~ Christ UMC

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
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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
Applications ~ NCA Emmaus Team		
Charlie & Vickie Carroll	703-887-7590	Team_app@emmausnca.org
Audio-Visual/Software Managers		
Jim and Donna Morris	540-625-2843	avsoftware@emmausnca.org
Community Palanca/Agape Coordinators		
Donna Morris	540-625-2843	Agape@emmausnca.org
Community Shed Coordinator		
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Kairos Representative		
Dick Tobey		tobeygroup@aol.com
Kairos Outside Representative		
Barbara Teats	703-354-9043	barbteats@hotmail.com
Rector (a) Manuals Coordinator		
Linda Girten	703-491-3801	manuals@emmausnca.org
Music Directors		
Jim Krauss	703-850-8226	md@emmausnca.org
Mary Anne Krauss	703-850-8226	md@emmausnca.org
Outreach Palanca/Agape Coordinator		
Debbie McCluskey		gndmcccluskey2@verizon.net
Prayer Wheel Coordinator		
Robin Wisner	202-341-2485	Robin@robinwisner.com
Rector(a) Selection Coordinator		
Annette Barbier	703-491-2104	Abarbier2@aol.com
Reunion Group Coordinator		
Liana Cuffman	703-920-6219	cuffli@comcast.net
Scholarship Coordinator		
Lindsey Kirkwood	571-236-4563	lindsey.kirkwood@gmail.com
Talk Folder Coordinator		
Al Barbier	703-491-2104	Ajbarbier@aol.com
Treasurer		
Lindsey Kirkwood		treas@emmausnca.org
Website Manager		
Rob Cannon	703-965-8045	webadmin@emmausnca.org
Weekend Handouts Coordinator		
Mark Segnari	703-670-3145	4daypack@emmausnca.org
Wooden Crosses & Ropes		
Jim & Jan Womer	703-670-5236	jmwomer@verizon.net

NCA CHRYSALIS BOARD		
Community Lay Director (CLD)		
Assistant Lay Director (ALD)		
Spiritual Director (SD)		
CLD	Nicole Parish	Nicolegp410@gmail.com
ACL D	John Rowe Devin Duren	asstlaydirector@chrysalisnca.org
SD	Jose Saldana	Pastor2@chrysalisnca.org
SD	Jessie Kearns	
Other Board Members		
	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.	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	



October Ultreya.
Bethel UMC
13506 Minnieville Rd.
Woodbridge, VA



Friday Oct. 20, 2017
Theme: "Soup Night"
Bring your favorite Soup or Chili
Dinner starts at 6:30pm
Ultreya Starts at 7:30pm

ACTS Food Shelter
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



2018-2019 Board Members Bios



Name: Mark William Gibson

Walk: E100

Church you currently attend: Dumfries United Methodist Church

Teams served on: Emmaus 104, 110, 118, 131, 149, 169, 173, 183; Loudoun Valley 47, C1; Chrysalis 50, 53, 61, 77, 87, 93

Positions held: Palanca cha, Mananita cha, Dining room cha, Chapel Cha, Table leader, Assistant Head Cha, Rectora

Other areas served within the NCAE community: Served on the Board (replacement candidate), worked with shed

Service outside NCAE community: Sunday school teacher, Methodist Men, Trustees, Habitat for Humanity projects, Scouting, Promise Keepers

Tell us why you wish to be considered as an NCAE Board Member: To continue with the Emmaus ministry and use my experience to serve in a way that can be helpful to the community.



Name: Liana Cuffman

Walk: E-146

Church You Currently Attend: Clarendon United Methodist

Teams Served On: E-158 and E-176

Positions Held: (Cadre or team member) Team Member, E-158: Assistant Dining Room Cha, Assistant, Mananita Cha, Please Hear What I'm not, Saying Reading, DDU Fourth Day Talk, Kairos: Opening the Door to God Talk, E176: Asst. Chapel Cha PowerPoint Cha, Priesthood of All Believers talk, Reading on Friday, and subbed as a table leader.

Other areas served within the NCAE Community: (worship team, weekend assistant/stealth cha, Ultreya coordination at your church, etc.) Stealth Cha, NCAE Reunion Group Coordinator including presentations at DDUs, Kairos talks at Emmaus and DDU

Service outside the NCAE community: (mission work, worship team, other volunteer work) Kairos -25 and Kairos -27 at Fluvanna Prison plus Brazil Mission Trip - Shade and Fresh Water Project, Appalachia Service Project Mission Trip, Knitting for Charity, Bulletin Boards at my previous church. Lots of palanca. Picking up trash on a Maui beach.

Tell us why you wish to be considered as an NCAE Board Member: I believe that the Lord has been shaping me into His true servant since I walked in 2009 and that he wants me to serve on the NCA Emmaus Board next year. I've prayed about it and looked back to see how He's shaped me for this role. He's used my creativity, determination, humor, and my integrity to raise me from a very dark place in my life to His bright light today. Emmaus has given so much to me and now it's time for me to give back even more.



Name: Charlie Carroll

Walk: E-147

Church You Currently Attend: Journey Community Church

Teams Served On: E-143, E-157, E-161, E-165, E-169, E-173, E-177, E-185

Positions Held: (Cadre or team member) Table Leader, Chapel Cha, Mananita Cha, Asst. Dining Room Cha, Head Cha, AR, "R", Old Buffalo

Other areas served within the NCAE: Community (worship team, weekend assistant/stealth cha, Ultreya coordination at your church, etc.) Previous Board Member, Applications Coordinator (Team & Pilgrim)

Service outside the NCAE community: (mission work, worship team, other volunteer work) Mission trips, First Impressions team at local church, worship band (vocals)

Tell us why you wish to be considered as an NCAE Board Member:

Since my walk, the Emmaus community has been an integral part of my life and my faith journey. I have faithfully served and participated in Emmaus activities and Vickie and I have sponsored 17 Pilgrims and 2 Chrysalis bugs. I want to work to ensure the continued growth and vitality of our community as it provides spiritual growth opportunities to God's children.



Name: Tammy Crouch

Walk: E-164

Church You Currently Attend: Christ United Methodist Church

Teams Served On: E-166, E-172 and E-178

Positions Held: (Cadre or team member) Table Leader (2), Chapel Reading, Assistant Chapel Cha, Assistant Mananita Cha, The Priesthood of all Believers Talk, Ultreya Fourth Day talk and Thursday Night Reading

Other areas served within the NCAE: Community (worship team, weekend assistant/stealth cha, Ultreya coordination at your church, etc.) Ultreya Child Care

Service outside the NCAE community: (mission work, worship team, other volunteer work) I have gone to Kenya with Christ Church for a medical mission. Have done 2 youth mission trips. Volunteer for Wednesday night dinner at church.

Tell us why you wish to be considered as an NCAE Board Member:

I was asked if I would like to be on the board before and It wasn't the right time. I was asked again and said yes because I would like to play a part of this side of the mountain, and help make good decisions for the future of NCA Emmaus.



Name: Glenda Lambert

Walk: E-144, October 2008

Church you currently attend: Christ United Methodist Church

7600 Ox Road
Fairfax Station, VA 22039

Teams served on: E-156, E-160, E-166, E-174, E-178, E-182

Positions held: E-156: Table leader and Mary's Way reader; E-160: Asst Palanca Cha, Asst Closing Cha; Witness for Christ prayer; E-166: Table Leader, Changing Our World

talk; E-174: AR, Perseverance talk; E-178: Agape Cha, Please Hear What I'm Not Saying Reading, and Christian Action Talk; E-182: Rectora, Fourth Day Talk

Other areas served within the NCAE community: I was the scholarship chair when I served on the board the first time; served as a counter of the offering each month

Service outside NCAE community: Members of different small groups at church (change by semester); Co-Leader of the food ministry called Phoenix Rising (under the Community Serve umbrella at Christ Church; member of Christian book club at church; occasional greeter on Sunday mornings

Tell us why you wish to be considered as an NCAE Board Member: When I was on the board before I felt really "green", sort of inexperienced. Now with the additional responsibilities I've taken on in being the R on E-182, I feel like this experience would be a benefit to the board.



Name: Stephanie Williams

Walk: 156

Church you currently attend: Christ Church

Teams served on: E160, E166, E182

Positions held: Team Member

Other areas served within the NCAE community: I am currently serving in my 4th year of the Chrysalis board.

Service outside NCAE community: Treasurer at DUMC for 1.5 years,

Tell us why you wish to be considered as an NCAE Board Member: I have had the opportunity to help shape and guide the youth through being on the Chrysalis board for the last 3 years. I would like to take what I have learned within the Chrysalis board and serve the community that I have been a part of since 2011. I would also like to help build and grow the NCAE community.



2018-2019 Board Member SELECTION BALLOT

During the November 17, Ultreya and Business meeting at Christ Church UMC, 5 new board members will be voted in. **Business meeting begins at 6:00 PM, followed by dinner at 6:45 pm. and worship at 7:30 pm.** All members of the Emmaus community are eligible to vote. Qualified candidates may be nominated from the floor.

ABSENTEE BALLOTS may be submitted to Phil Wisner at Phil_wisner@yahoo.com no later than **November 15, 2017.**

Please select 5 laypersons from the list below:

SELECT 3 FEMALES

- Liana Cuffman
- Tammy Crouch
- Glenda Lambert
- Stephanie Williams

SELECT 2 MALES

- Mark William Gibson
- Charlie Carroll



**Fourth-Day-Journal
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