



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

Fourth Day Journal

Vol. XXXVI No.1 January 2018

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



FROM THE NCA EMMAUS COMMUNITY LAY DIRECTOR

Happiest New Year to all my brothers and sisters in Christ of the NCAE community! My name is Rich Goad, I worship at Bethel UMC, I walked on E-171, and I sat at the table of God's Strength. I'm blessed to serve the Lord as your 2018 Community Lay Director.

It is that time of the year again to give our heartfelt thanks to the board members who served in 2017. Their faithful service and commitment lead the way for the continuing and new members of the board in the year to come.

Leaving the board this year are, Gloria Esterline, Stan Esterline (SD), Sam Gero, Jerry Wills, Phil Wisner, and Kathy Woodley. Linda Girten, who has served as the Emmaus Secretary will be turning over the reins this year to Susan Verghese.

Our returning board members this year are, Charlie Duren, Vickie Carrol, Gaylene Guest, Jim Stacy and Dale Gillis (SD). Joining us for 2018 are, Charlie Carrol, Tammy Crouch, Gail Dietz (SD), Mark Gibson, Glenda Lambert, and Stephanie Williams. Our historian for another year is Neil Ailstock and our treasurers are Lindsey Kirkwood and George Gero. May God bless our 2018 Board, that we may be his vessels! Also, hats off to the many unsung heroes and behind the scenes volunteers throughout the community, without them we would surely not survive.

As the new year approaches it is my prayer you may all feel the JOY of our Lord, regardless of your external circumstances. When Gloria introduced me at the December Ultreya, she made the comment about always seeing me with a smile on my face, regardless of my circum-

stances. Let me tell you those circumstances, in 2017, where stacked and toppled in November when I lost my mom to Cancer.

Although my heart was broken, and some days seemed much harder to get through than others, my joy remained. You see, there's a difference in being sad and being without joy. Sadness comes from circumstances, often circumstances we have no control over. Margaret Feinburg says in her book *Fight Back With Joy*, "Joy emanates out of the abiding sense of God's fierce love for us." God's Fierce Love = Joy! There is not a circumstance on earth that can steal it away.

Jeremiah 31:3 The mountains and hills may crumble, but my love for you will NEVER end.

1 Thessalonians 5:16-18

Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.

As 2018 brings whatever it has in store, remember the JOY, let it be your strength. Nehemiah 8:10 The joy of the Lord is your strength!

Wake each morning and remember:

Psalm 90:14 Satisfy us in the morning with your unfailing love, that we may sing for joy and be glad all our days.

As Mae Krauss reminds us at the end of every correspondence sent,

"Don't let ANYTHING steal YOUR JOY!"

De Colores

Rich Goad

Community Lay Director

2018 WEEKEND EMMAUS FEES

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



FROM THE SPIRITUAL DIRECTOR

But about that day and hour no one knows, neither the angels of heaven, nor the Son, but only the Father. Keep awake therefore, for you do not know on what day your Lord is coming. You also must be ready, for the Son of Man is coming at an unexpected hour. (NRSV Matthew 25:36, 42, 44)

How many times in life have we heard the dire predictions from people who proclaim to be prophets about the exact hour, day, and year that the earth will come to an end. I recall one such prediction when I was in college. It was during December of my senior year and as a result engaged in a conversation with several others about the irony of having been in school nearly all of our lives and suddenly at the culmination the world was coming to an end. Another more recent prediction was that the world was to end on May 21, 2012. A friend and I share the same wedding anniversary and, while we didn't put much stock in the prediction, we decided that we would not purchase a gift for our wives until we woke up on May 22nd.

The truth of the matter is that no living person can possibly know the hour, the day, or the year that our Lord will come. The scripture reminds us that it will be on God's timetable. Not even the angels, nor God's own Son, know. And if they don't know it is pretty good bet that no one else does either.

So what does this scripture say to us as we begin our journey into a new year? I think it says a couple of things. First, none of us knows the day or the hour that He will return. Second, I believe, as this scripture suggests, that now is the time for us to be actively getting our affairs in order so that we are ready, whenever it happens, to meet our heavenly Father.

I invite you to join me in the journey this year to spend some time in prayer, study of scripture, and looking around to see God's kingdom breaking into this world through the grace and love of others.

Pastor Dale, Spiritual Director

From the NCAE MD

Hello, friends in Christ!

"Rejoice Always". 1 Thess. 5:16

Occasionally I will ask my grandsons what is the Bible verse for today. This is always their reply, as it is our verse we share. Rejoicing also keeps us with a song in our heart - song on our mind song of reverence, surrender, and joy!

The music for the following 2018 months is being led as follows:

Jan- Chrysalis

Feb - NCAE Praise Team

March - E-184

April & May - NCAE Praise Team

June - E-185

July & August - Chrysalis.

The NCAE Praise Team musicians will also cover Sponsor's Hour, other events and facilitate music needs such as Outreach and Team support.

We seek to involve community members and those wishing to participate and further develop as music leaders.

Our mission is to help create an atmosphere of Christian worship and fellowship. We practice on a weeknight prior to most Ultreyas - please contact us if you would like to be involved! Keep a song in your heart! De Colores,

Mae and Jim

Mkrauss70@aol.com

703-850-8226

WEEKEND PRAYER WHEEL needs you!

Sign up at emmausnca.org; click on weekend #E184 on the left; then click Prayer Wheel heading. Be a **Blessing** as the **Body of Christ** covers these **weekends** in **prayer**.

KAIROS KORNER

What a wondrous time of the year. Celebrating the birth of our Savior, connecting with family and friends, then, it's on to a New Year! A time of resolutions, changes and newness. Maybe it's time for you to consider Kairos! We have two teams that are gearing up in Northern Virginia for springtime four day events.

The Greensville Correctional Center S-3 team has their K-72 event on April 12-15, with teaming dates of February 10, March 3, March 10 and April 7, from 8:30 am to 3:00 pm, at Annandale UMC, 6935 Columbia Pike, Annandale, VA 22003. Those interested in serving should contact Fred Carns (E-169), K-72 Team Leader, at frcarns@icloud.com.

The Sussex 1 State Prison team has their K-7 event on April 26-29, with teaming dates of March 10, March 24, April 7, and April 14, from 8:30 am to 3:00 pm at St. John Neumann Catholic Community, 11900 Lawyers Rd, Reston, VA 20191. Those interested in serving should contact Bill Eager, K-7 Team Leader, at artbyeager@gmail.com.

Can't team? You can support the ministry with agape, cookies and prayers. You can find information about either team online at our website, <https://kairosnova.org> or ask any Kairos team member.

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

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From the NCA Chrysalis, CLD

Hello, Family!

I hope you all had a fabulous Christmas and New Year celebration!

With these exciting and joyous holidays behind us now, we get to take a fresh step forward into 2018. Many of us have chosen resolutions going into the new year, and maybe some of us have already not quite lived up to the resolutions we picked. I'm not sure about all of you, but the cookies I swore not to eat too many of have been screaming my name in the office at work. The breaking of these resolutions (especially if you only made it 24 hours like me) can be discouraging, and most of the time these are only small, short term goals. Losing track of our long term goals can be even harder.

Luckily, we serve and worship a God who loves and supports us. He lifts us up when we fall, and gives us the strength, hope, and confidence to move forward through Him when things get difficult. And when we mess up, he has already sacrificed for us, and forgives us as soon as we ask. Romans 5:8 says "but God demonstrates his own love for us in this: while we were still sinners, Christ died for us". No matter what we've done or where we are at, God loves us and wants the best for us.

The youth Rs for C97 chose this verse as the theme for this upcoming weekend to help share the message of God's love, forgiveness, and acceptance with as many youth as they can. We "adults" also need to hear this message and remember that we are loved and forgiven, whether we've simply eaten one (or seven) too many cookies today, or done something we can't even begin to forgive ourselves for yet. Let's move forward together this year with each other and with Jesus, remembering that we have been set free!

Fly With Christ!

Nicole Parrish

Chrysalis Community Lay Director

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

2018 ULTREYA GATHERINGS

Jan.19	Dumfries, UMC
Feb. 16	Old Bridge UMC
March 16	Clarendon UMC
April 20	TBD
May, 18	Sydenstricker, UMC
*June, 22	Prince of Peace, UMC
July, 20	Sleepy Hollow, UMC
Aug.,17	First United Presbyterian Church
Sep.,21	TBD
Oct., 19	Bethel UMC
Nov.,16	Christ Church, UMC
Dec. 21	St. Paul UMC

If you are interested in hosting an Ultreya gathering, please contact the Emmaus Board.

(* June Ultreya moved to the 4th Friday, due to the United Methodist Charge Conference

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: The Fourth day Journal Editor at [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**.

2018 NCA Emmaus Walks

E 184 ~ **W-March 8-11, 2018**..... Vickie Carroll
E 185 ~ **M-May 17-20, 2018**..... Charlie Duren
E 186 ~ **W-October 4-7, 2018**..... Cindy Bireley
E 187 ~ **M-November 1-4, 2018**..... Jerry Wills

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 2020

Stephanie Williams		teacherpm1@gmail.com
Gail Dietz, ASD		gaile44@aol.com
Tammy Crouch		tammycrouch81@yahoo.com
Glenda Lambert		gcljewelry@gmail.com
Charlie Carroll		ccarroll813@me.com
Mark Gibson		m5gibson@aol.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
Mary Anne Krauss	703-850-8226	md@emmausnca.org

Outreach Palanca/Agape Coordinator

Debbie McCluskey		gndmcccluskey2@verizon.net
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Prayer Wheel Coordinator

Lisa Giamette		Shark.mommy@gmail.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	571-236-4563	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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Security

Jon Guest		Jon.guest@verizon.net
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NCA CHRYSALIS BOARD

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

CLD	Nicole Parish	Nicolegp410@gmail.com
ACL D	Jon Guest Judiciaire Kinerney	asstlaydirector@chrysalisnca.org
SD	Burton Robinson	Pastor2@chrysalisnca.org
SD	Jessie Kearns	

Other Board Members

Lindell Tinsley	Dan Hughes
Stephanie Williams	Emma Grammer
John Lohr	Michael Jurabe
Scott Marth	Molly Haynes
Tori Guest	Kayleigh Sullivan
Sarah LeMay	

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	Jerry Wills
Secretary	Aliecia Whalen
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	<i>Mark and Pat Fahner</i>
Clown Communion Coord.	<i>Jan Niehoff</i>
Chrysalis Crosse Coord.	<i>Janet & Lindsey Matthews</i>
Hoot Coordinators	<i>Donna VanWert/Bob LeMay Karen Kimberlin</i>
I am Lovable Pin Coordinator	<i>Donna Morris</i>
Website Coordinator	Clayton Newberry



**Fourth-Day-Journal
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