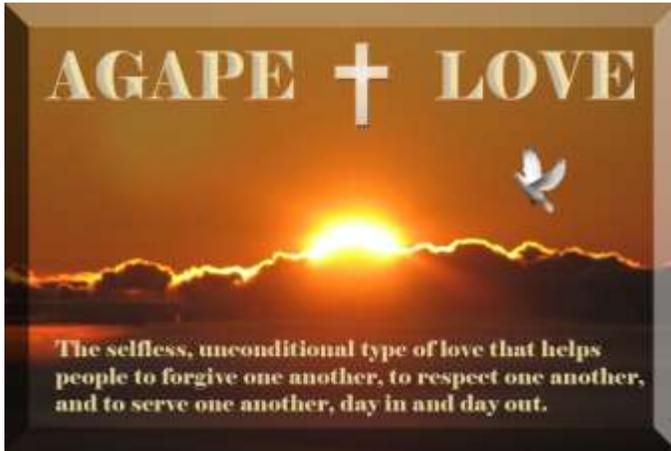


The newsletter of the National Capital Area (NCA) Emmaus for the glory of God

Fourth Day Journal

Vol. XXXVI No.2 February 2018

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



FROM THE NCA EMMAUS COMMUNITY LAY DIRECTOR

February is a time we are constantly reminded of love. It's packaged as a bag of chocolate and 100 different little characters on Valentines at the front of every store you walk into. It's a teddy bear with a heart on its belly or a bundle of roses. As John Paul Young sings it, "Love is in the Air!" Give it a few weeks though and love is going to be in the clearance aisle.

However, as Christians we know of Agape Love, the selfless, unconditional type of love that helps people to forgive one another, to respect one another, and to serve one another, day in and day out. The love we have been shown by Jesus Christ. The love that won't end up in the clearance aisle in a few weeks, and certainly can't be bought by the dozen for \$19.99.

Romans 5:8

But God demonstrates His own love toward us, in that while we were yet sinners, Christ died for us.

2018 has certainly brought a plethora of trials to the brothers and sisters in our community. Illness and hard times seem to be in abundance, yet even in the abundance of suffering we have that love. It doesn't wither away like a bundle of roses and it certainly isn't seasonal like the shelves of novelties at the front of all the stores.

Romans 8:35-39

Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword?

As it is written: "For your sake we face death all day long; we are considered as sheep to be slaughtered."

No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

As we go into February, let's celebrate the Agape Love! Let's share that love with each other. Take a moment and reach out to someone you have walked with, teamed with, or met since you joined the Emmaus community. Invite them to join you for our February Ultreya on February 16th at Old Bridge UMC in Woodbridge.

De Colores

Rich Goad

Community Lay Director

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FROM THE SPIRITUAL DIRECTOR

Legends are interesting. They are stories from the past that have been handed down over generations. Valentine's Day is one of those legends. According to Wikipedia, "one of the popular accounts is of Saint Valentine of Rome who was imprisoned for performing weddings for soldiers who were forbidden to marry and for ministering to Christians who were persecuted under the Roman Empire. During his imprisonment, St. Valentine healed the daughter of his jailer, and before his execution, he wrote her a letter signed "Your Valentine" as a farewell." We associate Valentine's Day with love. We send a card saying "Be My Valentine" or "U R Mine" or "You Make My Heart Smile" etc. Every minute of every day, God loves us. God's love surpasses Valentine's love. Valentine is a legend but God's love is the real thing.

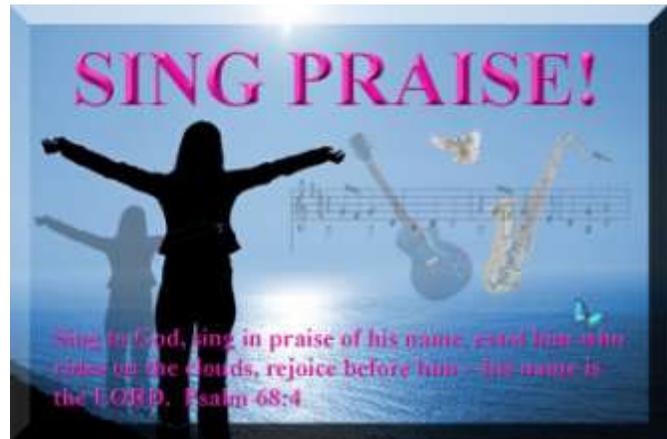
This story or legend reminds me of Paul when he was imprisoned. He kept working for the Lord within the walls or bars of prison. God changed hearts through Paul's actions, words, prayer, and especially love. God gives us many opportunities to minister to others. Emmaus is one of those great opportunities. I knew God called me to attend an Emmaus weekend. Little did I know how much those three days would change my life forever. God's love was made real and very evident by the actions and talks given during that time.

Every weekend we have, lives are changed. God opens the heart and fills the heart to overflowing. Emotions are all over the map. Personally, it took me until Saturday afternoon to know how much God loved me. I was filled only to be told "it gets better." After the weekend, I was filled to overflowing. Amazing Grace!

We have a team set to go on the mountain in March. Prayer is powerful! Please keep this team and all upcoming teams and the Pilgrims God sends in prayer. And like Paul and St. Valentine, God will work through the members of the team to show we are one body and God's love is always overflowing regardless of any situation.

I challenge you this February to sit silent without interruptions every day for at least two minutes and pray; then listen another two minutes. Listening is just as important as praying. Where is God calling you to serve? Be open to the opportunities not only in the Emmaus community, but in your neighborhood, or the world. God will direct your path. Just listen to God's sweet whisper of love.

Pastor Gail Dietze, 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



From the NCA Chrysalis, CLD

Hello, Family!

First of all, I want to start out this month by thanking everyone in the community who stepped up to write agape, showed up for candlelight, and helped with the set up and break down of so many things for C-97! The butterflies LOVED every bit of it, and the team, the board, and myself all appreciate your effort! These youth are on FIRE, and have already done a ton towards joining and expanding our awesome community!

Since we are stepping into February, I want to speak a little on the spirit of Valentine's Day. Whether you love it or hate it, Valentine's Day has become a huge deal in the USA. Anyone who has worked in the restaurant industry before knows you make more money the week of Valentine's Day than most other times of the year. But why - what's the point?

The answer is because of Saint Valentine. I, like many of you, was raised Catholic before I made the jump over to being Methodist. While we don't really focus on saints as Protestants, our Catholic brothers and sisters celebrate feast days for each saint to celebrate how each man and woman stepped out in faith in times and ways that were unpopular. These stories have always been very encouraging to me since they are all just normal people like us, so I am going to share one of these stories with you now.

Saint Valentine is the patron saint of married couples and young people (as well as several other things. look them up - it's in interesting range!) and is one of these people that stepped out in faith. It is still widely debated what exactly Valentine's personal history is since there are so many stories about him, but most agree that he was a Catholic priest or bishop that was doing his best to marry Christian couples in the church in a time when it was outlawed by Rome. He was eventually caught and imprisoned for this practice. During his imprisonment, one of the judges for his case decided to test his faith and asked him to heal his blind daughter. He did in fact

heal her, and this miracle caused the conversion of the judge as well as his entire 44 member household. Valentine was eventually put to death for refusing to renounce his faith, and allegedly left a note behind for the girl signed "Your Valentine". This note is behind the tradition we have of sending "Valentine's Cards" to those we love today.

Saint Valentine followed his beliefs in a time when it was dangerous, even performing miracles in prison for those who would persecute him. Let this story be a reminder and encouragement that God equips the called, and that we too can step out in faith at school, at home, in our workplace, and in the world, even when it's not the popular choice.

Fly With Christ!

Nicole Parrish

Chrysalis Community Lay Director

KAIROS KORNER

As Lent comes upon us and we fill up with pancakes on Shrove Tuesday, maybe it is time for us to try something different this year. Instead giving up something for Lent, have you thought of taking on something new instead? Might this be a time for reflection upon Jesus by serving on a Kairos team? As Jesus says in Matthew 25:36, "I was in prison and you came to visit me."

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 31, 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.



March 8-11, 2018
E-184, "Safe in His Arms"

Message from the "R"

"So he returned home to his father. And while he was still a long way off, his father saw him coming. Filled with love and compassion, he ran to his son, embraced him, and kissed him."

Our weekend verse is not one often quoted. You won't see it on a T-Shirt or on a cute plaque at the Christian gift shop. But to me, I think it has some of the most beautiful imagery in the Bible. Picture for a moment the son; wearily and nervously walking home, defeated, believing that his future is as a slave in his father's house. Or the Father; so happy to see his son again that he cannot wait a minute more to hold him and welcome him home, so he runs to meet him, not wanting his son to have one more minute of doubt that he is loved and welcome in his Father's house. He sees past the dirt, the filth, the shame and is only concerned with holding his son in his arms again. And then there is the embrace and the kiss. So many beautiful expressions of our father's unfailing love are expressed in these three sentences.

Webster's defines prodigal as wastefully extravagant; having or giving something on a lavish scale. So, in many ways, the story is of a prodigal Father as well as a prodigal child. The team is committed to lavishly and extravagantly showing the pilgrims just how much their Savior loves them. We believe that, just like on the team, there will be prodigal daughters coming home to the Father on E-184, and we will be ready to run to meet them, to embrace them, and to demonstrate our Savior's love and compassion.

Our weekend song is, of course, **Prodigal by Sidewalk Prophets**. In the chorus we sing, "Wherever you are, whatever you did, it's a page in your book but it isn't the end. Your father will meet you with arms open wide. This is where your heart belongs." By His grace the pilgrims will see that they truly are "Safe in His Arms".

The team of E-184 covets your prayers and support. We consider you our "29th Team Member", and we love you very much!

DeColores,

Vickie Carroll

Cadre and Team

- Vickie Carroll** ~ Rectora
- Suzie Cook** ~ Talk Room Cha
- Tammy Crouch** ~ Dining Room Cha
- Gail Dietze** ~ Spiritual Director
- Gaylene Guest** ~ Assistant Rectora
- Lindsey Kirkwood** ~ Music Director
- Monica Lehmer** ~ Table Leader
- Cara Leslie** ~ Asst. Dining Room Cha, Asst. A/V Cha
- Laura Lewis** ~ Music Director
- Janet Matthews** ~ Chapel Cha
- Debbie McCluskey** ~ Assistant Head Cha
- Kathy McCray** ~ Asst. Talk Room Cha
- Dawn Mosteller** ~ Old Buffalo
- Caye Nelson** ~ Table Leader
- Laura Newberry** ~ Asst. Palanca Cha, Floater Cha
- Pam Oakes** ~ Table Leader
- Charu Ramarao** ~ Asst. Chapel Cha, Asst. Mananita Cha
- Jodene Roark** ~ Asst. Palanca Cha
- Kat Schreiber** ~ Agape Feast Cha, Asst. Talk Room Cha
- Michelle Seay** ~ Palanca Cha, *Discipleship Talk*
- Leanne Siedlarz** ~ Table Leader
- Joann Smith** ~ Assistant Spiritual Director
- Shari Spring** ~ Head Cha
- Krystal Veneble** ~ A/V Cha,
- Lori Vige** ~ Closing Cha, Floater Cha
- Ruth Washburg** ~ Asst. Dining Room Cha
- Vanessa Watson** ~ Mananita Cha, Asst. Closing Cha
- Stephanie Williams** ~ Table Leader

Pilgrims

- Diana Alfaro** ~ Spirit and Life UMC
- Nylaine Aponte** ~ Spirit and Life UMC
- Bonnie Ballentine** ~ Old Bridge UMC
- Rebecca Berndsen** ~ Old Bridge UMC
- Carroll Blair**
- Ashley Buckley** ~ First Baptist Church
- Judy Camus** ~ First United Presbyterian
- LaRae Curry** ~ Sydenstricker UMC
- Kristie Firme** ~ Ovid United Methodist
- Ashleigh Foster** ~ Covenant Presbyterian
- Diane Gray** ~ Old Bridge UMC
- Chloe Hamilton** ~ Providence Presbyterian Church
- Jane Harris** ~ Bethel UMC
- Peggy Heins** ~ First United Presbyterian
- Erin Hudson** ~ National Community Church
- Dawn Hughes** ~ Above and Beyond Ministries
- Andrea Jones** ~ Old Bridge UMC
- Tonya Landaker** ~ Freedom Worship Chapel
- Ramona Meese** ~ mOur Savior's Way Lutheran
- Nicole Mosher** ~ Above and Beyond Ministries

Deb Mossburgh ~ Northern Colorado Cowboy Church
Patricia Nunez ~ Spirit and Life UMC
Nancy Paine
Linette Romer ~ Christ UMC
Emma Selby ~ White Chapel UMC
Deb Singleton ~ Christ UMC
Keisha Smith ~ Mt. Ennon Baptist Church
Peggy Walsh ~ Bethel UMC
Kim Winborne ~ The Believers Worship Center
Trudy Zenerovitz ~ Trinity Presbyterian



COMMUNITY PALANCA

Community Palanca

The Emmaus Community is in need of your assistance for the upcoming year to prepare for the weekends.

If you love to draw or are a great tracer you can help with placemats.

Each weekend needs 250 decorated placemats. You can pick up placemats to decorate at the February Ultreya.

If you have any questions or would like to hold a Palanca Party and need placemats,

Contact me at: donnamor117@gmail.com or 540-625-2843.

Please allow a few days to deliver as I now live in King George.

DeColores & Fly with Christ,

Donna Morris

2018 ULTREYA GATHERINGS

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

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

2018 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 #E184 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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Dick Tobey		tobeygroup@aol.com
Kairos Outside Representative		
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Jim & Jan Womer	703-670-5236	jmwomer@verizon.net
Security		
Jon Guest		Jon.guest@verizon.net

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Assistant Lay Director (ALD)		
Spiritual Director (SD)		
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ACL D	Jon Guest Judiciaire Kinerney	asstlaydirector@chrysalisnca.org
SD	Burton Robinson	Pastor2@chrysalisnca.org
SD	Jessie Kearns	
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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.		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



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National Capital Area Emmaus
P.O. Box 2243
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