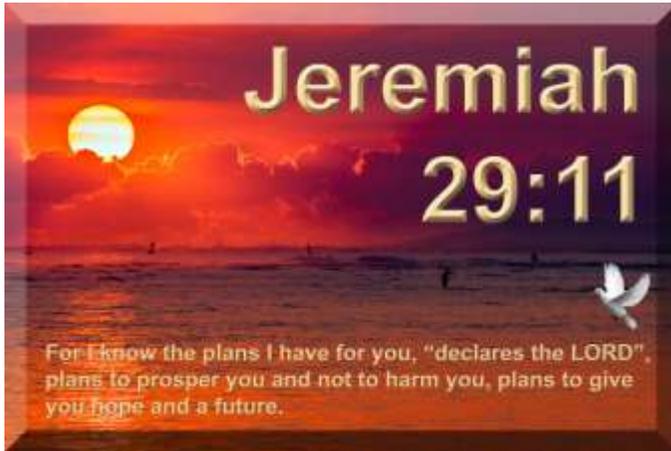


The newsletter of the National Capital Area (NCA) Emmaus for the glory of God

Fourth Day Journal

Vol. XXXVI No.3 March 2018

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



Those little leprechauns may be out in full swing, spreading luck, but we have something so much better than luck! We have grace, joy, and plans. Plans we may not know or understand right now, but plans to prosper and to give hope and a future.

Jeremiah 29:11 For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.

De Colores

Rich Goad

Community Lay Director

FROM THE NCA EMMAUS COMMUNITY LAY DIRECTOR

Green is in the air, hard to believe it is already March! As I traveled to Hawaii with work the last few weeks, I had some time to think about how awesome God is! It's not hard to see in the amazing landscapes of the island, a picture-perfect scene. We are surrounded by God's beauty, yet everyday so many of us fail to see one of the most beautiful creations of all, the one he made in his image, the one we look at in the mirror each morning.

Genesis 1:27 *So God created man in His own image; in the image of God He created him; male and female He created them.*

I have been seeing and hearing so many of the struggles my brothers and sisters in Christ have been facing lately. The discouragement of feeling like the weight of one more thing will be impossible to bare. A cloud that creates a barrier that makes it near impossible to see the beauty in the mirror.

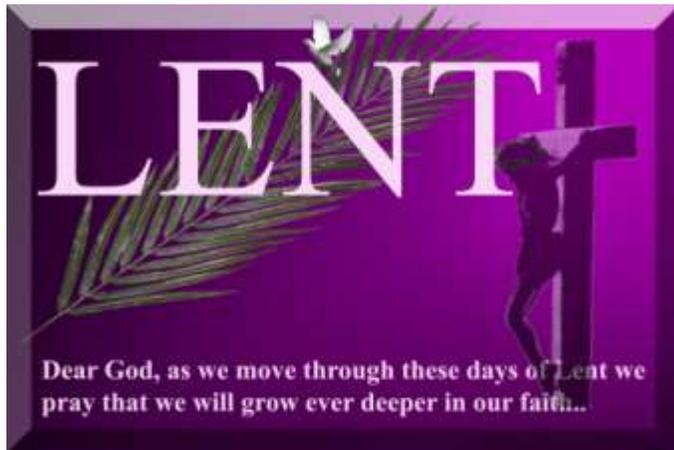
Isaiah 41:10 *So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.*

No matter what your trials are, no matter how tired you are, you are not alone. You are beautiful and you are worth it. Your trials are not impossible to God!

Mark 10:27 *Jesus looked at them and said, “With man this is impossible, but not with God; all things are possible with God.”*

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FROM THE SPIRITUAL DIRECTOR
A New Thing

The season of Lent has many customs that are steeped in the tradition of Christianity. Lent begins on Ash Wednesday and begins the 40 day, excluding Sundays, journey to the celebration of Easter. Many Christians celebrate Shrove Tuesday, the day before Ash Wednesday, with a feast of sweets and pancakes because on Ash Wednesday, traditionally all sugar and eggs and flour are removed from the house until Easter. Practicing Catholics are not allowed to eat any meat other than fish on Fridays. Many Christians purge something from their lives during the season. The rationale behind these practices is to remind and encourage penitence prior to Easter.

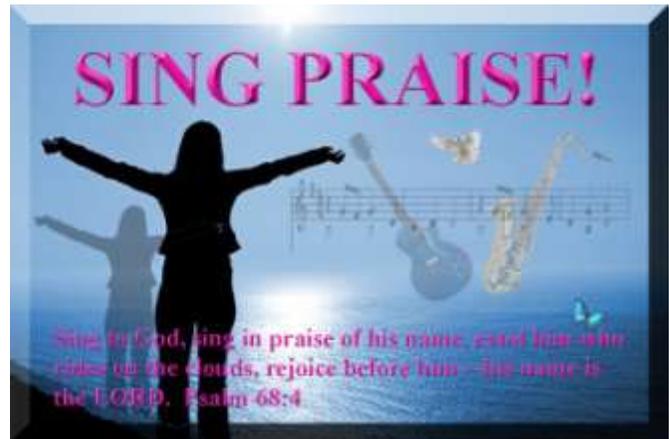
I remember one Lent a few years ago when a family member decided to abstain from sweets for Lent. It was not much of a challenge for me being diabetic, but as the days stretched out I think the sweet tooth grew. Finally Easter came and to celebrate the end of her fasting she had bought a Marie Calendar Very Berry Pie. It was baked and as people were getting ready to put ice cream on their slice another family member took the box out of the trash and read that there were 760 calories per slice. That kind of ended the joy of the celebration (but the pie was still eaten, as I recall).

As I think about the practices of removing something from our lives during Lent, I wonder if it might be better to turn that concept upside down. Rather than giving something up for Lent, why not try adding some spiritual discipline to our lives. The things we could add are numerous. Perhaps we could add reading a chapter of the Bible every day (any Gospel could be completed), maybe you might want to spend 5 or 10 minutes a day in quiet listening for God's voice. We have several shut-ins and college students who would enjoy a card and a word or encouragement. I have committed this Lent to spend an hour in prayer for each person in our church, by name, every day.

Today begins the journey that will lead us to the cross and beyond to the joy of the resurrection, I encourage you to join me on that road by adding a new thing to our lives.

Prayer: Dear God, as we move through these days of Lent we pray that we will grow ever deeper in our faith.

Pastor Dale Gillis, 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

2018 ULTREYA GATHERINGS

March 16	Clarendon UMC
April 20	Bethel UMC
May, 18	Sydenstricker, UMC
*June, 22	Prince of Peace, UMC
July, 20	Sleepy Hollow, UMC
Aug., 17	First United Presbyterian Church
Sep., 21	St. Johns UMC
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



KAIROS KORNER

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

Dear Brothers and Sisters in Christ,

The mission of Kairos Prison Ministry is to share the transforming love and forgiveness of Jesus Christ to impact the hearts and lives of incarcerated men, women and youth, as well as their families, to become loving and productive citizens of their communities. As I've often jokingly commented, Kairos is pretty much just like Emmaus only with razor wire, guard dogs, prison bars, terrible food, and guns. And something else as well...Kairos is "raw", it's a very clear and very Christ centered listening ministry. We go into the prison advocating for Christ and accomplish His purpose by listening. It's amazing the nearly instant transformation you'll see, the hardened hearts transformed into soft flesh simply by giving incarcerated people a little of your time and an understanding compassionate ear. You can help, you can pray (sign up), your small group ministries can write agape posters/letters, make placemats, and bake forgiveness cookies to support this ministry.

Kairos at Sussex 1 State Prison – The upcoming weekend (K-7) at Sussex 1 SP is (April 25th-28th) Four team meetings are coming up, the team will be meeting on March 10th at St. John Neumann Catholic Church 11900 Lawyers Rd Reston, VA. For more information contact the weekend leader Bill Eager at (artbyeager@gmail.com). Four team meetings are being held in Northern Virginia on Saturdays 8:30am to approximately 3:00pm. Please support this important ministry with your time, prayers, cookies, agape posters/letters, placemats, and financial support.

Kairos at GCC - The upcoming 4-day weekend (K-72) at Greensville Correctional Center is (April 12th-15th 2018) and the team will be sharing Christ's love with 42 residents (pilgrims). You can "visit" these 42 men in prison by adding your name to the prayer chain lists. Cookies, agape posters/letters, and placemats are due at Annandale UMC 6935 Columbia Pike, Annandale, VA 22003 on Tuesday evening, April 10, 5:00 pm to 7:00 pm. Contact Fred Carns (E-169), K-72 Team Leader, at fcarns@icloud.com also our beloved brother in Christ, Tom Lambert, is serving as the "Observing Leader" for K-

72 and he can help you with answers to your questions about GCC Kairos Prison Ministry.

We are always "recruiting" inside team, outside support team, cookies, placemats, and other agape offerings.

Find out more by visiting our Webpage:
<https://kairosnova.org>

Respectfully - Michael A. Gentile – call with questions:
703-638-2545

Faith can move mountains...Don't be surprised when God hands you a shovel!



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 during each 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



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

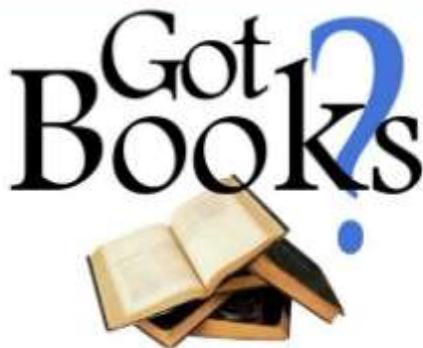
Deb Mossburgh ~ Northern Colorado Cowboy Church
Patricia Nunez ~ Spirit and Life UMC
Nancy Paine
Linette Romer ~ Christ UMC
Emma Selby ~ White Chapel UMC
Deb Singleton ~ Christ UMC
Keisha Smith ~ Mt. Ennon Baptist Church
Peggy Walsh ~ Bethel UMC
Kim Winborne ~ The Believers Worship Center
Trudy Zenerovitz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

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

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**.



Wanted: Books and/or devotionals to replace the books that are used for the Book Table on the mountain, starting with E184. If you have a book or devotional that you enjoyed and would like to pass onto the pilgrims we would greatly appreciate it. There will be a container at the March Ultreyas for you pass it on.

Stephanie Williams

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**.

2018 WEEKEND EMMAUS FEES

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

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	703-216-5027	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	330-340-4720	teacherpm1@gmail.com
Gail Dietz, ASD	540-545-1327	gaile44@aol.com
Tammy Crouch	703-346-3190	tammycrouch81@yahoo.com
Glenda Lambert	703-618-6273	gcljewelry@gmail.com
Charlie Carroll	703-887-7591	ccarroll813@me.com
Mark Gibson	703-926-5030	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
--------------	--------------	--

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

Raúl Castillo	703-307-8070	4DayJour@emmausnca.org
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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
--------------	--------------	--

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

Lisa Giamette		Shark.mommy@gmail.com
---------------	--	--

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
---------------	--------------	--

Scholarship Coordinator

Lindsey Kirkwood	571-236-4563	lindsey.kirkwood@gmail.com
------------------	--------------	--

Talk Folder Coordinator

Al Barbier	703-491-2104	Ajbarbier@aol.com
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Treasurer

Lindsey Kirkwood	571-236-4563	treas@emmausnca.org
------------------	--------------	--

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
National Capital Area Emmaus
P.O. Box 2243
Merrifield, VA 22116**