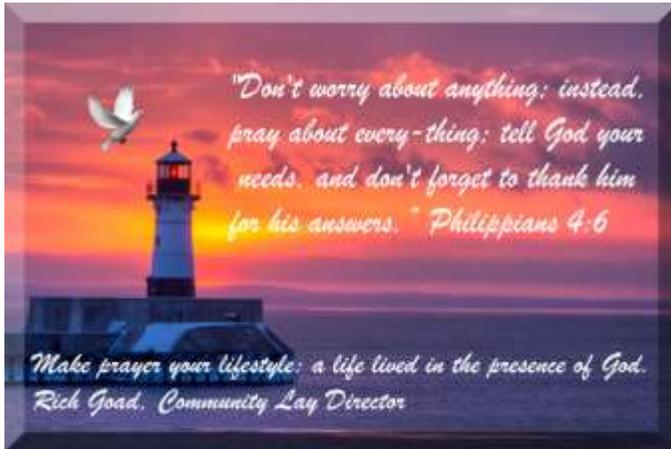


The newsletter of the National Capital Area (NCA) Emmaus for the glory of God

Fourth Day Journal

Vol. XXXVI No.4 April 2018

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



FROM THE NCA EMMAUS COMMUNITY LAY DIRECTOR

"Don't worry about anything; instead, pray about every-thing; tell God your needs, and don't forget to thank him for his answers." Philippians 4:6

Wow! It's hard to believe it is already April, 2018 and the weatherman is still confused. It's hard not to be full of excitement as we start this month off by celebrating the resurrection of our Lord. In the midst of all the tragedy surrounding us these days, we have this friend who is there to lead our way and all we need to do is reach out to him.

Like a true friend, Jesus wants to hear from us, not just sometimes, but all the time. He wants to be the first person we talk to in the morning and the last one to hear from us at night. He wants to hear it all, the mundane, the trivial, the exciting, and the moments...every single one of them. So pray as Paul says, "Pray without ceasing." 1 Thess. 5:17

Take the opportunity to get close and personal. When you aren't in the mood to pray, consider that might be the time you need to pray the most.

But, don't stop there...pray through your day. Maybe you have some time you can take out and spend, or maybe you just have a minute. I like to have a conversation with God on my way to work during my commute. No, I don't have to shut my eyes and drop to my knees every time, however it is nice to do that too, when you have the time. I talk to him like I would my friend.

Sheri and I have been married for 24 years and we still send messages back and forth to each other during the day, even during our tough times.

How about staying in touch with God, little messages through the day to say hey I'm thinking of you or I love you! Little check-ins that keep you in touch with each other. Look around, there's a pretty good chance he's sending you little check-ins. A smell from somewhere that brings a special memory, a smile from a stranger when you just need a smile, the little tid bits in your day that make you pause if even for a second. Make prayer your lifestyle: a life lived in the presence of God.

There are plenty of people out there saying "Prayer" is not enough, but my question is, in your day, is there "Enough" prayer.

De Colores

Rich Goad

Community Lay Director

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FROM THE SPIRITUAL DIRECTOR

God sure poured out grace to everyone on E-184. What an amazing weekend. God’s grace began before teaming and that grace kept growing and growing as did the love of Jesus in all of our lives. I firmly believe in the power of prayer. Once the team was determined by God, we went flying. It was wonderful to have such open hearts, minds, and souls ready to team. Each team member who was to be on the team answered the call to serve. Once we were up on the mountaintop, we readied ourselves as we watched the rookies getting excited. We were all excited. Not one of us could believe the time had come so soon.

Psalm 51:7 states: “Purify me with hyssop, and I shall be clean; Wash me, and I shall be whiter than snow.” When it snowed, it was a beautiful sight and only God could have orchestrated snow at the perfect time that weekend. We knew we had an amazing weekend ahead of us. God is definitely AWESOME! On the first full day, some saw a bird fly by the windows during chapel. I was in awe. But, I didn’t see what others saw. Others saw the bird with communion bread in its’ beak. Oh my gosh, how much better is this weekend going to get. You guessed it – it just keeps getting better and better! Teaming isn’t for everyone. If we didn’t have the support of those in the background praying, bringing up the pilgrims, food and drinks, palanca, etc., we would not be a community. A community is one that loves, supports, encourages one another. We all need that loving support and encouragement not only during teaming and the weekend, but every day. God has given us all different gifts to use, and using those gifts makes us truly a compassionate community to be the hands and feet of Jesus Christ.

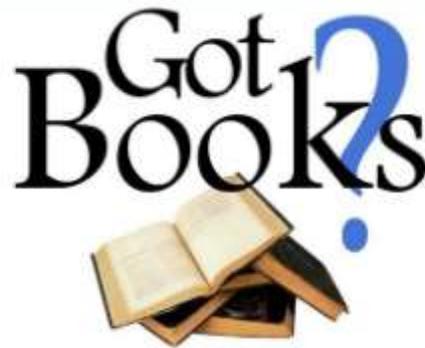
Being a Pilgrim or being on a team is an amazing adventure but one has to be ready. Don’t we all have to be ready all the time? We know neither the hour or the day; therefore, let’s be ready! Life isn’t about teaming. Life is about living the life Jesus needs us to live. It’s about doing God’s will, not our own will. As I write this, it is Holy Week. I am reminded over and over how God gave Je-

sus the strength and courage to take up the cross, and how Jesus prayed ““Father, if you are willing, take this cup from me; yet not my will, but yours be done.” Jesus took the cross.

Where is God leading you? What is God saying to you? You are special.

Stop. Pray. Encourage. Care. Inspire. Abide. Love = SPECIAL

Pastor Gale Dietz, Spiritual Director



Wanted: Books and/or devotionals to replace the books that are used for the Book Table on the mountain. 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 during the Ultreyas. Please, pass it on.

Stephanie Williams

2018 ULTREYA GATHERINGS	
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 4 th Friday, due to the United Methodist Charge Conference	



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:

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!

I have a lot of announcements this month, so bear with me! If you have not already seen, we have dates for the summer! Our Young Adult weekend will be July 12-15, and our High School weekend will be August 16-19. We still need applications for both team and caterpillars for both of these weekends, so if you are interested in teaming or sponsoring please check out ncachrysalis.org for applications and information! Both weekends will be taking place at Hunting Ridge Retreat in Winchester, VA.

We also have a few other events coming up. There will be a Hoot happening sometime in June, so keep an eye out for that! We would love for the community to come out and meet some potential caterpillars and team members! Several of our newest butterflies attended the most recent Hoot before applying to walk on this past weekend! The Chrysalis board will be meeting together in May to brainstorm new ideas and update some of our current processes, so stay tuned for new things to come! We are also in the planning stages of some SD training, so if you are a pastor who has only teamed Emmaus and want some insider information on how being a Chrysalis SD might work, or a new pastor that wants to team, then let me know and I can get you hooked up once we have a date!

Easter and the Lent season always make me reminisce on my Chrysalis weekend some. For me it was a time of renewal and encouragement. I hope all of you will take the time this week to remember what it is that Christ has done for each of us, and be empowered to not only share the celebration with those around us, but to accept being renewed and washed clean of our sins all over again like we each were on our weekends.

Happy Easter, Everybody!

Fly With Christ!

Nicole Parrish

Chrysalis Community Lay Director



KAIROS KORNER

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

Dear Brothers and Sisters in Christ,

Special news from the Sussex 1 team. After many attempts by the enemy to block the effort to bring Kairos to death row, there has been a resolution (God is good!). A team of Kairos volunteers will join with Kairos #7 (April 25th-28th), and share Christ's message of redemption with several death row inmates. They really need your prayers. They are only allowed to meet with each death row inmate for one hour a day over four days. The inmate is chained to the floor and no human contact is allowed. It's definitely going to be very challenging, and so we really covet your prayers. Imagine trying to pull off an Emmaus weekend in four hours!

Please continue in prayer for:
K #72 at GCC (April 12th-15th 2018) Fred Carns, leader
K #39 at CVCU (April 12th-15th 2018) Yasmin Williams, Leader

We are always "recruiting" inside team, outside support team, forgiveness cookies (please remember to pray over them), placemats, and other agape offerings. You can be God's means for grace. What a powerful example of your agape love it is when you write a simple letter, note, or poster telling the residents that you are praying for them and God loves them. During the weekend (typically Friday afternoon) the residents each receive a bag of letters written by the team. Each team member (inside and outside) write forty two hand written letters (one for each resident) encouraging them and sharing a hope filled message. The letters are handed to the residents and the team leaves the talk room. Only the clergy remain. The rest of the team goes just outside the gym and from the foyer they sing hymns over the men inside. It's a very powerful time for the team and the residents. I'm tearing up just thinking about it.

Many of the residents have been incarcerated for years, and have never receive a letter from their family, or anybody for that matter. When the receive these letters they treasure them. These letters break down the walls between them and receiving God's grace in a huge way. You can be a part of that powerful gift of grace.

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



E185 - May 17-20, 2018 Live Like That

A Message from the "R"

Dear Brothers and Sisters in Christ, God is Good! I remember thinking when I walked, how does the Rector hold it together for three and a quarter days to pull off this enormous feat, aka "the weekend?" I now know how this is possible, first and foremost through our Lord and Savior Jesus Christ who equips us all, and through His Hands and Feet in the form of the Christian Men and Women who serve Him. I am humbled, and excited, to be surrounded by wonderful Christian men on the team of E-185, and for the experience and certain servitude that lie ahead.

The theme of the weekend is "Live Like That," which is grounded in our calling to live a Christ like life. This is one of the most difficult challenges we face as Christians. While we will forever be sinners, and we will never completely achieve this calling, it is our purpose to keep trying. This purpose is by its very nature our walk with God.

Our weekend scripture is from the Book of Galatians which promises us a Christ like life based on our faith, with an accompanying scripture that serves as a framework for living a life that resembles Christ. Galatians 2:20 gives us the promise, "I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me." And Paul goes on to provide us with the framework for becoming more Christ like in Galatians 5:22-23, the Fruit of the Spirit, " But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.

We are working hard to employ the Fruit of the Spirit framework on E-185, but as sinners it is impossible to fully achieve. So we pray God equips us as we serve the pilgrims; those He has already chosen for this weekend. We ask for your continued prayers as we conclude

teaming and prepare to head to the mountain. And we ask you to look into your midst to see if God is calling you to sponsor a pilgrim. He already knows the answer, and most likely you do too.

De Colores,
Charlie Duren, E-185

Cadre and Team

Cadre and Team

Joe Billman ~ Table Leader
Charlie Carroll ~ Old Buffalo
Edwin Darden ~ Musician Cha
Dan Dietze ~ Talk Room Cha, *Discipleship Talk*
Travis Dodson ~ Assistant Head Cha
Charles Duren ~ Rector
Stan Esterline ~ Spiritual Director
Connor Foster ~ Musician Cha, Assistant Chapel Cha
Mike Frankfort ~ Assistant Talk Room Cha
Michael Gentile ~ Assistant Mananita Cha, Agape Cha
Dale Gillis ~ Assistant Spiritual Director
Charley Hays ~ Dining Room Cha, Floater Cha
Rodney Jones ~ Assistant Dining Room Cha, Chapel Cha
Adam Kirkwood ~ Table Leader
Eric Kleppinger ~ Table Leader
Jim Krauss ~ Music Director
Jim Morris ~ Assistant Rector
Andy Powell ~ Mananita Cha, Floater Cha
Josh Reese ~ Floater Cha
Derrick Rogers ~ A/V Cha
Billy Stegall ~ Assistant Palanca Cha, Asst. Agape Cha
Jon Tiller ~ Assistant Closing Cha, Musician Cha
Phil Tonolli ~ Table Leader
Dave Venable ~ Palanca Cha
Chris Wiggins ~ Table Leader
J. R. Williams ~ Table Leader
Phil Wisner ~ Head Cha
Rich Wunderlin ~ Assistant Music Director

2018 NCA Emmaus Walks

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.**

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 #E185 on the left; then click Prayer Wheel heading. Be a **Blessing** as the **Body of Christ** covers these **weekends** in **prayer**.

NCA EMMAUS BOARD

Term Expiring January 2019

Dale Gillis, ASD	703-517-2232	gillisdale1@gmail.com
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Term Expiring January 2020

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Glenda Lambert	703-618-6273	gcljewelry@gmail.com
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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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Donna Morris	540-625-2843	Agape@emmausnca.org
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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

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Scholarship Coordinator

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