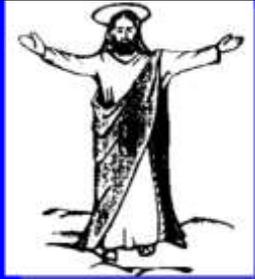


The newsletter of the National Capital Area (NCA) Emmaus for
the glory of God

Fourth Day Journal

Vol. XXXVI No.6 June 2018

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



FROM THE NCA EMMAUS COMMUNITY LAY DIRECTOR

It's hard to believe we have already reached the half way mark for 2018. Time sure does fly when you're having fun. We have had two very successful walks this year, E184 and E185 where God showed up and poured out his love and grace once again! What a mighty God we serve!

This month we celebrate Father's Day, what a Father we have to celebrate! I came across a blog that talked about ways to honor your father. They listed 7 ways you should do it. Though the blog was referring to our earthly fathers, I couldn't help but see what a perfect list it was for honoring our Heavenly Father!

One, learn your dad's story.

John 3:16 *For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.*

Two, live out your dad's values.

Ephesians 2:10 *For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand so that we would walk in them.*

Three, spend quality time with your dad on a regular basis.

Matthew 6:6 *But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.*

Four, love and respect your family.

Colossians 3:12 *Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.*

Five, build or give something in his memory.

1 Thessalonians 5:11 *Therefore encourage one another and build up one another, just as you also are doing.*

Six, acknowledge your dad in your own achievements.

1 Corinthians 10:31 *So, whether you eat or drink, or whatever you do, do all to the glory of God.*

Seven, ask your dad for advice.

Proverbs 3:5-6 *Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.*

This is a Father's Day checklist, but the amazing part of having a Heavenly Father, every day is Father's Day!

So, I ask you to seek a relationship with your Father, like our Brother in Christ Gary McCluskey did and call him Papa. Gary has been on my mind a lot late-

ly, so I went back and listened to his message, which he presented at my Church, titled Papa God.

If you would like to hear his message, please go to the following link:

http://server2.bethelumc.org/web/media/com_podcastmanager/storage/2015_06_21_McCluskey_Papa_God.mp3

De Colores

Rich Goad

Community Lay Director



FROM THE SPIRITUAL DIRECTOR

I am beginning to reflect on this holiday weekend, Memorial Day. It is a time of remembrance and for us to never forget those who gave their lives for us to have freedom. One Awesome God gave us his only Son so that we can have eternal life. We thank you God! Jesus lived the life God asked Jesus to live. “We love because He first loved us.” 1 John 4:19.

Jesus went to the cross and sacrificed himself for our sins. We must remember and honor the One who showed us the way. Those in the military who have died serving their country died for us as well and for our freedom – “all gave some, some gave all.” They loved their country and they loved us. Jesus set the example for us to live by and many of our military died living like Jesus. On the night he was betrayed, Jesus took bread, blessed, and broke it and gave it to his disciples saying: “This is my body.” Then he took a cup of wine, blessed it, and gave it to his disciples saying: “This is my blood of the new covenant poured out for many for the forgiveness of sins.” (Matthew 26:26-28). “Do this in remembrance of me.” (Luke 22:19). In Luke 24:13-35, Jesus appears to two disciples walking on the road to Emmaus. They do not recognize Jesus while on the road, they invite him to join them in a meal. After Jesus takes, blesses, breaks, and gives the bread, the disciples’ eyes are opened and they recognize him. Imagine the joy! “All of these stories emphasize the importance of Jesus’ self-giving, his faithfulness to God in the face of death, and his continued care for his disciples.” (The Meaning of Holy Communion by E. Byron Anderson). There are many stories of our people in military: self-giving, life-giving, and their faithfulness to God.

Memorial Day is a Day of Remembrance. Pray for our country, our Emmaus community, and for the families of those who have fallen and for God to bless them and hold them in the palm of God's hand.

Blessings,

Pastor Gale Dietz, Spiritual Director

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2018 ULTREYA GATHERINGS

* 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



From the NCAE MD

Joy in song!! Psalm 126:5

“Those who sow with tears will reap with songs of joy”

Blessings galore this summer as we praise Him. Between the Jammin' men's E-185 weekend and upcoming Chrysalis rocking tunes, we can have high expectations of great JOY. GOD IS GREAT!!

Thanks to Jerry Wills and super musicians for fantastic music provided for May Ultreya. With the thrill of having music Chas on 185 - Jim, Rich Wunderlin and the gang lead the May walk in music. They will also be handling music for June Ultreya.

Summer brings our love of youth to the forefront - with great tunes in July lead by Lydia Hugo and Sean Niehoff. BBQ galore and happy hearts!

If music is your gig, pls join us for practice and events. Contact us to get more details - mkrauss70@aol.com

De Colores - keep the JOY!
Mae and Jim Krauss



From the NCA Chrysalis, CLD

Hello Family!

I hope this journal finds you all doing well. I have a couple quick date announcements for you.

Please keep these dates in mind as the teaming season gets super busy for our community!

Saturday, May 12 - Chrysalis Hoot! Anyone and Everyone is invited!

6:00-8:30 in the youth room upstairs at Christ Church

Saturday, June 2 - Chrysalis SD training. Come see what being a Chrysalis SD is all about and meet some other awesome pastors in our community! Time and place TBA

Young Adult weekend - July 12-15

High School Weekend - August 16-19

Now I have a special treat for you this month. The rest of this article was written by Judiciaire Kinerney, our Youth Assistant Lay Director. Keep her words in mind this month as we do life together, and let it be an encouragement in this world that is so full of anger and hurt.

FWC!

Nicole Parrish

Chrysalis Lay Director

*Hate is something that holds a high place in my life. I hate. I hold grudges and I never forget, and I hold a lot of hate. And it's hard to be a Christian through this hate. It's one of my biggest sins, is holding on and not letting go. Ephesians 4:31 **31** Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Proverbs 10:12 **12** Hatred stirs up conflict, but love covers over all wrongs. Romans 12:9 **9** Love must be sincere. Hate what is evil; cling to what is good. Love. There is so much hate in the world right now. Pro*

Life vs Pro Choice. Women vs. Men. Democrats vs Republicans. Islamaphobia, Homophobia, whether your gay, straight, a Trump supporter. Whether you voted for Hillary, or Harambe. Whether you believe chocolate is better than vanilla. Love is Love is Love is Love, and love must override hate. But where to start in this crazy world. I certainly have no idea. Every newscast, every trending topic on twitter. Someone is always angry, and someone is always hating. Just scrolling through my instagram timeline, I have seen 7 posts about the Worst Dressed at the Grammys. 4 posts about Trump. Another couple about a girl, who was not dressed up to someone else's standards.

Jesus calls us to love

*Luke 6:35 **35** But love your enemies, do good to them, and lend to them without expecting to get anything back. Then your reward will be great, and you will be children of the Most High, because he is kind to the ungrateful and wicked. Let's go back to the Easter Story real quick. Jesus was surrounded in a world that absolutely hated him. And that hate lasted his whole life. From day one of his life, he had a King on his trail, wanting him dead. He had haters, to bring Jesus's human life to 2017. He was beaten, and beaten and beaten .Love won at the cross. And after all of that hate that Jesus encountered, Love still won. "Love won over hate, over sin, over the world" Jesus, who is our savior, the King of the world, came down. He left his cushy seat in heaven to come down to this earth. This very one where you are standing. He came down to experience hurt, and grief, and pain. He did that, for you, for me, and for love Hate is here, and by the looks of it, it's not going anywhere. But like Jesus, we need to replace love with hate. Love won on the cross, is it winning in your life?*



KAIROS KORNER

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

The prison environment is a dark place, where prisoners face violence, anger, gangs and loneliness daily. Kairos Prison Ministry volunteers step into this darkness to hold a 3 ½ day weekend, with the majority of participants made up primarily of negative leaders within the prison. Through talks, discussions and Chapel meditations **prisoners learn that they are worthy of God's love, light and grace. That no matter who they are or what they have done, God forgives them.** When a former negative or gang leader accepts Christ, it can influence the very atmosphere of a prison for the better. As the Kairos Christian community inside a prison grows and begins to gain influence, the incidence of violence often decreases. We're always "recruiting" new inside team members, and outside team support. We're always thankful to receive your life-saving forgiveness cookies (please remember to pray over them), and we treasure love message in the form of place-mats , and other forms of agape offerings. You can be God's means for grace for these incarcerated believers. What a powerful example of your agape love it is when you write a simple encouraging letter, note, or poster telling the residents that you are praying for them and that God loves them.

You can be a part of this powerful gift of grace. For more information contact me at Michael A. Gentile 703-638-2545 or michaelagentile@verizon.net

Also you can find out more by visiting our Webpage: <https://kairosnova.org>



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

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

PILGRIMS

Cayenne Burks ~ 2thesky Ministries
Tony Coppola ~ Dumfries UMC
Don Curry ~ Sydenstricker UMC
Jonny Duggins ~ Crossroads Vineyard
Bob Elliott ~ Christ UMC
Evan Frankfort ~ Crossroads Vineyard
Brian Garcia ~ Encounter Church of God
Amarildo Guerra ~ Journey Community Church
Kevin Harrington ~ Christ UMC
Mike Husfelt ~ The District Church
Jack Johnson ~ Dumfries UMC
Hunter Jones ~ Crossroads Vineyard
Kevin Kiah ~ Lifepoint
Larry Lafitte ~ Christ UMC
Eric Landry ~ Christ UMC
Peter Lehmer ~ Journey Community
Kevin Leslie ~ Christ UMC
Bobby Nicely ~ Crossroads Vineyard
Joe Norton ~ Crossroads Vineyard
Chris Parker ~ Bethel UMC
Jason Roberson ~ Old Bridge UMC
Tony Ruffin
Morgan Sandoval ~ Christ UMC

Hans Sawyer ~ Aldersgate UMC
 Adam Seigfried ~ Sacred Heart Catholic
 Mike (Pop Pop) Spaulding, Sr. ~ Brothers N Christ
 Mike Sullivan ~ Ovid United Methodist
 Brent Taylor ~ McLean Bible Church



COMMUNITY PALANCA

Happy Spring Everyone!

As the summer approaches we have two Chrysalis weekends, Young Adult and High School. The young adults are ages 18 – 25 and High School (14 – 18). These young people are the future of our Emmaus Community. They need your love and thoughts expressed as agape and placemats that they receive each meal on the weekend. Inspirational verses with pictures are needed.

They also use the phrase Fly With Christ for their weekends. So who can help make this a special time for them?

Please see me at Ultreya and I will have placemats for you to decorate. 265 are needed for each weekend.

DeColores & Fly With Christ,

Donna Morris

donnamor117@gmail.com

2018 WEEKEND EMMAUS FEES

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

2018 NCA Emmaus Walks

E 186 ~ W-October 4-7, 2018..... Cindy Bireley
 E 187 ~ M-November 1-4, 2018..... Jerrv 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.**

WEEKEND PRAYER WHEEL needs you!

Sign up at emmausnca.org; click on weekend #E186 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

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Term Expiring January 2020

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Mary Anne Krauss	703-850-8226	md@emmausnca.org
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Weekend Handouts Coordinator

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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
Cloth 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	<i>Clayton Newberry</i>



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