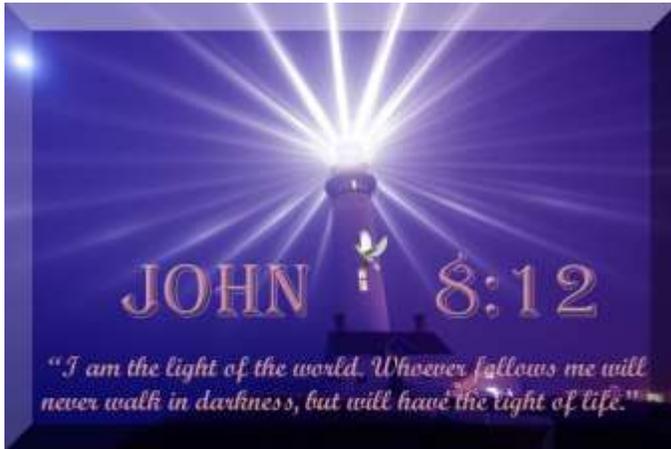


The newsletter of the National Capital Area (NCA) Emmaus for the glory of God

# Fourth Day Journal

Vol. XXXVI No.7 July 2018

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



## FROM THE NCA EMMAUS COMMUNITY LAY DIRECTOR

Fireworks are one of my favorite parts about the 4th of July. I love seeing the explosions of light against the dark night sky. It is magical to watch as the light shines down on all of the people looking up in awe. It seems like a perfectly fitting way to end a day full of celebrating our countries independence.

I've been thinking about how fortunate we are to live in a country that allows us to be Christians without persecution. How fortunate we are that Jesus Christ gave each of us freedom from sin when he died on the cross. I don't know about you, but I strongly believe that is something worth celebrating every day.

This month I challenge you, brothers and sisters in Christ, to bring out the fireworks! Be the explosion in the world that brings light and shines it down on the darkness.

12 Again Jesus spoke to them, saying, "I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life." John 8:12

Stay safe in all your celebrations and travels this month. Hope to see you at Ultreya and bring a friend or two. As we will be celebrating the 19<sup>th</sup> Annual roBBQ at Sleepy Hollow on July 20<sup>th</sup>.

De Colores

*Rich Goad*, Community Lay Director

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## 2018 NCA Emmaus Walks

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



## FROM THE SPIRITUAL DIRECTOR

“Therefore I tell you, **do not worry** about your life, what you will eat or drink; or about your body, what you will wear. Is **not** life more than food, and the body more than clothes? Look at the birds of the air; they **do not** sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you **not** much more valuable than they? Can any one of you by **worrying** add a single hour to your life?

We all know this is true, after all it comes straight out of the Bible, from Matthew 6:25-24. So of course we always pattern our lives after this bit of wisdom, right? If anyone said yes I must say I worry about you!

I recently had a routine medical test performed. At my physical this spring my Dr. detected a heart murmur and she wrote an order for me to have an echocardiogram. I said sure but put it so far on the back burner that when I had my next 3 month visit she told me I could not leave until the appointment was made. The day arrived and I showed up for the test. The actual test was not painful and only lasted 30 minutes but something happened in the middle of the test that introduced me to fear and trembling in a stunning new way. Seemingly out of nowhere the technician asked me if I was experiencing chest pain or shortness of breath when climbing stairs. I replied that I did not, but the question made me panic just a bit.

When I got up from the table I began the long, slow journey to the land of worry. I had moments of fear and trembling as I imagined everything from needing more tests, perhaps a stent or, even worse, bypass surgery. I eventually convinced myself that I would be recovering from surgery this month when I am to officiate at our son’s wedding. We went on vacation in the midst of this and I was reluctant to go to the beach because that involved climbing 32 steps and what if my heart exploded on the top of the stairs. All because a technician asked if I had experienced any heart related issues.

Have you ever been there with some experience in your life?

Finally, 3 weeks after the test I received the results from my physician’s office. The echo was completely normal. No sign of damage and a request that I repeat the test in 5 years.

As I reflect on the scripture above I realize how much better my life would have been over the last month if I had dropped the worry. What good did worrying do? It certainly didn’t add a minute to my life.

My encouragement to you, sisters and brothers, is that you, along with me, work as hard as we possibly can to let go and let God. Trying to work things out for God doesn’t solve a thing, and that’s a point worth pondering.

Blessings,

*Pastor Dale, Spiritual Director*

### WEEKEND PRAYER WHEEL needs you!

Sign up at [emmausnca.org](http://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**.

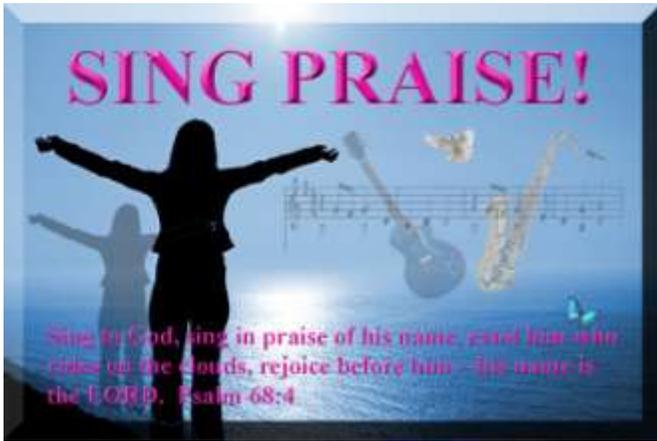
### 2018 ULTREYA GATHERINGS

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.

### 2018 WEEKEND EMMAUS FEES

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



## From the NCAE MD

Psalm 28:7b

My heart leaps for the Lord with joy, He is my song!

Is He your song? What music fills your heart, your mind, your day? Christian radio stations challenge listeners to a 30 day listening of only Christian music - WHY? Why? Because what fills your mind flows deep in your heart and becomes you. When it's positive and uplifting and speaks your soul's deepest praises or concerns, you come to love it! Let's keep a song in our heart, let's keep HIM as our song.

PRAISE Him for our freedom this month! Many great songs reflect this.

This summer Butterflies fill the air with tunes. Lydia Hugo and Sean Niehoff lead the July weekend and Ultreya. What a thrill it is that they freely give their awesome music gifts to Christ. Come sing along and be blessed. Worship and encourage our youth as they praise, serve and grow in the Lord.

Come join the musicians - we practice prior to Ultreya and would love to have you. Contact us at [mkrauss70@aol.com](mailto:mkrauss70@aol.com)

De Colores - keep the JOY!

**Mae and Jim Krauss**

### **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.**



## From the NCA Chrysalis, CLD

Hello Family!

First of all, my apologies for bailing on you all last minute this last Ultreya. I am good, and little man is good, though I would still ask for prayers as I have become somewhat of a medical mystery in the past week. My liver has decided to try and spontaneously combust and nobody can seem to figure out why. But I'm not in any pain, I feel good (as good as you can in your third trimester of pregnancy anyway haha) and the baby's still happily kicking away at me every chance he gets!

This month starts an exciting summer for the Chrysalis community, We have a Young Adult weekend happening this month, and a High School weekend happening next month, all at a new (to us) facility! As the community gets ramped up to serve together over the next few weeks, I pray that in the stress that sometimes comes along with these retreats that we will be overcome by the peace and grace of our awesome God, and that we can remember to do as we always tell the caterpillars – "let go and let God".

The theme for the upcoming Young Adult weekend is "Every Giant Will Fall", and this team has worked incredibly hard and faced so many giants already. With a new facility comes new challenges. They made it through an R turnover early on, and are working with a smaller team and cadre than the usual. However, they have each stepped up to serve and do more than their fair share of work to ensure the success of God's weekend for the young adults that will be coming to the mountain this month.

Please join me in praying for this team as they go up against their next giant – the couple weeks of last minute prep before the weekend happens. As God empowered David to stand against Goliath, may He also stand with

this group of servants as they step out in faith to, in turn, love on and empower the young adult caterpillars of C-98.

Fly With Christ!

*Nicole Parrish*

Chrysalis Community Lay Director



## KAIROS KORNER

**Kairos Special Events: Find out more about Kairos and ways to serve.**

### Needed: New Team Members

We welcome new team members to serve on the GCC S-3 and Sussex 1 weekends. K-75 at GCC S-3 is October 11-14, 2018. K-8 at Sussex 1 is October 25-28, 2018.

Information and team applications can be found in the Documents & Resources section at <https://kairosnova.org/>

You may also contact the weekend leaders:

K-75 - Tom Lambert, [tmlfam@aol.com](mailto:tmlfam@aol.com)

K-8 - TBD, contact Ed Tucker, [edtucker829@gmail.com](mailto:edtucker829@gmail.com)

Virginia Kairos Outside Weekend will be held at Hat Creek Camp Brookneal, VA Spring 2019

<http://www.hatcreekcamps.org>

Contact Linda Wickstrom for more information  
[jnlwick@cox.net](mailto:jnlwick@cox.net) 540-798-8698

### National KAIROS Annual Conference

Kairos of Northern VA is helping host the National KAIROS Annual Conference

2018 Annual Conference July 24th - 28th, 2018 Hyatt Regency Dulles, Herndon, Virginia

For More Information Contact Steve: [Steve@themusselwhitegroup.com](mailto:Steve@themusselwhitegroup.com)

### Advanced Kairos Training (AKT)

2019 date to be announced in Richmond, VA

For More Info: [www.mykairos.org](http://www.mykairos.org)

As always you can learn more by contacting me at:  
[michaelagentile@verizon.net](mailto:michaelagentile@verizon.net)

Respectfully

**Michael A. Gentile**

703-638-2545

Faith can move mountains...

Don't be surprised when God hands you a shovel!



## COMMUNITY PALANCA

Summer has arrived and so has vacations and summer fun!

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 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 placemats are needed for each weekend..

DeColores & Fly With Christ,

*Donna Morris*

[donnamor117@gmail.com](mailto:donnamor117@gmail.com)

<b>NCA EMMAUS BOARD</b>		
<b>Term Expiring January 2019</b>		
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
<b>Term Expiring January 2020</b>		
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
<b>COMMUNITY SUPPORT LEADERS</b>		
<b>Applications ~ NCA Emmaus Pilgrims</b>		
Charlie & Vickie Carroll	703-887-7590	Cand_app@emmausnca.org
<b>Applications ~ NCA Emmaus Team</b>		
Charlie & Vickie Carroll	703-887-7590	Team_app@emmausnca.org
<b>Audio-Visual/Software Managers</b>		
Jim and Donna Morris	540-625-2843	avsoftware@emmausnca.org
<b>Community Palanca/Agape Coordinators</b>		
Donna Morris	540-625-2843	Agape@emmausnca.org
<b>Community Shed Coordinator</b>		
Annette Barbier	703-491-2104	Abarbier2@aol.com
<b>Facility Liaison</b>		
Nancy Geeting	540-841-3343	ngeeting.54@gmail.com.
<b>Fourth Day Journal – Newsletter Editor</b>		
Raúl Castillo	703-307-8070	4DayJour@emmausnca.org
<b>Fourth Day Journal Mailing</b>		
Beth Parker	703-447-9553	4DayMail@emmausnca.org
<b>HolyNet Coordinator</b>		
Charlie Hays	703-8013521	Charleyhays@gmail.com
<b>Kairos Representative</b>		
Mike Gentile	703-638-2545	michaelagentile@verizon.net
<b>Kairos Outside Representative</b>		
Barbara Teats	703-354-9043	barbteats@hotmail.com
<b>Rector (a) Manuals Coordinator</b>		
Linda Girten	703-491-3801	manuals@emmausnca.org
<b>Music Directors</b>		
Jim Krauss	703-850-8226	md@emmausnca.org
Mary Anne Krauss	703-850-8226	md@emmausnca.org
<b>Outreach Palanca/Agape Coordinator</b>		
Debbie McCluskey		gndmcccluskey2@verizon.net
<b>Prayer Wheel Coordinator</b>		
Lisa Giamette		Shark.mommy@gmail.com
<b>Rector(a) Selection Coordinator</b>		
Jack Christie	703-491-8670	Jackchristie153@gmail.com
<b>Reunion Group Coordinator</b>		
Liana Cuffman	703-920-6219	cuffli@comcast.net
<b>Scholarship Coordinator</b>		
Lindsey Kirkwood	571-236-4563	lindsey.kirkwood@gmail.com
<b>Talk Folder Coordinator</b>		
Al Barbier	703-491-2104	Ajbarbier@aol.com
<b>Treasurer</b>		
Lindsey Kirkwood	571-236-4563	treas@emmausnca.org
<b>Website Manager</b>		
Rob Cannon	703-965-8045	webadmin@emmausnca.org
<b>Weekend Handouts Coordinator</b>		
Mark Segnari	703-670-3145	4daypack@emmausnca.org
<b>Wooden Crosses &amp; Ropes</b>		
Jim & Jan Womer	703-670-5236	jmwomer@verizon.net
<b>Security</b>		
Jon Guest		Jon.guest@verizon.net

<b>NCA CHRYSALIS BOARD</b>		
<b>Community Lay Director (CLD)</b>		
<b>Assistant Lay Director (ALD)</b>		
<b>Spiritual Director (SD)</b>		
<b>CLD</b>	Nicole Parish	Nicolegp410@gmail.com
<b>ACLD</b>	Jon Guest Judiclaire Kinerney	asstlaydirector@chrysalisnca.org
<b>SD</b>	Burton Robinson	Pastor2@chrysalisnca.org
<b>SD</b>	Jessie Kearns	
<b>Other Board Members</b>		
Lindell Tinsley		Dan Hughes
Stephanie Williams		Emma Grammer
John Lohr		Michael Jurabe
Scott Marth		Molly Haynes
Tori Guest		Kayleigh Sullivan
Sarah LeMay		
<b>Chrysalis Support Personnel</b>		
<b>Supply Coordinators</b>		Linda Russ/ Melissa Detwiler
<b>Prayer Wheel Coordinator</b>		Volunteer Needed
<b>Manuals and Talk Folders Coordinator</b>		Kurt Bubenhofer
<b>Community Music Director</b>		Dave Moore
<b>Registrar</b>		Jerry Wills
<b>Secretary</b>		Aliecia Whalen
<b>Treasurer</b>		Bob LeMay
<b>Clothe Agape Bags Coordinator</b>		Beth Ann Eadie
<b>Dining Room Coordinator</b>		Donna Morris
<b>Worldwide Agape Coord.</b>		Volunteer Needed
<b>Facilities Coordinator</b>		Volunteer Needed
<b>Fourth Day Packet Coord.</b>		Bob LeMay
<b>Historian</b>		Volunteer Needed
<b>Outreach Coordinator</b>		Mark and Pat Fahner
<b>Clown Communion Coord.</b>		Jan Niehoff
<b>Chrysalis Crosse Coord.</b>		Janet & Lindsey Matthews
<b>Hoot Coordinators</b>		Donna VanWert/Bob LeMay Karen Kimberlin
<b>I am Lovable Pin Coordinator</b>		Donna Morris
<b>Website Coordinator</b>		Clayton Newberry



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