



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

Fourth Day Journal

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



FROM THE NCA EMMAUS COMMUNITY LAY DIRECTOR

I recently came down from a weekend on the mountain with some amazing youth, and just like when I first walked and each time I team, I come down on a Jesus high. It's easy to feel God's agape love when you are intentionally inundated with it. Once you leave the mountain and head down into the valley things are not as easy and keeping that high takes a bit more effort. The world most of us live in is full of trials and tribulations.

For most of us, getting through the trials proves difficult but we are able to lean in on Jesus and he calms the storm.

Psalm 107:29 He stilled the storm to a whisper; the waves of the sea were hushed.

As we approach September, we are going into Suicide Prevention Month. I would be willing to bet we have all been affected by suicide in one way or other. For many, the trials and tribulations were far too much to bear. There is an average of 123 Suicides every day in this country. Suicide is the 10th leading cause of death in America, second leading for ages 25-34, and third leading for ages 15-24. These numbers were pulled from the National Today website bringing awareness to all.

C-99's weekend verse was Joshua 1:9 Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

If you are facing difficulties that seem unbearable, reach out for Jesus, lean on him, because he will never leave your side. You are loved by Jesus and the Emmaus Community, reach out lean on us too. My phone number is in the Journal and I don't mind getting a phone call at 3AM if you need someone. I'm sure there are many others who would suggest the same.

This month I would encourage you all to pray for those who are facing trials and tribulations, that they find the peace and feel the agape love of God. We are a pass it on community so don't hesitate to pass on God's love and let His light shine bright.

De Colores

Rich Goad, Community Lay Director

2018 ULTREYA GATHERINGS

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.

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FROM THE SPIRITUAL DIRECTOR

I have been preaching a series of sermons this summer on the book of James. Most scholars believe that this book was written by Jesus' brother so he would have had as great an understanding of his sibling as anyone else.

The book is full of practical ideas for ordering our lives so to be a true reflection of the God in whose image we have been created. One particular portion of this book that has struck home with me is found in 3:1-12. In this passage James deals with encouraging the new believers to work on the taming of the tongue. The point is that the tongue, while small, is one of the most powerful organs in the body. It can keep the whole body in check, it can serve as a bit on a horse or like a rudder on a ship to guide us into a deeper faith relationship. While every animal can be tamed only we can tame the tongue. With it we can bless the Lord and with it we curse those made in the likeness of God. From the same mouth come blessings and curses.

In reading this I have been convicted of the times in my life where the words I have chosen have not been words that necessarily build up the kingdom or my brothers and sisters. There have also been times that I have failed to engage the brain before running the mouth. There have also been times that the words I have chosen have unintentionally been hurtful to those around me. In other words this passage has convicted me and I bet if we are all truly honest with ourselves we are all guilty.

I don't have a total solution as to how to tame the tongue but I do have a suggestion that I have heard recently that might help us. It is the mnemonic THINK! It suggests that we THINK before we speak. Is what I am about to say TRUE, is it HELPFUL, is it INSPIRING, is it NECESSARY, and is it KIND. I believe that if we take the time to run this assessment through our minds we can all improve on saying things we probably ought not to say about our brothers and sisters and life in general. This article is not in any way based on anything that I have experienced in this community. It is more the re-

flection of one person about the temptation we all face as human beings. May we all THINK before we speak along the journey!

DeColores,

Pastor Dale, Spiritual Director



From the NCAE MD

"Jesus, You have won me" rocked the house at FUPCDC August Ultreya as Stan Esterline's talk song. A song expresses our soul, and to sing together in agreement blesses all. We did "shout it out and lift up our voices in worship, sing it until all the earth can hear us"! God is great and glorified.

The musicians are excited to welcome Nicole G's new baby. She is a committed Chrysalis and Emmaus member and musician. We wish you well, Nicole, and we look forward to hearing him on his first drum set or horn!

The next three Ultreyas will be lead by MD/AMDs from Chrysalis, E-186 women, and E-187 men's weekends. We hope in December to gather Emmaus children for a mini-choir. Please contact us for details. The NCAE Praise band will be leading.

Praises for all His guidance and blessings throughout our music practices, sponsors hours, DDUs, Ultreyas and events. He is a good good Father. We love you, Lord.

All are welcome - please contact us if you are interested in being a part of the music efforts in NCAE, or if you have questions regarding the timing/dates of special events.

Mae and Jim Krauss

Mkrauss70@aol.com

(703)850-8226

All are invited to join in.



From the NCA Chrysalis, CLD

Hi all this is Scott Marth (aka:Mr. TUTU) and I am the new CLD for the Chrysalis board first I would like to thank those who are stepping down after two years of service to our community.....Burton Robinson, Jesse Kearns, Lindell Tinsley, Stephanie Williams, Tori Guest, Sarah Lemay, Dan Hughes and Michael Jurabe they have steadfastly supported our community and without their talents I don't know where we would be at this time. Last but not least I would like to thank Nicole Parrish for her two years of service with the last year being the CLD she has worked hard to better our commitment to the youth and young adults and I think we all can say that we have seen the results of her hard work.

Now I would like to welcome our new board members starting with our SD's Stan Esterline and Robin Bemiller I know they will truly bless us all.

Also let's welcome in Doug Radoye, Alison Wills, Sarah Kleppinger, Becca Washburg, Nick Reagan, Erin Pendergast, and Charley Hays.....Welcome all and let's get the adventure started!

I want to end this with a thought that we will be using to take us into the next year:

Luke 6:40 New International Version (NIV)

40 The student is not above the teacher, but everyone who is fully trained will be like their teacher.

May the Lord be with you

Scott Marth

Chrysalis Community Lay Director

2018 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**.



KAIROS KORNER

Friends, I have to admit that I truly enjoy serving in The Kairos Prison Ministry. I enjoy serving God's kingdom outside the walls of our churches, (funny I choose to serve outside the church walls by entering prison walls). I guess you might call me a 'Road Warrior', or maybe better said, I'm a 'Pathfinder'. I've never had an issue with thinking and getting outside of the religious boxes. Recently I was pondering on God's word regarding the prison ministry mission work. I was taking a closer look at Luke 8: 11-12 regarding spreading faith on the road:

"...The seed is the word of God. Those seeds that fell and were trampled along the foot path are **the ones who hear**, and then the devil comes and takes away the word from their hearts, for fear they might believe and be saved." – Jesus

And I had a revelation---What stood out most for me was that Jesus explained for the Disciples that "the ones who hear" (Q: hear what? A: The Word of God) are in fact the word of God themselves (aka 'The Seed'). That word can be compared to light, and those who are of Jesus' "family" obey the light. That Word is the most powerful thing in the universe. Apparently so powerful, that it transforms people into The Word of God, into living bibles for the people to read. Along the footpath is an opportunity. The path is a chance to love life. Experience work, and play, and maybe even enjoy a glance up at the stars at night. The footpath is always heading somewhere. Toward something better maybe, or toward a just another set of choices. If you want to grow in your relationship with God, you have to cultivate your travels along that path. Keep your mind open to what God wants to say to you, and what he wants you to say to others. Check the guideposts along the way where God might be leading you to step out and put down roots for a time into a fertile field or garden where your faith will find nourishment and take on sanctifying nutrients for the journey ahead. Faith can survive along the footpath, traveling from pasture to pasture, vineyard to vineyard, as long as it is never traveling alone. We must have as our constant companion, the source of our strength, the founder of our faith, Jesus Christ, author of The Truth.

You are the seed of truth, an ambassador of The Truth. You are a missionary along the footpath. The missionary's task is to represent God and his message in an alien world. However you represent your ministry, you

must always be an advocate for Christ first and foremost. It's a special relationship between the Creator and the messenger. This guideline is a firm Kairos 'riverbanks' principle.

All that said: Faith can't thrive forever roaming the pathways. From time to time the sheep need a place to rest. A pasture to have a time for community, as the shepherd makes them to 'lie down.' This is why staying involved serving in our local churches as well as the NCA Emmaus/Chrysalis communities is so very important. You are not alone.

Opportunities to serve in The Kairos Prison Ministry: K#75 at Greenville Correctional Center is about to begin their teaming prep for the upcoming weekend October 11-14

K#8 at Sussex 1 State Prison is beginning teaming prep for the upcoming weekend October 25-28 K-8 Team Meeting #1 September 8, 2018 at 8:30 am – 3:30 pm St. Matthew's United Methodist Church

These teams will need your support with prayers, agape, and COOKIES!!!

Giving to Kairos:

Your tax-deductible donations help make our ministry possible! Checks should be made out to Kairos of Virginia and mailed to P.O. Box 245, Annandale, VA 22003-0245. Our tax ID is 54-1970458.

Thank you

Michael Gentile E-145



COMMUNITY PALANCA

Greetings from Palanca Central!

Fall is around the corner and that means Ladies E-186 & Men's E-187 are preparing for the mountain.

Please share your love with the team and pilgrims with prayers, snacks and love letters.

Placemats are available upon request at Ultreyas if you wish to decorate.

I am in Colorado beginning mid October and Nicole Mosher will be filling in for me while Jim and I are here on temporary assignment.

If you have any questions you can still reach me by email and the Palanca team will get back to you.

Love, Love,

Donna Morris & Nicole Mosher

Dmorris117@gmail.com

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**.

2018 WEEKEND EMMAUS FEES

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



**E186 - Meadowkirk Retreat Center –
October 4 - 7, 2018**

Message from the "R"

Dear Sisters and Brothers in Christ~

"Singing for Joy" is exactly what we are doing on e186 as we prepare to serve the Lord side by side! God has pulled together an amazing group and we cannot wait to see how it will all unfold as we get our assignments and as pilgrims are called to attend the weekend. (we would love to have more pilgrim applications) I am so very humbled to be chosen to lead e186 and have no doubt God is equipping all of us at this time!

Joy is something that was put on my heart long before I was called. It started with our theme song, "How Can I Keep from Singing" by Chris Tomlin.

*I can sing in the troubled times
Sing when I win
I can sing when I lose my step
And fall down again
I can sing 'cause You pick me up
Sing 'cause You're there
I can sing 'cause You hear me, Lord
When I call to You in prayer
I can sing with my last breath
Sing for I know
That I'll sing with the angels
And the saints around the throne*

That is the joy I want to share! It's so easy to confuse joy with happiness and what it really looks like for each of us. I read a devotional by Kay Warren in her book Choose Joy that inspired me to really think about joy in my life and I knew then that would be the theme for our weekend!

In it she says... "We tend to think that life comes in hills and valleys. In reality, it's much more like train tracks. Every day of your life, wonderful, good things happen

that bring pleasure and contentment and beauty to you. At the exact same time, painful things happen to you or those you love that disappoint you, hurt you, and fill you with sorrow. These two tracks — both joy and sorrow — run parallel to each other every single moment of your life...One day, our parallel tracks of joy and sorrow will merge into one. The day we meet Jesus Christ in person and see the brightness of who he is, it will all come together for us. Then it will all make complete sense." We covet your continued prayers as we journey on in the teaming process and prepare to meet our ladies on the mountain. Please join us in praying for each pilgrim that is being called, that God is preparing their hearts for the joy we will experience together...Singing for Joy all weekend long and into our 4th day!

Your sister in Christ~

Cindy Bireley E84

The Lord gives me strength. He is like a shield that keeps me safe. My heart trusts in him, and he helps me. My heart jumps for joy. I will sing and give thanks to him. Psalm 28:7

Cadre and Team

Cindy Bireley ~ Rectora, *Fourth Day Talk*

Heather Bosley-Papp ~ Chapel Cha,

Mallory Cave ~ Music Director

Richard Cobb ~ Spiritual Director

Liana Cuffman ~ Agape Feast Cha

Devin Duren ~ Asst Dining Room Cha

Gloria Esterline ~ Old Buffalo, Floater Cha

Karen Gentile ~ Closing Cha, Asst Mananita Cha

Jen Girten ~ Palanca Cha

Linda Girten ~ AV Cha

Faith Gorham ~ Asst. Rectora

Syn-D Lazo ~ Talk Room Cha

Susan Meyerson ~ Table Leader

Aygul Minigalina ~ Table Leader

Donna Morris ~ Asst. Head Cha

Sabina Murphy ~ Dining Room Cha

Jennifer Neighbors ~ Asst Agape Feast Cha

Carolyn Ritenour ~ Mananita Cha, *Floater Cha*

Janet Salbert ~ Spiritual Director

Ashley Stacy-Reese ~ Asst. Music Director

Mary Tate ~ Asst Talk Room Cha

Carolyn Tidd ~ Table Leader

Danielle Tiller ~ Table Leader

Krystal Venable ~ Head Cha

Aliecia Whalen ~ Asst. Closing Cha, Asst. Palanca Cha

Morgan Wiggins ~ Table Leader, *DDU Talk*

Yasmin Williams ~ Table Leader

Desiree Wunderlin ~ Asst Chapel Cha

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	John Lohr	Erin Pendergast
	Scott Marth	Molly Haynes
	Sarah Kleppinger	Kayleigh Sullivan
	Becca Washburg	Charley Hays
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	Clayton Newberry	



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