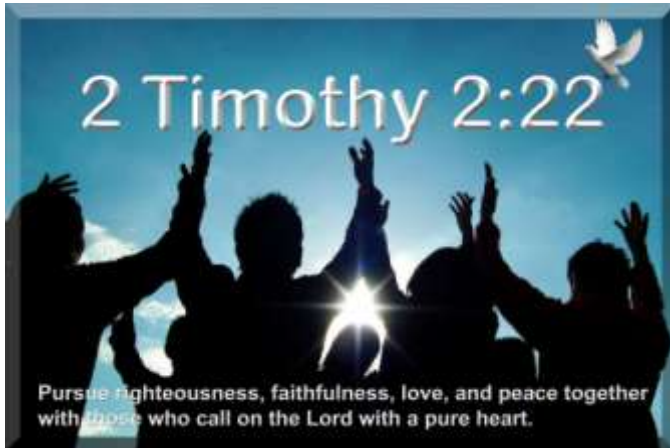


The newsletter of the National Capital Area (NCA) Emmaus
for the glory of God

Fourth Day Journal

Vol. XXXVI No.10 October 2018

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



2 Timothy 2:22

Pursue righteousness, faithfulness, love, and peace together with those who call on the Lord with a pure heart.

FROM THE NCA EMMAUS COMMUNITY LAY DIRECTOR

In September, after my wife gave her 4th day talk, she was talking to me about how nervous she was. This wasn't her first talk and in general, she is mostly comfortable speaking in front of people. So what was so different about this time? She chose to walk up and do her talk without any gimmicks. Gimmicks have kind of become her thing, bullhorns, crazy attire, a flair for the crazy...a mask to hide behind. At Ultreya, she chose to leave the mask off, and for her, to stand in front of everyone, as is, was terrifying.

I started thinking about the masks we all wear, that we all hide behind. Maybe it's the happy mask we have become accustomed to wearing because it is easier for people to deal with than the reality of how messed up we might feel. Or the over confident mask, hiding our anxiety. Perhaps it's the Sunday morning mask, you certainly wouldn't want your church friends to see your work face. This one comes with a built-in profanity filter.

The David Crowder song, "Come as You Are" is a great reminder that Jesus wants us just as we are. Now I'm not saying he wants us to stay that way. I love what is said in 2 Timothy 2:22 "Flee from youthful passions. Instead, pursue righteousness, faithfulness, love, and peace together with those who call on the Lord with a pure heart."

As we head into October, where masks are readily available, let's take a look at the masks we may be

wearing. I'll tell you, I have a catcher's and umpire's mask that I wouldn't be caught behind home plate without, but let's remove the others!

See you all on the 21st at Ultreya! We will be at Bethel UMC, in Woodbridge this month. Community is asked to bring sides and desserts. Bethel will provide the rest.

Please bring a friend, two, or three and come prepared to worship our Lord.

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

Life can change in the wink of an eye. It truly can. Dan's life and mine has changed many times in the last month. To get through these times, which have had blessings, we have needed to call upon the Name of the Lord. It isn't only during the rough seas that we should call on the Lord for help but every day we need to call out. We need to always give thanks and praise to God even during the times of heavy burdens and life changes. God has a plan and part of that plan included the Emmaus community. We are a loving family ready to pray, love, encourage, and to try to lessen one's burdens. God sends the pilgrims when it's God's timing and that timing proves to be accurate for every weekend. The Emmaus community is important in our life and it helps us grow closer and closer to our Lord and Savior especially when we attend the Ultreyas and special events. Stay involved and attend an Ultreya and be revitalized with the love of Christ.

DeColores!

Pastor Gail, Spiritual Director



From the NCAE MD

Glorious Fall season is here! Active with NCAE events full of music. Keep a song in your heart. Do not be discouraged - if the world drags you down, drag yourself out to participate with NCAE and experience the Holy Spirit lifting your head and filling your heart with hope.

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

Praises for His great 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

Greetings,

After my first meeting as Chrysalis CLD I am happy to say that our board members are fired up for Christ and moving forward in improving our part of the community. We are really excited (and pray all of you are too) about our upcoming 100th weekend. C-100 has it's R's and Head Cha's set and are putting together the rest of their cadre and team with teaming to begin in a few weeks. With that being said I would like to invite you to put in applications to team even if you aren't asked for the upcoming weekend you can possibly look forward to one of the summer weekends.

Most importantly I would ask you to look for sponsorship of youths to walk on a Chrysalis weekend, May the Lord be with you.

Fly with Christ,

Scott Marth

Chrysalis Community Lay Director

KAIROS KORNER

Brothers and Sisters in Christ,

You've probably no doubt heard me say it many times before, but cookies really do save lives.

One of the most powerful representations of Agape love you can help Kairos with is for you to bake and pray over homemade "Jesus Cookies" aka forgiveness cookies.

Those tasty loving expressions of God's forgiveness help to turn hearts of stone in soft hearts of flesh. There are several upcoming Kairos weekends in October for which you have an opportunity to bake cookies for. Be a lifesaver...bake some!

<http://www.kairosva.org/google-calendar.html> (copy and paste web address into your browser)

Thank you

Michael Gentile E-145

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**.

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**.



**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
Suzie Beeson ~ 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
Aygun 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
Aliencia Whalen ~ Asst. Closing Cha, Asst. Palanca Cha
Morgan Wiggins ~ Table Leader, *DDU Talk*
Yasmin Williams ~ Table Leader
Desiree Wunderlin ~ Asst Chapel Cha

Pilgrims

Wendy Asmen ~ Christ UMC
Carol Brooks ~ Church of the Redeemer

Colleen Burdick ~ Christ UMC
Jackie Castro ~ Christ UMC
Christine Curley ~ Aldersgate UMC
Sue Elbertson ~ Christ UMC
Tina Fox ~ New Hope Church
Angie Graybill ~ Christ UMC
Pat Gregan ~ Old Bridge UMC
Cassandra Halyshyn ~ Christ UMC
Cathy Harrington ~ Christ UMC
Shawna Hooke ~ Old Bridge UMC
Erin Hudson ~ National Community Church
Pandy Jansen ~ Aldersgate UMC
Tammy Jeter ~ Hope Hill
Kristy Joiner ~ Hope Hill
Patricia Lewis ~ Christ UMC
Debra Mayeux ~ Christ UMC
Elaine Miller ~
Katrice Mueller ~ New Life
Sarah Nuber ~ Christ UMC
Amy Nutter ~ Old Bridge UMC
Melissa O'Connor ~ Christ UMC
Diane Olsen ~ Aldersgate UMC
Juli Osorio ~ McLean Bible Church
Heather Payne ~ Hope Hill
Amy Smith ~ First United Presbyterian
Linda Utting ~ Bethel UMC
Anne Young ~ Grace UMC



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

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
Applications ~ NCA Emmaus Team		
Charlie & Vickie Carroll	703-887-7590	Team_app@emmausnca.org
Audio-Visual/Software Managers		
Jim and Donna Morris	540-625-2843	avsoftware@emmausnca.org
Community Palanca/Agape Coordinators		
Nicole Mosher		Agape@emmausnca.org
Community Shed Coordinator		
Annette Barbier	703-491-2104	Abarbier2@aol.com
Facility Liaison		
Nancy Geeting	540-841-3343	ngeeting.54@gmail.com
Fourth Day Journal – Newsletter Editor		
Raúl Castillo	703-307-8070	4DayJour@emmausnca.org
Fourth Day Journal Mailing		
Beth Parker	703-447-9553	4DayMail@emmausnca.org
Kairos Representative		
Mike Gentile	703-638-2545	michaelagentile@verizon.net
Kairos Outside Representative		
Barbara Teats	703-354-9043	barbteats@hotmail.com
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		
Jack Christie	703-491-8670	Jackchristie153@gmail.com
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
Treasurer		
Lindsey Kirkwood	571-236-4563	treas@emmausnca.org
Website Manager		
Rob Cannon	703-965-8045	webadmin@emmausnca.org
Weekend Handouts Coordinator		
Mark Segnari	703-670-3145	4daypack@emmausnca.org
Wooden Crosses & Ropes		
Jim & Jan Womer	703-670-5236	jmwomer@verizon.net
Security		
Jon Guest		Jon.guest@verizon.net

Community Lay Director (CLD) Assistant Lay Director (ALD) Spiritual Director (SD)		
CLD	Scott Marth	armoredinchrist143@yahoo.com
ACL	Jon Guest Judiciaire Kinerney	asstlaydirector@chrysalisnca.org
SD	Stan Esterline	Pastor2@chrysalisnca.org
SD	Robin Bemiller	
Other Board Members		
	Doug Radoye	Nick Reagan
	Alison Wills	Emma Grammer
	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	
Clothe Agape Bags Coordinator	Beth Ann Eadie	
Dining Room Coordinator	Donna Morris	
Worldwide Agape Coord.	Volunteer Needed	
Facilities Coordinator	Volunteer Needed	
Fourth Day Packet Coord.	Bob LeMay	
Historian	Volunteer Needed	
Outreach Coordinator	Mark and Pat Fahner	
Clown Communion Coord.	Jan Niehoff	
Chrysalis Crosse Coord.	Janet & Lindsey Matthews	
Hoot Coordinators	Donna VanWert/Bob LeMay Karen Kimberlin	
I am Lovable Pin Coordinator	Donna Morris	
Website Coordinator	Clayton Newberry	

Kairos Prison Ministry International, Inc.



Cake Mix Cookies

Recipe makes 2 dozen

- 1 (18.25 ounce) package chocolate cake mix
- 1/2 cup butter, softened or Canola Oil
- 2 eggs
- 1 cup semisweet chocolate chips

Directions

1. Preheat oven to 350 degrees F
2. In a medium bowl, stir together the cake mix, butter and eggs until smooth and well blended. Mix in the chocolate chips. Drop by spoonfuls onto ungreased baking parchment sheets on cookie sheet.
3. Bake for 8 to 10 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely.

Cookies
For
Kairos



REMEMBER

**NO FRUIT, NO RAISINS, NO CANDY, NO ICING,
NO SPRINKLES, AND NO NUTS
AND PRAY PRAY PRAY!!!**



**Baking Parchment Paper Makes
Rapid Cookie Cooling
Dramatically Easier – Simply
Slide Hot Cookies Off And Get
Back To Making More**



**Cookie Scoops Deliver
The Perfect Portion To
Make A Kairos Sized
Cookie**



**Copy Paper Boxes Are Great
For Transporting And Hold
Between 25-30 Dozen**

**KAIROS Prison Ministry
P.O. Box 245
Annandale, VA 22003-0245**

KAIROS PRISON MINISTRY INTERNATIONAL, INC.

COOKIE INSTRUCTIONS AND GUIDELINES

Each typical Kairos weekend needs to supply approximately 3,000 dozen **HOMEMADE** cookies to be shared with the participants and the general population of the prison. **That's 36,000 cookies!** These cookies are a tangible expression of God's agape love, and an invitation of love and an indication of forgiveness for God's incarcerated children who seldom encounter these basic human needs in the course of their daily lives. The first concern of the prison is **SECURITY** and the safety of everyone., and therefore there are a few strict rules that **MUST** be followed. Don't be discouraged by the requirements listed below, they are intended to create an atmosphere of equality and peace among the residents, staff and volunteers entering the facility.

Begin and End with Prayer - Pray over the cookies as you make them. Ask God to use your cookies as an expression of His love to shine his light on the inmates and staff, **YES!** even in the darkest corners of a prison.

**NO FRUIT, NO RAISINS, NO CANDY, NO ICING,
NO SPRINKLES, AND NO NUTS**

Acceptable types of cookies are:

- 🍪 Peanut Butter
- 🍪 Plain Oatmeal
- 🍪 Molasses
- 🍪 Chocolate Chip
- 🍪 Ginger
- 🍪 Plain Sugar Cookies (NO POWDERED SUGAR, FROSTING, SPRINKLES, OR GLAZE)
- 🍪 Flavored Cake Mix Cookies (Remember no icing or sprinkles)



SIZE: 2 to 2½ inches in diameter (PRETTY SMALL) and not more than ½ inch thick. **Must be round, no other shapes.** *Freeze the cookies for ease of handling if you make them well in advance.*

Bag 1 dozen of your **thoroughly cooled** cookies in a **1 quart size ziplock plastic bag**, being careful they do not stick together. Label the bag with the type of cookie in each bag (helps with processing). *Also consider providing gluten free and sugar free cookies.*

KAIROS TEAM P.O.C. _____

COOKIE PICK UP DATE/LOCATION _____



**Fourth-Day-Journal
National Capital Area Emmaus
P.O. Box 2243
Merrifield, VA 22116**