

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

Fourth Day Journal

Vol. XXXVI No.11 November 2018

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



FROM THE NCA EMMAUS COMMUNITY LAY DIRECTOR

Psalm 107:1

Give thanks to the LORD, for he is good; his love endures forever.

While the weather finally starts to cool down and life around us turns into a majestic showcase of God's beauty, we are visually reminded of how much God does for us. We are loved so much by the Lord! We are entering a season of being thankful and I can't think of a single thing to be more thankful for than God's enduring love for us. As E-187 prepares to go to the mountain I can't help but to be excited for the 25 men who are going to be reminded in a powerful way of that love. Yes, the 28 team members, sponsor's, and community will also get to see how God's love will impact those around them.

Don't forget to slow down this month and look around at the falling leaves, scampering squirrels, and the colorful landscapes. Breathe in the crisp fall air and think about all the things in your life you should be thankful for. With the holiday season kicking off, it's easy to get wrapped up in the busy and forget about the things we should be thankful for. I encourage you to be mindful, keep prayer as a priority, keep thanking God for your blessings, lean in on him when the days are long.

Amongst our Lord, I am thankful for my family, to include my Emmaus and church family. Our community is like none other out there. The level of caring and love ema-

nates what we share on the weekends! Continue to spread God's love everywhere you go.

I look forward to celebrating with you all on November 16 at Christ Church for our next Ultreya. It is our annual business meeting, which will begin at 6pm, dinner at 6:30pm, and worship at 7:30pm. Dust off your work or weekend shirts, with lots of bling! Please Bring a potluck dish to share.

Finally, we will be holding the Emmaus Board Elections this month at Ultreya, so please come out to vote.

De Colores

Rich Goad, Community Lay Director

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FROM THE SPIRITUAL DIRECTOR

Friends,

As I write this devotion we are nearing one of my favorite seasons, Thanksgiving. I have enjoyed this time of year for as long as I can remember. Of course there is the feast on the day. But there is so much else to the season than the day of the gluttonous feast. At our house there is turkey and dressing, and all the favorite side trimmings that we have enjoyed each year not to mention the homemade apple pie. For the past several years we have added a new tradition to our celebration. As we eat the meal we go around the table and have each person share something for which they are thankful.

This new tradition has expanded for me and now during the entire month of November I journal each day about at least one thing about which I am thankful on that day. I would like to take that exercise one step further. This is my last FDJ devotion. My term as a community Spiritual Director will be ending next month. I have thoroughly enjoyed serving on this board and I want to list a couple of things I am grateful for having witnessed in this time. First, the NCAE community is clearly this is a pass it on group. Sadly that is not always true in local churches. There were several decades when church was a must in most homes but for various reasons that trend has ended. I believe one small piece of the puzzle is that we don't pass on what we have received through weekly worship. However, this is not true of NCAE. Those who experience an Emmaus weekend are truly excited by their experience and in their fourth day they cannot help but pass it on through service and recruiting others to experience a weekend. It is refreshing to see such enthusiasm and determination to invite others into a deeper relationship with Jesus Christ.

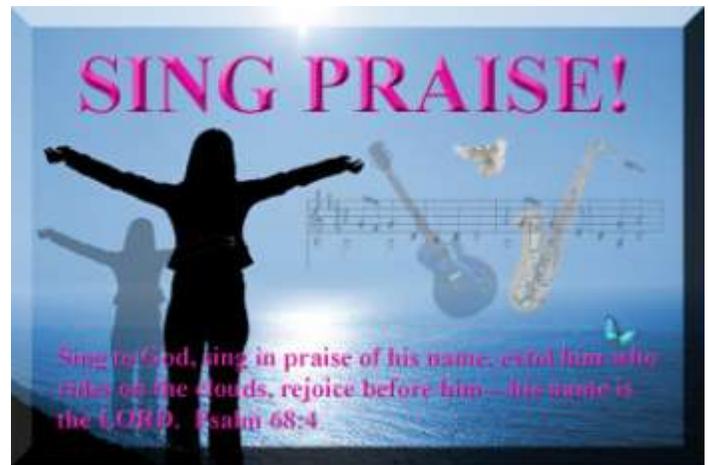
Secondly, I have rarely been part of a board that clearly understands the mission of the group and invites the Holy Spirit to lead. There are no political agendas. There is no rabbit chasing. The sole function of the Board is to see that the community is following where God is leading, insuring that Emmaus, Chrysalis, and Kairos ministries are lifted up, that there is time for wor-

ship, sharing, and communion at every Ultreya and that our Rector's, and Rectora's chosen are God's choice for weekend leadership.

One final observation is that the good people of NCAE know how to live out Ephesians 4:4, and may you all Keep on rejoicing **in the Lord** at all times. I will say it again: Keep on rejoicing!

DeColores!

Reverend Dale, Spiritual Director



From the NCAE MD

Praises for End-of-year activities honoring Christ.

So full of music. Come on out and participate with NCAE and experience the Holy Spirit lifting your head and filling your heart with hope.

The November Ultreya will be lead by MD/AMDs from E-187 men's weekend, and December by the 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

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**.

KAIROS KORNER

Team,

As I departed Trinity UMC Church (our hub church nearby the prison) on Thursday, it dawned on me that I did not complete our reflections on the Fruit of the Spirit (i.e., Self-Control)...(throughout the teaming process we've been studying together the fruit of the spirit).

Next, I think all the cookies that were processed for the K-8 weekend were put to good use in other ways:

- Some cookies went home with us to be used within our church communities
- Some cookies were donated to local Fall Festivals
- Some cookies went to the Sussex I Staff
- The bulk of the cookies were picked up by other Kairos teams for use at Lawrenceville and Deep Meadow

Finally, there is no way to say how thankful I am to all of you for your time, talent, treasure, and dedication to this ministry; you really made being weekend leader a true blessing. THANK YOU, THANK YOU, THANK YOU from the bottom of my heart.

Bill Eager (K7 advising leader, kairos version of an old buffalo) reminded me in an email last Wednesday evening that Kairos is (translated as) "God's Special Time." (Bill continued), "When K-8 happens – God will make it Special!" (My feelings exactly). And now, the Lord has replaced my lingering disappointment with faith, hope, love, joy, and confidence that the K-8 weekend will be very special...for the team (both inside and outside) and

for the men and staff at Sussex I. I pray the Lord will do the same for you. God bless you all!!!

In His Service,
Steve "The fruit of the Spirit is: Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness, Self-control." (Galatians 5:22)

From Michael Gentile:
To my NCA Emmaus family,

This isn't the first time that a Kairos at Sussex 1 SP has been cancelled due to a lockdown. And no doubt it will not be the last. We've all come to understand, that even though we all are left with a strange kind of numbness, almost a feeling of shock, as we all have spent months preparing for this moment only to be left at the very last minute with no other option but to turn around and go home, we have learned to take it in stride and look forward to when we can return. I recall the last time this occurred and how we all just wanted to do something, we tried to manufacture some best response, but in the end we simply had to accept it for what it was. And when that weekend did finally come off, it was powerful and transformational. And many of those men who attended that weekend continue to serve faithfully to this day. God's Special Time is best left in God's hands. He has a special plan.

Respectfully
Michael Gentile

Thank you
Michael Gentile E-145

2019-2020 Board Nominations



SD Nominee: Jose Saldana

I walked on E-45 and currently attend Wesley Chapel UMC. I have served on multiple Emmaus, Chrysalis, and Kairos teams. I have served as the Chrysalis Board SD and led Chrysalis SD Training. I have served on multiple youth mission trips. For a number of seasons, I have felt God's call to serve on the Emmaus board. I have experience in all three communities of NCA. Most importantly – love to serve the Lord.



SD Nominee: Rick Saunders

I walked on E-153 and currently attend First Baptist Church of Woodbridge and Pathfinders Fellowship Church. I have served on 3 Emmaus teams. I have been involved in Biker Fellowship and have been on several mission trips. I love the vision and mission of NCAE community and desire to serve in a way where I can contribute my gifts to the community, as well as continue to grow spiritually

2018 ULTREYA GATHERINGS

Nov., 16	Christ Church, UMC
Dec. 21	St. Paul UMC

If you are interested in hosting an Ultreya gathering, please contact the Emmaus Board.

through the experience of working with others within this community



Nominee: Liana Cuffman

I walked on E-146 and currently attend Clarendon United Methodist. I have served on several teams as several different chas in my teaming experience. I am currently the NCAE Reunion Group Coordinator, have given Kairos updates at Ultreyas. I am a reader at church and help others on their health journey. I work with different mission trips and help at the church. I want to serve on the Emmaus Board because my walk was a life changer and God has stretched me like Gumby since then. He has opened so many doors for me. I would not be the person that I am today if I had not walked. NCAE has given so much to me and now it's time to give back even more as a board member.



Nominee: Kat (Schreiber) Lopez

I walked on E-164 and attend Christ Church. I have served on 2 Emmaus teams as a table leader and as a cha. I have helped with the Ultreyas at Christ Church as the coordinator and also with receptions. I help with the Rising Hope Hypothermia Shelter, and help at the church with communion, small group, and council. I want to serve on the board because I feel the Lord leading me here and I've felt it more than once. It would be

my honor to help support the administration of this wonderful community that I have come to love.



Nominee: Ruth Washburg

I walked on E-166 and currently attend FUPCDC. I have served on 2 Emmaus teams as a table leader and several different cha positions. At FUPCDC I have served as a Deacon for the last 6 years. I also volunteer with Spread the Bread and Church Drama Camp. I want to serve on the board because my walk and teaming experiences have changed my life. I would like to give back to this amazing community by being there to support others.



Nominee: Dan Dietze

I walked on E-47 and currently attend Above and Beyond Ministries. I have served on multiple teams within NCAE, multiple Chrysalis teams, and several Fredericksburg area Emmaus teams. I have been a table leader, multiple chas, and a weekend lay director. I served as the Chrysalis Board Treasurer from 1995-2000. I volunteer with Feeding the Hungry at Micah Ministries, help with feeding elementary school children weekend meals, Soles for Souls Shoe Ministry and Freed Within Prison Ministry. I want to serve on the board because there is so much love, encouragement, and compassion within this community. I have served in different areas of the Emmaus communities. I would like

to see this community continue to grow in their relationship to God, church, and community.



Nominee: Jim Rogers

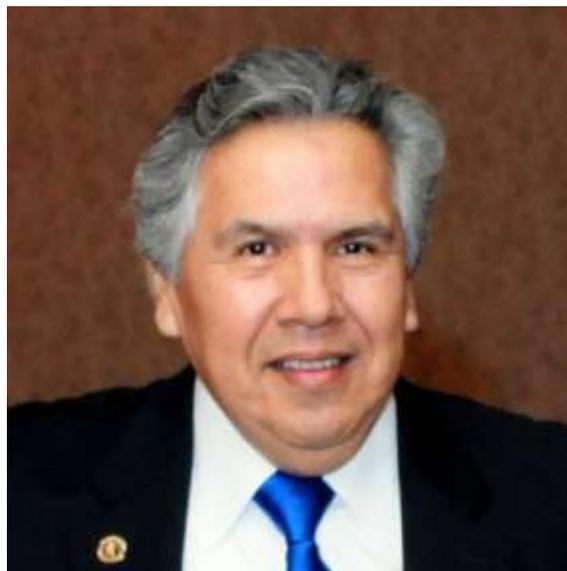
I walked on E-175 and currently attend Christ Church. I have served on 2 Emmaus teams as a table leader and different cha positions. I help with Christ Church’s online campus and Rise Against Hunger campaigns. I want to serve on the board because my Emmaus walk changed my life in a way I could not have imagined when I registered. I had accepted Christ before – but I did not believe that I deserved forgiveness. I did not believe that I deserved Christ’s blessings, love and care in my life. Emmaus changed all that for me. My family and I attend Ultreya frequently. I want to serve on the board to continue to give back to this amazing community and continue to grow my faith.



Nominee: Chris Scholz

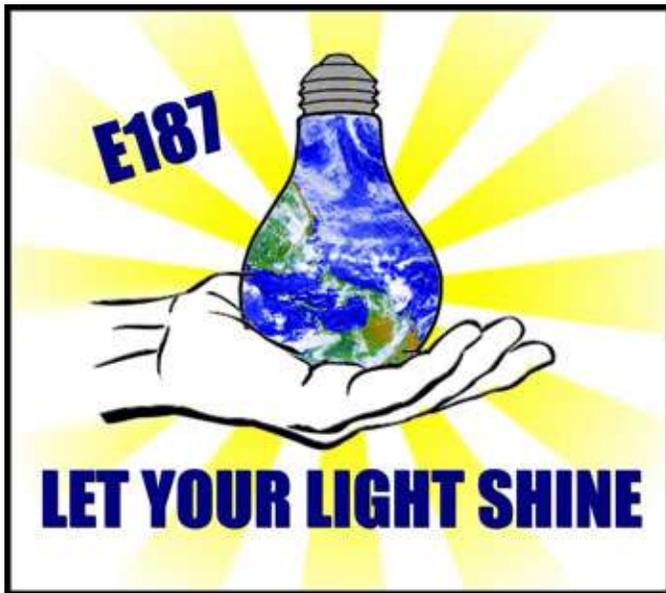
I walked on E-153 and currently attend Christ Church. I have served on multiple Emmaus teams as a table leader and different cha positions including cadre positions. I have served on Emmaus board in the past. I help with

Christ Church’s Technology Team. I want to serve on the board because I feel called again to serve on the Emmaus Board in whatever capacity is needed. The community has meant so much to me and my family and I wish to follow this call.



Nominee: Raúl Castillo

I would like to volunteer to serve on the NCA Emmaus Board to strengthen my Faith, and serve God. In December, 2008, I walked on E-145, **“It’s Amazing”**. Since my walk, God has blessed me with many life changing opportunities and challenges to continue to strengthen my Christian life and family. I worship at Cameron United Methodist Church, where I have served as a Sunday School teacher for 7 years, coordinated and assisted several annual church outreach events; fall festivals, Easter sunrise services, and utilized my photo and poster design skills. I have served on 2 Emmaus teams and for the past 9 years I have served as the NCA Emmaus, Fourth Day Journal (FDJ) editor. The Joy and Blessing you receive while helping others, providing comfort, sharing Joy and Christ Love, **“Is Amazing”**. DeColores and FWC!



E187 - November 01-04, 2018

A Message from the "R"

We're ready!!! What an awesome team of God's servants we have for E-187 – they will be a blessing to all of the pilgrims. And we know that God is gonna show up and show off!!

The theme of the weekend is Let Your Light Shine. It has been on my heart for a while after hearing the Francis of Assisi quote "Preach the gospel and, if necessary, use words". We really need to let our light shine for God so that other people can see God IN us.

The weekend verse is Matt. 5:16 - "In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.". Jesus has just 'delivered' the Beatitudes and goes on to encourage us to show our love for Him. Leading up to this He says "You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven."

And I love the Message translation... "Here's another way to put it: You're here to be light, bringing out the God-colors in the world. God is not a secret to be kept. We're going public with this, as public as a city on a hill. If I make you light-bearers, you don't think I'm going to hide you under a bucket, do you?"

I'm putting you on a light stand. Now that I've put you there on a hilltop, on a light stand—shine! Keep open house; be generous with your lives. By opening up to others, you'll prompt people to open up with God, this generous Father in heaven."

The weekend song Shine by Collective Soul. It's really a secular song but, as with a lot of secular songs, they can be used as a worship song with just a few changes to the lyrics. I believe that the is seeking what we have a Christians – love, peace and.... Oh yeah..... love!! With a slight change to some secular they very easily become Christian songs – as in the case of Shine.

I covet your prayers for the weekend – even if you are not on the prayer wheel – pray for the team and the pilgrims whenever you get a chance.

Cadre and Team

Allen McBride - Closing Cha, Chapel Reading, Musician Cha

Anthony Hoxworth - Agape Feast Cha

Bob Jones - Table Leader

Daniel Andersen - Spiritual Director

Dave Charbonneau - Table Leader

Dave Jones - Dining Room Cha

Doug Radoye - A/V Cha

Duaine George - Assistant Mananita Cha, Assistant Closing Cha, Musician Cha

Eric Teitelman - Assistant Music Director

Frank Whalen - Palanca Cha

Jeff Hetherington - Table Leader

Jerry Wills - R

Joe English - Table Leader

John Klein - Assistant Talk Room Cha

John Lohr - Assistant Palanca Cha

John Loveland - Assistant Dining Room Cha

Kurt Bubenhofer - Music Director

Michael Finegan - Old Buffalo, Floater Cha

Michael Peranio - Table Leader

Neal Ailstock - Assistant Chapel Cha

Rich Goad - Head Cha

Rick Saunders - Spiritual Director

Ron Taylor - Talk Room Cha

Scott Marth -AR,

Shane Marth - Chapel Cha

Stu Mentzel - Assistant Head Cha

Tim Camus - Table Leader

Tom Ansink - Mananita Cha

Pilgrims

Ben Hazekamp

Bill Hunt ~ Clarendon UMC

Brian Roebuck, Sr ~ Chapel Springs Assembly of God
Chapin Horton ~ Springfield UMC
Chino Kearney ~ Parkwood Baptist
Geoff Mannix ~ White Chapel UMC
Grant Greffey ~ Sydenstricker UMC
James Lewis ~ Christ UMC
Jay Speakes ~ Woodbine Baptist
Jeff Coratolo ~ Christ UMC
JP Asmen ~ Christ UMC
Ken Brandt ~ Christ UMC
Kevin Phillips ~ Old Bridge UMC
Kevin Scannell ~ Clarendon UMC
Maceo Macon ~ Victory Life Fellowship
Mark Satterly ~ Dumfries UMC
Mike Husfelt ~ The District Church
Mike Parrish ~ Bethlehem Baptist
Morgan ~ Sandoval Christ UMC
Nathan Thompson ~ Hope Hill
Ryan Graybill ~ Christ UMC
Steve Hoogland ~ Christ UMC
Tim Veto ~ Springfield UMC
Travis Towne ~ Christ UMC
Zach Shepard ~ Old Bridge 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 187 ~ *M-November 1-4, 2018*..... Jerry 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
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Glenda Lambert	703-618-6273	gcljewelry@gmail.com
Charlie Carroll	703-887-7591	ccarroll813@me.com
Mark Gibson	703-926-5030	m5gibson@aol.com
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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		
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Facility Liaison		
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Kairos Outside Representative		
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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		
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Liana Cuffman	703-920-6219	cuffli@comcast.net
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Talk Folder Coordinator		
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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

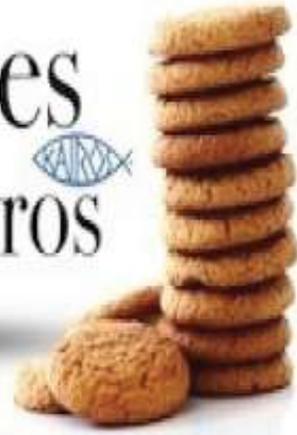
Recipe makes 2 dozen

- 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**