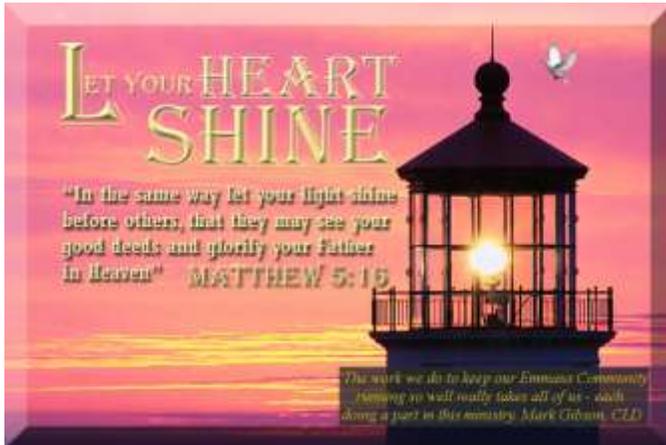


The newsletter of the National Capital Area (NCA) Emmaus
for the glory of God

Fourth Day Journal

Vol. XXXVII No.1 January 2019

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



FROM THE NCA EMMAUS COMMUNITY LAY DIRECTOR

I like the window seat on the plane so that I think I can see what's about to happen, as if I could do something about it! No really I like to watch the lights at night and as the plane starts to descend, you can see an electric glow from below. It all seems to be bright and shiny, maybe even twinkling so very far down below. Seems as if each light represents individual people that make up that glow, but I know that really each part of that glow is an electric light fixture installed by someone like me, for a specific purpose at some point. I know just how much effort goes into that installation, as I have doing that sort of job my entire career. But from 30,000 plus feet it does seem like a glow, and as the plane gets lower suddenly, you can see buildings and home lights, and then you can make out the headlights along the roads. And this time of year, I could see Christmas lights as well.

Our community is very much like this, from afar you can see its shine but as you get closer you can see each individual and their light shine. The work we do to keep our Emmaus Community running so well really takes all of us - each doing a part in this ministry. So many being the hands and feet of Christ to others. It is a wonderful experience when we let our light shine, we can do what pleases our Lord. Being a part of this community of believers has been such an important part of my faith walk. My family and I have been the recipients of the love and care from our community during good times and those of trouble. I have seen God do His work right there in front of me, people changing to become better disciples of

Christ, is such an awesome sight to see. So thankful for that weekend in July 2000, E-100, when I was blessed to be introduced to this community. I am so thankful now that I can be part of this Emmaus community and see another brother or sister in Christ grow, as they learn of His Grace and the love from be served by this community. Amazing things happen here by amazing people!

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. We see this on each weekend - most recently in the men of E187 - as they came back you can see on their faces that God has shown just how great His love for us is.

As I start my next steps in this our community I want to continue Rich Goad's goal of full weekends and more participation at the Ultreyas - this is where busting out at the seams would be great! So start praying about the next person you are going to help sponsor, even if you don't know who that might be.

What can you do this next year in our Emmaus community, you ask. How about trying to reconnect with those who sat at your table the weekend you walked. If you have teamed, reconnect with your team members. Check up on them to see what they are up to and if they live in the area, invite them back to a Ultreya this year. Let your heart shine. Keep the team and bugs of C-100 in your prayers as they head up to the mountain in January. See you at the Ultreya!

Let your light shine!

Mark Gibson, Community Lay Director

INSIDE THIS ISSUE

NCA Emmaus CLD Message.....	1
NCA Emmaus SD Message.....	2
Sing Praise NCAE MD.....	2
NCA Chrysalis.....	3
Kairos Korner.....	3
Inclement Weather Policy.....	3
E-188 Weekend Prayer Wheel.....	3
2019 Ultreya Gatherings.....	4
Community Palanca.....	4
2019 Weekend Fees.....	4
2019 NCA Emmaus Walks.....	5
NCA Emmaus/Chrysalis Boards.....	5



FROM THE SPIRITUAL DIRECTOR

I apologize for the journal getting out late. Life has its twists and turns, umbrellas and sunny days.

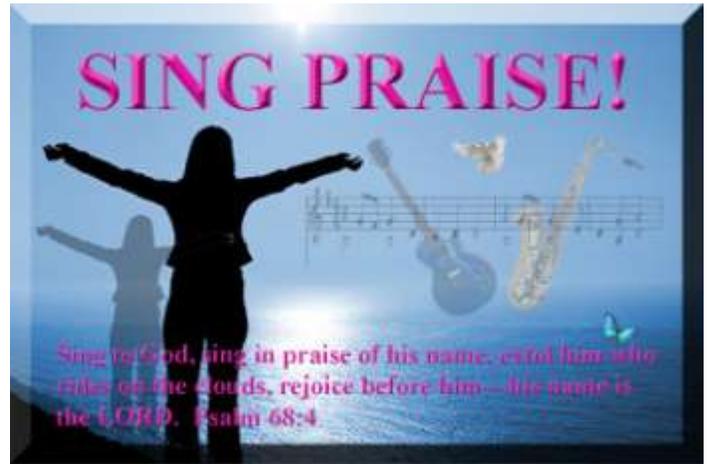
Dan’s father passed away on Christmas Eve and away to Nebraska we went to support his mother. I saw God working in so many ways. Fortunately and unfortunately, funerals and weddings bring family, friends, and people together. The fortunate part is we come together; the unfortunate part is we lose touch with people in our lives until something happens. Dan saw some of his high school and college friends that he hadn’t seen or heard from in decades. Yes, we are that old.

Coming together is God’s way of reuniting us. There is something to learn but somehow we don’t stay in touch. I felt it was like heaven is going to be – we are reunited with loved ones. It also reminds me of Mananita. I am always reminded of someone who walked in the very early years whose comment was “Did I die? I must be in heaven! The angels are singing!”

Life is precious and every moment matters. We need to love and to serve every day. We need to pick up that phone, not text message, and reach out to those hurting or just needing to talk. We have to be aware each and every day life matters. If we keep God first in our lives, we will know what to do. Focus on God this year more than you ever have. Read, study, and pray for your relationship with God to become closer and closer. Action always speak louder than words.

As we enter this new year, 2019, make it the best yet in service to our Lord and Savior, Jesus Christ.

Pastor Gail, Spiritual Director



From the NCAE MD

HAPPY NEW YEAR! Keep the songs of Christmas in your heart throughout 2019. Keep the Joy of Jesus. Christmas is so thrilling, but we don’t need to quit celebrating or praising - He is our strength and song daily.

We had such a good time worshipping and singing at the December Ultreya. We did not have the volunteers needed to have Emmaus children sing at Christmas, but hope to have tweens and teens read for the March Ultreya (Easter).

- The following will lead music during the first half of 2019:
- January - NCAE Praise Team
 - February- C-100
 - March- NCAE Praise Team
 - April - E-188 women
 - May - E-189 men
 - June - NCAE Praise Team

We are thrilled with the response from musicians accepting the MD positions of weekends, participating in Sponsors’ Hour, Ultreyas and other events. If you are interested in participating, please let us know. If you have questions about events related to NCAE weekends that include music, we will be happy to help with details or seek out answers for you.

May the Lord stoke the fire of love for music in your heart, grow your love for worship, and spur us on in our Christian worship. You can reach us at:

Jim and Mary Ann (Mae) Krauss
 703-850-8226
mkrauss70@aol.com



KAIROS KORNER

From the NCA Chrysalis, CLD

Chrysalis is all excited about the birth of our savior and the coming of the new year plus the upcoming winter weekend of C-100....WOO-HOO!!!!

The team is ready to see what the Lord has in store for the bugs that are coming to the mountain.

We just ask of the community for prayers for the weekend and agape, there is still time for that!!!

At this point the Chrysalis community would like to thank Raul Castillo for his service to the Fourth Day Journal and give prayers for his new endeavors on the Emmaus board and prayers for the incoming editor of the Fourth Day Journal.

May the Lord Be With You Raul.

Fly with Christ,

Scott Marth

Chrysalis Community Lay Director

2019 WEEKEND PRAYER WHEEL needs you!

Sign up at emmausnca.org; click on weekend #E188 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**.

I hope you all have had a blessed and joyous Christmas/New Year Holiday season. And I offer up a prayer of blessing for all who have had sadness and heart break during this time of year. I pray that the Lord God in heaven will pour out his grace and mercy (as I know he will) upon you today and every day. May you be blessed richly with comforts and wisdom to guide you all through the upcoming seasons. May you have a refreshed hope and lasting peace in the New Year.

This January 5th I'll again be attending the Virginia State Conference meeting. This takes place in Charlottesville at a beautiful little country church there (Ivy Creek UMC). I hope to return with news to share on a variety of interesting matters regarding the Kairos Prison Ministry. I mention this because there is another form of agape that our NCA Emmaus Community can participate in. Our Emmaus groups can produce agape posters to encourage other Kairos teams throughout the VA conference. If anyone would like to bless these teams and residents with an uplifting poster please get those to me and I'll deliver when I go to the meeting for other teams to use on their weekends and reunions.

Update on Kairos #8 at S1SP (second attempt after lockdown in the fall prevented the planned weekend from taking place):

To Date:

1. We are actively recruiting for team members and outside team support for the upcoming spring weekend at Sussex 1 State Prison
2. We have 22 Commits:
3. 19 from the Fall K-8 Team who have indicated they will return for the Spring weekend
4. 2 new team members: Rick Saunders (Clergy) and Jimmy Lambert (Laity).
5. 1 former team member commit
6. 2 former K-8 team members are tentative, and 1 decline (Dick Tobey moving out of the area, thank you for your service).

7. Team meeting dates are proposed for 3/2, 3/16, 3/30, and 4/13 (@ St Matthews UMC 8617 Little River Turnpike, Annandale, VA).

For More Info Please Contact:
 Steve Connelly (K-8 Weekend Leader)
 20906 Royal Villa Terrace
 Sterling, VA 20165
 757-342-5595 (Hm & Mobile)
stephen.f.connelly@verizon.net

Update on Kairos #78 at Greensville Correctional Center, S-3.

The Greensville S-3 Kairos team is preparing for Kairos #78, May 2 – 5. Team meeting dates are the same as for S1SP K-8 above: 3/2, 3/16, 3/30, and 4/13, which will be at Annandale UMC, 6935 Columbia Pike, Annandale, VA. For more information, please contact:

Jay Morris (K-78 Weekend Leader)
 6124 Manchester Park Circle
 Alexandria, VA 22310
 703-200-6300 (mobile)
jmorris55@verizon.net

Thank you for all your agape love!

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 Moher
 Dmorris117@gmail.com

2019 ULTREYA GATHERINGS	
Jan. 18	Dumfries UMC
Feb.15	Old Bridge UMC
Mar.15	Bethel UMC
Apr. 12	Clarendon UMC
May 17	Sydenstricker UMC
June 21	ST. Paul UMC
July 19	Sleepy Hollow UMC
Aug. 16	First Baptist Church
Sept. 20	Bethel UMC
Oct. 18	First United Pres.Church
Nov. 15	Christ Church
Dec. 20	TBD

“WANTED”

NCAE, Fourth Day Journal FDJ, Editor needed

The FDJ is an electronic monthly newsletter. It is edited utilizing MS Word program, it includes some graphics. If interested, please contact Mark Gibson, CLD at m5gibson@aol.com or Raúl Castillo at Rcasti@cox.net

2019 WEEKEND EMMAUS FEES	
Application Fee	\$35.00
Pilgrim Fee	\$250.00
Team Fee	\$250.00

NCA EMMAUS BOARD

Term Expiring January 2021

Jose Saldaña , ASD	703-593-5340	jwsaldana@gmail.com
Liana Cuffman	703-899-4675	cuffli@comcast.net
Kat Schreiber Lopez	703-568-9710	kat.schreiber@verizon.net
Raúl Castillo	703-307-8070	rcasti@cox.net
Chris Scholz	703-929-7931	ccscholz@gmail.com
Jim Rogers	202-210-6792	james.rogers3@verizon.net

Term Expiring January 2020

Stephanie Williams	330-340-4720	teacherpm1@gmail.com
Gail Dietz, SD	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 CLD	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 Woodley	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	Aliencia Whalen
Treasurer	Bob LeMay
Clothe 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

2019 NCA Emmaus Walks

E 188 – W-March 21-24, 2019. Debbie McCluskey
E 189- M-May 2-5, 2019.....John Rowe
E 190 – W-Sept. 26-29, 2019.....Carol Cobb
E 191 –M Oct 31- Nov 3, 2019.....Jon Guest



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