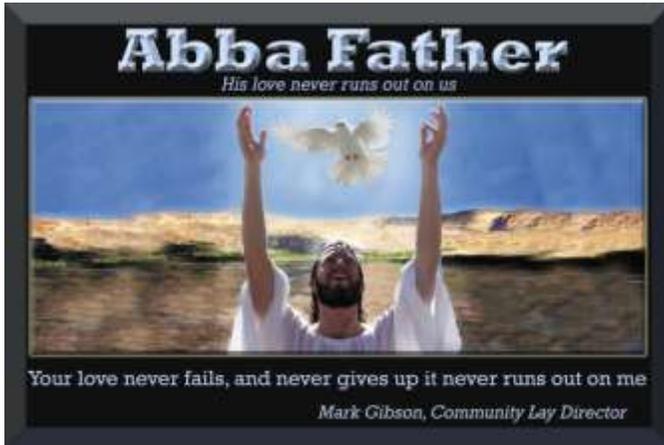


The newsletter of the National Capital Area (NCA) Emmaus
for the glory of God

Fourth Day Journal

Vol. XXXVII No.2 February 2019

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



FROM THE NCA EMMAUS COMMUNITY LAY DIRECTOR

WHAT SHOULD I DO TO BE FREE OF DEBT?

In this environment where many people are struggling to make ends meet, this was the question that came to my mind – what should I do to be free of debt? How can I make sure it is paid in full?

Other than when you sell your home or when you pay off your car, you are never really out of debt! Because you go right out and buy another! Now some of you are blessed that you can manage to live without borrowing money and that is such a blessing, but I think most of us, need to at some point to borrow someone else's money in order to live as we want to. I think I have been in debt since I got my first Central Charge Card! Homes, family, kids, braces, schools, marriages, business expenses, cars and trucks. Most of this is because we love those around us and want, what we think, is the best we can do for those we love. Because on and on it goes.... we have become accustomed to debt just being normal part of our lives.

But did you ever think what if The Publishers Clearing house called, or the big lottery winning ticket was yours? What if you could really call in and say, "Take this job..."? What if your financial debt was paid for and you were totally free of it? How sweet it would be! For most of us - yes, we have thought this. I remember my Dad filled out that Publishers Clearing house thing each year saying, "someone has to win, after all it was free!" That someone wasn't us. I remember when Virginia Lottery first came out and all that hope of winning the big one

was there. Even now when that number gets way up there, we think that "what if?"

The world we live in today has taught us to earn a living. It started while we were young, with earning praise from parents and teachers. We learned this before we could even speak. We learned that hard work was what earned us enough to make it in this world. And that's what we have done – school/work were places we could work hard and see the results. In this working hard, what we miss out on is God's offer of grace. We try to earn his love. Our Emmaus weekend is such a lesson in His Grace, and for me, it took all those years until I walked to understand that His Grace was free and there just for the asking.

Well I'm here to tell you, you have already won! **Our debt is paid!** The big check has your name on it! God sent His son for you and for me. When He was lifted on that cross, my sins, my debt, was up there with HIM – and it was paid in full. I did not have to earn it. It was given freely for me. Sometimes I feel I need to work to earn it – but the Bible tells me it was given freely. Since that day, we are no longer slaves or servants working to earn our salvation – but sons and daughters of God. Galatians 4:4 says, "*But when the time had fully come, God sent his Son... That we might receive the full right of sons. Because you are sons...*". The word Paul uses is the same word he uses two verses later: "*And because you are sons, God has sent the Spirit of his son into our hearts crying, Abba Father!*" The spirit inside us pleads as a child of God, and NOT as a slave! We are his! "And since you are a son, God has made you an heir." An heir to the creator of the universe! How amazing is that! In the song "One Thing Remains" we sing:
"My DEBT is paid, there's nothing that can separate my heart from your great love
Your love never fails, and never gives up it never runs out on me"

This is the thought we should hold on to – we are sons and daughters of a God who has paid our debt in full. We are now new creations in Christ! And no matter what is going on around us, we are blessed to be part of the community of NCA Emmaus that has time and time again shown us that His love never runs out on us.

Let your light shine,

Mark Gibson, Community Lay Director



FROM THE SPIRITUAL DIRECTOR

Valentine's Day is coming. Are you ready? Of course this question can be a simple heads up for all those who have forgotten that Feb 14th is Valentine's Day and they want to get their significant other something to let them know they are loved and cherished. But this statement can also be a reminder to all of us that Valentine's Day can be more than a celebration of romantic love.

After all St Valentine was martyred for placing the needs of others above his own. John 15:13 No one has greater love than this, to lay down one's life for one's friends. (NRSV) He died for those who were persecuted, forbidden to marry and even restored the sight to the blind daughter of his judge. St. Valentines was a true disciple of our Lord, that we would do well to emulate.

For we too must remember that we serve a God who is love. A God who grants mercy and loves unconditionally. A God who recognizes that each of us has sinned, rejected His love and guidance, and yet a God who still sent His son to die on the cross for us. God loves and forgives you.

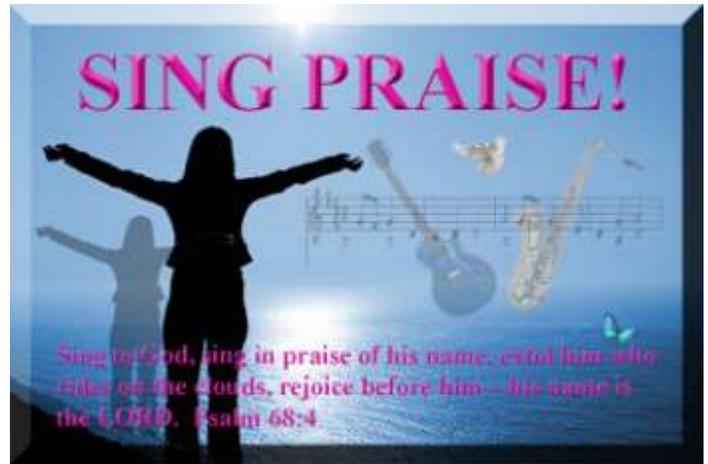
John 3:17-18 (NIV) reminds us: ¹⁷ For God did not send his Son into the world to condemn the world, but to save the world through him. ¹⁸ Whoever believes in him is not condemned, but whoever does not believe stands condemned already because they have not believed in the name of God's one and only Son.

We are pilgrims on a journey, butterflies who fly in God's grace, prisoners in need of God's unconditional love. We are called, baptized and gifted by the Holy Spirit to proclaim God's kingdom come to all we meet. We are called to love as God loves. We are baptized to serve as Jesus served who laid down His life, that we might have life. We are gifted to make a difference for the lost, the downtrodden, the weak, the hungry.

4th day people, proclaim the gospel to our brothers and sisters who need, even hunger for the light of Christ.

Proclaim the gospel even to those that do not know of their need, for it is for this that you have been saved. Be a true St. Valentine to someone today.

Rev José Saldaña, Spiritual Director



From the NCAE MD

Greetings, community friends!!

As the Lord continues to bless and be present - we realize more and more how He speaks through music! At the last Ultreya, the song "Build My Life" - lyrics are: "worthy of every song we could ever saying, worthy of all the praise we could ever bring, worthy of every breath we could ever breathe - we live for You! And I will build my life upon your love, it is a firm foundation. I will put my trust in you alone, and I will not be shaken!"

UNSHAKEN- whatever life sends our way, our Lord is here, He reigns & keeps us positive with hope that is real. What goes in our ears enters our hearts - so keep it upbeat and be unshaken! Keep supporting the music ministry by being a part or participating in worship. Live for Him!

C-100 musicians will lead the February Ultreya and that is exciting. When they lead you can count on the thrill of trusting Jesus to be laced with great JOY that is so evident in their faces, voices and testimonies! Music is a big part of their weekend. Thank you to MDs Sean and Sarah!!

As always - contact us if you would like to be active in the NCAE music or need info about related events!

!De Colores!

Jim and Mary Ann (Mae) Krauss

703-850-8226

mkrauss70@aol.com



From the NCA Chrysalis, CLD

Well a weekend is in the books and we have 22 wonderful butterflies just buzzing about Jesus and "Ain't nobody gonna steal their Joy!".....

To the community we would like to thank you for your prayers and support to make C-100 (woo-hoo) a success and you asked for just one (maybe) more thing....**COME TO THE FEBRUARY ULTREYA ON THE 15th!!!** This ultreya is being run by our Chrysalis youth and we want all to know how great we feel about the Lord getting to our 100th weekend and beyond. The Ultreya is at Old Bridge United Methodist and here is the food on the agenda and what we ask you to bring to help out with: We're having chili and baked potatoes at the February Ultreya

Community please bring:

- Appetizers, Salads, Cornbread, Desserts

Young adult weekend June 13th – 16th and for the High School weekend August 15th – 18th.

Thank you so much and May the lord be with you
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.**

KAIROS KORNER

The Sussex 1 State Prison Kairos Inside Team recently held their winter Two-Day event on the theme "Christian Action".

We had about 50 resident Kairos Graduates participate (we would have liked more but there are issues with getting the word out to all the staff and residents).

The Two-Day Event was lively, fun, and Holy Spirit Filled. We learned about prayer as an Action by serving as a bridge between anxiety and God's Peace, We heard about "Otherly" Love in letter writing and understanding God's love and commandments to serve as a bridge between confusion and God's Peace . The team also shared about Christian Action that "gives" God's Power through the Holy Spirit and how worship is our "Warship" against the enemies wicked works. And we learned to encourage each other in order to provide a bridge between God's Divine Plan and human dignity.

The team learned that the spirits of our resident Kairos community graduates is being tested by the challenging environment, and new prison administration. And yet, we have seen nothing but a strong desire to continue in their walk of faith regardless. These kairos men are an inspiration. Their environment is a constant persecution and daily their faith and resolve is challenged. They are an example of perseverance for us all to learn from. Their faith is strong, their will to continue toward the prize is unwavering, and their servant hearts were definitely on display this past two-day weekend.

I recommend you sincerely consider attending the K8 Kairos Weekend closing in late April, and see for yourself the power of the Holy Spirit at work in these men.

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

Greeting from Community Palanca / Agape! Hope everyone is staying warm this winter season. A few announcements about the next upcoming Emmaus Walk.

We have E-188 teaming right now . You can find the team and pilgrim list on the Emmaus web page or Facebook. I will have placemats available at our next Ultraya.

If you have any letter or any other type of Palanca that is ready, please see me February 15

!DeColores!

Nicole Mosher

haleycomet125@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

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Mary Anne Krauss | 703-850-8226 | md@emmausnca.org

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Prayer Wheel Coordinator

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Jim & Jan Womer | 703-670-5236 | jmwomer@verizon.net

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Jon Guest | Jon.guest@verizon.net

2019 WEEKEND EMMAUS FEES

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

**Community Lay Director (CLD)
Assistant Lay Director (ALD)
Spiritual Director (SD)**

CLD	Scott Marth	armoredinchrist143@yahoo.com
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	Judiciaire Kinerney	
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



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