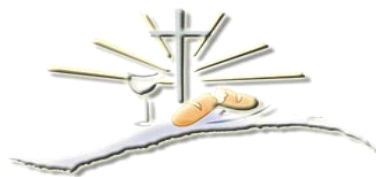


National Capital Area Emmaus



FROM THE NCA EMMAUS COMMUNITY LAY DIRECTOR

1 Peter 3:15 “Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect”.

Some of us are blessed with a clear and focused mission in service to our Lord. Missionaries, pastors, musicians, Christian authors, etc. all seem to have a calling to use the gifts they have been given. In our community, we have people who serve on the Board, in community support positions on teams, in the music and AV service in praying for the weekends, in serving food.

The rest of us look at smaller ways to be of service. And that turns out to be mostly, in how we live our daily life – at work, at home, at the grocery store, so that others can see that there is hope in our lives.

The biggest compliment someone can give you is to say to you “Wow! You are so hopeful/optimistic/joyful! What makes you the way you are?” Peter tells us to be ready to give our answer.

In their song SHINE, the Newsboys put it well in - “to make ‘em wonder whatcha got!” (I’d tell you about the vegetarian barbeque hamster in the song, but maybe you can look it up yourselves!)

Do you live your life full of joy and hope so that others see that and ask you why? Are you ready with an answer? Being a part of the Emmaus community, which is so full of joy (were you at the last Ultreya? Even I was singing loudly!) – it should be an easy question to answer. It’s just you being you – Jesus with skin on!

Don’t you want to share the love and joy you have experienced within this community with others who cross your path? Other Christians at your church or workplace or school that you feel could benefit from this gift? Let each one of us take it upon ourselves to find at least one person this year to sponsor so that we can spread the hope and joy we have experienced,

See you at the Ultreya!

Let your light shine,

Mark Gibson

Be ready at all times...

to answer anyone who asks you to explain the hope you have in you

- but do it with gentleness and respect. 1 Peter 3:15

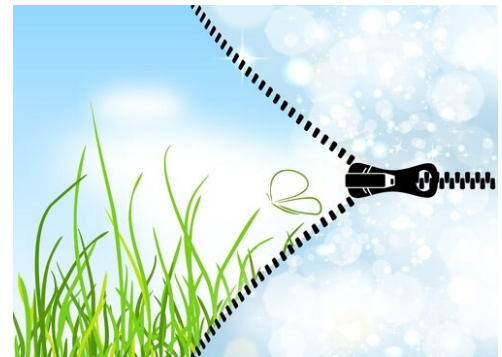
INSIDE THIS ISSUE	
NCA Emmaus CLD Message	1
NCA Emmaus SD Message	2
Sing Praise NCAE MD	2
Community Palanca	3
Kairos Korner	3
NCA Chrysalis	4
2019 Ultreya Gatherings	4
Message from E-188 Rectora	5
Team and Pilgrims E-188	6
NCA Emmaus/Chrysalis Directory	8

FROM THE SPIRITUAL DIRECTOR

For, Lo, the winter is past, the rain is over and gone.—Song of Solomon 2:11

I'm not a fan of winter but of the warmer months. Spring is around the corner and so is spring cleaning. It's always a good idea to clean out the clutter of our homes and the burdens on our hearts.

What's on our hearts? Are we filled with burdens and things that weigh us down? Give these to God and let God take care of them. Create in me a clean heart. Start a new beginning; a fresh start. Refresh your life with the love of God and the love of the Emmaus community. Be refreshed by attending an Ultreya. Get out of the doldrums and come listen to the music and the Fourth Day Speaker. Always, uplifting and full of life. Remember the Priorities talk?



Pastor Gail, Spiritual Director

From the NCAE MD

Anyone heard the birds singing yet? Us neither, but it won't be long. Listen up! When you do hear it as spring bursts forth, let those around you know of it's beauty. I once had a friend who was alcoholic tell me he never heard the birds sing until he sobered up. Pause. Listen. Appreciate. Listen also to the Christian tunes in your



heart and those played around you (radio, church, NCAE, NCAC). The lyrics are powerful. Awareness is something Emmaus taught us all in the Priority talk and many others.

Hallelujah for the rocking C-100 music last month! Always something we can count on with Chrysalis - a Spirit-filled and fun time with upbeat tunes. March Ultreya will be lead by Jerry Wills and gang, all part of the NCAE Praise Team, as we all kick off E-188 women's weekend and cheer them on.

Jim and Mary Ann (Mae) Krauss

703-850-8226

mkrauss70@aol.com

2019 NCA Emmaus Walks

E 188 - March 21-24	Debbie McCluskey
E 189 - May 2-5	John Rowe
E 190 - September 26-29	Carroll Cobb
E 191 - Oct 31- Nov 3	Jon Guest

2019 WEEKEND EMMAUS FEES

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

COMMUNITY PALANCA

Spring is coming and that means Ladies E-188 and Men's E-189 are preparing for the mountain. Please help share your love for each team member and pilgrims with prayers, snacks, and letters! Our next Ultreya is March 15th at Bethel UMC. If you need help getting your Palanca up to the mountain for E-188, please bring any items with you to the Ultreya. I will send out a reminder about the food sign up. There will be placements available for those that need more to decorate. If you have any questions please feel free to email me or contact me on Facebook. With love,

DeColores,
Nicole Mosher



KAIROS KORNER

Update on Kairos #8 at S1SP (second attempt after lock-down 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

Kairos @Greensville Correction Center.

We recently held a 2-day event. Approximately 50 residents attended to receive God's word. The program was on the "Seven Deadly Sins". Besides the talks from the Kairos team, 7 of the residents also gave short talks on specific topics and shared their testimony. It was a blessed weekend for all involved. Coming on May 2 - 5 is K-78, another 4 day event at Greensville.

Teaming begins on March 2.

If you have an interest in teaming
Jay Morris (K-78 Weekend Leader)

6124 Manchester Park Circle

Alexandria, VA 22310

703-200-6300 (mobile)

jmorris55@verizon.net



From the NCA Chrysalis, CLD



Chrysalis ran the last Ultreya -- they did everything from planning the meal, planning and organizing the speakers, making the agenda, and coordinating with the Emmaus CLD Mark Gibson. They did a great job, and there was over 200 people who attended the Ultreya to see the "beautiful butterflies" of C-100. C-100 was a real milestone weekend with 22 bugs (pilgrims) attending the weekend, it is also the first weekend to creep into three digits. It was so nice to hear about everyone's fourth day! Ethan Bell capped off the night with an inspiring and heartfelt fourth day talk.

Currently there are no hoots scheduled but we are in the process of selecting "R's" for the young adult weekend and then soon after the high school weekend. Please keep those "R's", the team and the bugs in your prayers as we move along in the process.

Scott Marth

Chrysalis Community Lay Director



March Ultreya Bethel UMC

13506 Minnieville Rd, Woodbridge, VA 22192

6:30pm - Dinner 7:30pm - Ultreya

Lets help fill the shelves of Bethel UMC's Food Pantry.
Bring nonperishable goods to help fight hunger.

"Truly I tell you, whatever you did not do **for** one of the least of these, you did not do **for me.**"

2019 ULTREYA GATHERINGS

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 Presbyterian
Nov. 15	Christ Church
Dec. 20	TBD

INCLEMENT WEATHER POLICY

In the case of inclement weather, each church will notify the NCA Emmaus Board to determine whether they will be open for any functions that day. Any NCA Emmaus gathering (Ultreya, team meetings, board meetings) where the activity is to be held will follow the individual church closures. Cancellation notifications will be made via NCA Emmaus website and/or Facebook.

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.



Thank you, Raul Castillo, for your many years of service to the National Capital Area Emmaus Community as Editor of the 4th Day Journal. Raul began his service in June 2009 and provided outstanding servitude publishing the community newsletter and providing his artistic creativity.

The NCAE Community has been blessed to have you serve Us and God for 10 years!

DeColores

From Debbie McCluskey Rectora E-188

When I received the call from Rich Goad last March to tell me that I had been selected as a Rectora for 2019 I was excited, humbled but also scared. Over the years since I walked in 2009, I had often talked with Gary about the possibility of being an R. He always knew I would get the call and said I would be great. I was always the skeptical one but knew with God's guidance, Gary by my side, and a great team it would all work out for good. I told Rich I needed a few days because I needed to pray and ask two very important people for their help on this journey. Both my daughters said YES and were very excited for me. I knew in my heart that Lisa would be unable to be on the team but she would do what ever I needed. Megan stepped up and agreed to be my AR which sealed the deal for me. Gary would be there in spirit so how could I not say yes?

So here I am getting ready to head to the mountain in March. I have an amazing team, fearful prayer warriors on the outside, and 30 pilgrims who have already said yes. Our theme is a simple one; it takes us right back to our childhood, to that perfect faith in Jesus, the father. YES Jesus Loves Me. It's so simple yet so powerful. That pure love of a parent for his child, the love of Papa God for each of us. Our verse is Zephaniah 3:17 that reminds us that God takes great delight in each of us; that He calms us with His love and rejoices over us with song. How cool is that? When it came time to choose a theme song, there were several that would fit well but one kept coming to the surface. Micah Tyler's "Never Been a Moment" reminds me that there never has been a single moment where He hasn't been with me, where He hasn't held me together when my world was crashing around me, and He has never let go. When I look back there are so many instances since April of 2016 where He has shown up to hold me, stand in the gap for me, and comforted me like a loving parent.



E 188 is busy at work preparing for our pilgrims who will be arriving on March 21. Please join us in prayer that all will know without a doubt that they are loved by Jesus and that all the plans He has for the weekend will be accomplished.

Team List by Name and Assignment for E-188	
Megan Billingsley	AR , Perseverance Talk
CJ Brown	Assistant Palanca Cha , Discipleship Talk
Vickie Carroll	Old Buffalo , Who Me Reading
Jennifer ClardyChalmers	Closing Cha , A/V Cha , Changing Our World Talk
Gail Dietze	Spiritual Director , Obstacles to Grace Talk , Means of Grace Talk , Justifying Grace Talk
Debbie English	Assistant Talk Room Cha , Christian Action Talk
Gloria Esterline	Assistant Talk Room Cha , Stations of the Cross Reading
Stan Esterline	Spiritual Director , Prevenient Grace Talk , Means of Grace Talk , Sanctifying Grace Talk
Sheri Goad	Assistant Head Cha
Gaylene Guest	Head Cha
Lindsey Kirkwood	Assistant Music Director , Priesthood of All Believers Talk
Terri Labbe	Table Leader , Growth Through Study Talk , ?Seeing Clearly? chapel reading Reading
Laura Lewis	Music Director , Please Hear What I'm not Saying Reading
Debbie McCluskey	R , Fourth Day Talk
Kathy McCray	Mananita Cha , Assistant Closing Cha , Joshua 24:14-15 chapel reading Reading
Jane-Ellen Monson	Assistant Chapel Cha , Lord, I have time Reading
Nicole Mosher	Table Leader , Body of Christ Talk , Trials Talk
Dawn Mosteller	Floater Cha
Laura Newberry	Assistant Dining Room Cha , Agape Feast Cha , Chapel Reading Reading
Tonia Parker	Table Leader , DDU Fourth Day Talk , Chapel Reading Reading
Dee Dee Phillips	Table Leader , John 14:1-14 chapel reading Reading , Ultraya Fourth Day Talk
Erin Prendergast	A/V Cha , A Time For Everything Reading
Jodene Roark	Dining Room Cha , Assistant Agape Feast Cha , Life in Piety Talk
Cathy Smith	Chapel Cha , Stations of the Cross Reading
Gail Stegall	Assistant Mananita Cha , Assistant Palanca Cha , Chapel Reading Reading
Beth Taylor	Table Leader , Chapel Reading Reading
Ruth Washburg	Talk Room Cha , Priority Talk
Shannon Winter	Palanca Cha , Ecclesiastes 3:1-15 Chapel Reading Reading

Pilgrims

Pat Charbonneau ~ Christ UMC Fairfax Station, VA
Doris Clifton ~ Spirit and Life UMC Montclair, VA
Cheryl Deans ~ Christ Chapel Assembly of God
Paige Feazell
Trish Griffin ~ Old Bridge UMC Woodbridge, VA
Jane Harris ~ Bethel UMC Woodbridge, VA
Tracy Kearney ~ Parkwood Baptist Annandale, VA
Cathy Kimmel ~ Christ UMC Fairfax Station, VA
Patty Lober ~ Bethel UMC Woodbridge, VA
Ruth Neff ~ White Chapel UMC Fort Valley, VA
Tammy Nichols ~ Baptist Temple Alexandria, VA
Brianna Ornstein ~ Sydenstricker UMC Springfield, VA
Deb Perry ~ Horizons Church Stafford, VA
Emily Phillips ~ Vintage Church Harker Heights, TX
Sara Rayaprol ~ Park Valley Haymarket, VA
Heather Roberson ~ Old Bridge UMC Woodbridge, VA
Sheila Shaw ~ The Life Woodbridge, VA
Ronda Shouts ~ Spirit and Life UMC Montclair, VA
Terri Swetnam ~ Bethel UMC Woodbridge, VA
Judy Thomson ~ Centreville Presbyterian Centreville, VA
Ayla Torres ~ Christ UMC Fairfax Station, VA
Jennifer Tonkin ~ Cornerstone Free Will Baptist Catlett, VA
Hailley Towne ~ Christ UMC Fairfax Station, VA
Renu Varkey-Maslovich ~ First Presbyterian Church Alma, MI
Diane Whitaker ~ Old Bridge UMC Woodbridge, VA
Katie Wiersteiner ~ Grace UMC Manassas, VA
Barbara Wright ~ Victory Christian Ministries Intl Woodbridge
Linda Wyman ~ Old Bridge UMC Woodbridge, VA
Young Yoon ~ Christ UMC Fairfax Station, VA
Olivia Zeigler ~ Trinity Evangelical Lutheran Stephens City, VA

NCA Emmaus Contact Listing

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Mark Gibson CLD	703-926-5030	m5gibson@aol.com
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Charlie & Vickie Carroll	703-887-7590	Team_app@emmausnca.org
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Lisa Giamette		Shark.mommy@gmail.com
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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
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Website Manager		
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Mark Segnari	703-670-3145	4daypack@emmausnca.org
Wooden Crosses & Ropes		
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Assistant Lay Director		
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Judiclaire Kinerney		
Spiritual Directors		
Robin BeMiller		
Other Chrysalis Board Members		
Doug Radoye		Youth Members
Alison Wills		Sarah Kleppinger
John Lohr		Nick Reagan
Emma Grammer		Kayleigh Sullivan
Erin Pendergast		Becca Washburg
Charley Hays		
Chrysalis Support Personnel		
Supply Coordinators:		
Michelle & John Rowe		mrowece@yahoo.com
Prayer Wheel Coordinator		
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Jerry Wills		jerry@hippofamily.com
Chrysalis Secretary		
Jerry Wills		jerry@hippofamily.com
Chrysalis Treasurer		
Bob LeMay		rlemay@lemayandcompany.com
Worldwide Agape Coord.		
<i>Volunteer Needed</i>		
Facilities Coordinator		
<i>Volunteer Needed</i>		
Fourth Day Packet Coordinator		
Bob LeMay		rlemay@lemayandcompany.com
Historian		
<i>Volunteer Needed</i>		
Outreach Coordinator		
<i>Mark and Pat Fahner</i>		
Clown Communion Coordinator		
<i>Jan Niehoff</i>		
Chrysalis Cross Coordinator		
<i>Janet & Lindsey Matthews</i>		
Hoot Coordinators		
<i>Chrysalis Board</i>		
Agape Coordinator - Placemats/Butterfly, Team, and I am Lovable Pins/Agape Bags		
<i>Nicole Mosher</i>		haleycomet125@gmail.com
Website Coordinator		
Sarah Kleppinger & Becca Washburg		
Website Administrator		
Jerry Wills		jerry@hippofamily.com

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