

*National Capital
Area Emmaus*



**FROM THE NCA EMMAUS
COMMUNITY LAY DIRECTOR**

Dear Family and Friends,

I have to be honest. Writing this month's article has been a bit of a struggle for me. It has been hard as your Community Lay Director to find some positive things to share with you as we navigate life during this pandemic. This is why this month's Fourth Day Journal is so tardy.

I am writing you from my office at home, which is the new "Normal" for me and for many others around the globe. COVID-19 has changed our vocabulary, We use words like isolation, social distancing, and flattening the curve in ways that we would never have imagined. I wanted you to know that you remain in my prayers as this pandemic continues and that you and your families remain healthy during this unprecedented time.

My wife and I were talking recently about how important it is to connect with others during this time whether it be co-workers, family, and friends. The conversation then turned to the NCA Emmaus community and what is it we could do to find ways to connect. So, I got thinking about the possibility of a Virtual Ultreya. So, I reached out to Jim and Mae Krauss (Community Music Directors) and shared with them my vision. They immediately took action and called on some of the Community Praise Band members and put a plan together. On Thursday, April 8, ten of us met at the Family Worship Center in Bealeton, Virginia and recorded the music set for our first ever Virtual Ultreya. I want to reassure you that all participants maintained the recommended guidelines for safe distancing during the entire session. We have a Fourth Day speaker and one of our SD's is recording communion so we can sit at the table together, virtually.

So, the current plan is to broadcast the Virtual Ultreya on Friday, April 17 at 7:00 p.m. The recording will be played on the NCA Emmaus and NCA Chrysalis pages and the recording will be available on a private channel on YouTube (for those community members that do not use Facebook) The YouTube link will be available on the Community web page. Please have some juice and bread available for the service.

CLD Article Continued:

This Virtual Ultreya is just one way that we can connect. My reunion group meets each Saturday mornings for breakfast at Cracker Barrel. Since the Governor issued the “Stay at Home” Executive Order on March 30, 2020 the restaurant has been open to delivery and pick-up only. So we started meeting on Zoom each Saturday morning to connect virtually. Sure the breakfast might be different but it has been an effective alternative.

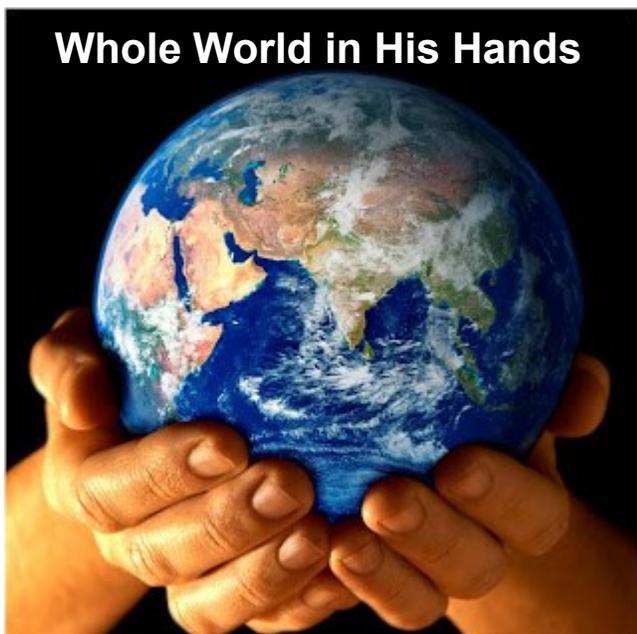
I know many of you have found ways too connect with one another during this time of Staying at Home and would like to know what you are doing to stay connected to one another. So, I am inviting you to record a video and post it on NCA Facebook page. Or you could also post a video of how you are managing your Fourth Day during this time of isolation.

I started off saying how much of a struggle it has been to write this article. However, as I have been working to find a way for our community to connect I am feeling the presence of the Holy Spirit as this Virtual Ultreya comes together. I am feeling hope that we can continue to connect with one another during this time of isolation. I am confident in the resurrection power of Jesus to see us all through this crisis.

De Colores,

Chris Scholz

Community Lay Director



INSIDE THIS ISSUE	
NCA Emmaus CLD Message	1
NCA Emmaus SD Message	4
Sing Praise NCAE MD	6
Community Palanca	7
Kairos Korner	8
Chrysalis	10

Board News:

The Board has voted to push the men's weekend of E-193 to the next scheduled weekend. This will push all scheduled weekends date which is currently scheduled at Camp Happy Land on October 1-4. These dates are subject to change depending on the recommendations from governing bodies. The Board will continue to follow or exceed the recommended guidelines by the CDC and local health organizations.



All NCA Emmaus events are cancelled through June 10, 2020.



Shari Spring

J. R. Williams

Megan Billingsley

Jim Morris

2021 Weekend "R"s. Dates will be announced once NCA Emmaus events can resume.

FROM THE SPIRITUAL DIRECTOR

Pastor Eric, Spiritual Director



What Is the Lord Saying?

So, how is your fourth-day going?

Mine's been somewhat crazy these past several weeks. Where do I start?

First, my son got sick with the Coronavirus back in January, long before anyone knew that it was here in the United States. He's now fully recovered.

Then my wife likely had the virus several weeks ago, although we don't know for sure since there weren't any tests available. She has since been miraculously healed.

My work is Not shut down. However, I'm spending most of my time reporting on the Coronavirus and how to administer a slug of new policies, some changing by the hour.

As for my forty employees? They are all working remotely with no expectations for any reduction in their workload. It was challenging enough to keep track of them when they were in the office. And now? Oh, brother, where art thou?

And it's not like I can get any clear spiritual direction since our church is closed, and every doomsday prophet is having a field day with the end of the world. I just learned about the QAnon conspiracy. Yeah, their nuts.

In the middle of all this craziness, this is what I have heard from the Lord from His word. I'll share these on a personal level, another for our churches, and lastly, for our nation.

On a personal level. This has been my go-to scripture for years— *"Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth!" (Psalm 46:10)*. I love this verse. The Lord is telling me to be quiet, slow down, and know that He is in control of everything. I've got peace like a river... Sorry, to get that one stuck in your head.

And one more verse He gave me— *"Come, my people, enter your chambers, and shut your doors behind you; Hide yourself, as it were, for a little moment, until the indignation is past" (Isaiah 26:20)*. The Lord is telling us, "It's okay to hunker down for a little while." You know what? I'm rather enjoying the slower pace of life. No traffic! No endlessly running around on the weekends! You get the idea. So, enjoy this quiet time at home with your family.

Spiritual Director Continued:

Now for the church. I have a close friend in California who routinely has around seven to eight-hundred people attending his Sunday services. Guess what? He now has more than doubled his online attendance through Facebook Live and YouTube.

Additionally, hundreds have given their lives to Christ. Praise the Lord! The church has needed to get out of its box for a long time, and now we must. *“Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit” (Matthew 28:19).*

Lastly, for our nation. This is a problematic issue because I’ve seen this country deteriorating spiritually and morally for quite some time now. Here is a verse from Isaiah— *“The earth is also defiled under its inhabitants, Because they have transgressed the laws, Changed the ordinance, Broken the everlasting covenant” (Isaiah 24:5).* Ouch!

Here is another verse— *“For when Your judgments are in the earth, the inhabitants of the world will learn righteousness” (Isaiah 26:9).* Is God telling us that we are getting a spanking? In doing so, is He also expecting that we will begin to do what is right in His eyes? I think it is most certainly time for our nation to repent and return to the Lord.

So, brothers and sisters in Christ. Let us find peace and rejoice in believing that God desires to heal our land (2 Chronicles 7:14). His plans are always redemptive. Therefore, let us learn and take away the blessing hidden in our fourth-day turmoil. Let us renew our strength and faith in Christ and let us be a blessing to all those around us, even being a shelter for others in this storm (Isaiah 4:6). And, let us share the good news of Christ and bring a great harvest into the Kingdom!

See you online.

DeColores

Pastor Eric



From the NCAE MD

Psalms 57:7 “My heart, oh God, is steadfast, my heart is steadfast. I will sing and make music.”

During this time let’s be steadfast and sing.

When in crisis – SING! Worship songs express the soul. Music is so readily available now by

iPhone, Alexa, vehicle radio, or home stereo. Live music is great entertainment at any wedding, event, or restaurant. In the Old Testament days live music was it – stringed instruments, wind instruments, drums and singing.

Being steadfast is essential as we look towards the future NCAE events regarding Ultreyas, DDUs, teaming, and weekends. Your Board is actively looking at ways to stay engaged, their caring hearts are a blessing. Keep a song in your heart and be amazed at how it expresses the soul. Stay “tuned” as things “play out” and we will “Raise a Hallelujah” when we are all together again!

We love you and are here should you having any questions regarding music events or participation.

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



COMMUNITY PALANCA

Wow how our world has changed. Your love for each other is needed more now than ever.

Many of you find yourselves trying to find things to do with your kids and even on an evening when you just can not take one more Netflix Series or just have to turn off the news to regroup.

So grab a piece of paper and a pen and write down some loving words, favorite verse, and funny little antidotes to pass on for the future weekends be it Emmaus or Chrysalis.

Ruth Washburn has agreed to take over the Community Palanca position. With my new position as Treasurer I think that the community will be blessed by her talents. I will make sure that she has supplies that you can arrange a pick up with her by mid April.

Please be safe and know you are in Jim and mine prayers.

With love,

De Colores

Donna Morris

Donnamor117@gmail.com



April Ultreya

April 17, 2020

Log in to emmausnca.org website

for instructions on the Virtual Ultreya!

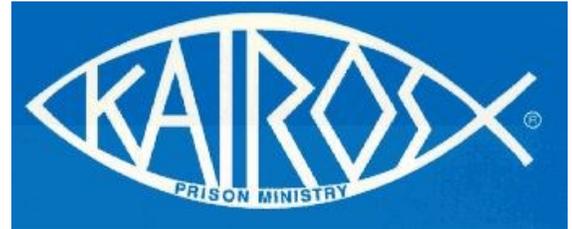
Join the community in music, worship and prayer.

Virtual hugs and love from our music team and

others will fill your 4th day with JOY!

KAIROS KORNER

Is Kairos A Good Fit For You?



My answer for you all is always going to be...

YES! I'm a firm believer that every Christian is a good fit for Kairos because the Holy Spirit gives us the power!!! But I understand that it can seem to be a bit frightening or maybe overwhelming for many folks.

We're entering into another season of team formation for the Sussex 1 state prison team. And each team formation begins, much like in Emmaus, with icebreaker questions to help us get to know each other better, and draw closer together as brothers in ministry, and help to discern who has a story that might bless the residents/participants. I've asked the team members who are willing to share their answer to this question:

Q: Why Do You Serve On Kairos? (What motivates you to join this ministry?)

Pat Schambach Commented:

"I volunteer with Kairos because I've come to the belief that I am looking into the face of Jesus when I am inside with the residents."

Steve Connely Shared:

"I enjoy the sense of community and I like the fellowship with teammates. I like the spiritual formation we encounter during team meetings. I feel that Prison Ministry is what our Lord has called me to do in His name. I enjoy bringing the good news to the men we minister to in the prison. I feel personally rewarded and blessed by our Lord in performing this ministry. There are many times I will leave a Kairos weekend enlightened; having personally learned from the men attending the weekend from their sharing as well as learning something about myself."

Dennis Fargo said:

"I had a pastor, who said in a homily, 'Jesus does not care about your sins: His power to forgive you is greater than any sin you can commit. He cares about your soul.' Surely if there is a place on earth where souls are in peril, it is prison. I saw a closing ceremony at VCCW and knew I was called to serve those souls."

Tom Weaver (K#10 Leader) said:

"I volunteer to team on Kairos because: I initially felt that God was calling me to the ministry. I continue to experience spiritual growth while in the ministry, a sign that God continues to bless my participation. It helps to keep me accountable to my role in God's kingdom on earth. It is a great spiritual retreat for me that helps center me on my daily walk."

Thank you all,

Michael Gentile

2020 Ultreyas

June 19, 2020 - St Paul UMC
July 17, 2020 - Sleepy Hollow & Annandale UMC
August 21, 2020 - TBD
September 18, 2020 - Clarendon UMC
October 23, 2020 - Bethel UMC
November 20, 2020 - Christ Church
December 18, 2020 - TBD

2020 WEEKEND PRAYER WHEEL Needs You!

Sign up at emmausnca.org; click on weekend on the left; then click Prayer Wheel heading. Be a **Blessing** as the **Body of Christ** covers these **weekends** in **prayer**.



2020 WEEKEND EMMAUS FEES

Application Fee	\$35.00
Pilgrim Fee	\$215.00
Team Fee	\$250.00

2020 NCA Emmaus Walks

E 193 - Oct 1-4	Chris Scholz
E 194 - Nov 12-15	Sam Gero

From the NCA Chrysalis



Hey all of you lovely people,

I hope you are all staying safe out there. As a Chrysalis Board for the safety of the teams and the attendees, we have decided to postpone our Summer retreats until further notice. I hope you are all staying safe out there and taking care of each other. I cant wait for us to be able to gather together again...

Sending my Love to you all,

Becca Washburg

Assistant Chrysalis Lay Director

NCA EMMAUS BOARD		
Term Expiring January 2021		
Jose Saldaña , SD	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 2022		
Tom Lambert		tmlfam@aol.com
Jodene Roark		jodroak@aol.com
Leanne Siedlarz		siedlarl@yahoo.com
Shari Spring		nomasweetpea.shari@gmail.com
Chris Wiggins		chrisjwiggins@yahoo.com
Eric Teitleman		eric@thehouseofdavid.org
COMMUNITY SUPPORT LEADERS		
Applications ~ NCA Emmaus Pilgrims & Team		
Charlie & Vickie Carroll	703-887-7590	Cand_app@emmausnca.org
Audio-Visual/Software Managers		
Jim and Donna Morris	540-403-6155	avsoftware@emmausnca.org
Community Palanca/Agape Coordinators		
Donna Morris	703-402-1155	DonnaMor117@gmail.com
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		
Donna Morris	703-402-1155	DonnaMor117@gmail.com
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		
Mark Gibson & Susan Verghese		manuals@emmausnca.org
Music Directors		
Jim & Mae 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		
Donna Morris	703-402-1155	ncaetreas@gmail.com
Website Manager		
Rob Cannon	703-965-8045	webadmin@emmausnca.org
Weekend Handouts Coordinator		
Mark Segnari	703-670-3145	4daypack@emmausnca.org
Wooden Crosses & Ropes		
John Lohr		FortyAkers@hotmail.com
Safety Coordinator		
Jon Guest	11	Jon.guest@verizon.net

Chrysalis Community Lay Director		
Erin Pendergast		elerper143@aol.com
Assistant Lay Director		
Becca Washburg		
Spiritual Directors		
Daniel Andersen	Rich Saunderws	
Other Chrysalis Board Members		
Adult Members		Youth Members
Doug Radoye		Katie Rowe
Dan Hughes		Bryson Frankfort
Charley Hays		Kayleigh Sullivan
Allison Rock		Becca Washburg
Kelly Boden		Matt Lehmer
ReAnne Newberry		
Chrysalis Support Personnel		
Supply Coordinators:		
Doug Radoye		mroew.art@gmail.com
Prayer Wheel Coordinator		
Volunteer Needed - Currently Online Access		
Manuals and Talk Folders		
Kurt Bubenhofer		fkubub@yahoo.com
Community Music Director		
Jerry Wills		jerry@hippofamily.com
Chrysalis Registrar		
Jerry Wills		jerry@hippofamily.com
Chrysalis Secretary		
Jerry Wills		jerry@hippofamily.com
Chrysalis Treasurer		
Bob LeMay		rlemay@lemayandcompany.com
Worldwide Agape Coord.		
Bryson Frankfort		
Facilities Coordinator		
Erin Prendergast & Charley Hays		
Fourth Day Packet Coordinator		
Bob LeMay		rlemay@lemayandcompany.com
Historian		
Volunteer Needed		
Outreach Coordinator		
ReAnn Newberry		
Clown Communion Coordinator		
Jan Niehoff		
Chrysalis Cross Coordinator		
Janet & Lindsey Matthews		jam5016@yahoo.com
Hoot Coordinators		
Chrysalis Board		
Agape Coordinator - I am Lovable, Team & Butterfly Pins/Placemats/Agape Bags		
Nicole Mosher		haleycomet125@gmail.com
Website Coordinator		
Sarah Kleppinger & Becca Wasburg		
Website Administrator		
Jerry Wills		jerry@hippofamily.com

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