

November 2021

Fourth Day Journal



Message from Community Lay Director:

We gather together to ask the Lord's blessing;

He chastens and hastens His will to make known.

The wicked oppressing now cease from distressing.

Sing praises to his name; he forgets not this own.

In many American hymnals, “We gather together” appears as a Thanksgiving hymn. Perhaps this is because of the opening line and the general idea that God is with us regardless of our circumstances. Hymns like this are rich with history and like many older hymns, it finds its way on to our hymnal pages as a late 16th-century expression of celebration of triumph over a nation’s turbulent history.

It’s been 19 months since World Health Organization declared COVID-19 a pandemic and the Governor of Virginia, Ralph Northam, issued Executive Order #53 which banned public gatherings of more than ten people and the stay-at-home order followed shortly after. The closure due to the pandemic not only impacted our lives at home but also how we worship and gather together as a community.

As the Community Lay Director, I felt this nudge to find ways for us to remain connected during these unprecedented times. One night I approached Jim and Mae Krause and asked them what they thought about trying to hold our monthly Ultreya virtually. It was an almost immediate, “yes!” Soon we had musicians, audio producers, video editors and directors piecing together different recorded components of our regular gatherings so we could gather together and share our love for one another. These restrictions impacted how the NCA Emmaus community connected didn’t stop the need to feel connected with one another. With the combined talents of members of the

Community Lay Director Continued:

NCA Emmaus and Chrysalis communities and the generosity of the Family Worship Center, nineteen virtual Ultreyas were produced. I speak for the entire NCA Emmaus Board of Directors, when I say how thankful we are to all of those who volunteered their time and shared their gifts with the entire NCA Emmaus and Chrysalis communities.

During these past 19 months the Board felt a responsibility to continue meeting during the stay-at-home order in March to present day. In November 2020, the Board unanimously made the commitment to extend their terms on the board for a period of one year to maintain some sense of normalcy as the pandemic seemed to drag on. At this time, I would like to extend my personal gratitude to the following Board members, James Rogers, Raul Castillo, Liana Cuffman, Kat Lopez, and Jose Saldana from the class of 2020, and Tom Lambert, Chris Wiggins, Leanne Siedlarz, Jodene Roark, Shari Spring, and Eric Teitelman from the class of 2021. I would be remiss if I did not acknowledge those members in our community that stepped up to replace some of the Board members that needed to resign their positions for personal reasons. Glenda Lambert and Jim Morris, I also want to thank you for your time on the Board. Each of these Board members were flexible with my busy life and our community is blessed to have them serve on the board.

There are some Honorable Mentions that I can not forget. I would have been lost without their words of wisdom, encouragement, and reminders of love throughout my term as CLD. Jim and Mae Krauss, the list is just too long to mention as you guided me along on this journey. Mark Gibson and Susan Verghese, thank you for your continued guidance and mentorship. Each of the Community Lay Directors that took the time out of their busy schedules to submit their guest contribution to our Fourth Day Journal on my behalf. There are so many more to thank as I served as Community Lay Director know that I will forever remember what you did during my term.

Community Lay Director Continued:

One of the things I am most grateful for is that on Friday, November 17, our community will return to in-person events and hold our monthly Ultreya live at Christ Church in Fairfax Station. I will be thinking of the hymn, “We Gather Together” in an entirely different way. I am thankful for this community and the times when we can gather together to share in His blessings.

One a time of year the United States celebrates a day of national thanksgiving. This day of thanks, which we should celebrate every day, is observed this year on November 26, 2020. While it holds historical significance, the general theme is a day set aside for us to reflect beyond our selfish needs and turn our attention to God and what he has done in our lives by enjoying a day of celebration and rest. Today most Thanksgivings are commemorated with a meal that results in a food coma bookended with plenty of couch time watching football, parades, or the National Dog Show thanksgiving is much more than this—well this is 2020 and Thanksgiving will likely be much more different than “normal.” One thing that remains is that each one of us will continue count our blessings prior to eating our Thanksgiving dinner.

De Colores,

Chris Scholz



INSIDE THIS ISSUE

NCA Emmaus CLD Message	1
Board Announcement	4
Praise NCAE MD	7



**November Ultreya will be held at Christ Church in Fairfax Station.
Business meeting begins at 6:30 pm and Ultreya begins at 7:00 pm**

*Due to COVID restrictions we will not be serving dinner or providing
child care at this time.*



Elections at November Ultreya.

Please join us and support our community

Meet the Board Nominees for the Class of 2022-2023

My name is **Dan Dietze**. I walked on E-47 and sat at the Table of "Pure Hearts."

I have served on National Capital Area Emmaus, Fredericksburg Emmaus, Loudoun Valley Emmaus, and Southern Maryland Emmaus teams. Recently, I served on a weekend at Camp Happyland and previously at Delta Farm. I also served as a Weekend Lay Director on E-70 in the Fredericksburg Emmaus Community. I have been involved with the Chrysalis community and recently served on a couple of Chrysalis weekends at two different locations. I attend Above and Beyond Ministries in King George, Virginia. I enjoy serving the Lord, being the hands and feet of Christ, and seeing the wonderful transformations God makes through the pilgrims and team.

My name is **Ken Fritzsche**, I worship at Sydenstircker United Methodist Church, I walked on E-143 and sat at the table of the Armor of Christ.

For as long as I remember I have always been a Christian. I remember at my Confirmation thinking that I am safe, that I am saved and on the 'God team". I guess you can say that I lived my life based on Christian values and my faith was always inside me, helping me to get through life. But I didn't show my faith to others and most probably had no clue that I was Christian. But then I had kids, three of them, all girls. I wanted them to have faith, the same faith that allowed me to be on God's team and get through the toughest parts of life. My wife and I started taking them to church but I really did not know how to show them I was Christian. Then I walked on E-143. That experience helped me to start wearing what was inside on the outside. It helped me profess my faith and allow others to see my faith. As I have grown, I have sought out ways to serve. I have teamed a handful of times and when Tom Lambert suggested that I consider serving on the Emmaus board, I told him I would gladly do so, if it was God's will. I am honored to be considered to serve, and will be even more honored if you all were to select me to serve. If not, then I will play and serve in whatever part to which I am called.

My name is **Gaylene Guest**, I worship at First United Presbyterian Church of Dale City, I walked on E-119 and sat at the table of Meditation.

I live in Woodbridge with my husband Jon and daughter Tori. I love the NCA Emmaus community of faith and all of the people that have helped shape me into the person I am today. The weekend I walked and the subsequent weekends that I have been called to team have all helped me grow my faith and strengthen my walk with God. I was especially blessed to have been called to be the Rectora on E-192 where I saw once again how loving and encouraging this Community truly is. I have previously served on the NCA Emmaus board and I feel serving on the board again, having gained more experience, will enable me to give back a little of what has so graciously been given to me.

My name is **Jim Morris**. I walked on E127, sat at the table of “Walk with Him”, and I attend Life Point church.

I would like to be closely involved with the NCAE Community as it restarts its in-person activities following nearly 24 months of on-line; zoom; and email. I recently hosted a subcommittee to streamline the application process; eliminate the \$35 application fee; and implement changes to allow pilgrims to leave the mountain capable of teaming and sponsoring others.

My name is **Rev. Tony Arnold**. I walked on E-165, sat at the table of Simon Peter.

As a church planter in the Virginia Annual Conference of the UMC, I have been serving at Christ Church in Fairfax Station since 2017. I launched an online campus and explored new forms of discipleship in that context. Among my accomplishments, I successfully adapted the Alpha Course to an online format in 2018 that proved a resource for AlphaUSA to transition to a fully online experience during the Covid-19 pandemic. I am currently engaged in bringing to life the vision of online campus 2.0 which includes a video resource library that will bridge the gap between online and in-person members and to resource the different ministries at Christ Church for online ministry. I have also served as an SD on the team of C-98 in 2018. In addition to making disciples, I have a passion for hiking, sailing, writing, sharing stories, and spending time my wife, Theresa.

My name is **Stephanie Williams**. I walked on E-156 and worship at Christ Church.

I’ve served on several teams, including Head Cha on E-190. I have also served the Community on the worship team, Weekend Assistant/Stealth Cha, and Ultreya Coordinator. I have served two terms on the Chrysalis Board and one term on the Emmaus Board. Outside the NCA Emmaus Community, I’ve been involved in mission work, worship team, and other volunteer work. I served as Treasurer at Dumfries United Methodist Church. Why do I wish to be considered as an NCAE Board Member? I have had the opportunity to help shape and guide the youth through being on the Chrysalis Board and shape the NCA Emmaus Community in my previous time on the Board. I am excited about helping build and grow the NCA Emmaus Community and help it bounce back from the pandemic stronger than before.

From the NCAE MD

“Encourage One Another” 1 Thess.3:15

“We’ve waited for this day” – Oh, what an encouragement!

It’s actually going to happen. Just seeing each other at

Ultreya on 11/19 will be a great encouragement to our souls.

The Holy Spirit goes before us – He’s already there. How exciting.

Milton Zapata will be leading worship music along with others. Milton loves the verse “I am not ashamed of the gospel” (Romans 1:16) and Milt lives it. We will celebrate the faithfulness of our Lord and His promises. What a journey it has been. May this be a milestone as we move forward - to sing, go to the Table, hear a testimony and scriptural SD message. Wow.

Thank you, dear Lord!

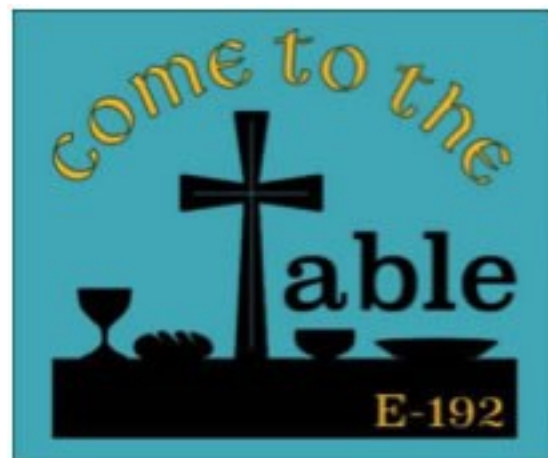
We look forward to this time of music, praise, testimony, and fellowship as we welcome E-192 ladies. Words cannot express our deep love for this community and our thrill at serving in song. We lift up all praise to Him.

De Colores – Mae and Jim

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Welcome to the Ladies of E-192



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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		
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Supply Coordinators:		
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Prayer Wheel Coordinator		
Volunteer Needed - Currently Online Access		
Manuals and Talk Folders		
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Chrysalis Secretary		
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Bryson Frankfort		
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Outreach Coordinator		
ReAnn Newberry		
Clown Communion Coordinator		
Jan Niehoff		
Chrysalis Cross Coordinator		
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Hoot Coordinators		
Chrysalis Board		
Agape Coordinator - I am Lovable, Team & Butterfly Pins/Placemats/Agape Bags		
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Sarah Kleppinger & Becca Wasburg		
Website Administrator		
Jerry Wills		jerry@hippofamily.com

Fourth-Day-Journal
National Capital Area Emmaus

