



The Candlelight

Newsletter of the Nashville Upper Room Emmaus Community

”Change is How You Handle It”

Vice-Chair Jerry Lemons

Greetings fellow Emmaus members,

My name is Jerry Lemons, Walk 152, and I serve as the Vice-chair of the Board of Directors of the Nashville Community. What a change for me just coming on the board in December! Change happens in our lives often quickly and other times very slowly. Change is something we all deal with and how we react to the many seasons in our lives defines who we are as a people of God. The Nashville Emmaus community has gone through many changes since my Walk and even moreso since I last served as a member of a Men’s team in 2022. The Board has quickly and purposefully organized the first post-Covid walk, despite our faith being tested. We now have a new Walk site at Good Shepard UMC and many new and old faces stepping in to help “revive” what many obstables tried to squash. I see a powerful excitement in the team, board and those in the community that have stepped back up to participate in one of the most meaningful Christian experiences I have been a part of. I asked the question very early on, to some whom said Emmaus was broken forever, “how do we move forward with the same enthusiasm to grow stronger disciples and leaders in our churches here in the Nashville Area?”

If the statement “If something is not getting done, then you are the one not doing it” strikes a chord, you may be like me, someone who needed a self-evaluation. I truly believe that many strong willing hands and feet still exist and want to be a part of this revival of Emmaus in Nashville. The opportunities are endless, much work needs to be done. Do you see it “not getting done?”

DeColores,
Jerry

*We give thanks to God for the team members of
Women’s Walk #204 and their service.*

Inside this issue:

| | |
|----------------------------------|-----|
| <i>Vice-chair Message</i> | 1 |
| <i>Spiritual Director</i> | 2 |
| <i>Kairos</i> | 2 |
| <i>Fourth Day Message</i> | 3 |
| <i>Board of Directors Roster</i> | 3 |
| <i>Resources and Contacts</i> | 3,4 |
| <i>Ministry Manager</i> | 4 |
| <i>How You Can Serve</i> | 5 |

Walk 204 Pilgrims

| | |
|------------------------|--------------------------|
| Kathleen Albee | Teri Bell |
| Gina Brawley | Melissa Brewer |
| Ashley Hillsman | Jeannetta Hitt |
| Dana Hunley | Georgia Maclin |
| Jennifer Massie | Madison Minicozzi |
| Sharon Sager | Mary Lou Adams |
| Jordan Tussey | |



“From the Pulpit”
Assistant Spiritual Director
Rev Haley Robinson

Every morning, when I open up my internet browser, two tabs pop up. The first, of course, is my email. The second is goodnewsnetwork.org. The Good News Network only shares positive or inspiring news stories. Some days I only skim it, but some days, I read every single story, because some days I'm doing okay, but some days, I need each and every bit of good news I can find.

Human beings were not created to hear the amount of bad news we are currently hearing every day, and it is affecting us in more ways that we even understand yet. It affects our bodies, our minds, our emotions, and even our spirits. After three very hard years, we are all feeling the effects of so much negativity in our lives. We weren't made for this. We were created for joy, not sorrow. We were created for praise, not fear. We were created for life, not death. And yet, it seems like we are awash in sorrow, fear, and death. We need some good news.

Here is some good news: this weekend, twelve pilgrims will have their lives changed on a Walk to Emmaus, just as many of ours were. Here's some more! Yesterday, we celebrated Easter, and that celebration continues for forty-nine more days. That is fifty days of the best good news we will ever hear: that Jesus Christ, who was crucified, has been raised!

With all the bad news swirling all around us; with all the many, many things competing for our attention; with all the pain and grief we feel, it can be hard to stay focused on the good news of Jesus Christ. Not because we don't want to, but because life is hard, and complicated, and sometimes overwhelming.

In those moments, we can rest easy knowing that God sees us. Jesus felt overwhelmed sometimes, too. Jesus got too much bad news sometimes. He saw too many hurting people sometimes. He felt angry that life wasn't what it ought to be sometimes, and too many people were failing too many other people. So when we feel that way, we're not alone. When it's a slog, when we're sad, when we're uncertain, even when we're afraid, Jesus knows and understands, because he's been there, too.

A Prayer for Distracted Days

O God, you see me, running from place to place, adding new things to my to-do list faster than I can check the old things off, taking care of everything but myself. You see me, overworked, overwhelmed, overstimulated, overextended, and over-invested. You see me, trying so hard to get it all right but feeling like I've gotten it wrong. You see me take in one more piece of bad news, one more gut punch, one more pang of fear, and bear it with a smile I don't feel. Remind me that you love me. Remind me that nothing I do for you goes to waste. Remind me that there is joy all around, and that I am allowed to take time to look for it. Mostly, God, remind me that you are with me, and that no matter how busy I get, I am never too busy to look for you. Amen.

KAIROS Outside Prison Ministry



It is well known that incarceration affects not only the individual who is behind bars, but also their families, particularly their children and spouses.

Families of the incarcerated "do time" right along with their loved one. They are directly impacted when their loved one is sent to prison. Relationships are broken and become distant, financial hardships occur, and family structure often becomes non-existent. Kairos Outside Prison Ministry lets them know they are not alone.

A Kairos Outside weekend is much like The Walk to Emmaus but held at a campground and designed to address the pain of separation and judgement of others in the community. Any woman whose life has been impacted by incarceration, or who was unable to attend a Kairos Inside while in prison is eligible to attend Kairos Outside.

But it doesn't stop there. After the weekend, Kairos volunteers meet monthly with their guests for S.W.A.P. (Share, Witness, Account, Pray). We show them that we continue to be "in the present" for them.

Kairos Outside of Central TN (KOCT) will have their first weekend October 13-15, 2023, at Hillmont Camp in White Bluff TN. Our "guests" will spend a weekend, cost-free, addressing issues that are unique to them, the women of the incarcerated.

For more information about being a "guest" or volunteering to help with Kairos Outside Prison Ministry, contact Connie Duncan (Chairperson) at 615-351-1576 (text is quickest) or email at KOCentralTN@gmail.com.

Thank You! Good Shepherd United Methodist Church!

We are thankful for the hospitality and support offered to our Nashville Upper Room Emmaus community by the cogregation of Good Shepherd United Methodist Church. We look forward to a long and fruitful ministry!

Women's Walk W-204

Women's Walk #204 will be held on April 13-16, 2023 at Good Shepherd United Methodist Church in Hendersonville.

Send-off/Sponsor's Hour-7 PM, April 13

Candlelight:8:15 PM, April 15

Closing-4 PM, April 16

The Prayer Vigil is filled!

Prayer Chart

<https://www.signupgenius.com/go/70A0545A8AB2BA2FDO-womens>

Contact Us

Email: nashvilleemmaus@gmail.com

Website: www.nashvilleemmaus.org

Facebook:

Nashville Emmaus Community

Ministry Manager:

ministrymanager.upperroom.org

USPS: PO Box 292643

Nashville, TN 37229-2643

Fourth Day Chairperson

Hello Nashville Emmaus Community. My name is Carolyn Monroe, Walk #198, Table of Ruth. I have the privilege of serving as the Fourth Day Chairperson.

Prior to my Emmaus Walk, I lived in Birmingham Alabama. I was presented with an opportunity to move and work in Tennessee in 2016. I found myself joining Hermitage United Methodist Church because there were no African Methodist Episcopal Zion Churches in the Nashville area. I joined this congregation because of the late Bob Dooley. A little over a year after joining Hermitage, my friend Brenda Lockhart approached me about taking the Walk and I hesitantly agreed.

The weekend was in much anticipation and lots of participation. Following that weekend, I begin my Fourth Day on fire ready to do something. Now how was I going to live out my Fourth Day? I will tell you how. I became inspired from my Walk to get involved in various activities in my church.

I volunteered on a Habitat build for a family we were sponsoring. I became a Sunday morning Greeter. I became a co-facilitator in my Sunday School class. I went on my first mission trip to Reelfoot Rural Ministries in Obion County. But most of all, I became a part of an Accountability Group - The Balcony Babes.

What my group did for me was create a sisterhood of trust and fellowship. We connected, shared, cried, and celebrated with each other. During Covid, we kept in touch through Zoom and when permitted we fellowshiped in-person. The Reunion Group card guided our time together and well as a few women's studies for spiritual growth.

As your Fourth Day Chairperson, I want to encourage you to continue with your Reunion Group meetings. If you don't have one, find people in your area and form one. If you need help getting one started, please reach out. We now have an email for Fourth Day that you can send requests, questions, and update your Reunion group status - nashvilleemmausfourthday@gmail.com. I look forward to hearing from you!
De Colores!

2023 Board of Directors

CLD/Chair- Jane Melrose

CSD- Sandy Shawhan

Vice- Chair- Jerry Lemons

Agape- Karen Hayes, Kendra Cardwell

Fourth Day- Carolyn Monroe

Team Selection- Board Collective

Registrar- Shelly McBurney

Gatherings- Randa Goud

Treasurer- Bruce Myers

Ministry Manager, Website, Communications- Steve Zuercher

ASD- Haley Robinson

ASD- Rick Vance

ASD- Jesse Fleck

Entertainment- Kim Roberts

Kitchen-Kim Monaghan

Setup- Gary Smith, Jerry Lemons

Ex-Officio- Kim Monaghan

Ex-Officio- Regina Hall

Ministry Manager is the database provided by the Upper Room that retains our Emmaus community information. Ministry Manager a community management application that enables an Emmaus or Chrysalis Community to store and use information to conduct the Emmaus ministries.

Access to the application is based on an individual’s unique email address. Each person must have a unique email address to have an account in order to gain access. Access to information within the application is controlled through the assignment of various roles. Role assignments vary from the lowest level of Community Member, to the highest level of data administrator.

Many of us already have an account because we had an email address in the previous database system. Others have been added. However, many of our community members do not have access. Each person added to the Ministry Manager application is added with their unique email address. After a person’s name and email address

are added to Ministry Manager, Ministry Manager sends an email invitation to the email address, and the individual responds to the invitation to establish an account.

We, the Board of Directors, want to improve your access. Our goal is for everyone to have an active account so that we can communicate and share information on a common platform. If you know that you have never logged in to Ministry Manger, or you are unsure if you have an account, contact the database and communications chairperson, Steve Zuercher, at the community email address, nashvilleemmaus@gmail.com, or his personal email address, slzurk@gmail.com as

soon as possible.

If you have attempted to log in and have had difficulty, or are unsure how to navigate in Ministry Manager, contact Steve for assistance.



“Oh God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise, and ever enjoy your consolations. Through Christ our Lord, Amen.”



THE UPPER ROOM
Emmaus Ministries
Renewing Christian Disciples • Strengthening Local Churches



How can I serve our community?

1. *Join Ministry Manager and ensure your address, phone, church, and other personal information is up to date!*
2. *Share this newsletter with an Emmaus/Chrysalis community member who is not receiving our community email. Send us their email address!*
3. *Volunteer now for conference room or background positions during the next events:*

- Face to Face Encounter
- Men's or Women's walks
- Chrysalis Flights

How can I do that?

-Fill out an online volunteer form here:



- Check the community website, www.nashvilleemmaus.org*
- Check our Facebook page for updates*
Nashville Emmaus Community | Facebook

4. **Join a team doing God's work for the community as a non-board member.**

-We are seeking eager community members to work with a board member on important projects.

-You can make major contributions to the community, enjoy the satisfaction of success in those projects, without the multi-year commitment of board service.

-If you have a desire to serve but are unable to make the commitment for a long-term position, this is your opportunity!

Email nashvilleemmaus@gmail.com to inquire about this opportunity today!