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June Candlelight Newsletter

Nashville Emmaus Community <nashvilleemmaus@gmail.com>
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Nashville Upper Room Emmaus Community



DeColores Nashville Upper Room Emmaus Fourth Day Members!

This month the Board of Directors sends a wish for grace and peace as we begin the summer. We look forward to this time of year, the whole year long, because of the opportunity to go where we've dreamed for a summer vacation, with those who we love. As we seek to do those family activities that have been thought out and planned so meticulously, let us remember to go with the love of Christ, as ambassadors of Christ. May we play and travel and live life to the fullest with all health and safety, and yet witness by our lives to the love of Christ.



Planning continues for the fall walks. Team formation is actively underway for the men's and women's walks to be held at Good Shepherd UMC, [525 New Shackle Island Rd, Hendersonville, TN](#).

Men's Walk #203, 5-8 October, 2023 Lay Director: Mark Poe

Women's Walk #205, 19-22 October, 2023 Lay Director: Lisa Hobbs

The Team Selection Committee is looking for servants to lead in the Kitchen and Prayer Chapel. If you are interested, send an email to nashvilleemmaus@gmail.com.

During the time between the spring and fall walks it may seem like nothing is going on, as it relates to our Emmaus experience. But, we only need to think for a moment to be reminded that as we live our 4th day we are living the principles learned during the weekend of our lives, we are living the life in grace. This month we are sharing a short story of two community members who are continuing an endeavor that began before and during COVID. In this endeavor they are demonstrating the concept of Perseverance.



PERSEVERANCE

"By perseverance the snail reached the ark" - Charles H. Spurgeon

I was serving as assistant Music Director on a walk when the pandemic closed everything down on the Friday of the walk. We packed up and headed home not knowing we'd largely remain home for the better part of two years.

The gyms all closed, and I was a member of Planet Fitness in Smyrna. I had joined a Facebook group of like-minded fitness folks who were also members of Planet Fitness. There was a guy who challenged us to do 100 pushups per day and see who could go the longest without missing a day. This was March 18, 2020. After about 3 months there were only a handful of us still going. The guy who started the challenge had gotten sick and begged out but I told him I'd do an extra 100 for him until he was better. And I did - 200 a day for seven days. He hung in there with me a couple more months and then quit.

I'm the only one still going. Today was day 1,160. 1,160 consecutive days doing 100 pushups per day for 116,000 total so far. I've had eye surgery, vacations, a colonoscopy, extensive travel for work over the three plus years, but I haven't missed a day. There was something about the discipline of doing the push-ups every day that led to me sharing a daily devotional using the verse of the day from the Bible app. I had the idea to take the verse and select a photo to pair it with and share it every morning along with my thoughts on the verse-whatever God lays on my heart. I have developed a little following and have been asked to share it on my home church's Facebook page each day as well. (Lock's Memorial UMC)

I do my 100 pushups before bed each night. The very first thing I do in the morning when I rise is read, meditate and write the devotional. I maintain this routine wherever I am, and it is a comfort in knowing it is helping me on my faith journey but mostly that it is helping others. I have a faithful group who comment with "Amen's" every day but there are those who have private messaged me to thank me for being faithful to my call to provide the devotional. It is helping others on their walk.

In my case, the discipline of taking care of my physical health has helped me find the discipline to maintain my spiritual health. And, in doing so, strengthened my walk and participation as a member of the priesthood of believers. I'm just a sinner saved by the grace of God. I don't hold divinity degrees, nor have I been ordained but God has called me and is using me to share the good news and I remain obedient to his call through discipline each day.

In conclusion, I have found through discipline and obedience - that piety, study, and Christian action have combined once again to support my life in grace and allow me to participate in the priesthood of believers.

Gary Smith, Walk 175

Weight Loss, Exercise, and Faith as a Journey

Some people might look at you and think well you look great and not even bat an eye. Some might not say anything and think maybe you should think about losing a few pounds. For me it started as a child when I grew up as a large kid. I played competitive sports to take out the anger I had for being picked on for being overweight. Later in life the weight just seemed to grow, and nothing ever changed except my depression and lackluster focus on doing anything.

It wasn't till my forties that I realized that something had to change. I had passed out in Chattanooga from the loss of blood due to an ulcer. The doctors said I should have died because my blood count was so low. Following that it took some time, but a few things changed, and I started to at least go to Planet Fitness, but diet did not change.

It was in 2017 that I realized something really needed to change. I needed accountability and I was not getting this on my own. I saw how my father was in his sixties, using a walker, and diabetic. I was not going to end up this way and not be able to do things with my grandchildren one day. So, I joined CrossFit with a friend of mine who was the coach. Day one, he tried to kill me. Day two, three, four and so on I think there are days I want to quit but I go back almost every day. The reason I do it, it is because of the family, the accountability, the atmosphere, and I have lost over 100 pounds. I am healthier than I have ever been in my life.

This is no different than our spiritual walk. We need the accountability, the church "family", the atmosphere. Otherwise, we will also be "spiritually" diabetic. It is not a want it is a need. We need small groups or bible studies, 4 th day groups, we need spiritual disciplines, we need all these things to help us grow and be a better healthier follower of Christ.

Like my health journey I wish there were things I started in my faith journey a long time ago but there is no better time than now.

Peace, Sean Stanfield, Walk 109



As team formation for the fall walks continues, we have received men's and women's applications, and we see many people visiting the community website for information, and to download applications. Don't delay in submitting applications! Applications are accepted via online application or submitted by email to nashvilleemmaus@gmail.com.

See the buttons below for the applications.

Online Application

Printable Application

See the buttons below to sign up for the prayer vigils, and to serve with Setup and Hospitality.

Women's Walk #205 Prayer Vigil

Men's Walk #203 Prayer Vigil

Setup Signup

Hospitality Signup

PO Box 292643, Nashville, TN 37229-2643 [unsubscribe](#)