



Candlelight



You are the light of the world. A city on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before men, that they may see your good deeds and praise your Father in heaven.

Matthew 5:14-16 (NIV)

Bi-monthly Newsletter of the Nashville Emmaus Community, May 2009

Letting the Holy Spirit Lead

Peter Cassidy, Community Lay Director

A heartfelt welcome to the newest members of the Nashville Emmaus Community—the members of Walks 160 and 161. It was very evident at the closing of both these Walks that the Holy Spirit was present during the weekend and busy changing lives. The turnout at Candlelight and closing was outstanding. It's good to see so many come out and share in these special moments.

It takes many hands to put on an Emmaus weekend and they are all volunteers. No one is specially trained for the tasks. We use the gifts and graces God has blessed us with. The Community does this again and again, year after year, and the outcome is never in doubt. On the surface this would seem like an impossible task. The key is that we're led by the Holy Spirit. Whatever we don't have, God provides. Nothing is too great a task for us to accomplish when we know he is with us. This principle guides all that we do in Emmaus. Not only do the results amaze, but the harmony and cooperation that exists among the teams makes for a delightful experience. The work is not labor in the usual sense, it's a labor of love and it shows. Whether it's in the conference room, the prayer chapel, the kitchen, making agape, writing letters, or whatever, the feeling is the same. It's great to be about God's work knowing he is by our side. This applies to our personal lives as well. The wisdom of truly trusting in God is one of the things I took away from my Walk. Barely a day goes by that God does not intervene in my life, guiding my path or doing for me things I cannot do by myself.

A major initiative of the Nashville Emmaus Community is starting Walks for Spanish-speaking people in Middle Tennessee. We worked on this last year, but found we were not ready and decided to delay holding such Walks. With the help of Rev. Victor Perez, former Nashville Emmaus Board member, we have opened a dialogue with neighboring Cumberland Emmaus Community with the hope of working together on the first few Spanish-speaking Walks. They have a similar interest and the two Communities working together on this makes a lot of sense.

Happiness is a universal goal. We all would like to be happier. Sonja Lyubomirsky, Professor of Psychology at the University of California, Riverside, in her research has found that happiness is determined 10% by our circumstances, 50% by our genetic makeup, and 40% by our attitudes and actions. While there is nothing we can do about our circumstances or genetic makeup, we do have control over our attitudes and actions. Professor Lyubomirsky says people find happiness with activities that fit their interests, their values, and their needs. As faithful followers, we know that serving God wherever he leads us is one activity sure to bring happiness. ■

De Colores,
Peter Cassidy

Prayer Requests

Make your requests known. You can post your prayer request on the Nashville Emmaus website.

To leave a request, visit

*Reunion Group needs are posted on the
Community website
www.nashvilleemmaus.org*

Candlelight is published bi-monthly: Jan., Mar., May, July, Sep., Nov. Deadline for articles is the second week of the month prior to publication. Articles, poems, thoughts about Emmaus, or requests for prayer may be mailed to Newsletter Chairman, Nashville Emmaus Community, P.O. Box 292643, Nashville TN 37229-2643 or submitted via our website at www.nashvilleemmaus.org Articles will be selected on the basis of broad interest to our Emmaus Community.

The newsletter is a significant expense for the community. A donation of \$5.00/family/year is appreciated to offset this expense. Please send your donations to Treasurer, Nashville Emmaus Community, P.O. Box 292643, Nashville TN 37229-2643.



Moving? Address Corrections?

Please send your new address to Nashville Emmaus Community, P.O. Box 292643, Nashville TN 37229-2643. You can also submit your change online at www.nashvilleemmaus.org. When you move and your forwarding time runs out, your newsletter returns to our mailbox. We are charged to send your newsletter and again to have it returned. We cannot get your new address from the post office without paying these fees.

New to the Community

Men's Walk #160

- Mack Adams
- Todd Applegett
- Wesley Bossard
- Jim Braun
- Roger Brown
- James Corson
- David Cottrell
- Fred Daniel
- Nick Deaton
- Ken Dietz
- Willy Dimitroff
- Thomas Farley
- Tim Foster
- Bob Gideon
- Tom Goins
- Brian Grasty
- Eddie Hill
- Van Hollaway
- David House
- Michael Jones
- Matt Lawler
- Ryan Manus
- Trey McCampbell
- Sam Melton
- Johnny Miller
- Bill Nelson
- Larry Oldham
- Charles Pendergrass
- Will Peppers
- Keith Reimert
- Bill Rhodes
- Jackie Sadler
- John Shafer
- Jim Sowell
- Kevin Sparkman
- Erik Stephan
- Michael Stubblefield
- Brian Trietsch
- Doug Wade
- Charlie Winchester

Women's Walk #161

- Sheila Allison
- Traci Applegett
- Valerie Braun
- Dorothy Brock
- Katie Brown
- Jane Carr
- Cathie Coppedge
- Dianna Corson
- Samantha Daniel
- Kristin Deaton
- Kim Dietz
- Tamara Dimitroff
- Shelli Ellis
- Melody Foster
- Alice Halley
- Kathryn Hammer
- Agnes Hardison
- Jennifer Hill
- Christie Hollaway
- Susan House
- Tish Ladd
- Shelley Lawler
- Shelly Manus
- Krista McCampbell
- Ashley Nelson
- Wilma Nelson
- Mindy Oldham
- Elizabeth Pennington
- Janna Ramsey
- Chris Rhodes
- Angel Rickard
- Haley Robinson
- Donna Sadler
- Catherine Self
- Karen Shafer
- Mary Nelle Smith
- Betty Nicks Smith
- Angie Stephan
- Betsy Stubblefield
- Sharon Wade
- Joy Watkins
- Pat Williams

Kairos Korner

Dan Preston

"I was in prison and you visited me" (Matthew 25:36)



As I write this, is raining, cloudy and overcast outside. It's spring and the trees have begun to "leaf out", the azaleas and dogwood trees have bloomed, but the blooms are being washed off and away by the rain. Even though the blooms may be gone, the growth continues. Spring is a time of new birth for the world that God has created for His and our enjoyment.

It is also Wednesday, and a day for the Kairos reunion at Riverbend. Each reunion visit (now twice monthly) is like spring in that we see new growth, not only in the residents, but in ourselves also. Over the almost two years, we have become very close and this is even one of my reunion groups that I value and trust most highly. Like Emmaus and Kairos both teach, these men have formed into a true community of believers and "doers of the Word". "Spring" has come to many of these men after they were incarcerated. I know that prison is one of the easiest places to catch "religious flu", but these

men have demonstrated their love for God through their love and care for us, the "free-world people". I can truly say that their growth continues, even though the blooms may have faded a bit, they are not gone. Can we say the same thing about ourselves?

Are we still in love with Jesus like we were at first? Are we still "blooming" and growing as we should? Maybe we ALL should take a lesson from nature, even though we experience "winter" in our lives, spring always follows. Ministry to others is one of the best ways I know of to "keep on blooming".

If you or someone you know is interested in an exciting ministry opportunity of bringing hope, light and spring to a very dark and wintry place, please contact Dan Preston 615-754-6148 danpreston@tds.net. Please help us make this dream and calling a reality. "Spring" can truly come ALL year.

Growing in Our Fourth Days

by Karen Powers

When thinking of our Fourth Day walk in Christ, how many of us have been overwhelmed with the thought that it is just so hard? Driving home from a Bible study last night, it hit me how much I have grown since I attended Walk #126 at Hermitage UMC. I remember hearing testimonies from brothers and sisters in Christ about how much their walk experience had kept them moving through their fourth day and wondering how do they keep it up? In the years since I attended my walk, my husband and I have been to many Candlelights, served in the kitchen, and sponsored two beautiful couples. While we have not been able to do as much as we would like, we have served and worshipped where we have been able to and found great reward in each experience. We have also been through many up and down moments...we have grown through the loss of a child and the miraculous lives of two children. All along, I have sought to be and feel closer to God. Some of the time, I have really felt His presence and others I have wondered if He even knew my name! Looking back, I see where He kept giving me morsels of hope when I was not ready to really step it up in Him. A few of those morsels were the Fourth Day events of the weekend walks.

Hearing testimonies of fellow believers, seeing the love of God so outright at Candlelight and closing ceremonies, and just being able to worship fully the awesomeness of our God together kept sparking me to take further steps in God. The past couple of weeks, it is like a light landed with God opening my eyes to so much and a fire is definitely no longer just sizzling to grow and know God more fully. I am so excited about where He is taking me, even though I don't know where exactly that is! But this moment has not happened by chance. It has taken years of continuing in Bible study, group fellowship, and seeking His face. I just wanted to give a morsel of hope to fellow believers. If you have just finished your Walk, or if it has been years since you felt His great love through your Walk, keep on keeping on! God IS working in us all, we just have to keep seeking Him! Some of the most rewarding times for me have been when I have attended different parts of a weekend, whether in worship with others or as a silent servant. It is so worth putting our time in. While we may not be able to plunge into all aspects of a weekend, we need to make it where we can and find that rekindling that we need! Don't be afraid, instead come expecting to find Christ and you will! I know I have!

DeColores
Karen Powers ■



Carla Snodgrass, Chrysalis Lay Director

The Nashville Chrysalis Community is preparing for our Girl's Flight on June 5-7, 2009 at Fellowship United Methodist Church in Murfreesboro. The February Boy's Flight was filled with the Holy Spirit. Patty Corlew, Lay Director and Rev. Donna Paramore, Spiritual Director are leaders for the Girl's Flight and have put together a team that might have been "phoned" by one of them, but is really "called" by the Lord. We encourage each of you to sponsor a young lady, giving her this opportunity to experience a very personal encounter with Christ. Volunteers are needed in the kitchen, at set up on Thursday, June 4 and take down on Sunday June 7th.

The next Boy's Flight will be September 5 - 7, 2009 at Fellowship United Methodist Church in Murfreesboro. Ronnie Proctor will serve as Lay Director and of the weekend and we are still building our team, looking for a few Godly men and boys.

If you have not been to a Chrysalis Candlelight we encourage you to join us on Saturday night June 6th at 8:00 pm. The team and butterflies from the last walk continue to talk about walking into the presence of the Lord that night.

For more information on the Flights or to download an application you can visit our website at:

www.nashvillechrysalis.org

or call Carla Snodgrass at 615-440-7644 or Van Baggett at 513-5944. Fly With Christ! ■

Care Corner



- **Our troops** in the Mideast including SP4 Patrick Graham, SGT Zane Christensen, and SGT Joe Dance.
- **Frank R. Graham**, Int'l Lay Director has he continues to recover from bypass surgery.
- **Delona**, precious Emmaus friend of Pat Addington, who is suffering from liver cancer. Please pray for another miracle in her life.
- **Loyd Mabry**, continue to remember Loyd and his family in the death of his mother on April 12th. Loyd lost his father in March.
- **George and June Brown** in the tragic loss of their grandson.

*"Come to me, all you who are weary and burdened,
and I will give you rest."*

The Nashville Emmaus Community

P.O. Box 292643, Nashville TN 37229-2643

www.nashvilleemmaus.org

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Nashville Emmaus Community Newsletter

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SPIRITUAL COMPASS

Rev. Hubert Cunningham, Community Spiritual Director

Christians celebrated the glorious resurrection of our Lord on Easter Sunday. The first few verses in John 20 recount how the women discovered the empty tomb. The last few verses in the same chapter record the doubts of the disciple Thomas. Thomas would not believe the reality of the resurrection unless he could examine the evidence of the nail scarred hands and the wounded side. I am thankful that Jesus allowed Thomas to see and come to believe in the resurrection.

I believe people everywhere are demanding the same evidence from Christians. The elements of the gospel are God's love and promise of peace, joy, happiness etc.,. Those of us who walk under the banner of Christ and call ourselves Christians have a responsibility to manifest the traits of the gospel in and through our lives. Perhaps the reason the Walk to Emmaus is significant to pilgrims is they are able to experience the love of God. It is more than a theory it becomes real in those 72 hours.

I challenge each of us in the community to live the gospel and prove to the whole world---He lives! ■

DeCiores,
Hubert Cunningham
Community Spiritual Director

Calendar of Events - 2009

May	14	Board Meeting 7:00 pm Upper Room
Jun	05	Chrysalis Girls Sendoff 8:00 am Fellowship UMC
	06	Chrysalis Girls Candlelight/Gathering 8:00 pm Fellowship UMC
	07	Chrysalis Girls Closing 4:00 pm Fellowship UMC
	11	Board Meeting 7:00 pm Upper Room
Jul	09	Board Meeting 7:00 pm Upper Room
	11	Gathering 6:30 pm Franklin First
Aug	08	Gathering 6:30 pm Hendersonville UMC
	13	Board Meeting 7:00 pm Upper Room