



# 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, September 2008

---

## HOW IS YOUR FOURTH DAY

Paul Henrie, Community Lay Director

I often wonder how quickly a pilgrim's fourth day gets swallowed up by the world after returning from their walk. How do you revisit your seventy-two hour Walk to Emmaus and discover its full meaning again? I do pray that your Emmaus experience has guided you to a deeper walk with Christ and a more fruitful servanthood in the ministries of your church.

I know in the days, weeks, and months since my walk I slowly but surely had difficulty keeping the fire alive as I continue my fourth day journey, which by definition is the rest of our lives.

So, how do you keep that fire alive? I know it is very difficult with all of the activities that we all are involved in. However there are ways to help. Emmaus provides ways to help keep a person grounded and accountable. Here are some ways that might help you.

Join or start a reunion group, these groups can help a person have accountability. Group reunions are based on friendship. You must make the effort to start or join a group. There is no imposed formation. Every participant contributes; there is no group leader. Groups can change.

Attend candlelights, weekend send-offs, and closings. Provide prayer for the weekends. Provide snack agape. Provide table agape.

Volunteer to be an anonymous servant during an Emmaus Walk Weekend. Volunteer to work in the kitchen. Volunteer to help with the weekend set up and the weekend

take down. Be a sponsor; sponsor someone to be a pilgrim. Become involved and you may be called to be a part of a weekend team.

A good book to help you is called: "Day Four, The Pilgrim's Continued Journey", by Robert Wood. The book may be purchased from the Upper Room under books/programs/Emmaus Resources.

Attend the monthly gatherings that are hosted by various churches on the second Saturday evening of each month except when there is a candlelight. Have a worship time and share God's holy communion. Participate in a potluck supper. Hear how someone's 4<sup>th</sup> day is going. Rekindle Emmaus relationships.

These are just a few ways that may help you continue your walk with Christ. If you need information regarding reunion groups or how to start one you can contact the board member responsible for 4<sup>th</sup> days, Janice Welchance at [janicewelchance@yahoo.com](mailto:janicewelchance@yahoo.com).

Please contact any board member if you need information regarding how to volunteer for anonymous servanthood on a weekend, for sponsorship, or for any of the ideas listed above.

A growth process takes place within the Emmaus family, just as it does within the church. The weekend is only the start, but your 4<sup>th</sup> day continues your growth; just see how God will stretch you. ■

There are  
many things to  
help keep the  
fire alive

### AWAKENING

Jana Perry has written a poem in response to the question, *What will you do with the gifts and graces given to you?* You can read her poem on the community website at [www.nashvilleemmaus.org/poem\\_awakening.html](http://www.nashvilleemmaus.org/poem_awakening.html)

Community Gathering  
Sat. September 13, 2008  
6:30 pm  
Donelson Heights UMC

**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](http://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](http://www.nashvilleemmaus.org). When you move and your forwarding time runs out, your newsletter returns to our mailbox. We are charged 41 cents to send your newsletter, plus 43 cents to have it returned. We cannot get your new address from the post office without paying these fees.

### **Saturday Night Festivities**

Do you remember how special it felt to walk downstairs into your Saturday evening dinner and see all the pretty decorations, the candles and experience that festive atmosphere? Come and help us give other pilgrims that same experience! If you (as individuals or reunion groups) are interested in helping with Saturday night decorating and un-decorating, please call Angela Hayes at 615-884-9870 or email [anhayes@deloitte.com](mailto:anhayes@deloitte.com). We need helpers for the three fall walks!

### **Musician's Training Event**

Have you a special talent or love for music? Have you wondered how you could help with music on a walk or how music assistants and directors are selected? Plan on attending our Musician's Training event to be held soon. This will be a complete training, but it doesn't obligate you in any way. It will be a great way to see what this position involves and to think about whether this is an area in which you can serve! Emmaus doesn't use professional musicians, merely those who have a talent and/or love of singing for the glory of God and to add to the overall positive experience of the Walk to Emmaus for each pilgrim. YOU can do it. Begin praying about this. Date to be announced soon!

## **Kairos Korner**

Dan Preston

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



Remember the "feeling" that you had immediately after your Emmaus Walk? Would you like to renew that feeling and help pass it on to someone else?

Many people, I believe, are seeking that renewal, a ministry in which they can be the Hands and Feet of Jesus Christ in this world. Maybe even help bring about a change in someone's life, or be involved in "Changing Our World". Let me take a few moments of your time to talk about Kairos Prison Ministry International.

Very simply, it is an Emmaus *type* of weekend inside a correctional institution, which includes follow up "reunions" on a monthly basis. Kairos Prison Ministry is a lay led Christian Ministry which conducts a highly structured program in male and female correctional institutions.

After a lot of prayer and perseverance over more than two years by a small group of people, we were given the first Wednesday of every month to begin holding reunion meetings at Riverbend Maximum Security Institution. Since we have been faithful in our agreement with RMSI, *the Chaplain has informed us that we will be allowed to add the third Wednesday of each month also.* This would allow us to meet with the residents twice a month. However, before

we can add the additional meeting, we need more volunteers as there are currently only four Kairos Volunteers going "inside". Since it is a men's facility, we can have only men "going inside" under the Kairos name. Very simply put, we need more volunteers to take on the additional meeting, and to show the residents that they are not alone and others do love them with no reservations or prejudice.

This is a very exciting opportunity for us to help bring light and hope to an often dark and lonely place. All we ask is for you to pray and seek God's leading, both for the Kairos Ministry and your involvement in becoming a volunteer with us. The rewards are eternal and the blessings are immediate, both for the residents and the volunteers.

For more information about Kairos Prison Ministry International please visit [www.kairosprisonministry.org](http://www.kairosprisonministry.org). If you would like for someone to present a program of information at your church or if you are interested in becoming a Kairos Volunteer, please contact: Dan Preston 615-754-6148 [danpreston@tds.net](mailto:danpreston@tds.net). ■

Any Jonahs out there?

## REBEL ROAD REUNION GROUP PLANTS A GARDEN *by Cathy Wedekind*

On a cold February Saturday morning this year during our regular weekly group meeting, someone mentioned it would be nice to have a garden. "We could have a garden and plant tomatoes, onions and peppers – we'll make salsa to sell to support our agape efforts!" After frenzied exchanging of e-mails, our garden had expanded to include 2 types of lettuce, onions, over 90 tomato plants, a variety of peppers, 2 types of green beans, 3 types of squash, okra, corn, watermelons, cantaloupes, potatoes, turnip greens and cucumbers.



*Denise Pridemore (Walk #120), Janice Denton (134), Teri Henrie (133), Sue Prosch (50), Barbara Bertram (58), Judy Rockensock (69), Mary Ellen England (133), Cathy Wedekind (67) and Vickie McPeters (128) not pictured*

Some of us have childhood memories of family gardens; others are city girls (like me) with no gardening experience. The Pridemores graciously provided the spot—on their property where Denise's dad had their garden. Then the work began – we cleared the ground, cultivated the soil, studied and learned the appropriate times to plant certain crops, planted, weeded, planted, weeded, weeded and weeded some more. Then came the harvest! God is good! God provided the sunshine and rain—we provided the hard work of caring for our garden and our harvest was bountiful! We've had so many vegetables, not only have we made salsa (which is so good, we've decided to keep it for ourselves), we've filled our cabinets with canned green beans, a variety of pickles, zucchini relish, dried peppers and our freezers with onions, corn, tomatoes, green beans, squash – you name it – we've processed it. And, the wonderful summer dinners we've all enjoyed! We've also shared our vegetables with our family and friends.

During this spring and summer, our group reunion meetings have been outside at our garden. We spend a couple of hours working in the garden, and then one of our members will share a devotional. Not only have we watched with amazement God's wonders but we have grown in love and appreciation for each other during this growing and harvesting season. Encouraged by Melchizedek in the Old Testament as an appreciation to God, we gifted to the clergy staff of our respective churches the fruits of our first harvest.

We have sold our produce to church members and others – we've set up tables on Sunday mornings with our fresh produce. We have now shifted our fund-raising efforts from paying for agape to supporting Miriam's Promise. We all look forward to the end of the season when we will proudly present a check to Miriam's Promise for the profits from our garden. We're already planning next year's garden! ■



Greetings to everyone in the Emmaus and Chrysalis Community, I hope that you have enjoyed your summer and are looking forward to some cooler weather. The Chrysalis board members are gearing up for a new year with changes on the board. I want to say many thanks to each person that served this past year and I want to welcome our new members to the board. Elections for officers are coming up so please continue to pray for this process, as we want to be led by God's Spirit in all that we do.

I have deep mixed feelings as I write my final newsletter article. I have enjoyed, even loved every minute as your Chrysalis Community Lay Director. I have felt blessed and privileged to work closely with such committed and loving brothers & sisters in the Nashville Community. It will always be a high light on my spiritual journey to have walked this "Emmaus" road along side you and our loving Savior in serving this Chrysalis Community. Thanks for this privilege and opportunity! I can't say thanks enough to all of our committed board members. ■

## Care Corner



- **Melia Warren's** niece, Nicole, and nephew, Jacob, from Texas were killed in a car accident on their way to McMinnville, TN.
- **Luke**, a grade-schooler in Nashville has been diagnosed with brain cancer.
- **Bonnie Weddle**, daughter of a work associate of Brenda Burgett, was diagnosed with pancreatic cancer.
- **Brenda Burgett** needs prayers as she cares for her mother, Ruth, who has Alzheimer's.
- **Ellen Dickenson** is undergoing treatment for a brain tumor.
- **Kathy**, great niece of a friend of Cathy Griswold, was in a serious car accident and is recovering from a broken back and possible nerve damage.
- **Rick Taylor** is preparing to go back on dialysis, but the insurance company will not pay for his medicines.
- **Austin Binford** (age 6 or 7), who was treated for Neuroblastoma a couple of years ago, now appears to have leukemia.

*Prayer requests are posted on the Community website  
[www.nashvilleemmaus.org](http://www.nashvilleemmaus.org)*

# The Nashville Emmaus Community

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

[www.nashvilleemmaus.org](http://www.nashvilleemmaus.org)

NONPROFIT ORG.  
U.S. POSTAGE

PAID

NASHVILLE, TN  
PERMIT #1274

# Candlelight

*Nashville Emmaus Community Newsletter*

**RETURN SERVICE REQUESTED**

*Sent with love to:*

**TIME SENSITIVE INFORMATION  
PLEASE EXPEDITE**

## SPIRITUAL GUIDANCE

*Rev. Hubert Cunningham, Community Spiritual Director*

The Walk to Emmaus is truly a spiritual high for everyone who goes on the walk. Pilgrims experience God's amazing love and it transforms them into disciples who have a deeper relationship with Jesus Christ. I also find that the team who guides the pilgrims into this experience also find it a spiritually rewarding time as well. There is just something thrilling about being close to God when He works among people.

The responsibilities of the Community Spiritual Director is to recruit clergy members who will help with the walk. The Spiritual Director and four additional clergy are the "clergy team" on each walk. The response I have received when I have invited clergy to participate has ranged from "Yes, I feel it would be an honor" to "I really don't have time." In fact, it has become very difficult to get clergy to help with the walks.

We live in Tennessee---the great volunteer state. We cheer for the Vols. I was wondering if we could find a few volunteers among the clergy who would cheerfully say, "I'll help with the walks even though I am busy because it's important." If so, please let me know. If you are a lay person reading these and your pastor has been on the walk, encourage him or her to serve on a team. God needs you, the pilgrims need you, and I need you. Go Vols! ■

## Calendar of Events - 2008

Sept	11	Board Meeting 7:00 pm Upper Room
	13	Gathering 6:30 pm Donelson Heights UMC
Oct	04	Chrysalis Girls #84 Candlelight and Gathering 8:30 pm Lebanon First UMC
	06	Team Dinner Men's #157/Board Meeting
	09	Men's #157 Send Off
	11	Men's #157 Candlelight and Gathering
	12	Men's #157 Closing
	20	Team Dinner Women's #158
Nov	23	Women's #158 Send Off
	25	Women's #158 Candlelight
	26	Women's #158 Closing
	03	Team Dinner Women's #159
	06	Women's #159 Send Off
	08	Women's #159 Candlelight and Gathering
Dec	09	Women's #159 Closing
	13	Board Meeting 7:00 pm Upper Room
	11	Board Meeting 7:00 pm Upper Room
	13	Gathering 6:30 pm Upper Room