

From: Lamont Lester <[REDACTED]>
Sent: 7/15/2020 2:49:26 PM
To: Josiah Holland <[REDACTED]>
Subject: RE: Y-CAP Virtual

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Good Afternoon. I just wanted to follow up with you. I love the idea of "listening circles" and the work you are doing! I would love to hear more and get with you at your convenience. I thought that I responded to this, but I'm not sure. Let me know what your availability allows and we'll make it work. Hope things are coming along well over there with you guys and I'm looking forward to getting together soon.

Thanks Josiah

Lamont Lester
Program Director
**WILLIAMSON COUNTY Y-CAP
YMCA OF MIDDLE TENNESSEE**
[REDACTED]
P [REDACTED] **F** [REDACTED]
E [REDACTED] **W** ymcamidn.org

Our Mission: A worldwide charitable fellowship united by a common loyalty to Jesus Christ for the purpose of helping people grow in spirit, mind and body.

From: Josiah Holland <[REDACTED]>
Sent: Monday, July 6, 2020 3:24 PM
To: Lamont Lester <[REDACTED]>
Subject: RE: Y-CAP Virtual

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Wow! I love it. Thanks for sending Lamont.
Something I've been training on is a new kind of circle called "listening circles" and "compassionate witnessing" to allow students and community members to share their feelings and stories during this time. I want to help address the racism our students are experiencing and give them a voice to express how it affects them. I'll let you know as I train further and would even love to help host circles with YCAP if you're interested. Hope you're well! Let's get together soon? If that's okay?
Thanks!
Josiah

From: Lamont Lester <[REDACTED]>
Sent: Monday, July 6, 2020 12:55 PM
To: Josiah Holland <[REDACTED]>; 3 Ring Circus <[REDACTED]>; Alicia Sanchez <[REDACTED]>; Anthony Pickett <[REDACTED]>; Chris Ward <[REDACTED]>; Corey Smith <[REDACTED]>; Drew Freeman <[REDACTED]>; [REDACTED]; Jay Platt <[REDACTED]>; 'Josh Brummett' <[REDACTED]>; Jodi Schroer <[REDACTED]>; Knickerbocker, Jennifer <[REDACTED]>; [REDACTED]; Neil Knickerbocker <[REDACTED]>; Pastor Marvin Young <[REDACTED]>; Quontesa Chambers <[REDACTED]>; Rando, Joseph John <[REDACTED]>; Rita Reed <[REDACTED]>; Sean Moore <[REDACTED]>; Steven Saxton <[REDACTED]>; Tom Parrish <[REDACTED]>; Zannie Martin <[REDACTED]>
Cc: Alicia Sanchez <[REDACTED]>
Subject: Y-CAP Virtual

