



**VALENTINE'S DAY EDITION:  
V-DAY CARDS ENCLOSED!**

**(Self) Love is in the Air**

Can you feel that? Love is in the air. But we're not talking about romantic love. We're talking about a kind of love that can't be neglected and must be nurtured to sustain. Without this love it is difficult to let other kinds of love into your life. The kind of love we're talking about is self-love!

With Valentine's season upon us, self-love can be overshadowed. This is especially true for the broken hearted. Anyone experiencing a breakup – divorce or otherwise – may be having a particularly difficult time in the self-love department. Breakups are lonely and cause self-doubt, which is exacerbated when it feels like everyone around you is celebrating romance. So, how do you learn to love yourself during and after a breakup? Here are just a few tips to practice that can help redirect old self-talk into new self-talk that is kind and full of grace. Fair warning: it will be hard, but it will most definitely be worth it.

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**Feel your emotions.** You can't go over them, you can't go around them, you have to go through them. Anger, grief, sadness, regret, relief, whatever emotions you experience, as fleeting or as pressing as they may be, must be acknowledged and felt. Your emotions are a part of who you are, so get familiar with the range you can feel. Even if the emotions seem ugly or bad, the sooner you embrace that part of yourself, the sooner you can accept all parts of yourself.





**Talk to yourself like you would to someone you love.** If your best friend were going through this, you wouldn't say, "Why weren't you enough?" You would be more likely to say, "Of course this hurts. Of course you're shaken. I've got you." Try giving yourself that voice, even if it feels fake at first.



**Boundaries.** We cannot write a self-help article without mentioning boundaries. As talked about as they are, their importance cannot be overstated. Boundaries with others (your ex, perhaps?) are essential. But so are boundaries with yourself. Keep promises you've made to yourself like getting out of the house, texting a friend, or not reaching out to that one person (you know who I'm talking about). Ultimately, maintaining your boundaries lets you know that you are reliable and strong.



**Let your friends and family in.** You may be tempted to use rebounds to fill the newly empty place in your heart. Alternatively, you may shut down in your grief and find it difficult to open up to others or even let them support you. Rather than isolating or relying on flings to fill the void, it is life changing to nurture the relationships in your life and let people who will always be there show up for you in your time of need.

Best of luck to anyone experiencing a breakup this season, and even if you aren't, self-love is a muscle that is always worth working out. Happy Valentine's Day!





## Congratulations Special Master Charlotte Fleming!

Congratulations to Charlotte Fleming who was sworn in as the new Special Master of the Third Circuit Court on February 11, 2026! Special Master Fleming comes to Third Circuit with almost 40 years of experience practicing family law. This includes her private practice and exceptional mediation services as well as her service as Assistant Juvenile Judge and Assistant for the City Judge in Robertson County and Springfield Tennessee, respectively.

Welcome to the Davidson County Domestic Court bench, Special Master Fleming!



## Spring Break And Summer Decisions

It's that time of year when vacation plans are being cemented. With Spring Break fast approaching and Summer vacation riding its heels, parents need to prepare to ensure smooth transitions for their families. Do not solidify plans (e.g., camps, trips, celebrations, next-year schooling, etc.) until all options have been discussed with your co-parent. If needed, speak with your attorney and seek court approval in instances where an agreement is not reached.

We could all use a break and some sunshine, let's make it the most enjoyable for our kids!





## New Chamber Rule Spotlight: Surrender Hearings

Here is another glimpse at our new Chamber Rules, which will be released soon.

Judge Williams conducts surrender hearings on request and pursuant to Tennessee Code Annotated section 36-1-111. Any individual, attorney or agency wishing to schedule a surrender hearing must contact Judicial Assistant Ronnell Griffin or Special Master Kristen Menke to obtain available dates and times for the surrender. Surrenders are scheduled directly with staff and do not require an order to set.



Once a surrender hearing is scheduled, a minimum of forty-eight (48) hours prior to the scheduled surrender hearing, all paperwork required for the surrender pursuant to T.C.A. § 36-1-111 et. seq. must be submitted to court staff via email to [kristenemenke@jnsnashville.gov](mailto:kristenemenke@jnsnashville.gov) and [morganhollowell@jnsnashville.gov](mailto:morganhollowell@jnsnashville.gov). This includes any surrendering documents and acceptance documents that have not yet

been signed but will be signed at the surrender hearing and any home study or court report based upon a home study or preliminary home study in cases where such is required.

Surrendering parties and private individuals accepting surrenders must bring identification to the surrender proceeding.



If an interpreter is necessary for the surrender proceeding, the scheduling party(ies) must independently secure a certified interpreter or request an interpreter through the State Trial Courts at <https://trialcourts.nashville.gov/interpreter/>. The accepting party shall be responsible for any costs associated with securing an interpreter.



It is the Court's preference that surrenders be conducted in-person whenever possible. However, pursuant to 36-1-111(b)(1) and subject to the requirements above, the Court will accept virtual surrenders via a video platform on which the Court can clearly view the person or persons surrendering, verify the individuals identity, and clearly view the individual while that person is signing the surrendering documents. In such situations, the accepting party shall bear the responsibility of providing copies of all surrendering paperwork to the surrendering party. The accepting party shall further bear the burden of filing the executed surrender documents with the Davidson County Circuit Court Clerk's Office within forty-eight (48) hours of execution by the surrendering party.



## New Chamber Rule Spotlight: Surrender Hearings

### February

S	M	T	W	Th	F	S
				5		
					13	
	16			19		

2/5: Special Master Menke’s Case Management Docket at 9 a.m. via Zoom

2/13: No Friday Motion Docket, Office Open

2/16: Office Closed for Presidents’ Day Holiday

2/19: Judge Williams’ Status Conference Docket at 1 p.m. in Person or Via Zoom

Judge Williams’ Dismissal Docket at 2:30 p.m.

### March

S	M	T	W	Th	F	S
		17	18	19		
				26		

3/5: Special Master Menke’s Case Management Docket at 9 a.m. via Zoom

3/17 – 3/19: Irreconcilable Differences Divorce Docket via Waiver Appearance ONLY

3/26: Judge Williams’ Status Conference Docket at 1 p.m. in Person or Via Zoom

Judge Williams’ Dismissal Docket at 2:30 p.m.

Share



@JudgeStephanieJWilliams



Judge Stephanie J. Williams

Feel free to share this newsletter with anyone who may be interested. To be added to the mailing list, please email [RebekahLHaralson@jnsnashville.gov](mailto:RebekahLHaralson@jnsnashville.gov).

Additionally, you may view this and all previous newsletters on our website by clicking this link: [Updates and Announcements](#) or by scanning the QR code:



## Valentine’s Cards

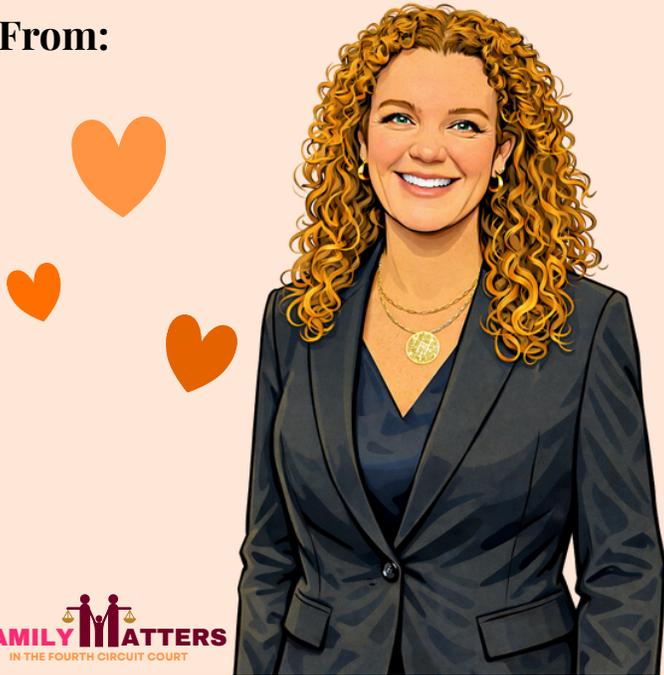
Did you forget your Valentine’s cards? Fourth Circuit has got your back. Check out the following pages for your very own Fourth Circuit staff V-Day cards!



**Let's get this settled: Will you be my valentine?**

**To:**

**From:**



**I love you more than the newsletter... and that's saying something.**

**To:**

**From:**



**I'd make space in my calendar for you.**

**To:**

**From:**



**The Court hereby finds that you are the perfect Valentine.**

**To:**

**From:**



**I checked your file, you're  
alright I guess...**

**To:**

**From:**



**I've done my research and  
you're the only one for me!**

**To:**

**From:**



**There's no one else I'd rather  
protect than you.**

**To:**

**From:**



**Your request is granted:  
you're my Valentine!**

**To:**

**From:**

