

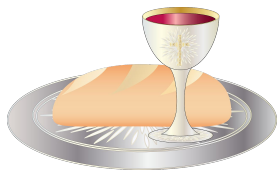


# WALK TALK DOUBLE EDITION

*Come, Holy Spirit, fill the hearts of your faithful and kindle in us (The Chattanooga-Lafayette Emmaus Community) the Fire of Your Love.*

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### Upcoming 2022/2023 Gatherings

All our Gatherings start at 6:15pm. These are great times to fellowship together over a potluck supper, followed by Worship, Prayer, 4th Day Talk, and Communion. (The Board of Directors meet following each gathering.)

#### DECEMBER 12, 2022

Location: Christ United Methodist Church  
8645 E. Brainerd Rd., Chattanooga TN. 37421

### WANTED: Host churches for the new year!

If your church is able to host an upcoming gathering, please email Keith ASAP at [laydirector@clemmaus.org](mailto:laydirector@clemmaus.org).

#### JANUARY 9, 2023

#### FEBRUARY 6, 2023

Locations: TBA

### Keith Sands, Community Lay Director

[laydirector@clemmaus.org](mailto:laydirector@clemmaus.org)

#### Contact Us

Chattanooga-LaFayette Emmaus  
PO Box 21024  
Chattanooga TN 37424

Visit us on the web at:  
[www.clemmaus.org](http://www.clemmaus.org) or at the  
Emmaus

Community Facebook  
Group

for news, prayer concerns, praises  
and other communications.

# From our Lay Director



## November 2022 Article

*"It is ALWAYS better to give than receive."* You have probably heard this before. I want to ask you this personal question though. Have you ever given so much of yourself that you felt depleted, run down and tired? I believe most of us have reached that point at some time in our lives if not Right now! We are promised by Christ that we will never be given more than we can handle. To which we say, "You must think I'm stronger than I believe myself to be." We weren't promised that we won't be tired, hungry, or burdened, but that we are never alone, and our most essential needs will be met. The only prerequisite is that we follow Christ and proclaim him our Lord and Savior. Most everyone I speak with in these last many years complain of their over-full schedule and the lack of time to do all the things they would "like" to do. I have these very same issues and can't seem to fit into my days, all the things I so want to accomplish.

Let's STOP right here! The very first talk we hear on the Emmaus weekend is about Priorities. Could it be I've digressed and have gone astray from choosing my priorities in a manner I know to be best? Should I reprioritize my days and consciously make better choices about my wishes and what truly matters most to me? ABSOLUTELY! There is no reason we can't, at any time, stop the madness in our lives and reprioritize our actions and thoughts to better reflect what we truly recognize as most important. In this manner we are "*giving*" of ourselves and hopefully realigning our priorities on a more regular basis. If I have mastered anything in my own life it is that I can really organize any space that I am seeking to improve. Yet, I have difficulty organizing my own time. If many of you are like me, it is extremely healthy to stop and look at priorities every so often. Only then do you get a "True" understanding of whether you have strayed from your plan or just need to start over with a new plan. I remember many years ago hearing the saying: "*If you fail to plan, you plan to fail*". So much of the time we simply are reacting to the things around us rather than being proactive. Let me declare to you now, I choose to be proactive for God! As my number one priority I will not allow worldly things to change that! Take some time, slow down and evaluate your priorities when you can. Remember: you have permission to adjust, change, add, or remove from your priorities whenever you wish.

## December 2022 Article

### *MERRY CHRISTMAS!*

It is my deepest wish that each and every one of you have a Truly Blessed holiday season. May you share with the ones you love the Joy that only "YOU" can extend to them. Our days are filled with so many distractions. I challenge each of you to slow down in this season of glorious remembrance of our Savior's birth. MAKE TIME! Make time for at least a moment to be personal with those closest to you. Volunteer to give the blessing at a family meal. Then don't just give a blessing but speak from your heart about the thankfulness you have for all those present at that meal. Tell a Christmas story or read a story to the children present. But make it personal so that anyone and everyone that can hear it feels as if it was just for them. Share the "Love" that Christ has expressed to be the greatest of all that we can share! We will have missed the most glorious of gifts if we are not careful. The gift of making one another feel that special, personal moment when we are truly touched by the words or deeds of someone else. People may not remember your words, but they will remember how they made them feel. This is our chance to be Christ to others. Take every opportunity this season to be a gift yourself. Be present in the lives of your family and friends. If you can't be with them in person, reach out with a phone call and tell them that you love them. Are these things something you can do? I believe that's what Christ would do if he were here!

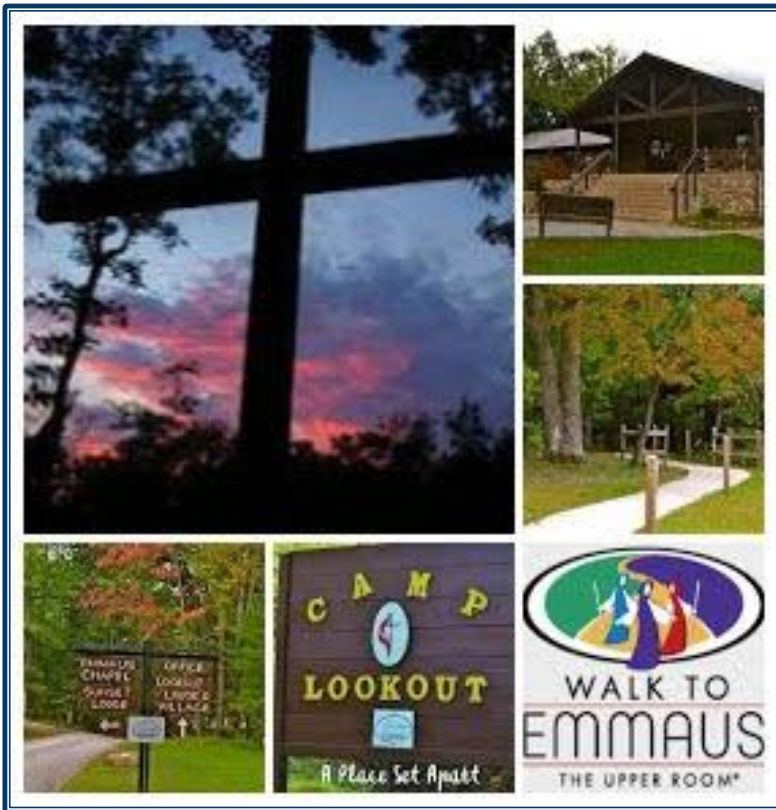
*De Colores,*

***Keith W. Sands***

Community Lay Director  
423-322-3310 / [laydirector@clemmaus.org](mailto:laydirector@clemmaus.org)

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# Registration Open For 2023 Walks - Let's Go To The Mountain!



## WALK DATES TBA

### Men's Walks:

[Candidate Form](#)

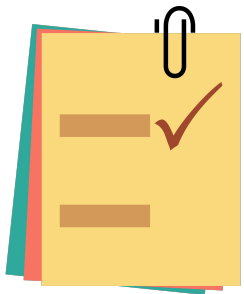
[Sponsor Form](#)

### Women's Walks:

[Candidate Form](#)

[Sponsor Form](#)

\*Click links above to complete Google Form for each candidate and walk. Links are also on our website: [clemmaus.org](http://clemmaus.org).



## Special message from our Registrars

The Board will meet soon to decide if we have enough interest for a Spring walk. If you have a pilgrim in mind, get your forms in as soon as possible. Both paper and electronic applications are on the website.

Don't let the cost prevent you from sponsoring. We have scholarships available and we can help make it possible for you to invite your pilgrim to the walk.

If you had a pilgrim that couldn't attend the last walk, we still have the applications and information you submitted. Please check with your pilgrim and let us know to move forward with placing them on the roster.

If you have any questions, please contact us at [cecetillman@gmail.com](mailto:cecetillman@gmail.com), [billtillman12@gmail.com](mailto:billtillman12@gmail.com), or [registrar@clemmaus.org](mailto:registrar@clemmaus.org).



## We Need YOU!! 2023 Board Openings

Please contact Keith Sands (at [laydirector@clemmaus.org](mailto:laydirector@clemmaus.org)) or Glenda Peck (at [pastlaydirector@clemmaus.org](mailto:pastlaydirector@clemmaus.org)) if you are interested in serving as a member of the 2023 Chattanooga-LaFayette Emmaus Board or would like to nominate someone else for consideration by the board.

We have several opportunities at this time for new Community Board Members:

- Assistant Spiritual Director
- Worship (Sponsor's Hour, etc.)
- Kitchen
- Team Selection Captain



### Reunion Group Spotlight

Next month's  
Spotlight:

TBA (send me  
yours!)

#### Friday AM Men's Reunion Group

This men's group meets every Friday at 7:00am at the Cracker Barrel just off Shallowford Rd. and I-75.

The group's members are:

Mike Peck  
Paul Meffert  
Don Harris  
Pete Burnette  
Eric Johnson  
Jerry Morris  
Keith Sands

If you are new to the community, or just not plugged into a reunion group yet, these men would love to welcome you to their group!

Please send information about your group, including name, meeting location, and dates/times to [newsletter@clemmaus.org](mailto:newsletter@clemmaus.org). If you have pictures, send those, too! Thank you!



AUGUST 18, 2022

# Sacrifice of Thanksgiving

Kelly Mulligan Jamieson (Oregon, USA)

I will offer to you a thanksgiving sacrifice and call on the name of the Lord. - Psalm 116:17 (NRSV)

This verse puzzled me the first time I read it. How can thanksgiving be a sacrifice? I thought a sacrifice was supposed to be something difficult. What's so hard about being thankful, and why is it so important?

Years later, I was married and had five children. My days were consumed with motherhood: driving children everywhere, loads of laundry, grocery shopping, cooking. I often felt overlooked and underappreciated. But then one of my children, with no prompting, would say the simple words, "Thanks, Mom!" That was all I needed and wanted to hear! To be noticed and appreciated by those I love always makes my day.

This is exactly the sacrifice God wants from us. We need to take our eyes off ourselves, take time to acknowledge God, and thank God for the innumerable ways he blesses us every day. This is a sacrifice of time and self. It means noticing the many blessings that uplift our lives. It means putting our eyes on God and giving God honor, appreciation, and thanks.

## PRAYER:

Dear God, forgive us when we take you for granted. Create in us a spirit of gratitude and thanksgiving for all you are and all you do. Amen.

## SCRIPTURE READING:

2 Corinthians 9:10-15



## Prayer Requests

Please be in prayer for members of the community who recently lost a loved one; also pray for members coping with health issues.

Please send any prayer requests to [laydirector@clemmaus.org](mailto:laydirector@clemmaus.org). These requests will be listed in the newsletter and on the [Emmaus Community Facebook page](#) to allow the body of Christ to be praying.

# Contact Us!



## Contact Us!

Visit us on the web at [www.clemmaus.org](http://www.clemmaus.org)  
-The Walk Talk can be downloaded from here.

### DONATE:

Donations can be made online through [www.clemmaus.org](http://www.clemmaus.org); by mail to: PO Box 21024 Chattanooga TN 37424; or at the Gatherings. Your gifts are tax deductible under section 501(C)3. Please talk to the Community Lay Director regarding bequests.

### EMAIL ADDRESS CHANGES:

Send email subscriptions or changes to: [webmaster@clemmaus.org](mailto:webmaster@clemmaus.org)

### CONTACT INFO UPDATES:

Do we have your correct address and phone number? If you have changed either of these, please contact us with your updated information:  
[teamselection@clemmaus.org](mailto:teamselection@clemmaus.org).

## Endowment Fund

The Chattanooga-Lafayette Community wishes to continue to spread the life changing experience an Emmaus Walk can deliver. Would you help us by donating funds for scholarships for both pilgrims and team members?

Please consider making a monthly donation of \$5, \$10, \$25, or whatever amount feels right. Ten people donating \$100/month, 20 people donating \$50/month, or 40 people donating \$25/month would cover pilgrim and team fees for ALL our 2022 Fall Walks. Imagine this not being an issue for any pilgrim, sponsor, or team member!

We all know what our Walk meant to us, and this is a wonderful way to pay it forward.

There are multiple ways to contribute:

- ❖ Set it up a monthly recurring donation on at: [www.clemmaus.org](http://www.clemmaus.org)
- ❖ Online Bill Pay through your bank - just set Chattanooga Emmaus as your biller and add the address below
- ❖ Send a monthly check to Chattanooga Emmaus, PO Box 21024, Chattanooga TN 37424
- ❖ Make donation at Monthly Gathering
  - *Note - Mark all payments for Endowment Fund to ensure money is applied correctly*

Thank you for continuing to support the community in this way. We know God will bless this endeavor. The Emmaus Board is trusting and stepping out in faith, and we believe our community will do the same. If you have any questions or concerns, please reach out to anyone on the board.