

Living Waters News
March 2019

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Greetings in the name of our Lord, Jesus Christ.

Lenten season begins on March 6th with Ash Wednesday, a time of remembrance, not only of our mortality, but also a time to acknowledge our sinfulness and beg for renewal.

“The lectionary in Lent also gives us the image of Jesus lamenting over Jerusalem and yearning to gather and protect it, hen-like (Luke 13: 31-35), and then having his feet exuberantly, lavishly anointed by Mary (John 12: 1-8).

These readings offer opportunities to show God’s love by Exploring what’s going on, rather than expecting the word *grace* to do the theological heavy lifting for us”.

Sundays and Season 2019 “Augsburg Fortress”

On Ash Wednesday, it is also the time when we here at Living Waters begin our Wednesday evening service for the summer and fall seasons. We miss our Wednesday evening service during the winter months, but look forward to gathering together. Summer is fast approaching, we would like to encourage those who make their summer trips to Living Waters, to check their calendars and contact our ministry for dates that are open.

We look forward to seeing our friends, and hope that your time here will be fruitful, entertaining, and educational. May God bless our mission partners, and the many individuals who support our ministry, which is very vital to the communities.

Sgi, Wado(Thanks)

Pastor Jack



You Are Invited!

We invite you to come and visit us anytime you are in our area or to plan a mission trip to the Cherokee Indian Reservation and join us for Worship.

At Living Waters we honor our culture and Native Traditions as well as our Lutheran Theology. We begin our Worship Service by smudging to cleanse our hearts and minds and prepare us for worship.

We open our worship service using the hand drum and singing the Cherokee Morning song.

Living Waters is blessed to have Partners in Ministry who support us through financial giving, Spiritual support and visits. If you would like to become a Partner in Ministry with Living Waters

we invite you to contact Pastor Jack at prjack@frontier.com

Do for one what you wish you could do for everyone.



Living Waters Food Pantry
February 6th & 20th

Current wish list at the food pantry is:

Soup, Hamburger Helper, Ravioli, coffee, Cereal,
Paper Towels, laundry soap, shampoo, Dish Soap.

During the month of February we served
443 families and 1590 individuals



Diapers

Living Waters Pantry is in need of sizes 4, 5
& 6 diapers. And also boys pull-ups. If your
child has outgrown any of these sizes and you
would like to donate them to Living Waters
please contact Lisa.

If you would like to contribute financially please
designate your check to Living Waters Food Pantry



Living Waters
Clothes Closet Ministry

Current Needs:

Women's Undergarments,
Men's clothing, Children's clothing,
Linens and Maternity Clothing.



We are working with several agencies in
our area to help people be able to take
online classes to further their education.
However there is a need for laptops for
the students to be able to enroll in this program.

If you have an old laptop sitting around collecting dust
and is still in good working condition, please consider
donating it to this new program at Living Waters.



During 2018, we processed *over* 317,462
pounds of food. This enabled us to provide
food resources to 5810 families
representing 22,187 individuals. With food
donations from individuals, church groups and other
organizations, we were able to keep up with the
demand during 2018. We would like to take this
opportunity to express our gratitude to all of you who
helped make this possible.



The Sunday School children continue
to work on the Books of the Bible. They are also
learning to love their neighbors. During the month of
March the children will be collecting items to make
Pill Bottle Emergency Kits. If you would like to
contribute to their project some items they will be
collecting are: Band aids, Rubber Bands, Safety Pins,
Nail Clippers, Chap Stick, Individual Pkgs of Tylenol.



Thank you to those who help deliver
produce to Tsali Manor.
We appreciate all you do.



If you would like to bring an Easter
Flower to help decorate the Altar
please let Dean know who your
flower is in memory of.

We will begin placing flowers on Ash Wednesday.



Daylight Savings Time Begins
March 10th
Remember to set your clocks forward.














Reminder March Church Council
Meeting will be on the March 10th.
There will be a potluck after service.
If you plan to stay for the council meeting please
bring a dish to pass.



We are updating the church Directory
again. Please take a minute to look at
the draft Directory hanging on the
bulletin board and make any necessary
corrections.

Promise yourself that you will be yourself, in a truly
loving, authentic and effective way, in all that you do.
Promise yourself you won't waste your valuable time
on useless anger, resentment, sadness or anguish.

Listen carefully when the truth hurts. You'll gain the wisdom to avoid even greater pain in the future.
The painful truth is doing you a favor. It's providing you an opportunity to change for the better.

 <p>March Women's Group Meeting will be held at the Coffee House in Cherokee on March 2nd at 10 am. Please plan to attend.</p>	 <p>April Women's group meeting will be held on April 6th at 10am. Place to be announced. Please plan to attend.</p>
 <p>Women's March Project The women's group project for March is Birthday Boxes. Each woman is asked to prepare a box and turn it in by the 23rd. Some items to include in your box are: cups, plates, napkins, table cloth, cake mix and frosting, candles. Party favors, etc. The boxes are given to families to help them celebrate their child's special day.</p>	<p>Women's Group Committees Member Support – Leslie Costello Donations - Lisa Russell Communication – Le Russell Kitchen Overseer – Patty Frederick Clean Up Overseer – Yvonne Swan Holiday Flowers – Dean Reed</p> 
 <p>Women's Group Officers Dorine George – President Le Russell – Vice President Josephine Teesateskie – Treasurer For more information please contact Any women's group member.</p>	 <p>If you are participating in the Women's Group Secret Sister Program for 2019 please see JoJo or Dorine to get the name of your secret sister. Please remember to do at least one thing for your secret sister each month.</p>
 <p>Interpretive Painting Living Waters Women's Group will have a Paint Class on March 23rd. at 10 am. Dorine and Ric will be leading the class. The cost is \$5.00 per person. There is a sign up sheet on the bulletin board. If you plan to attend you must sign up by March 10th.</p>	 <p>The Womens Group will be hosting the Smokey Mountain Conference WELCA (Women of the ELCA) Spring Conference on April 13th. Please plan to come and participate in this event. More information will be announced at the next Women's Group Meeting.</p>
 <p>"When you enter this church it may be possible that you hear "the call of God". However, it is unlikely that He will call you on your mobile phone. Thank you for turning off your phones. If you want to talk to God, enter, choose a quiet place and talk to Him. If you want to see Him, send him a text message while driving."</p>	 <p>Thank you to Pastor Jack, Lisa, Le, Dorine, Dean and Bob for traveling to Grace Lutheran Church in Hendesonville to give a presentation about the ministry at Living Waters and the culture of the Cherokee people. We appreciate all you do.</p>
 <p>Please continue to save the pop tops off your cans. This year we will be donating the pop tabs to a 2nd grader named Clayton Beaver who attends Swain Elementary School. Clayton's family uses the pop tabs to help with the cost of back braces that Clayton requires. Thank you to Josephine for delivering the pop tabs for Clayton that we have collected so far.</p>	

It is only by accepting the risk of failure that you gain the possibility of success



Holy Communion Lutheran Church in
Banner Elk will be celebrating Pastor
David and Sue Mielke's

50th Wedding Anniversary on March 16th.

If you would like to attend this celebration please see
Pastor Jack or Lisa for more details.

Pastor Jack and Lisa will be representing
Living Waters at the celebration.



Easter will be here before you know it.
We will be hosting an Easter Egg
Hunt again this year.

Details and date will be announced at a later date.
If you would like to donate plastic eggs or non-candy
items to help fill the eggs, please see Lisa or Jo Jo



Do You Want To Fast This Lent?

Fast from hurting words and
say kind words.

Fast from sadness and be filled with gratitude.

Fast from anger and be filled with patience.

Fast from pessimism and be filled with hope.

Fast from worries and have trust in God.

Fast from complaints and contemplate simplicity.

Fast from pressures and be prayerful.

Fast from bitterness and fill your hearts with joy.

Fast from selfishness and be compassionate to others.

Fast from grudges and be reconciled.

Fast from words and be silent so you can listen.



Jesus continually urged people to think
“outside the box” in their understanding of
God — announcing forgiveness outside the temple?
touching lepers and dead people? welcoming children,
women, Samaritans, tax collectors, sinners? — while
at the same time, never abandoning the ancient core of
the faith: “Love the Lord your God with all your heart,
soul, mind and strength, and your neighbor as
yourself” (see Luke 10:27).

God calls people to think not just outside the box but
outside the tomb. When unconditional love and eternal
life confront the status quo of sin and death,
anything is possible.

A Potluck of People

Many congregations enjoy gathering for potluck dinners — meals largely unplanned, when people bring food to share. Usually, the main dishes, salads and desserts balance out. The fun is the variety mixing together on a plate and the surprise factor of what's contributed.

Churches and communities — even families — are potlucks of a sort, too. When groups assemble, each person contributes something unique and sometimes unexpected. When all is mixed together, the whole is truly greater than the sum of the parts. A beautiful balance often results: One is a good singer, the other writes well; some are strong leaders, others dependable team members; some are traditional, others innovative.

Together, it's delicious!







Potlucks are sometimes called covered-dish dinners. But don't keep your gifts “covered”!



The Bear Story

A long time ago, the Crow Indians attacked a Cheyenne camp.. A woman escaped with her baby and ran and ran from the Crow Indians hunting them. She ran and ran all night, all day, all night again.. She began to tire in fear for her baby's life, she noticed a big grizzly following her. Being a precise killer, he followed her exact footsteps, step by step he followed her. She began to cry, for she knew if the Crow did not get her, the bear would kill her and her baby. She started to run again..... all night, all day, and all night again. The big grizzly following her the entire time. Matching every step she took, she knew she could never escape him. He was right on her trail, step by step, step by step. Finally, she tired out and fell, holding her baby she cried and begged as the grizzly approached them. Alas the bear spoke, “Do not be afraid Cheyenne woman, the Crow Indians will not find you or your baby. I have been following you and covering your tracks the entire time.”

Don't react with an emotional onslaught that just makes the problem more intense.
Respond with a well-considered, calmly executed solution that makes the problem go away.

 <p>Thank you to everyone who donated items to help the Sunday School class provide a Care Package for one of our Soldiers. We appreciate your help.</p>  <p>Thank you to everyone who helped provide gifts for the congregation for Valentine's Day.</p>	 <p>Wednesday Night Services will resume beginning with Ash Wednesday Service on March 6th. Soup and Sandwich Meal will begin at 6:30pm Service to follow at 7:00 pm During the season of Lent, Wednesday night meals are Soup and Sandwich only. There is a sign up sheet on the bulletin board.</p>
<p>Things are not always going to go your way. Fortunately, no disappointment or hurt has to be permanent, you can always pick yourself up and move forward.</p>	 <p>Thank you to Pastor Ben Bushyhead for bringing the message on February 10th while Pastor Jack was in Chicago attending Rev. Gordon Straw's memorial service.</p>
<p>People don't need to be dazzled with big, churchy words and about eschatological frameworks and theological systems. Talk to them plainly about love, and joy, and forgiveness, and death, and peace, and God, and they'll be all ears.</p>	<p>Find what you can care about, and put yourself into it with all you have. Find what you can care about, and find delight in the opportunity and experience of deeply caring for it.</p>
 <p>March 6th is Ash Wednesday. From that day until Easter we will be into the 40 days of Lent. Lent hints of spring, a time when the earth begins to awaken from a winter's nap, and new growth bursts forth all about us. More personally, it is an opportunity to enter into a springtime for our spirit. For centuries Christians have used the 40 days of Lent to seek spiritual growth. Sincere repentance, a changing of heart, casting off old sinful practices and seeking to commune with our Creator help us go in the right direction. Spending serious time in silence and prayer focuses our attention. Reading spiritual literature, becoming more knowledgeable about the New Testament, meeting in small groups with other Christians to share personal stories of faith can all be immensely stimulating. Joining with others to serve the helpless and hopeless can strengthen our spiritual life. Lent is a time to let God do "spring cleaning" within us. It's our opportunity to allow God to help us toss out the "stuff" that hinders us, and then freshen up the "new creature" we are meant to be as followers of Christ.</p>	 <p>On the Sunday before Ash Wednesday, many Christian churches celebrate the Transfiguration of Our Lord. After telling his shocked, uncomprehending disciples that he would die and rise again, Jesus took Peter, James and John up a mountain. Suddenly Jesus appeared to be glowing! "He was transfigured before them, and his face shone like the sun, and his clothes became white as light" (Matthew 17:2, ESV).</p> <p>Moses and Elijah appeared, and a voice said, "This is my beloved Son, with whom I am well pleased; listen to him" (verse 5). Jesus' disciples fell to the ground, overcome by fear. But Jesus touched them, told them not to be afraid and led them down the mountain.</p> <p>The disciples witnessed firsthand the glory and Godhood of Jesus, who would soon die for the sins of the world and rise again to give us life.</p>

People come to Living Waters at different stages in their lives and for different reasons. Each person's story is unique. We strive to meet each person where they are and serve them as individuals so that their lives may be fulfilled. Here are some of those unique stories.

At 16, I did the hardest thing in my life. I left my family's abusive home. I was headed down a pretty scary path. I was a scared, lonely, depressed kid. I didn't really know how to care for myself. I didn't realize how much rent is, how much food costs. I was a high-school dropout, working for minimum wage, alone, struggling to get by, trying to save money for a place to live and still reeling from the effects of the abuse and rejection. I first went to the food pantry because I was hungry and scared. Some people on the banks told me Living Waters Pantry would help me. While I was there I talked to the director to ask for a sleeping bag. She assured me that I was not alone and they would try to help me. She helped me find a place to live that I could afford and helped me get other kinds of assistance and encouraged me to go back to high school. Poverty is hard. All you think about is whether or not you're going to have enough food and money to get through. I remember walking to the food pantry because I didn't have the money to use public transit. I remember the fear and shame I felt the first time I walked through the doors of the food pantry. I was so scared. I felt that I was being judged. By the people who worked at the food pantry, by the other people using the food pantry, by the strangers who saw me go to the food pantry. In fact, the exact opposite happened. I quickly learned that the food pantry staff was so kind and friendly. No one ever judged me. I was welcomed and given support and encouragement. I was able to get enough food to get by each month. I remember being surprised that I could choose the food I wanted to eat. I remember the feeling of relief I had when I would leave the food pantry. I knew that I had enough food to get me through. I went to the food pantry for a few years. During that time, I finished high school, plus got undergraduate degree. It was a struggle. I was still poor but I was less scared and lonely. I found a support system and built a community, which included the people at the food pantry. The food pantry was part of the social network that saved my life. Now, it is my privilege to be in a position to give back and I recently became a donor. I am a proud food pantry alumni. *Ashley*

John carefully chooses food as he goes through the pantry selecting items that will help feed his family. It is crucial that he takes careful consideration with each item he selects. The approach doesn't come from some specific of his personality, but rather of how important each food item will be for his family of five. He simply can't afford for anything to go to waste. "If we never came here, I don't know what we would do for the food," John says. "It is a life saver." John works double shifts and his wife was forced to leave her full-time job and begin working part-time to help take care of her mother, who had become ill. Each month it's difficult for the couple to come up with enough food for their family. "Some people when we tell them we go to the food pantry, they will ask, 'why do you go there?'" John said. "They probably think it's just a free handout. It's not. It helps us to survive." During the school year, the children are able to rely on the school lunch program to provide a healthy meal option during the day. But on the weekends and during the summer months when that resource isn't available, it adds another form of stress to their already difficult situation. "It would be just a huge thank you," John said when asked what he would say to those that give food and financial donations as well as volunteer time to all of the food assistance services. "I mean it. It helps our family so much."

You cannot change the objective reality of what happened to you, or by you, or around you. Yet you can choose precisely what it now means, what you learn from it, what you do with it. The past is over, yet you can still benefit from it. You can draw great inspiration from all you've been through. From what you've done well, from what you've done poorly, be inspired. From what went wrong, from what went right, be inspired. You can't remember all the details of all your experiences, and you can't go back and live them again. What you can do, is let all those past experiences push you to take positive action now. Today, you can choose what to carry forward from the previous days, years, and eras of your life. Choose those memories, those feelings, that will push you into a positive future.

Listen carefully when the truth hurts. You'll gain wisdom to avoid even greater pain in the future.

Compassion or Forgiveness

And Indian Elder was sitting under a tree talking to his warriors when a man came and spat in his face. He wiped it off, and he asked the man, "What next? What do you want to say next?" The man was a little puzzled because he himself never expected that when you spit in someone's face he should ask "What next?" He had no such experience in his past. He had insulted people and they had become angry and they had reacted. Or if they were cowards and weaklings, they had smiled, trying to bribe him. But the Elder was like neither, he was not angry, nor in any way offended, nor in any way cowardly. But just matter-of-factly he said, "What next?" There was no reaction on his part.

But the warriors became angry, and they reacted. His strongest warrior said, "This is too much. We cannot tolerate it. He has to be punished for it; otherwise everybody will start doing things like this!" The Elder replied, "You keep silent. He has not offended me, but you are offending me. He is a stranger. He must have heard from people something about me, a dangerous man. And he may have formed some idea, a notion of me. He has not spit on me, he has spit on his notion. He has spit on his idea of me because he does not know me at all, so how can he spit on me?"

"If you think on it deeply," the Elder said, "he has spit on his own mind. I am not part of it, and I can see that this poor man must have something else to say because this is a way of saying something. Spitting is a way of saying something. There are moments when you feel that language is impotent: in deep love, in intense anger, in hate, in prayer. There are intense moments when language is impotent. Then you have to do something. When you are angry, intensely angry, you hit the person, you spit on him, you are saying something. I can understand him. He must have something more to say, that's why I'm asking, "What next?"

The man was even more puzzled! The Elder said to his warriors, "I am more offended by you because you know me, and you have lived for years with me, and still you react."

Puzzled, confused, the man returned home. He could not sleep the whole night. Again and again he was haunted by the experience. He could not explain it to himself, what had happened. He was trembling all over, sweating and soaking the bed. He had never come across such a man; the Elder had shattered his whole mind and his whole pattern, his whole past.

The next morning he went back. He threw himself at the Elder's feet. Again the Elder asked him, "What next? This, too, is a way of saying something that cannot be said in language. When you come to me again you are saying something that cannot be said ordinarily, for which all words are too narrow; it cannot be contained in them." The Elder said, "Look, this man is again here, he is saying something."

The man looked at the Elder and said, "Forgive me for what I did yesterday."

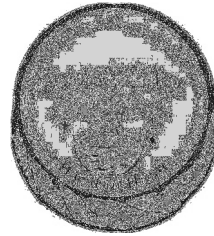
The Elder replied, "Forgive? But I am not the same man to whom you did it. The River goes on flowing, it is never the same River again. Every man is a river. The man you spit upon is no longer here. I look just like him, but I am not the same, much has happened in these twenty-four hours! The river has flowed so much. So I cannot forgive you because I have no grudge against you.

"And you also are new. I can see you are not the same man who came yesterday because that man was angry and he spit, whereas you are bowing at my feet, asking forgiveness. How can you be the same man? You are not the same man, so let us forget about it. Those two people, the man who spit and the man on whom he spit, both are no more. Come closer. Let us talk of something else."

Revenge doesn't always involve hurting others on a physical level. It can also lead us into actions where we want to bring harm to another's reputation, career or family members. It can drive us into a sick mentality of wanting to cause pain to others. Ultimately, we run the risk of becoming the same kind of person that hurt us. Forgiving is hard. We have such a hard time letting go of the hurt that others have caused us. In some cases, it can take years for the pain and bitterness to go away. In more extreme situations, it may stay with us our entire life. Forgiveness takes incredible amounts of strength and character.

We have to decide, if we want to live a life filled with vengeful and angry thoughts or a life in which we are trying to forgive, even if not always successfully.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1.	2. Women's Group 10 am Tribal Coffee
3. Worship Service 11 am	4.	5. Shrove Thursday	6. Food Pantry 1-4 pm <i>Ash Wednesday</i>	7.	8.	9.
10. Worship Service 11 am Council Meeting Daylight Savings Time	11.	12.	13. Wednesday Night Meal 6pm Lenten Service to follow	14.	15.	16. Mielke Wedding Annivesary Celebration
17. Worship Service 11 am St. Patrick's Day	18.	19.	20. Food Pantry 1-4 pm Meal 6pm Lenten Service to follow	21.	22.	23. Women's Group Paint Class 10:00 am
24. Worship Service 11 am	25.	26.	27. Wednesday Night Meal 6pm Lenten Service to follow	28.		

Stop worrying so much about what you're trying to say, and listen for a while.
Though it may seem strange, one very effective way to express yourself is by listening.

Listen, carefully, lovingly and attentively to the world around you.

Listen to others and listen to life.

Let go of your assumptions about what you expect to hear.

Listen not only with your ears, but also with your heart and spirit.

Pay attention to what life has to say to you.

There is no end to the valuable lessons you can learn.

When you think you know it all, you deny yourself the opportunity to learn new things.

When you interact with others only to impress them with how much you know,
they'll soon understand that you know very little.

The more you listen, observe and learn,

the more powerfully you'll be able to express yourself.

Take heed of what life has to say, and what you learn will carry you far.