

## *Living Waters News* *September 2019*

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Greetings to all of our brothers and sister in Christ.

“The Lord has done great things for us, and we rejoiced.” Psalm 126: 3

Would you join me in prayer for the people in the states that will be affected by the approaching hurricane, Dorian. “Merciful Father, we ask that you watch over our brothers and sisters living in the states that will be affected by hurricane Dorian. Keep them from all harm and help them to protect themselves from all danger. We pray this in the name of your Son, Jesus Christ, our Lord and Savior. Amen”

Put your trust in the Lord, and He will provide. Indeed, here at Living Waters we have put our trust and faith in the Lord, and He has provided. We sometimes have our doubts and fears about what we can and can't accomplish, but with the Lord providing us with such wonderful Mission Partners from the greater church, we are meeting the needs of those people who come to our food and clothing pantry. Our partners in ministry are wonderful missional people who understand that our small congregation by itself cannot provide the necessities needed to fulfill our outreach to those who are hungry and for those who are in need of clothing for themselves and their children and grandchildren.

This summer, things here at Living Waters was not quite as busy with groups as in past summers, for those who did come to visit us we cannot say thank you enough for coming and helping out and bringing gifts of food and clothing. Helping out by doing some needed maintenance work, but most of all, just coming and enjoying yourselves in fellowship with our community and church folks. Once again, we are so appreciative of those who come to our ministry here at Living Waters in the beautiful mountains of Western North Carolina.

God continues to supply our needs through the generosity of our partners in ministry, and we indeed rejoice for the many gifts we receive and pass on to those in need in our community. Your generosity does make a difference in people's lives here in our community. So may God bless you, continue to pray for us in our calling to serve the needs of those who seek help during their time of need.

As God loves you, so do we. Amen  
Pr. 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](mailto:prjack@frontier.com)







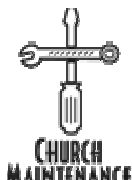




## Be clear about what you care about, what you love and value

 <p><b>Women's Group Officers</b></p> <p style="text-align: center;">Dorine George – President Le Russell – Vice President Josephine Teesateskie – Treasurer Lisa Russell – Secretary</p> <p style="text-align: center;">For more information please contact Any women's group member.</p>	 <p><b>Women's Group Committees</b></p> <p style="text-align: center;">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>Thank you to everyone who brought food to the potlucks for the Headley family and while Holy Communion was visiting with us. We appreciate those who helped prepare and those who helped clean up after the meals.</p>	 <p>Dorine is donating a piece of authentic Native Pottery to be awarded to one lucky person who participates in the diaper shower for Sidney and Dustin. For every package of diapers or baby wipes you bring you will be given one ticket toward the opportunity to win the pottery.</p>
 <p>The women's group is hosting a diaper shower for Sidney and Dustin. Please bring your diapers (size 2 or larger) or baby wipes and place them in the basket with the pink ribbon at the back of the church. Please bring your items by September 15<sup>th</sup>.</p>	 <p>The women's group is hosting a baby gift basket for Devy George. Please bring your baby items by September 22<sup>nd</sup>. Items may be placed in the basket with the Blue ribbon at the back of the church. P.S. it's a boy.</p>
 <p>The women's group will be going to the Mountain State Fair on September 14<sup>th</sup>. We will meet at the Roses in Sylva at 10:00 am. If you plan to attend please let Dorine or JoJo know. Advanced tickets can be purchased at Ingels for a reduced rate. (men are invited too)</p>	 <p>The women's group will be going to Dollywood on September 20<sup>th</sup>. We will meet at the entrance of Dollywood at 11:00am. If you plan to go please let Dorine or JoJo know by September 15<sup>th</sup> so we can get you a reduced price ticket. (men are invited too)</p>
 <p>The women's group will meet on September 25<sup>th</sup> at 9:00 am to paint the interior of the church. Please plan to attend and help with this project. Bring your own lunch.</p>	 <p>The church men are invited to come on September 25<sup>th</sup> at 9:00am to paint the decks and other outside projects at the church. Please plan to attend and help with this project. Bring your own lunch.</p>
 <p style="text-align: center;">Save the date October 5, 2019 9:30 am Smokey Mountain WELCA Fall Gathering.</p> <p>Nativity Lutheran Church in Arden will be hosting. We will meet at Roses in Sylva at 8:30am</p>	 <p>Living Waters Leadership Meetings will resume on September 15<sup>th</sup>. There will be a potluck after service and the leadership meeting will follow after the meal. Please plan to attend and so you can keep informed of what is happening.</p>

It may be that when we no longer know what to do we have come to our real work,  
and that when we no longer know which way to go we have come to our real journey.

 <p><b>Living Waters Food Pantry</b> September 4<sup>th</sup> &amp; 18<sup>th</sup> Current wish list at the food pantry is: Sugar, Canned Meat, Ranch dressing, Shampoo, Lg Black trash bags, dish soap, rubber bands.</p>	 <p><b>Living Waters Clothes Closet Ministry</b> Current Needs: Linens, Maternity Clothing. Men's Clothing, shoes.</p>
 <p>Thank you to the group from Holy Trinity, Hickory for helping with distribution on August 21<sup>st</sup>. We appreciate the items you brought to help stock the pantry and all your hard work.</p>	 <p>Thank you to Cathy Buttke for donating homemade quilts for the Christmas Store.</p>
 <p>Thank you to the men of Holy Communion for tearing out the wall and enlarging our Sunday School room. What a Blessing that we outgrew the room and needed a larger space.</p>	 <p>Thank you to Holy Communion, Banner Elk for donating book bags and helping us fill the book bags with school supplies. We appreciate everyone who donated school supplies.</p>
 <p>Thank you to Alice Nelson from Trinity Lutheran Church, Raleigh for delivering items for the pantry.</p>	 <p>Thank you to Good Shepherd Lutheran Church, Asheville for joining us for worship on August 11<sup>th</sup> and bringing items for the food pantry.</p>
 <p><b>Generosity</b> In Sunday School we have been talking about Generosity. Many ministry partners have been generous to Living Waters ministry and we wanted to share some of the love with others. Thank you to the Sunday School program for adopting a child to help with back to school supplies. Your generosity was Greatly appreciated.</p>	 <p>Thank you to all the people from Holy Communion for their many hours of repackaging items for the food pantry and sorting clothes for the clothes closet. Thank you to Debra Uhler and Le Russell for organizing and overseeing the process of repackaging.</p>
 <p>Thank you to Nelson Teague from Amazing Grace, Granite Falls for delivering a load of furniture and clothing for the Resource Center.</p>	 <p>Thank you to St. Mark's Lutheran Church, Mooresville for the delivery of furniture, items for the food pantry and clothes closet and turf.</p>
 <p>Thank you to Carlton and Mary Isacs for donating a new cooler for the pantry. We appreciate your thoughtfulness in our time of need.</p>	 <p>Thank you to George for helping unload the delivery from Amazing Grace. We appreciate that you are always willing to help when needed.</p>

Jesus isn't living in that building. His face might be all over the walls,  
but His message and His heart and His ministry are living in His people.

 <p>We are looking for someone to volunteer to make sure the trash is removed from the church after each gathering. If you would like to commit to being in charge of this task please let Lisa know.</p>	 <p>If you are participating in the Women's Group Secret Sister Program for 2019 Please remember to do at least one thing for your secret sister each month. If you have not been receiving something from your secret sister, please let JoJo know.</p>
 <p>Do you have a knack for working with young people? Would you be committed to helping to start a youth group on Wednesday nights at Living Waters? If you are interested please see Lisa.</p>	 <p>If you would like to be included on the Text Reminder list please let Le know and remember to give her your preferred number to text. These texts are reminders of upcoming meetings, events and prayer requests at Living Waters.</p>
 <p>Have you considered becoming a Sunday School teacher? If you are committed and interested in taking one Sunday per month to teach our children please see Lisa or JoJo.</p>	 <p>We are looking for someone who loves kids and loves to have fun to plan and organize this year's Halloween party for the children. If you would be willing to commit to this project please let Lisa know.</p>
 <p>We are looking for a couple of committed people willing to be on Living Waters Maintenance team. If you are handy with tools and would like to put your talents to use helping the ministry please see Lisa.</p>	 <p>Pastor Jack will be preaching at Grace Lutheran Church, Hendersonville on Sept 8<sup>th</sup>. Thank you to Grace for being a partner in ministry and inviting Pastor Jack to speak to your members about the ministry at Living Waters</p>
 <p>Pastor Jack will be traveling to St. Thomas Lutheran Church, Bloomington, IN Sept 22<sup>nd</sup> to preach and meet with the members. Thank you St Thomas for being a partner in ministry and inviting Pastor Jack to speak to your members about the ministry at Living Waters.</p>	 <p><b>When We Cannot See God?</b></p> <p>When a child is resting in his mother's womb, he cannot see his mother and cannot cry for his mother to come. They both are present but cannot see each other. We are all in the womb of THAT infinite truth.</p>
 <p>National Back To Church Sunday September 15<sup>th</sup> I invite everyone to attend with me! Not just this particular Sunday but any Sunday!</p>	<p>Learn from what happened, be thankful for the experience. And just keep going.</p>
<p>Do you want to tithe to the church but think you really can't spare the money? Try this experiment: At the beginning of the month, write a check and deduct the amount from your checkbook. Hold on to the check until the end of the month. By then, you'll likely discover you really can spare that money. Then you can place the check in the offering plate as a cheerful giver. —Dorothy Derrigan-DeLuyck</p>	

Saint Francis of Assisi said: "Preach the Gospel and if necessary use words."



### Becoming Aware

Are you aware & do you make others aware or do you pass by thinking not my job?

This is a question we should all be asking, at work, at home, out with friends, even at church. Think about this: when we are at work we know what we are supposed to do & do it sometimes without even being asked to do so...at home we again might see something that needs to be done & without being asked we just do it. Be it washing dishes, take out trash or maybe even start the laundry. Maybe we set the table or set the food out, clean up afterward, or sweep the floor. If we can do these things at work or in our own homes, why can we not do the same for Gods house? Think about this: we go to church for Sundays but we also go for fun get togethers.

When we get to the church do we know how this function came to be or do we just get there & it's like magic, "BOOM" it appeared? If you want to know how things happen be aware, ask questions. After the fun stay & help. If you see something needs to be done ASK if you can help with that task instead of waiting to be asked.

If you want to help but aren't sure how just ASK. If you look around & find something needs doing, do it... if you aren't sure make someone aware. The church is a family & just like at home we all have small jobs that help with the bigger picture, at church each small thing we do helps with the bigger picture. *Le*



### God Misses You

People get so busy, I get it...life happens, what I don't understand is why things need to be done during Sunday church time....activities that take time away from spending time with God & your church family. What happened to the "old" times of we will do that after church? And then people are wondering about the state of the world. In my strong opinion, friends will understand if you say "we can meet up after church" & if not, another day/time. People miss church for their own reasons & I understand life happens, but in my opinion....don't continuously miss church & then wonder why you don't know what is going on when you do make it to church. And just a reminder,

God likes to spend time with his children on any day of the week no just on Sunday!!!! *Le*



### Making Church a Priority

Here's a question: why do you get up a go to work? Is it money, benefits, ect...?

Well if you can put that much effort into making sure you get to work every day, why is it that you put so little effort into going to church on Sunday? I mean think about this, you go to work and do your job because you get good benefits right?









Well going to church & spending time with God is also a job that you have to work at that gives you benefits. In my opinion if you can treat your job with such respect & make it that type of a priority & make it so important to you that if you lose that job it causes you concern for yourself & your life, should you not be having the same thoughts about church & church happenings? Make church important & a priority just like you do your job, time with friends, or family reunions. Just saying. *Le*



"When you go out into the woods, and you look at trees, you see all these different trees. And some of them are bent, and some of them are straight, and some of them are evergreens. And some of them are whatever. And you look at the tree and you allow it. You see why it is the way it is. You sort of understand that it didn't get enough light, and so it turned that way. And you don't get all emotional about it. You just allow it. You appreciate the tree. The minute you get near humans, you lose all that. And you are constantly saying 'You are too this, or I'm too this.' That judgment mind comes in.

And so I am going to practice turning people into trees.  
This means appreciating them just the way they are. *Ram Dass*

Accept that life can be difficult, and get on with making it the best it can be.

 <p>Thank you to the people who donated handmade Native craft items for the basket that was raffled at the Central States Synodical WELCA Convention. Central States Synod is our sister Synod. The Central States WELCA were thrilled to receive the basket. Thank to Kara Jecha for making this possible.</p>	 <p><b>Choices</b></p> <p>We often view life in terms of needs rather than choices. Seeing something as a need takes the focus away from the power of choice. This often leads to resentment and a feeling of being trapped, yet seeing it as a choice leads to a sense of empowerment. Most of the things we see as needs can be changed into choices by the way we think about them. Beyond your basic needs, almost all of our needs become a matter of choice.</p>
 <p>Joe Williams would like to thank the women of Living Waters for the beautiful handmade prayer blanket he received upon the death of his mother.</p>	 <p>Thank you to Allison Vann for delivering items for Living Waters Resource Center. We appreciate your continued support.</p>
 <p>Be that one. That one who forgives when deep offense has been committed. That one who loves when no one else does. That one who gives kindness to those who are mean. Be that one who looks past the insult, instead seeing the pain that motivated it. That one who shines light upon those who sit in utter darkness. Because the impact of being that one runs far and wide. It brings healing to the wounded, joy to the sad, and hope to those in despair. Be that one.</p>	<p>The way to make anything a dreary chore is to think of it as a dreary chore. The way to make anything fun is to decide you're going to have fun with it. Having fun allows you to be you, unburdened by worry, unencumbered by overthinking, free to wonder and learn and create. Fun provides a positive perspective, and that can shine a light on your best possibilities. Choose more often to have fun. Enjoy what you're doing to the point of delight, and you'll do it a whole lot better.</p>
 <p>Thank you to Gwen and Ben Bushyhead for donating 6 bushels of cooking apples to the pantry. Many were able to enjoy the bounty.</p>	 <p>Thank you to St. Mark's Lutheran, Mooresville for donating 5000 cups to the Living Waters pantry.</p>
 <p><b>Notice</b></p> <p>Those things you notice, combine together to form your view of the world, to influence the way you feel and speak and act. In those things you pass by without noticing, could be hiding a whole new set of positive thoughts, perspectives, and possibilities. You cannot notice everything. However, you can choose to lift your attention out of the rut into which it may have fallen. In this very same time, and place, and life, are countless joys and opportunities you've not yet noticed. Aren't you a little bit curious as to what they might be?</p>	<p>Don't allow disappointment in yourself to continue setting you up for even more disappointment. This is your moment to break the cycle, to change direction. The whole reason you're disappointed is because you know you can do better. Now is your chance to do better. Feel the disappointment, understand what caused it, then let it go. Free yourself to be more purposeful, more productive, more highly motivated. A quick, simple choice can transform the restrictive feeling of disappointment into the invigorating energy of action and fulfillment. Make that choice, get out from under the disappointment, and fulfill the great potential you know is yours.</p>



It is not always easy to get “excited” about doing outreach, especially when you have had a few very long days or weeks and you are tired and worn. God is aware of this, and for that reason he occasionally offers us exchanges meant to encourage us. That is exactly what happened to me not long ago. I was disheartened; and was gloomy knowing there was nothing I could do to change the situation. Members of my family have been sick and I was very tired and frustrated by things that had happened earlier in the day; incidents that are associated with being a director of a food pantry/resource center.

As I loaded my van late that afternoon with food boxes to be delivered to shut in’s, and those who cannot come to distribution my plan was simply to drop off the boxes and make a run for it. Quick and to the point.

No small talk, no visiting, no pleasantries, and definitely no promises to help anyone with anything. God had other plans. At the first stop as I was waiting for someone to meet me and pick up a box, I was sitting on a curb in the shade just enjoying the peace and quiet when a woman named Ceci walked directly over to me and said that a few minutes before I arrived, she was praying that God would send her someone to help feed her kids, “and then you pulled in and I saw all that food in your van and I knew God had sent you to me.” Ceci had run out of food stamps two days prior and had no way of feeding her children. Actually, Ceci had another option. She had done it in the past and she did not want to resort to it again. Ceci’s prayer was an appeal that God might intervene and that she might not have to prostitute herself as she had done in the past. As Ceci shared the graphic details of her situation, I could feel my heart wrenching. I assured her that as long as we were around, she would never have to do that to herself ever again. A quick text to tell another family that I would be dropping off their box the next day and I was able to give Ceci the food I was going to deliver to that family.

As I was telling her about our programs, I think God used this woman to speak to my discouraged heart. Maybe to assure me that the work that we do is making a difference and when I am discouraged, he is able!



For some it has been 9 years, others their first year volunteering at the Food Pantry. They work as a team—all have a passion to ensure the food is distributed with love.

Living Waters Food Pantry does not receive any tribal, federal, state, city or government funding of any kind. 100 % of the funds donated to the pantry is used to supply and stock the pantry with needed items. All people who work at the pantry are volunteers. It is only through the generosity of our ministry partners that we can continue to provide nutritional food resources. When we work together, donating, volunteering, feeding others we are working to create a better tomorrow for our neighbors in need. Some of our team members are professionals, others are retired, and many just make time to lend a hand. We could not do what we do without these dedicated, passionate people. They are never looking for recognition, and are often embarrassed when introduced to visiting groups extolling their labor of love. Our volunteers are a valued and essential component that makes possible serving thousands of people throughout the year. We honor and respect the generous contribution of their time and talents that make possible the distribution of food resources and other essentials to the many that are in need.

You may think that only the unemployed or homeless use food pantries, but that simply is not true. We are seeing increasing numbers of working families, commonly known as the working poor.. Senior citizens living on a Social Security income often have to choose between buying food or paying medical and utility bills. A layoff, an accident, a long-term illness, or other unexpected events can have a huge impact on a family already struggling to make ends meet. Seeing so many families in need, especially children, reminds all of us how easily our lives can take a turn for the worse without any notice. And when a family’s food budget is slashed, caring about nutrition drops down on the priority scale. It is very understandable that people who need to ask for food from a local food pantry can feel ashamed or embarrassed. This is why food pantry volunteers can make it easier. While volunteering, it is important to create an atmosphere of love and dignity, since most clients are low on that. Food pantry donations are essential of course, but moral support and encouragement are other much-needed gifts volunteers can give. I believe that one of the keys to our continued success is to maximize the amazing support and energy of our pantry network, and to invite all new partners to tour our facility to see firsthand what their support provides to the community.

Take full responsibility for you,  
before you allow yourself to even have an opinion on how anyone else should live.

### Someone Like You

It's easy to become discouraged when we pause to consider the needs all around us. So many worthy causes and pressing concerns require action. What can one person with limited resources accomplish?

Theodor Geisel (a.k.a. Dr. Seuss) said:

“Unless someone like you cares a whole awful lot, nothing is going to get better. It's not.”

We're most effective and fulfilled when we put our God-given talents and resources into areas he has uniquely shaped our hearts to be passionate for. Passion is the key. If you want to make a difference, find something you care a “whole awful lot” about and then dive in.

### You Must Choose

Not only are you able to choose. You must choose.

Though the possibilities may be unlimited, you cannot follow and fulfill them all. You have to have a clear concept of what's most important to you, and choose your priorities accordingly.

You cannot make progress by saying no to everything. But neither can you make progress by saying yes to everything, because you would simply be overwhelmed.

Choose, based on what's most meaningful, most enriching, most affirming. To do that, be honest with yourself about what matters, and then engage your courage to support it with the way you live.

How do you know if a particular choice is right for you?

It must be a choice for which you have authentic enthusiasm.

Don't miss the best opportunities by failing to choose, or by failing to narrow your choices.

Choose, based on authentic purpose, and give your best to all you choose.

### Impossible?

Often when something is considered impossible, it's the method that's deemed impossible, not the result.

And quite often, there's another, completely workable method that no one has thought of yet.

Imagine something impossible, and think of exactly what its benefit would be, if it were in fact possible.

Then ask yourself, is there another way to produce that same benefit?

The path to possible begins with the acknowledgment that there's more than just one path. Imagine the impossible, but don't let your imagination get stuck on just one version of it.

That's why so very many things that were once dismissed as impossible are now commonplace.

For each one, someone figured out a way to make it happen.

### First Day of Autumn

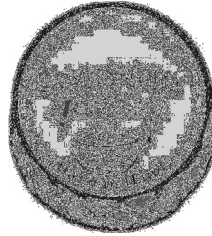
Society doesn't think highly of old age. Beauty products tout the supposed virtues of maintaining a youthful appearance. Older adults' wisdom, born of much life experience, is often disparaged, ignored or not sought. But

God says this about the righteous, whose lives are rooted in him: “In old age they still produce fruit; they are always green and full of sap, showing that the LORD is upright” (Psalm 92:14-15, NRSV).

The aging leaves of autumn can prompt us to look for beauty in the seniors among us, to notice the light and color that still abound. From all the fruit they still produce — service, prayer, love — may we learn about living faithfully until our own last days.

# September 2019

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1.</b> Worship Service 11:00 am	<b>2.</b> Labor Day	<b>3.</b>	<b>4.</b> Food Pantry 1-4 pm	<b>5.</b>	<b>6.</b>	<b>7.</b>
<b>8.</b> Worship Service 11:00 am Pastor Jack @ Grace Grandparent's Day	<b>9.</b>	<b>10.</b>	<b>11.</b>	<b>12.</b>	<b>13.</b>	<b>14.</b> Women's Group Mountain State Fair Meet at Roses @ 10am
<b>15.</b> Worship Service 11:00 am Potluck Council Meeting	<b>16.</b>	<b>17.</b>	<b>18.</b> Food Pantry 1-4 pm	<b>19.</b>	<b>20.</b> Women's Group Dollywood Outing	<b>21.</b>
<b>22.</b> Worship Service 11:00 am Pastor Jack @ St. Mark's	<b>23.</b> First Day of Fall	<b>24.</b>	<b>25.</b> Painting at Church 9:00 am	<b>26.</b>	<b>27.</b>	<b>28.</b>
<b>29.</b> Worship Service 11:00 am	<b>30.</b>					

People everywhere are eager for genuine human connection.  
Give it generously, without condition, or expectation, or hidden agenda.

Do you seek to help the world?

Then help the person right next to you by connecting, interacting, caring.  
Sure, you have to be careful, a bit wary, with a healthy measure of skepticism.  
Yet you can be all those things and still be genuine, kind, courteous and friendly.  
Yes, there are some people out to hustle you, take advantage of you, or worse.

Mostly, though, the people you encounter simply want to live their lives,  
solve their problems, and follow their dreams.

Make life a little less lonely, a little more meaningful, for those around you, and for yourself.

Each time you have the chance, make an honest, attentive connection,  
even if it's just for a moment or two.

Add brightness to life by giving your care and consideration to those  
who are living it along with you.

Extend yourself, your empathy, your understanding to others,  
and live in a more personable world.