

Living Waters News

August 2019

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Church Phone: 828-497-3730
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Peace be with you.
Greetings to all our brothers and sisters in Christ.

Growing up in a small town there was always an open door. From the earliest times, my mother would let me walk to friends/families houses and later as I got older ride my bike. I do not ever remember a time when I was not welcomed at a friend's house. Always with a warm hug and offered something to eat and drink.

A community of nurturing and acceptance.

Is Our Church Like Coming Home?

"Welcoming is how we show kindness, acceptance, and hospitality to everyone – guests and members alike. People catch glimpses of Christ through their encounters with us. In a nation that's becoming more unchurched all the time, we need to ensure that seekers encounter in us a Christ that they want to know better. Jesus called his followers 'friends.' Since we, too, are friends of Christ, we are also to be friends of one another.

Do your friends see you helping during worship service?

Do your friends see you attending Church on a regular basis?

Do your friends see you attending Church meetings and events?

Do your friends see you at Church any day other than a Sunday?

I challenge each of you as members of our church to look for ways you can make coming to Worship,

Events, Meetings or Work Days like coming home where "Everyone" belongs!

It is with joy then that we gather in the Lord's house to express our love and reverence to God.

And it is with joy that we welcome all who come to praise our Creator.

Writing to the church at Rome, St. Paul mentions how close Christian should be to one another. "we, who are many, are one body in Christ, and individually we are members one of another" (Romans 12:5, NRSV) Welcome, the, to "the body of Christ, the family of God."

Thanks be to God. Amen
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

This day is a fresh new occasion, so bring a refreshed, enthusiastic version of you to it.

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|  <h3>Women's Group Officers</h3> <p>Dorine George – President Le Russell – Vice President Josephine Teesateskie – Treasurer Lisa Russell – Secretary For more information please contact Any women's group member.</p> |  <h3>Women's Group Committees</h3> <p>Member Support – Leslie Costello Donations - Lisa Russell Communication – Le Russell Kitchen Overseer – Patty Frederick Clean Up Overseer – Yvonne Swan Holiday Flowers – Dean Reed</p> |
|  <h3>Friendly Reminders</h3> <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 text are reminders of upcoming meetings, events and prayer requests at Living Waters.</p> |  <h3>Save the Date.</h3> <p>Living Waters Annual Church Picnic will be August 3rd in Robbinsville at the Santeetlah Lake.</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.</p> |  <p>Thank you to the group from Our Saviour's Lutheran Church, Burbank, IL for helping to update and organize our hymnals.</p> |
|  <p>Have you noticed something around the church that may need our attention or repair? Please let Lisa know.</p> |  <p>Pastor Jack would like to thank everyone for his new clergy shirt to recognize his birthday and the anniversary of his ordination.</p> |
|  <p>Cherokee Central School Starts August 8th. Please watch out for our kids when you are on the road.</p> |  <p>Swain County Schools start back August 19th. Please watch out for our kids when you are driving.</p> |
|  <h3>Mark Your Calendar</h3> <p>Living Waters will be Celebrating with the Headley family after service on Sunday August 11th. Congratulations to "R3" on his recent honoring of Eagle Scout, his birthday and the finalizing of his forever family. The Headley family has requested that all of our youth and families plan to stay to celebrate with them.</p> |  <p>Living Waters Women's Group will be having a craft class on August 10th at 10:00 am. The project of the day is a Holiday Ornament. Please plan to attend. If you would like more information please see Dorine or Debra. Bring your own lunch.</p> |
|  <p>The Women will be preparing food on August 10th after the craft class for the Celebration on August 11th. If you can stay and help please let Lisa know.</p> | <p>Just because something is wrong in your life, or many things are wrong, doesn't mean everything is wrong. What you must do is, one by one, fix the problems.</p> |

Do something with each moment that endures beyond the moment.

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|  <p>Living Waters Food Pantry August 7th & 21st Current wish list at the food pantry is: Ravioli, canned meat, Cereal Shampoo, Deodorant, trash bags, Laundry Soap, dish soap</p> |  <p>Living Waters Clothes Closet Ministry Current Needs: Linens, Women's Dresses, Maternity Clothing. Men's Clothing, shoes.</p> |
|  <p>Living Waters Pantry is in need of at least two new coolers to help keep food cool on distribution days. If you are planning to dispose of a larger cooler please consider donating it to Living Waters Pantry.</p> |  <p>Thank You to Rick, Le, George and Pastor Jack for all their hard work to knock down the tall weeds on the upper parking lot and the upper driveway. We really appreciate your willingness to help keep our grounds looking good.</p> |
|  <p>Thank you to Grace Lutheran Church Youth Group (and others) from Hendersonville, NC for helping at July 24th food distribution. Thank you to Pastor Jack and Bob for the mini Cultural Immersion upstairs while the group was having lunch.</p> |  <p>Thank You to Our Saviour's Lutheran Church, Burbank, IL for helping repair the back deck, steps from lower parking lot and numerous repackaging projects while they were visiting with us. We appreciate all you have done to help us at Living Waters.</p> |
|  <p>SCHOOL SUPPLIES The women will be helping sort and prepare School Supplies after the craft class on August 11th. If you can help, please let Lisa know.</p> |  <p>Thank you to John Davis for repairing the door at the back of the pantry. We appreciate John's willingness to come to our rescue on short notice.</p> |
|  <p>We will be hosting a group from Holy Trinity Lutheran Church, Hickory, NC August 21st. This group will be helping with Food distribution.</p> |  <p>Thank You to Pastor Jack for putting up the new church sign at the bottom lot on Goose Creek and Locust Road. If you haven't seen it - Check it out –</p> |
|  <p>Fellowship time and Potluck with Holy Communion Lutheran Church, Banner Elk, NC after Service August 25th. Please plan to stay and bring a dish to pass.</p> |  <p>Holy Communion Lutheran Church, Banner Elk will be here on July 23rd & 24th to help with some construction projects. If you are able to be here on either of these days to help please plan to come. For more information please see Lisa.</p> |
|  <p>F & D CLOTHING Donation</p> <p>Thank You to Sunday Mico from Amazing Grace Granite Falls, NC for coordinating 2 deliveries of food and clothing for the Food Pantry.</p> | <p>Notice something different today, something you usually ignore. Notice something new today, something that sparks a fresh insight, a feeling of enrichment.</p> |

You have important work to do, valuable contributions to make.
Give yourself every reason, every opportunity to get it done.

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|  <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>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 a couple 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>Some have commented that particular occasions have not been mentioned in the newsletter. If you would like to have information included in the newsletter you are invited to join the newsletter team, write an article to be included or submit information you would like to be included.</p> |
|  <p>Recently there was mention that some would like to learn Cherokee hymns that could be sung as special music on Sundays. If you are interested and Committed to coming to practice and would like to learn Cherokee hymns please see Lisa.</p> |  <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>What do you wish to achieve? Achievement happens when you show up and do the work. You don't need to stumble upon a clever hack. You don't have to hope for a lucky break. What to do, is show up and do the work. Do the work, day in and day out, with the commitment to make a difference. It doesn't have to be perfect. What it has to be is done, again and again, for as long as necessary. The essence, the heart of achievement arises from putting your heart into the achievement. Show up, reliably, enthusiastically, and do the work. You don't need to be the world's most gifted genius, yet your achievements can radiate pure genius. Just show up and do the work.</p> | <p>Do you wish other people were more kind, generous, understanding, and tolerant? Then encourage them to be with your own actions and attitude The potential for goodness still is very much alive. It lives in you and in all the other people like you. Put into action, in your own life, the goodness you wish to see in the world. Not only can your offering of kindness improve your own outlook, it will inspire even more kindness in others. Goodness is a choice available for each person to make in each moment. Choose what's right, what's good, in matters large and small, and by so doing you encourage others to choose goodness as well.</p> |
| <p>Momentary comfort is a poor substitute for lasting fulfillment. Choose always the path that leads to fulfillment.</p> | |

If you can lay one brick, you can build a tower.

Those People

I would like to prefix this story by admitting that I am very protective of people that I love and care about. Having said that; this story is about something that happened recently when a visitor came to tour our food pantry. While explaining how our pantry works and that the people who come are able to make choices of food that they know their families would like and eat. This person was looking at the food choices we had available to offer at the next distribution. As she was looking she noticed we had gluten-free products, rice pasta, artichoke hearts packed in seasoned oil, Sun dried tomatoes and quinoa among other things.

She commented “why do you have items like this? Those people won’t know what to do with this type of food.

They don’t eat food like this. I mean really, artichoke hearts, quinoa.”

Oh No~ She Did NOT just say that to me!!! “Those People!” Did I hear that correctly? Surely I was mistaken.

Those People

I wanted to tell her the story a lady told me of her first time visiting the food pantry. I’d driven over here many times, trying to work up the courage to pull into the parking lot. I’d whisper “I can’t” and keep driving, home to the barren refrigerator and the “Old Mother Hubbard” cupboards. Until desperation overshadowed my pride. Once I got past the hardest part, which is walking through the door, being at the food pantry was not at all like I imagined it to be. Sure, there’s the heat on your cheeks as you fill out the paperwork. But when you are desperate to take care of your family you get used to having hot cheeks. I soon felt so welcomed and the people were so friendly and nice to me. I quickly learned that available food is hit-or-miss. Earlier in the day there are more choices with really good things. Macaroni and Cheese, Canned Vegetables, Canned Meats, Pasta, Marinara sauce. Fresh vegetables. Whole chickens, Beef and Pork in the freezer. Cheese, Milk, Bread.

Those People

I wanted to tell her the story of a young woman who came to our pantry for the first time and was concerned because she only had \$20.00 left after paying her household expenses to purchase food to last her family of 4 for the whole month. She was wondering if I could let her borrow some money so she would be able to purchase more food from our pantry. Explaining to her that she would not be expected to pay for any food she would be receiving from us that day and she could come receive food again in 2 weeks.

We then continued to talk about other ways we might be able to help her family get back on their feet. We helped her sign up for SNAP, got her information to help her enroll her children in the Backpack program and discussed possible employment opportunities for her.

As she left the pantry that day she came to find me and gave me a BIG hug. She said she had already called about the job opportunity and had an interview 2 days later. She said the \$20 would give her enough gas money to be able to go to the interview and “if” she got it would get her through until her first pay check.
(update, she called me after the interview and she did indeed get the job)

Those People

I wanted to grab that woman and throw her out of our pantry on her hind end. I wanted to shake some sense into her pompous self-righteous privileged self. However, I took a step back, took a deep breath and replied, “You don’t know a thing about how it feels to walk into one of ‘those’ places and be one of ‘those’ people. You’ve never looked at your kids and had to hide your tears because you had no idea how you were going to feed them. You have no idea how hard ‘those’ people try to survive each day. You have no idea what it is like to wonder if you have enough gas to get home after you leave one of ‘those’ places. And by the way, I like artichoke hearts.” To which she replied, “Well, yes, of course. You’re not one of those people.”
Oh, if she only knew.

Go where you'll be compelled to learn, to improve, to innovate, to endure.

When the situation demands that you must, you will.

Extended Family



For many Native cultures, family is much more than those persons related by birth. Some cultures have specific times in the maturing process when young people "adopt" elders outside their families. It is not unusual for a Native person to speak of having a grandmother, sister, brother, daughter, grandson, etc., who is not a blood relative, but rather has been included into the extended family. The relationship is the same. It is not unusual for Native children to be reared by grandparents, uncles, aunts, cousins, or close friend so the family. This is often the "normal" family structure within a Native community. Many Native cultures have no word for "orphan." In some, the word for any male elder is "grandfather"; for any female elder, "grandmother." The tribal structures of extended family prevent jealousy, abandonment, and emotional trauma. There is always family.

The church itself affords the opportunities to develop relationships of caring outside the birth family unit. Imagine how different the church would be if every child considered elders 'grandparents, every middle-aged adult looked on children as sons or daughter, and every elder felt that younger people are their families. The church has the opportunity to be the place of reconnection. The church has the opportunity to say, "I'll be around. You can trust me to be there for you. "I'll be your family."



When You Visit Our Community

While you are in our community take time to get to know some of the people, especially the Elders. Ask them to tell about the history of their people and people who once lived here. Listen with your mouth closed and your ears open. Listening to people reveals an attitude of respect. For Native people, listening is important and essential skill because they are a people of oral traditions. It is a quality born of humility and patience. One does not presume to know, but one listens and learns. As the Elders say, "The Creator gave us two ears, but only one mouth."

Elders play a vital role in the community. They are respected for their contribution of the Native Societies.

They are the unseen leaders of the Native communities, and to pay respect to an Elder shows that you respect the leadership and authority of the community.

This says far more than any words you may say to the leaders of the community. If you can involve the people in your discussions ask them their opinions and listen to what they say.

This demonstrates honor for the values, culture and traditions of the Native people and community.

Your greatest contribution can be made when you go back home. Share your experiences and make others aware of the struggles of the Native communities. Support church and public measures that seek to improve the economic, education, social and political status of Native peoples.

Come with an attitude of respect; listen and learn with an open heart and mind.
And, remember to pray for us.

Praying for Change

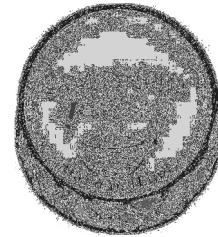
We pray for change, we hope for a change, but we wait impatiently. Is God not hearing us? We asked. Where is the answer? If our prayers were suddenly answered, would we be ready? Or would we look behind us for the familiar things, the people, the habits, and the routine? If we were instantly healed, instantly prospered, instantly sought after and loved, then what would we do? Attention, compassion and self-pity are sometimes more important than having everything changed for the better. The fear of being without something to keep us working with the same burdens, dealing with familiar pain, can stop us from knowing what it is to be free and well. If we envision life without a particular problem we can turn our minds to real change and have it happen.

If we can see change, receive it, and know the joy, then gratitude and thanksgiving sets it in place.

Joyce Higler

August 2019

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|-------------------------------------|---------|--|---|--------------------------------------|--|
| | | | | 1. | 2. | 3. Annual Church Picnic Santeetlah Lake 10 am |
| 4. | 5. | 6. | 7. Food Pantry 1-4 pm | 8. Cherokee Schools Start St. Mark's LC group | 9. | 10. Women's Group Craft Day 10am And work day |
| 11. Worship Service 11 am Headley Family Celebration | 12. | 13. | 14. | 15. | 16. | 17. |
| 18. | 19. Swain County School Start | 20. | 21. Food Pantry 1-4 pm Holy Trinity Lutheran group | 22. | 23. Holy Communion LC work day | 24. Holy Communion LC work day |
| 25. Worship Service 11 am Potluck after service | 26. | 27. | 28. | 29. | 30. | 31. |

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.