

*Living Waters News*  
*July 2023*

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Peace be with you.

Greetings to all our brothers and sisters in Christ.

Having just celebrated Independence Day, we move into the church year of the time after Pentecost. We also move into the summer period of our calendar year, a time when school is out and summer vacations are on our minds. We pray that during the summer months, we continue to worship on a regular basis, whether it is in our own church setting, or in visiting other congregations where we vacation.

Our summer here at Living Waters brings church groups who do work projects around our ministry. Living out their call to do mission work, but also to hear and experience the culture here on the Eastern Band of Cherokees homeland. It is a learning experience for many because of the stereotyping of years past and present. The congregation enjoys meeting new friends and appreciates the work that these groups do. Our worship service is different because we incorporate Cherokee culture before our liturgical Lutheran worship begins, such as singing a Cherokee morning song, praying in the seven directions; and then during our service we sing at times in our Native Cherokee language. Quite different style of worship, but our visitors leave knowing that we are indeed a Christ-centered mission ministry.

Everyone who reads these written words today, I ask of you, pray for this small mission congregation of Living Waters, pray that the mission of Christ may be carried out, lived out; so that this ministry may thrive, grow, and continue to be a vital part of the community of Cherokee, North Carolina. Elsewhere in this news-letter you can read what's happening at this ministry, and so we invite you to come and see for yourselves. We are truly blessed by the Creator, who sustains us, keeps us, provides us with all the blessings one could pray for.

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](mailto:prjack@frontier.com)

You must be willing to consider evidence that contradicts Your beliefs,  
and admit the possibility that You may be wrong.



### Secret Sisters!

For all the ladies who have signed up to be a Secret Sister please remember to see Jo Jo about the items your sister may like. Again this year we remind everyone to try and do at least one small gesture every month to encourage your secret sister.



Thank you to Le, Dorine, Debra and Lisa for preparing the meals for the groups that have come for Cultural Immersion.

Thank you to Hugh Lambert, Michelle Hicks, Pastor Jack, Bob Reed and Dean Reed for sharing about Cherokee Culture, Demonstrating Arts and Discussions about Christianity and Native Spirituality.



Check us out On Facebook  
**Living Waters Cherokee NC**

Thank you to Iann for volunteering to help with the Administration duties for this page.

**Living Waters Newsletter by Email**

If you or someone you know would like to receive the Living Waters Monthly Newsletter by Email

please email your name and address too:  
[lwnewsletter@ymail.com](mailto:lwnewsletter@ymail.com)



Thank you to Joe, Shadow and Glenda for helping Lisa gather items quickly to send with Nana Pat to a shelter in Kentucky that is focusing on helping mothers get out of violent relationships. This shelter is designed to help these mothers return to the work force and become self-sufficient.

We would like to thank all those who helped with this project on such short notice. You are all awesome.

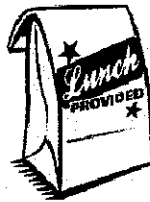


### TEXT Reminder

If you would like to receive a Text Message reminder of happenings at Living Waters please make sure that Lisa or Le has a current cell phone number for you.

Text messages are sent out to those who have requested it reminding them of meetings, potlucks, and other events happening at Living Waters so they participate in ALL areas of ministry.

Thank you to Le for sending the text reminders.



If you have kids in need of breakfast and lunch this summer, simply text "FOOD" to 304-304 and you will receive a message with the closest location where they can get free summer meals.

There is no paperwork to fill out, no income requirement to meet. Children must be 18 and under.

This is part of the  
USDA Summer Food Service Program.



We would like to welcome Griggs and Gracie to the family of Living Waters. Griggs and Gracie were baptized in May.

Griggs and Gracie are the children of Tiffany Conner and Nick Durant.

Thank you to John and Debra Davis for the delivery of items for the resource center. We

*thank you*

appreciate all you do for the ministry at Living Waters.








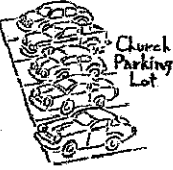






Our Christian Sympathy to the family of Jimmie Braswell.

Jimmie was a member of Holy Communion LC in Banner Elk, NC.



Thank you to the youth group from St. Lukes, Lexington, NC for helping repack items for distribution, painting, shoveling and many other tasks they helped with while visiting with us. We appreciate all your hard work.

Energy gives you a solid connection to the value of what has been and to the potential of all that can be.

 <p>Thank you to Good Shepherd Lutheran Church, Brevard for delivering items for the walkers bags. We appreciate all you do to help with this ministry.</p>	 <p>Thank you to Sunday and Stella for collecting items and David for delivering the items for the resource Center. We appreciate your support.</p>
 <p><b>Living Waters Food Pantry</b> July 5<sup>th</sup> &amp; 6<sup>th</sup> 19<sup>th</sup> &amp; 20<sup>th</sup></p> <p>If you or your organization would like to have a food drive for LW food Pantry please contacts Lisa or Pastor Jack. If you would like to contribute financially to the Living Waters Food Pantry please designate your check in the memo line to Food Pantry.</p>	 <p><b>Current wish list of the Food Pantry and Resource Center</b></p> <p>Canned Meat, Vienna Sausage, Hamburger Helper, Cereal, Kool Aid, Gatorade.</p> <p>Dish Soap, Laundry Soap, Deoderant, Face Soap, Toothpaste, Shampoo, Children's clothing</p>
 <p><b>Church Council meeting July 16<sup>th</sup></b> If you plan to stay please bring a dish to pass.</p>	 <p>It is finally finished. Thank you to everyone who helped with the new parking lot and driveway going around the building.</p>
 <p>Each year we have youth groups contact us about helping with distribution or working in the pantry/resource center. We are both honored and humbled to be able to host these young people who come to not only learn about the food pantry/resource center but also to acutally get their hands dirty and help with many different areas of the pantry. If your youth group (any age) would like to come and be a part of helping with a distribution or preparing items to be distributed please contact Lisa to set up a date. We would love to have your group come and join us.</p>	 <p>The pantry/resource Center at Living Waters has many moving and working parts. We could not do what we do without the help of many people, groups, churches and volunteers. We are grateful for those who have come to help, those who have held food drives, those who have donated items, those who have sent monetary donations and those who have done physical labor to help. It is because of the many, many people who are connected to the ministry of the food pantry that we have been able to keep up with the increased numbers of families we continue to see. Thank you to everyone who continues to make this possible.</p>
 <p>Thank you to Bugs for replacing the rotten boards on the back deck. We appreciate your hard work.</p>	 <p>Thank you to the group from Grace Lutheran, Hendersonville for painting the pantry hallway and staining the picnic tables under the shelter. We appreciate all your hard work.</p>
 <p>Thank you to the youth group (and adults) from St. Andrew's LC, Hickory for helping with distribution June 8<sup>th</sup>. We appreciate all your help.</p>	 <p>Thank you to those who helped purchase items, prepare the goody bags and hand out items for Mother's Day and Father's Day.</p>

To find joy in work is to discover the fountain of youth.



Thank you to Allison for donating prom dresses to the resource center that were then given to the Tim Tebow "night to Shine" program. This program is a "prom" for special needs adults.



Thank you to Yvonne B for donating craft supplies for the Methodist Children's Home. We appreciate your help and the young adults are putting the supplies to great use as part of their programs.

**We Love  
Our  
VOLUNTEERS**

The best teams are made up of a bunch of nobodies who love everybody and serve anybody and don't care about becoming somebody.

Living Waters Food Pantry has the most awesome volunteers!!!

Never once did Jesus scan the room for the best example of holy living and send that person to tell others about Him. He always sent stumblers and sinners. I find that comforting.

Nadia Weber

People  
Reaching  
People



I recently received this note from a lady who I was working with to help with some legal and health issues. I wanted to share it with you because I think it has a great message that so many others can identify with. This message came at just the right time when I was feeling very discouraged concerning some situations at work, church, home and life in general. ----

You are the brave one who marches to your own beat, never afraid to stand out and be different. It's been a little harder for you because people don't always understand you. You've been poked at, laughed at and even put down because you choose to be unique and not stay in the box others have tried to put you in.

You never wavered and stayed true to who you are and what you want, believe and fight for.

It hasn't been the easiest journey, but you refused to compromise who you are... And that's simply amazing. The world needs more of you and your fire. People willing to stand up and be heard, able to speak up and be heard. Strong enough to fight for what you want and what's right.

We never remember the ones who followed the crowd, but we'll never forget you and your defiant beauty in making your own way. You're one of the rebels, the nonconformists and the innovators. You pave the way for the rest of us to realize it's okay to be comfortable in our own skin, to be proudly unique and be genuinely honest. You inspire us to see that there is greatness in all of us, if we have the courage to work for it.

Maybe your journey has been full of heartache and lonely at times. But I'm here to tell you, don't ever change.

You are an absolutely beautiful soul with a fierce spirit, big heart and strong will.

You can't be defeated because you'll never be the one to give up or step aside.

Keep fighting to make the world better, your voice to be heard and your dreams realized.

We all need you there--- out front, leading the way to change and showing us how to evolve.

So, when things get tough and live tries to bring you down, keep doing what you do ---

Shining brightly, fighting bravely and loving passionately.

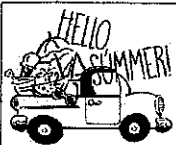
You help us to see that anything is possible if you truly believe.

We love you - Y

I long to accomplish a great and noble task, but it is my chief duty to accomplish humble tasks as though they were great and noble. The world is moved along not only by the mighty shoves of its heroes but also by the aggregated of the tiny pushes of each honest worker. Helen Keller

Impossible is just a big word thrown around by small men who find it easier to live in a world they've been given than to explore the power they have to change it. Impossible is not a fact. It's an opinion. Impossible is not a declaration it's a dare. Impossible is potential. Impossible is temporary. Impossible is nothing. Muhammed Ali

The most human thing we can do is comfort the afflicted and afflict the comfortable.



Don't use summer as an excuse to skip church! By gathering in corporate worship, we obey God's command, become equipped for Christian living, and minister to our fellow pilgrims.

Consider these tips for engaging in corporate worship.

First, show up — in person if you can. Examine your heart and your motivation for attending church.

Lift up your eyes from earthly matters to focus on God.

Come prepared. Do you need to confess anything or remove any hindrance? As you worship, consider how each part of the service displays the gospel: greeting, singing, confessing, reading Scripture, hearing Bible-based teaching, praying, giving and communing.

Be careful not to compartmentalize corporate worship as separate from the rest of life. Instead, consider how you'll carry the experience into the coming week. Come ready to receive; then let that overflow fuel you for the days ahead. Come prepared to participate, knowing that worshiping together is a rehearsal for heaven.

But most importantly? Just come.



"I wasn't worried. I knew you would come."

Those were the words my child said to me recently. Normally, I try really hard to always be on time and even a bit early. Unfortunately this particular day things kept interrupting my schedule and I lost track of time as another person called to request help.

I knew I had to leave at a certain time in order to be there on time, I knew about how long it would take to drive there. This day things kept changing and my schedule kept being changed.

Sometimes it is really easy to dismiss our impact as moms, as parents. We look at the really big stuff as the important and yet, that gift of being there and them not worrying- is priceless.

Sometimes it is really easy to think we aren't doing enough of to overlook the simple things which really are the giant things. She didn't worry! That is the gift.

She knew that even if I couldn't make it, if I got tied up with business I would have taken care of it and had someone there for her. I would have solved the problem. I am there for her. And that is the gift.

When she came out she just smiled. Don't ever dismiss the gift of letting them not worry.

I try to show up for all my kids. Sometimes it is not perfect. Sometimes it is messy.

Sometimes it is not the easiest. Sometimes it is frustrating.

Sometimes it feels like it doesn't matter. But I am there.

In fact I have not a shadow of a doubt that my kids, no matter what, would say,

"My mom was not perfect, but she was there." And that is priceless.

In 2022, people set some amazing Guinness World Records. A Nebraska man paddled more than 37 miles in a hollowed-out pumpkin boat. A Vermont teen wearing 4-inch heels walked more than 600 feet across a tightrope. And an Oregon man found and alphabetized all 26 letters in a can of alphabet soup in 2 minutes and 8.6 seconds. (The toughest part, he says, is distinguishing subtle differences between letters such as M and W.)

Your talents might not earn you any world records, but they certainly can grow faith and change lives. Whether you're good at teaching, singing, writing, cooking or accounting, the church can put those skills to productive use. Romans 12 lists many more qualities you may not realize are spiritual gifts: graciousness, serving, generosity, acts of mercy, loving and honoring others, extending hospitality, rejoicing and weeping with people, making peace.

You might not be able to outperform the alphabet soup record. But God abundantly blesses each of us to "outdo one another in showing honor" (Romans 12:10, ESV) and in sharing his love.

In any moment of decision the best thing you can do is the right thing,  
the next best thing is the wrong thing, and the worst thing you can do is nothing.



I could walk a mile in your shoes, but I already know they are just as uncomfortable as mine. Let's walk next to each other instead.

Different situations, mutual pain. It's impossible to measure what is unmeasurable, so why bother? The goal isn't to outdo the misery – the goal is appreciation, empathy, and common humanness. The irony of side-by-side commiseration is it often turns to a lighter, gentler vibe. The problems may or may not be solved, but they often seem less heavy walking next to each other and the miles pass like time – and even if the shoe doesn't fit properly, with the presence of mind, we hardly notice our laces are undone.



A person called me "intense". This is not the first time someone has called me intense, but this time it bothered me. I have been called intense as well as many other things and it usually doesn't bother me. And most times they don't necessarily mean it in a bad way. And they are right. There's no question that I'm intense, so I am not going to deny that. But what I Really Am is passionate. And because people have forgotten how to look out for each other in a genuinely caring way, because most have forgotten how to be real, honest and passionate, they don't know what to do with PASSION. And so they call it intense. After a bit of thought, I hope I stay "intense." I hope I never stop caring about other people.



## NATIVE-AMERICAN MINISTRY

The history of the ribbon skirt is complex and diverse, shaped by cross-cultural interactions and historically significant events. The modern ribbon skirt can be traced back to the woolen broadcloth skirts worn by Euro-American women in the 1800's. Indigenous women then transformed these skirts by adding their own designs, such as intricately embroidered floral patterns and brightly colored ribbon trim.

The resulting ribbon skirts became a symbol of Indigenous resistance and a way for women to express their cultural identity and pride.

A Ribbon Skirt can be as simple as a piece of clothing, or as Sacred as a piece of regalia used only for Ceremony. It can be an expression of womanhood and strength, of remembrance of the Missing and Murdered, a symbol of defiance and protection of natural resources against corporate powers, or a representation of the journey of those who are reclaiming their identities through traditional practices. Ribbon Skirts are a symbol of resilience, survival and identity, but their meaning changes with each person who wears one and each person who shares their history.

According to some Elder teachings, ribbon skirts are worn as a symbol of the sacredness of women as life bearers. They also serve as a way to honor the values taught around the home fire and symbolizes the cyclical nature of life; and when your skirt touches the ground, it connects you to the earth. The Grandmothers who have come before us and paved the way for our journey as women are also honored through the wearing of these skirts. As we journey through life, our choices and actions in the present moment have the power to impact future generations, a fact that our skirts remind us of.

Today, ribbon skirts remain an important part of Indigenous culture and can be seen at powwows, Ceremonial events, and everyday wear.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1.
2. Worship Service 11 am Communion	3.	4. Independence Day	5. Pantry Distribution	6. Pantry Distribution	7.	8.
9. Worship Service 11 am Mt. Pisgah youth group	10.	11. Smokey Mt Conference Pastor's Meeting	12.	13. Pastor Jack's Birthday	14.	15.
16. Worship Service 11 am Council Meeting Communion	17.	18.	19. Pantry Distribution	20. Pantry Distribution St. Mark's LC	21.	22.
23. Worship Service 11 am	24.	25.	26.	27.	28.	29.
30. Worship Service 11 am	31.					

Would you like to be doing what you love right now, or at any time?

The only thing necessary for doing what you love is to love what you do.

But how can you love an activity that is frustrating, inconvenient, tedious, or downright miserable? You remind yourself that love is always yours to choose.

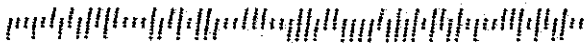
You can love yourself, the people around you, the opportunities available to you, the interesting things you can learn, and so much more.

It is by giving love that you experience love, and nothing can stop you from doing so. Even when people are constantly being rude, you can love the chance to strengthen your patience. When you're cold, tired, hungry, and confused, you can imagine and love the endurance of all the past and present people who have had it even worse.

Giving your love requires nothing other than the intention to do so.

At any time, in any place, it's a choice you can make.

When you love what you do it improves what you do, and improves your outlook as well. Love what you do, whatever it is, and immediately reap the benefits that your love can bring.



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