

*Living Waters News*  
*February 2024*

P.O. Box 2230  
Cherokee, NC 28719  
**Pastor email: [prjack@frontier.com](mailto:prjack@frontier.com)**  
**Pastor Phone: 918-868-4166**



**Church:** [lwcherokee@frontier.com](mailto:lwcherokee@frontier.com)  
**Newsletter:** [lwnewsletter@ymail.com](mailto:lwnewsletter@ymail.com)  
**Pantry Phone:** 828-788-6455  
**Lisa Phone:** 918-868-4373

May the grace of God be with you all. Amen

Greetings to you in the name of our Lord and Savior, Jesus Christ.

We are coming into the Lenten season, where we begin our time of preparation for the most Holy of Holy days, the resurrection of our Savior, Jesus Christ, on Easter Sunday. We begin with Ash Wednesday, where the ashes of the cross remind us of our mortality, and we hear the spoken words of "From dust you came and to dust you shall return." The Lenten season is a time of repentance, reflection, and renewal in our faith life; a time to remember our humanness, that the mysteries that surround God is still foreign to us.

This is a time to practice spiritual discipline, relying on our relationship with God, and not our own selfishness to want to be God. We are assured that in our sinful ways, we must, not only confess our sins, but turn away from our sinful life. We believe that God is indeed a forgiving, merciful, full of grace and compassion God. The practice of "giving up" something for Lent is to be taken seriously, giving something up for Lent, and then resuming our old ways after Lent is over is not what Lent is all about. And that is where our spiritual discipline will assist us, prayerful consideration of turning away from our needs and looking to the needs of others.

In our time of reflection, let us remember all the saints that have gone before us, let us remember our teaching of faith, remember our calling as baptized members of the one body of Christ. Reaching out to our communities, volunteering when possible, visiting our sick and shut-ins, feeding the hungry, be in fellowship with others of our Christian faith, live our faith life every day and not just on Sundays. If we can accomplish that, then truly we shall see a time of renewal within ourselves, a time to rejoice, knowing that our God of grace and love will be pleased. Take the Lenten season seriously, prepare yourselves for the feast that is to come, our Lord took it upon himself to bring salvation to this sinful world, rejoice and be glad in it. Amen

In the love of Christ.

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)

Every time you come within the vicinity of someone else, you have the chance to make a difference.



Church Council meeting  
February 11<sup>th</sup>  
If you plan to stay for the potluck  
please bring a dish to pass.



**NOTICE**  
If you are mailing anything to  
Living Waters please use  
P.O. Box 2230  
Cherokee, NC 28719



**BUDGET  
PLANNING** Church Budget Meeting  
February 11<sup>th</sup>



Thank you to Lisa, Debra, Le, X, Zhy  
Guy and Devy for taking down the  
Christmas Decorations.



Please continue to save your plastic  
containers. Examples are: cool whip, butter,  
fast food containers, etc. We appreciate those  
who have donated containers to  
Living Waters.



The Women of Living Waters will meet  
on February 25<sup>th</sup> for our monthly  
meeting. Please plan to stay and help  
us plan for upcoming opportunities in  
ministry.



Ash Wednesday Service  
6pm on February 14<sup>th</sup>.

Please plan to join us for the Beginning of Lent.



We will be having Soup and  
Sandwiches on Wednesday nights  
during the Lenten season. Please sign  
up on the sign up sheet located on the  
bulleting board to bring either soup or sandwiches for  
at least one of the Lenten Meals.



You may begin bringing Easter Lilies to place on the  
altar for persons you would like to honor during the  
Easter Season.  
Please write down who you are honoring on the  
notebook beside the altar.



We would like to thank Le and Granny Nubs and all  
those who helped clean, decorate and  
prepare food for Devy and X's  
wedding and reception.  
The wedding and decorations  
were beautiful.



Congratulations to  
Devy George and Xavier Armachain  
on their marriage January 13<sup>th</sup>.



Thank you to all the ladies who stayed for the  
January Women's group meeting to  
plan ministry projects for the  
upcoming Easter Season. We  
appreciate all your help.



**CROSS OF ASHES** — On Ash Wednesday, as Lent begins, worshipers' foreheads are often  
marked with ashes in the sign of the cross. The ashes traditionally come from burning palm  
branches from the previous Palm Sunday. In the Old Testament, ashes were a sign of  
mourning and repentance. Today, some worshipers wipe off the ashes before leaving church,  
to symbolize being cleansed from sin by Jesus' death; others wear the ashes the rest of the day, carrying the  
cross of Christ into the world. Reciting Genesis 3:19 often accompanies the placement of ashes: "You are  
dust, and to dust you shall return."

Your call may not be to change anything in your life other than your perspective,



**Feeding the Hungry**  
As times become harder for families we are assisting more and more folks who need walker bags. We are making about 50 walker bags a week and sometimes we have to make more because we run out. Fortunately, we are able to provide enough items due to picking up salvageable foods from local stores. We are getting phone calls, texts and other communications from people who do not have transportation or other means to come to us to get help. So we have started dropping off walker bags on our way home to those who need our help. If you would like to help with this ministry please see Lisa.



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)



**Pantry Needs**  
A very Special Thank you to an anonymous donor who came to our rescue and brought us enough toilet paper to help us get through our last pantry distribution.



**ALL GOD'S CHILDREN**  
When you receive a phone call in panic asking if you can help – you help. We recently received that phone call from a young lady explaining that her household had just gone from 3 to 9 in one day. She had taken in 6 children and needed everything for them. We started gathering everything we could find that would be of help to her. In a matter of hours we had a pickup load of clothes, housewares, toys, beds, high chairs, a dresser, a bed, linens and other items. All this was possible because of our ministry partners and we appreciate all you do to help our community.



Thank you to Art Hicks for bringing us a firepit to help keep our outside workers warm during distribution. We appreciate Xavier for picking up and delivering the fire pit to us. It works fantastic!



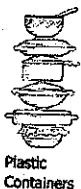
During the month of January the Resource Center supplied computers to 3 individuals. 2 to young people taking college classes, 1 to a elder so he can stay in touch with his family out of town.



**SPECIAL MUSIC**  
Thank you to Good Shepherd Lutheran Church, Brevard for donating a piano to Living Waters. We appreciate your willingness to have it delivered to us.



**EDITOR**  
Do you like to write, type on a computer, get involved? We are looking for someone or more than one person to help publish the Living Waters monthly newsletter. If you are interested in joining this exciting ministry please see Lisa for more information.



**Plastic Containers**  
Please continue to save your plastic containers. Examples are: cool whip, butter, fast food containers, etc. We appreciate those who have donated containers to Living Waters.

**GV-GE-YU-I**

That's how you say "I Love You" in Cherokee. But in Cherokee it means more than a simple I love You. The concept is much larger than that. It means "I care for you. I will keep you safe. I will go without food so that you can eat."

You cannot know all the answers. Yet you can have faith that the answers you seek do exist.



Living Waters Food Pantry  
February 1<sup>st</sup>  
14<sup>th</sup> & 15<sup>th</sup>  
28<sup>th</sup> & 29<sup>th</sup>

If you would be willing to have a food drive for LW food Pantry please contact 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.



Pantry wish list:

Granola bars, saltine crackers, Cereal, Cooking Oil, pop tarts, toilet paper, toothpaste, deoderant, bar soap.

Resource Center wish list:

Space heaters, pots-n-pans, childrens clothing, Large, XL, XXL adult clohting, crockpots, Household items.



If you have been wondering how you can be more involved in church, we have some oppourtunities for you to consider:

- Positions we are looking for help with –
- Someone to take trash off after events
- Someone to teach Sunday School
- Someone to oversee the Kitchen area
- Someone to oversee outside beautification projects
- Someone to oversee coffee and refreshments before/after service

If you would be interested in serving in any of these areas please see Pastor Jack or Lisa.



We are starting to collect items to go in the Sunday School Easter Baskets and eggs for our annual Easter Egg Hunt.

If you would like to donate items we are asking for:

Plastic Eggs, individual wrapped candy, small toys, color books, markers, bubbles, etc.

We are also collecting Easter Baskets to be filled.



We would like to thank the many people who help deliver food boxes to those who are shut in or have situations that prevent them from being able to come to the pantry on distribution days and get food. As times get harder we are delivering more and more food boxes. This is an awesome ministry and we appreciate all those who help with this outreach.



I find it interesting that when the discussion turns to helping people, there's always someone who takes the most ungenerous, contemptible stand toward others.

If by helping legitimately needy peope, I accidentally help some lazy people, so what? How is that worse than helping no one?



Staying open and vulnerable allows us to continue to give and receive.....  
A jar with a lid stuck on cannot be refilled nor can it share it's treasures with others.



Christ has no body now but yours. No hands, no feet on earth but yours. Yours are the eyes through which Christ looks compassion into the world. Yours are the feet with which Christ walks to do good. Yours are the hands with which Christ blesses the world  
Saint Teresa of Avila

On Valentine's Day, we remember that God is the source of all love in the world.  
His perfect love for us has made all human love possible.

Roughly half of Jesus' miracles were interruptions.  
He had a plan, He had a destination.  
But He was interruptible.  
I wonder how often we miss what God is doing  
because we hold too tightly to our own plans.



Thank you to the resource center for providing a large pot of soup for the Harm Reduction program during the extremely cold weather. Those who received it were very appreciative.



Thank you to those who helped hang coats, scarves and hats around town for those who may need them to keep them warm during the cold winter nights.



Starting over isn't really starting over because you're not the same person you were the last time you started.  
You're not starting over. You're taking with you lessons learned to apply to your next chapter.  
You're moving Forward.

On many occasions as groups and others have visited the church, resource center and pantry the question has come up (even after working with us most of the day) "so, who is the pastor's wife? I would like to meet her." Most times after someone points me out to the guest there is a look of confusion. Numerous times we have heard comments like "really" and "for real" and "you're kidding". These comments used to bother me a lot and I would try to figure out what was so shocking about them finding out "who" I am. What I usually find out is that I don't fit the typical stereotype of being a Pastor's wife. And I am so grateful that I don't. As I've gotten older, I've realized that if someone doesn't like me because I did something wrong, I will apologize and work to be better going forward. Always. I know sometimes I mess up and I know there are a million areas where I can improve. I do my best, but I have blind spots too and growth is my constant goal. However, if someone doesn't like me simply because I am being myself, I am just going to be more myself. If my happiness irritates them, I'm going to radiate more happiness. If my kindness was a source of annoyance for them, too bad, I'm going to turn the kindness up an extra notch. If the core of who I am is bothering them, if my personality is rubbing them wrong, then I'm just going to light myself on fire and burn brighter than before.  
I'll do a lot of things, but I'm past the point where I'm willing to change myself to be more palatable for everyone else. I want you to like me, but it's more important at this stage that I like myself. If someone has critiques or feedback about who I am, I've learned to pay attention to the heart behind their words. Are they giving me insight that will help me, push me forward or encourage me to improve? Are they specking truth with pure intentions or are they simply chipping away at my value and worth because I am not who they want me to be?  
I want to understand. I want to do better. I want to learn. I don't want to be standing in the same place tomorrow that I'm at today, but I want to grow into the best version of ME, not merely play a role just to make someone else more comfortable.

Military forces know that to win the war, they first have to win smaller battles. If your sole focus is a long-term goal or what your body should look like, you'll fail. Instead, find the value in the daily battles. It can be tough laying bricks, but a building doesn't stand unless each brick is in place. Believe you have what it takes to get the job done. Then, go do it.

A critical spirit can make us lose perspective, joy and even relationships. It also can prevent the good work God wants to achieve through us. Consider what could happen as a result of your own "criticalness fast." Pray for God to do the correcting while you focus on building up others.



There are many days when we have people hanging around the resource center just to keep them from being in places they should not be. Many times they will help us with tasks we are working on, sometimes they just want to talk and have their feelings validated. Whatever their reason for being there, we try hard to make them feel welcomed and encourage them to keep on the "good road". We laugh and engage them in tasks, conversations, etc. As with most days there is usually phone calls, text messages etc from people needing relief, agencies needing resources, emergency situations. During these times we are still trying to get items ready for the biweekly distribution so, it can get kind of hectic at times. As we call it "organized chaos."

One of the coolest comments that I've heard recently was from a ministry partner who came to hang out with us at the resource center. This person stated they just wanted to see what we do on days that we are not doing a full distribution. He stated that he wanted the "full effect" of how the pantry/resource center really worked. After hanging around for a couple hours and learning the demands of feeding close to 900 families a month, watching us change directions when the phone calls come in asking for help, watching the workers help each other in their areas of the pantry they oversee this person made the comment "it is really hard to tell who was there for help and who was there to help, he couldn't tell who was who because everybody was like a family... no one stood out either way. Everyone blended together, at times crying, laughing, hugging, and having a great time helping one another in a place saturated with love." This had to be the best compliment I have heard in a long while. To realize that there is no competition, no conflict among those who come to help, an abundant amount of love and encouragement among the workers and those who are just hanging out. To have someone point out that we are all ONE when it comes to showing God's Love to anyone who comes through our door. I will admit I was one proud "director" at that moment.

Proud of our crew, proud of our approach and proud that we at Living Waters welcome everyone with the same love and respect.

The word Lent comes from Middle English and German words for springtime. In light of the start of baseball season, some people call the pre-Easter season "spring training for Christians." This fresh perspective moves away from the flawed understanding that Lent must be somber, or that giving something up for Lent is punishment for sin or a way to earn God's favor.

As people of faith, we should never take a season off. But every so often — at least once a year! — we do well to examine where we need to get back in shape spiritually. Perhaps we will indeed opt to give something up: that swearing habit, sleeping in on Sundays, or the cost of a weekly treat so we can donate the money instead. Or maybe we'll take on something new for Lent: a Bible study, prayer routine or service project.

Hebrews describes spiritual discipline as challenging in the moment but yielding righteousness later.

The writer urges us, "Lift your drooping hands and strengthen your weak knees ... so that what is lame may not be put out of joint but rather be healed" (12:11-13, ESV).

May the spring training of Lent strengthen and heal us all.

Forgiveness is great in theory, and it's a wonderful blessing to receive. But granting forgiveness can be another story. As C.S. Lewis said, "Everybody says forgiveness is a lovely idea until they have something to forgive." Likewise, forgiveness doesn't simply happen over time, as forgetting often does. Instead, it's "an act of volition," said Simon Wiesenthal, "and only the sufferer is qualified to make the decision."

Because forgiveness has many spiritual, emotional and even physical benefits, the secular world is taking notice. Colleges now offer classes about forgiveness skills and strategies. "You practically never hear sermons on forgiveness that are practical and give clear instructions on how to approach it," Professor Robert Enright tells the Washington Post. Graduate student Shyanne Sporrer says a forgiveness class helped her realize the danger of holding grudges. "Forgiving does not mean you are giving up power," she says. "On the contrary, when you forgive, you are the person who is in control. By forgiving, you can empower yourself to move forward from the anger and resentment to be a better version of yourself."

Start where you are, with what you have, with what you know.

# 40 days OF LENT

Why should we observe Lent? This 40-day season of repentance and reflection that begins on

Ash Wednesday has three important purposes.

Lent helps us STOP, LOOK and LISTEN.

We observe Lent because it tells us to STOP and rest awhile — and to stop sinning. Lent tells us to LOOK inward for an honest self-examination, to look upward to see the cross of Jesus with healing and love, and to look forward to the hope of the Resurrection. And we observe Lent because it tells us to LISTEN — to the voice of God, the words of Christ and the movement of the Holy Spirit.

STOP, LOOK and LISTEN! These commands that are so crucial for travel safety are also important for our journey through Lent.

In *Walking on Water*, Madeleine L'Engle writes: "We have to be braver than we think we can be, because God is constantly calling us to be more than we are, to see through plastic sham to living, breathing reality, and to break down our defenses of self-protection in order to be free to receive and give love." That sounds inspiring, but the moment I stumble, exhausted or overwhelmed, these words no longer encourage. Instead, they read like the work is mine *alone*, and I'm not up for that.

Knowing some of L'Engle's writings on faith, I researched that quote. Turns out it had been chopped off at the knees. Her next words are the key: "With God, even a rich man can enter the narrow gate to heaven." *With God*.

I can't respond to God's call to be more than I am, grow in faith, serve my neighbor or "enter the narrow gate to heaven" on my own. But "with God all things are possible" (Matthew 19:26), and whatever Jesus calls me to do, *he* will equip me to do, walking with me all the way.

Refuse to be pigeonholed into a pre-defined space. Live with authentic purpose, with intention. There's no value to be given or received by being the 50 millionth person to repeat what was never really compelling in the first place. Go your own way, live your unique purpose, with intention.

What's mass produced can be useful and easily accessible but won't ever be fulfilling. Mimicking the choices of others will never equal the satisfaction of following through on your own intentions. You deserve more than what's just handed to you. You can do better than the default choices that are made for you by others.

Do the work to discover and understand what matters most to you, what you can do with it, and what you can do about it all. Feel the power in whatever you love and care about, and transform that power into intentional, effective action.

Celebrate as you and your world reap the benefits of your intention. And be inspired to continue living intentionally.



Go to the trouble. Life is worth it.

Make the sacrifice, spend the time, put forth the effort.

Achieve the gains that are available for you to achieve.

Endure the pain, the inconvenience, the frustration, the perplexities. Enable your world to benefit from the rewards that flow out of discipline, focus, and boldness.

You already have it far easier than your ancestors.

Your task is not to make your life easier, but to make it meaningful.

The meaning you seek comes from honest engagement with people, places, forces, and circumstances.

Get on with it at every opportunity.

You're well equipped and well positioned to do it, to live it, to make this day more beautiful, meaningful and valuable than you found it. Go ahead, and go to the trouble.

Living Waters Food Pantry/Resource Center  
2023 Year End Report

Households Served 12,141  
Individuals Served 37,959

Pounds of Kid Packs Distributed 5,500	18,984.00 Pounds
Pounds of Donated Foods Distributed	26,263.91 Pounds
Pounds of Salvaged Food Distributed	16,224.78 Pounds
Pounds of Non-Food Items Distributed	27,386.10 Pounds
Pounds from MANNA Distributed	214,811.81 Pounds
Pounds of TEFAP Distributed	83,721.74 Pounds
Total Pounds Distributed	387,392.34 Pounds

Purchased From MANNA	\$19,254.51
Purchased From other sources	\$15,672.58
Delivery Charges	\$5,362.99
Maintenance	\$2,701.00
Christmas Store	\$5,533.53 (designated donations)
Total Expenses	\$48,524.61
Donations	\$ 46,510.05
Expenses	\$48,524.61
Difference	-\$2014.11

Swain Household 9881	Individuals 30,392
Jackson Household 2260	Individuals 7567
Total Household 12,141	Individuals 37,959

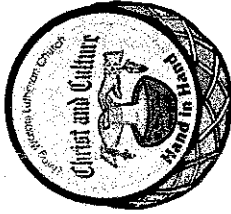
We served 136 families through the Christmas Store at a cost of \$5,533.53 for supplies. This averaged out to a cost of approx. \$40.69 cents per family served. Each family received about \$400.00 worth of items.

We have calculated a food box given at distribution if purchased would cost approx. \$650-\$750. Each household receives non-perishable foods, frozen foods/meats, fresh produce, refrigerated items, bread/bakery, hygiene, and could also include diapers, depends, cat or dog food. We also offer clothing and household items to those who come seeking relief. We have taken the expense of \$48,524.61 and turned it into \$31,541,9676.00 worth if items that were given to households in our community.

We served 12,141 households at a cost to us of \$3.51 per household



# February 2024



P.O. Box 2230  
 Cherokee, NC 28719  
 Pastor's Phone: 918-868-4166  
 Pastors Email: [prejack@frontier.com](mailto:prejack@frontier.com)

Church: [lwcherokee@frontier.com](mailto:lwcherokee@frontier.com)  
 Lisa Email: [lbrnc10@outlook.com](mailto:lbrnc10@outlook.com)  
 Lisa Phone: 918-868-4373  
 Pantry Phone: 828-788-6455

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1. Pantry Distribution	2.	3.
4. Worship Service 11 am Communion	5.	6.	7.	8.	9.	10.
11. Worship Service 11 am <b>Council/Budget Meeting</b>	12.	13.	14. Valentines Day Pantry Distribution Ash Wednesday	15. Pantry Distribution	16.	17.
18. Worship Service 11 am Communion	19.	20.	21. Soup & Sandwich 5:30 Lenton Service 6pm	22.	23.	24.
25. Worship Service 11 am Women's Group	26.	27.	28. Soup & Sandwich 5:30 Lenton Service 6pm Pantry Distribution	29. Pantry Distribution		

Live richly for the sake of doing it. Experience for yourself the highs and lows, the pains and pleasures, the wonders, joys, disappointments and satisfactions.

Embrace every opportunity to go, to learn, to see and hear and know and connect. Give courage and action to your curiosity and let it push you to new levels of participation.

Refuse to enslave yourself to what other people think. Set forth to fulfill the robust potential that lives within you, not to impress but to magnify life's richness.

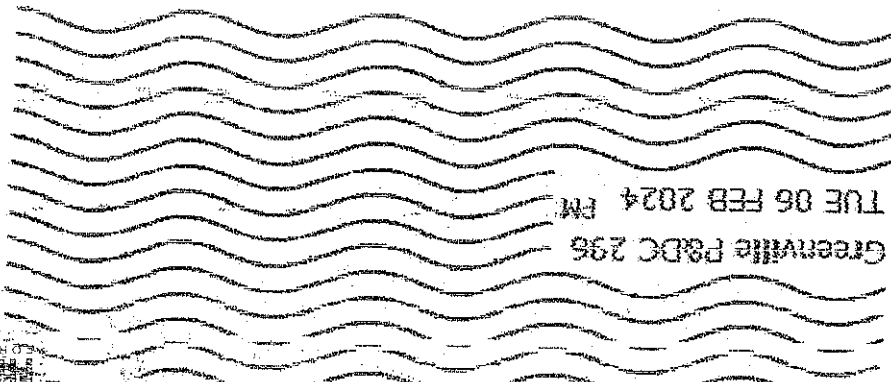
Respect your fears, listen to what they have to say, but don't let them prevent you from living fully. Treasure all you already know and always be eager to experience more.

Consider, evaluate, plan, and prepare, but don't stop there.

Put your ideas, your intentions, your dreams into living action.

Your life is a real and beautiful miracle, not just a concept. Feel the immense, unique value of you, and take an active role in fully bringing the richness to life.

St. Thomas Lutheran Church  
3800 East 3rd Street  
Bloomington, IN 47401



Greenville P&DC 296  
TUE 06 FEB 2024 PM

LWLC  
P.O. Box  
Cherokee, NC  
28719

