



Lifelines

Spring/Summer 2018

Building Lives, Growing Relationships, Imparting Hope



I have often wondered, "Why do I love mosaics?" Broken things put together to make something of order.....of color....of beauty. Creating order from chaos is what God has done with MY life and that is what Clear Waters Life Center is all about. All of us have experienced "brokenness"; at times feeling hopeless, without purpose, or that we don't belong or fit anywhere.

Our desire is that individuals of all ages, from volunteers to shoppers, youth to Senior Connection participants, Mustard Seed residents to the community as a whole, will find purpose and hope for the journey to a healthy, fulfilling life. As we gather together for different events and activities, we want a message of HOPE, that each of us is one of the many pieces that makes a beautiful picture and that God has a purpose for each of us.

There is a song called "Beautiful Things" by Gungor. The song describes my personal journey, our journey at Clear Waters Life Center, and maybe YOUR journey:

*I wonder if I'll ever find my way, I wonder if my life could really change at all
Could all that is lost ever be found, Could a garden come up from this ground at all
You make beautiful things, You make beautiful things out of the dust
You make beautiful things, You make beautiful things out of us
All around Hope is springing up from this old ground
Out of chaos life is being found in You
You make beautiful things, You make beautiful things out of the dust
You make beautiful things, You make beautiful things out of us.*

Beautiful things out of our lives - that is what God does and THAT is why I love mosaics. Come and walk through our buildings at CWLC • Clearbrook and Gonvick; you will see mosaics inside and out, and you will see individuals - all of us, pieces being made whole, inside and out. We welcome and value you - come and join us in making broken things beautiful! Become a part of the CWLC family.

Call us at 218-776-2789 to see how YOU can get involved, we have multiple volunteer opportunities where volunteers, like you, can use your skills and talents to make a difference.

Clear Waters Life Center is a faith-based community of people providing a place to impart hope and enrich the lives of individuals and families.

Senior Connection Adult Day Services

Hi, I'm Betty Merseith, and I'd love to tell you a bit about my adventures at Senior Connection in Clear Waters Life Center • Gonvick.

I heard about Senior Connection Adult Day Services from my nurse who suggested I try it out for therapy exercise, so I took her advice and signed up. The therapy improved my physical strength, but, oh my goodness, I was in for a whole lot more than that!



I was wheeled in and greeted with warm smiles, a cup of hot coffee, a snack, and friendly conversation. We always discuss the theme for the day which often includes interesting, educational, and entertaining slide shows or videos. Then we move on to chair exercises with stretching, weight lifting, ball throwing, and a ton of laughter, which we call **“internal aerobics”!** All that exercise works up quite an appetite, so we head for the dining room to enjoy delicious meals delivered by Meals on Wheels.



After lunch, we head back to our room for more talk, art projects, sing-a-longs, Bingo, Wheel of Fortune, and a large variety of other games. We even bake muffins and cookies sometimes. In the spring we help plant the community gardens and often head for the Grow It! Greenhouse & Garden Center to enjoy the beautiful flowers.

All this is loads of fun, but my favorite thing about Senior Connection is the friendly interaction and emotional support of the staff and everyone else who is involved in the many facets of the Clear Waters Life Center. It's like one big, loving family!



www.adulldayservicesgonvick.org

Senior Connection Adult Day Services

Open Monday - Wednesday - Friday

10:00 AM to 3:00 PM

Transportation Assistance Available

Cost may be covered by MA or long-term care insurance.

Private pay accepted. Subsidies available.

For more information visit our website: www.adulldayservicesgonvick.org

Grow It! Greenhouse & Garden Center CWLC•Gonvick



Basket Party

Saturday, March 31st
9:00 AM to 12:00 noon

(Instructions will be on-going as you arrive)

Cost of "basket" varies depending on your choice of plants and container.
We will supply a variety of container sizes ranging from \$10.00 to \$40.00.
Basket/planter will be cared for by us until picked up by May 12.

Basket supplies & instruction will also be available during the first week of April.
Please call ahead to confirm availability of assistance.

Grow It! Greenhouse & Garden Center, 226 Elm St., Gonvick
(Use Oak St. entrance.) 218-487-5290, Ext. 3

Creative Gardening Ideas

You can do it, or we can do it!



Grow It!

GREENHOUSE &
GARDEN CENTER

CWLC • Gonvick, 226 Elm Street

(Use Oak Street Entrance)

218-487-5290, Ext. 2

Opening April 2

Monday - Friday

9:00 AM to 4:00 PM

Saturday, 9:00 AM to 12:00 PM

Great selection of vegetable seeds from Farmers Seed.

A variety of seed potatoes and onion sets.

Wide variety of bedding and vegetable plants

Bare root strawberries and asparagus will be in stock through May.



Friday Night Out and Concerts at CWLC • Gonvick

New Dates

Friday Night Out

Dinners featuring ethnic cuisine - **Fridays 5:00 to 7:00 PM**

April 6 - Scandinavian cuisine & concert

May 4 - Mexican Fiesta

June 1 - Concert only, 7:00 PM

July 13 - Southern-style Picnic - Rodeo Days

August 1-5 - Join us at the Clearwater County Fair

September 7 - Concert only, 7:00 PM

September 28 - Celtic Dinner - Pumpkin Days

Suggested donation: \$15 for ages 12 and up

Experience Life, Activity—Community!

Imagine It! Wildwood Concert Series

Fridays at **7:00 PM**

Arna Rennan • April 6

Bringing Norwegian music and stories to life in her musical presentation.

Bill & Kate Isles • June 1

Known for their catchy melodies and memorable songs



Monroe Crossing

September 7

Bluegrass treatment of songs from the golden era of country music.

Tickets available at the door or by calling 218-776-2789.

\$10.00 - adults; \$5.00 - students, 12-17, Under 12 -Free

September concert tickets - \$20.- adults, \$10.00 - students 12-17

Youth Connection

Every Tuesday at about 3:30 the door to CWLC bursts open letting in a flood of chilly winter air and the hurrying feet of energetic youth. They traipse through the gym calling greetings to the gym volunteers and chattering among themselves. The hour and a half is over in a flash every week and sometimes I catch myself wondering, "Does this make a difference in their lives?" We can never really know the full impact that we have, but over the past five months I have observed some subtle, yet significant, changes.

At the beginning of the year our youth seemed shy of the adults. They conversed mostly among themselves, talking to adults in short sentences when directly addressed, but only occasionally voluntarily. Now they show up with friendly greetings, eager to share about their days.



Recently the grade barriers have started coming down as well. Where before the youth would clump together with others in their grade, now during snack time it is common for two or three grades to be represented at a single table with conversations and exchanges even traveling across tables to others in the room.

Youth are organizing themselves and inviting one another into games during free time; whereas earlier in the year, youth would stay on the edges and volunteers had to encourage and invite them into games, playing the role of gatherer to help them interact. Only occasionally do we see youth alone on the edges any more.

All of these subtle changes signal to me major changes in the hearts of our youth. They are starting to become confident that they belong – that they are invited and valued. They are starting to sense the atmosphere of community and value their relationships at Youth Connection. As their confidence grows they are starting to look outside themselves to offer community to those around them.

If you want become a part of the CWLC family and a financial supporter of one of our focus programs, please complete and mail to the address below or use the donate button on one of our websites or facebook pages. All donations are tax deductible.

Name _____

Address _____

City _____ State _____ Zip _____

Email address: _____

_____ I want to make a donation to **Mustard Seed Homes** of \$ _____.

_____ I want to make a donation to **Youth Connection** of \$ _____.

_____ I want to make a donation to **Senior Connection Adult Day Services** of \$ _____.

Return to: CWLC; 256 2nd Ave., SW; PO Box 155; Clearbrook, MN 56634

Mustard Seed Homes

Why did I look to Mustard Seed Homes, again?

In a recent interview with a returning resident the question was asked, "Why did you look to Mustard Seed Homes again?" These are his reasons and a few others:



This was the place where I felt whole for the first time in my life. I was on the path back to being the me I hate and dragging the ones that mean the most to me down with me. I was becoming my father, the one thing I vowed never to become, at least the bad things of him. I remembered how much I felt loved and heard that I wasn't judged for the things which I did in my past. I remembered feeling whole and wanted and a part of a family. I hoped that you, my spiritual family, would want me back and that you hadn't given up on me. I hoped for that feeling of wholeness. I hoped for grace. I decided to come back where I felt like I belonged. I did not want to just "sit time", but figure out what is wrong with me, for my sake and the ones I love. I am tired of hurting and of hurting the ones I love. I have found grace here. You may have been disappointed in my actions, but you still care and love me. You are not here to condemn me, but you actually have my best interest at heart. I have found an opportunity to become the best me.

We know God is the God of second chances. He knows how often we as individuals need to go around the mountain. He is always there to give us a course correction. He's always there to help us become a part of the family.

www.mustardseedhomes.org



Thank you for
letting us email
our newsletter to
you!