



Lifelines

Spring 2022

Building Lives, Growing Relationships, Imparting Hope

"Feeling like you are in the know, gives a sense of calm to the seeming chaos."

I recently received an email with the subject line "Peace of mind, secured." The next line said "Breathe easier knowing your financial info is safe." This email had to do with sending tax documentation and keeping it secure. But it struck a chord with me about "knowing" and peace.

There is just something about this current environment that leaves us all rather edgy. It was only through hearing statements like the ones above, that I was able to clearly identify just what was causing that chaotic feeling, not KNOWING. When you don't know the answers to your questions or the direction to turn, it can put us in an agitated state. When you don't know if you are safe you won't breathe easy.

We at Clear Waters Life Center, have endeavored to be a consistent place of calm in our community. You can count on a friendly face and a warm smile when you walk in the door. You can rest assured we will be on mission! The Youth Connection will continue to provide a safe place to learn, play, have healthy snacks and build character. Our Shop at The Top is entering its 17th year, the quality and low prices are only eclipsed by the hospitality one receives from the volunteers. Senior services are always just a phone call away. Transportation, housekeeping or snow removal, the receptionist is quick to help you. Our Gonvick facility is home to art studios, senior exercises and pickle ball. You can count on building your creative muscles, hand and eye coordination and relationships with likeminded peers.

1st John 5:13 "These things I have written to you who believe in the name of the Son of God, so that you may know that you have eternal life."

There is a confidence that comes from knowing. There is a hope that remains as a constant even when hopelessness surrounds us. It is our mission, here in this community, to be a faith-based community of people, providing a place to impart hope and enrich the lives of individuals and families! We are all about providing a place to experience the Prince of Peace through interactions with others who "know" and love Him and each other.

It is our desire for you to know a calm in the midst of chaos. His name is Jesus. Let's keep our eyes on Him and continue share hope with others around us as we traverse these uncertain times.

"Building Lives, Growing Relationships, Imparting Hope"

FRIDAY NIGHT OUT

at CWLC • Gonvick

First Friday of the month • Serving 5:00-7:00PM

Ethnic cuisine freshly prepared on site.

Suggested donation: \$15 for ages 12 and up

April 1 - Greek

May 6 - Mexican

June 3 - Build Your Own Burger

Create It Sessions

2nd MONDAY of the month

12:30 - 3:00 PM

Once a month, learn something new!

Beginner, Intermediate, and Advanced skills of all ages are welcome.

Felt Tree: April 11

Mosaic Copper Foil, Solder: May 9

Garden Art: June 13

Youth Connection

One of the best parts about running a youth program is seeing the growth and change in youth over time. This year I saw one of the fastest turnarounds I have seen in a youth with Sally. The first 3 weeks she came to Youth Connection she was quite the handful! She would deliberately pick fights with kids, call them terrible names, and threaten to hurt them. She also did not take correction well and would make excuses and get mouthy when confronted by an adult. Oh the peace we would enjoy when Sally couldn't come!

One week things came to a head and after Youth Connection I texted to all the volunteers to please spend some time praying for Sally. When she came back I was planning to talk to her and clearly lay out expectations and consequences to her and see which path she chose. Two weeks later she was back and a little different. Yes there was all the drama but instead of anger and defiance there were tears and brokenness. One of our volunteers spent most of the day with her in a quiet place encouraging her, showing her love, and letting her know there was a better path she could choose. Every week after that there was a little less drama and little more delight.

Today you can hardly recognize the same girl. Every once in a while we see a glimpse of the old Sally but usually what we see is a 5th grade girl who loves to be with us, who is much more friendly, who works to do her part to get along with others and who puts in effort to have a good attitude.

She even wrote an advertisement for Youth Connection a few weeks ago "Some kids sit at home alone and bored. George the Monkey [our mascot] says, 'Come to Youth Connection and have fun!'"

Sally is a constant reminder to me that prayer, patience, and loving connection are life changing.

Written By Charis Nordlund, Youth connection Director



A Family United, A Life Changed



Nearly 70 people spilled out of our Tuscany eating space into the coffee coup. A microphone battled miserably trying to capture each word so none would miss all the amazing affirmation being shared that Sunday afternoon. They had gathered in Gonvick at the Clear Waters Life Center to celebrate Casey's accomplishment. He had just completed the Mustard Seed Homes one year program. Family came from Moorhead and Ada. Counselors, case workers, pastors and friends from the surrounding communities all came to laud Casey and to help him see the incredible support system he had in place.

There are few things as encouraging as seeing a community come together for the sake of a few. MSH residents come from diverse backgrounds, communities, and heritage. They do often have a common

thread, brokenness. Broken relationships lead the list of things that men bring in with them when they walk through the door. Broken trust, broken commitments, broken vows and broken dreams. Sometimes it's a little overwhelming at the damage done. It reminds me of the nursery rhyme "Humpty Dumpty". This rhyme so tells the story of what the world has to offer, no hope for restoration. But we know the true King. And we know the promises of God, "with men this is impossible, but with God all things are possible!"

The most beautiful part of that Sunday afternoon, was when Casey's siblings shared. They all took a turn, stood and confessed with tears streaming down their faces how they had been robbed of their brother. They gave glory to God for bringing back the one who was lost. They thanked us profusely for restoring their brother, their family and their hope. What a joy to see the family embrace each other and weeping tears of gladness. The King does restore! He does put things back together, different, but beautiful. All the King's horses, and all the King's men join together for the cause of a broken few. And by His Spirit He restores the brokenhearted.



If you want to 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 page. 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 Services** of \$ _____.

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

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

Why Community Engagement?

Our mission at CWLC is to provide a place to impart hope and enrich the lives of individuals and families, and it drives each decision that is made. We endeavor to enrich the lives of residents of our communities by providing positive, healthy ways to engage whether that is hosting our Friday Night Out dinners or the food booth at the county fair, participating in community events, offering art classes and indoor exercise opportunities, or providing endless opportunities to volunteer the talents and skills that God has given them.

Why Volunteer? You make a positive difference! You get a chance to give back.

*The benefits of volunteering are significant to your community, your family, and you. Volunteering connects you to others, increases happiness, and strengthens the community. One of the better-known benefits of volunteering is the impact on the community as volunteers are often the glue that holds a community together. Volunteering allows you to connect to your community and makes it a better place. Even helping out with the smallest tasks can make a real difference. Dedication your time as a volunteer also helps you make new friends, expand your network, and boost your social connections.
(BMC Public Health and National Institute of Mental Health)*

Volunteer opportunities: We have lots of opportunities in a variety of areas: Youth Connection (after-school program), drivers for seniors and Mustard Seed residents, Shop-at-the-Top (thrift store), Grow It! Greenhouse & Garden Center, carpentry/ building projects, cooking and serving at Friday Night Out or the fair food booth. We would LOVE to help you connect and find the right fit for you!



Changes

We are excited to have a growing Leadership Team! This April we welcome Bruce Emmel to our Senior Team as the Operations Leader. You may have seen him around as he has already started integrating into his role. Here is more about Bruce:



My name is Bruce Emmel. I live on Clearwater Lake, with my wife, Audrey of 37 years. We have 2 adult children who are both married with a total of 6 grandchildren and 1 on the way. For the last 2 ½ years, Audrey and I have welcomed into our home, Clara Albrecht who is like a daughter to us.

In Psalm 139:7-11, David wrote; "I can never escape from your Spirit! I can never get away from your presence! If I go up to heaven, you are there; if I go down to the grave, you are there. If I ride the wings of the morning, if I dwell by the farthest oceans, even there your hand will guide me, and your strength will support me."

Having been raised locally in a Christian family and exposed to the gospel from my earliest days, I placed my faith in Christ at an early age. Closing in on 63 years of age, there are many mile markers in the rearview mirror. However, long story short, most of my life I didn't pursue a deep relationship with God, yet I

know God did guide me and His strength supported me.

Starting out in Gonvick, my family moved in the middle of my 8th grade to Clearbrook and I graduated in 1977. On graduation day, I remember thinking, "I hate this place and never want to come back". After leaving Clearbrook, I spent some time in Aviation, working short stints as an aircraft mechanic and crop dusting. I met my wife at Oak Hills Bible College when I had this dream of being a missionary pilot. Audrey and I did do some church planting work in Canada, but returned to Oak Hills when I started working for Mesaba/Northwest Airlines. We moved back to Clearbrook and for 16 years I was the airline station manager in Bemidji. This position introduced me to the corporate world, taught me much about working with people and more importantly God used that time in my life to transform me for what he had planned for me next.

In 2006 Audrey was working as a Personal Care Assistant. Her client encouraged me to start a home care company. We prayed about it and we dedicated it to the Lord. With the help of a lot of God-sent people and the grace of God, we started Home at Heart Care. Little did I know that God had plans to turn a small vision into a home care agency that has served thousands of elderly and disabled clients in Northwest Minnesota. Ironically God also had plans for our main office to be in the elementary portion of the old Clearbrook School. By that time however, God had changed my heart and I loved being there. God blessed Home at Heart to be like a city on a hill, as Christ talked about in Matthew 5:14-16, a company made to pursue God's praise and glory. But after 14 plus years, I sensed it was time for me to transition out of Home at Heart and leave it in the hands of younger people. At the time I had no idea what that future held for me, but I know that God guided me and his strength supported me. I needed that confidence in his guidance and strength, as the same week that I signed papers to retire, I felt a lump on my neck that would prove to be cancerous. Yet, God again showed up. To date I am doing well. Praise God!

Last month I was asked to join Clear Waters Life Center senior team part-time as an Operations Leader. Simply put, it is a position created to primarily assist the program and business managers in establishing operating plans and goals and working with them to achieve those goals. That said, having known the leadership of Clear Waters Life Center and admired them for many years, I'm not sure that I can bring anything to the table, in and of myself. But my confidence in God is great! He has taught me much about following his leading and leaning on his strength. I also know that he has and is equipping me for what lies ahead. I truly appreciate the Senior's team support as I learn the different operations of Clear Waters Life Center and I begin to work with you all. Clear Waters Life Center is also blessed to be that city on a hill for the praise and honor of God. I'm excited to be a part. Thank you!

In Christ, Bruce Emmel



Grow It!

GREENHOUSE & GARDEN CENTER

CWLC • Gonvick, 226 Elm Street

(Use Oak Street Entrance) 218-487-5290, Ext. 2
www.clearwaterslife.org/grow-it

Opens Friday April 1st

Monday - Friday 9:00 AM to 4:00 PM
Saturday, 9:00 AM to 12:00 PM

The Clear Waters Life Center is a faith-based non profit 501 (c) 3 corporation governed by a board of directors from various occupations and denominational affiliations.