



Lifelines

Summer 2022

Building Lives, Growing Relationships, Imparting Hope

"Why do you do all that you do?"

'Why do you do all that you do?' We hear this question often. 'CWLC has far too many programs and businesses.' others might say. So should we be swayed by these questions or should we hear them and examine ourselves to ensure we are doing what we are called to do? We believe the latter. It is healthy to question now and then what you are doing and why you are doing it. So let's break it down.

Why do we have an afterschool program? Firstly, we see youth with a need for afterschool programming in a safe environment, where they can feel like they belong, with healthy activities, food, and mentor relationships to encourage them. Secondly, we see our ability to meet that need. We believe in Youth Connection and we believe in the staff and volunteers that facilitate that program!

Why do we have a men's residential treatment program? We do not need to look very far away to see the effect on our culture caused by sidelined men. They often lack purpose. They have broken relationships and are caught up in self-centered lifestyles. They need someone to come alongside to mentor and guide. They need a safe place to be restored to health: physically, mentally and emotionally. Mustard Seed Homes is an amazing men's program! We have the facility and the incredible staff and volunteers to make a difference in the lives of these men. We believe in Mustard Seed Homes!

Why do we have a senior services program? The population in our rural county is aging. The number of those over 60 is rapidly on the rise. Transportation to appointments is an ever growing need. Many seniors still have homes and a desire to stay in those homes. We have the ability to come alongside and help with home making and outdoor chore services for those who are no longer able to keep up alone. We have been able to receive some grants and wonderful donations to fund this programming. We have wonderful drivers and home care workers. The Mustard Seed Men love to help with the chores. We believe in Senior Services!

Why do we have businesses? In a county such as ours funding of our programs is limited. Vocational training opportunities are limited. Quality volunteer opportunities are limited. We have found Shop at the Top, Restore It furniture shop, and Grow It Greenhouse and Garden Center have numerous ways and time periods that a person can plug in as a volunteer. The Mustard Seed men work at all of our businesses and receive job skills and mentoring through these vocations. But the real blessing of these businesses is the strengthening of our communities. Convenient locations and affordable prices keep our customers coming back, which in turn supports our programs. We believe in our businesses!

Why do we do all of the art programming, cooking events, exercise programs, counseling services and support groups? Because all of these bring health and healing to individuals of all ages. We love to see a healthy vibrant community! Life and activity are a fruitful sign that God is blessing the services of Clear Waters Life Center. We hope you find a place you can be involved. We believe in all that we do because we believe in you!!

Darien Northup, Executive Director

Youth Connection

We are looking for volunteers!

If you love connecting with kids we need you. For our upcoming program we are in need of 3 volunteers for each day (Tuesday and Wednesday). We are especially looking for male volunteers. In addition we need kitchen help. If you love to cook and see smiling faces from our youth, please consider volunteering your time!

Contact Charis Nordlund at charis@clearwaterslife.org to get more information.

To help keep this program running, you can also donate to the Youth Connection program. It costs **\$550 per youth for 3rd to 5th grade programming** and **\$800 per youth for 6th to 12th grade for the year.**

Donate online at www.clearwaterslife.org/donate or send your donation to our CWLC Clearbrook office.



If you want to become a financial supporter of one of our focus programs, please complete and mail this form 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, PO Box 155, Clearbrook, MN 56634

Art Workshop Coming To Gonvick

Summer weekends are precious and few, but sometimes once in a lifetime opportunities come along that you just can't resist. Clear Waters Life Center (CWLC) is the recipient of a grant from the Minnesota State Arts Board, and you are the beneficiary! Friday and Saturday, August 19 & 20, CWLC's Create It! Art Studios in Gonvick will be offering a fabulous workshop which will host seven artist-instructors and their unique art mediums.

Each of the hands-on workshops will walk you through the steps to create your own piece to take home.

It starts Friday at 1:00 PM when you will be able to choose from one of four art offerings:

- » Acrylic Painting with Nikki Shull
- » Wire Wrapping Jewelry with Robin Cunningham
- » Paper Making with LeAnne Walberg
- » Needle Felting with Karen Stormo

You are invited to stay for the evening when Clear Waters Life Center will have its monthly Friday Night Out with Brick Oven Pizza, 5:00 PM until pizzas are gone, and Raku Firing with Dave Hudson from 7:00-8:30 PM with s'mores and hot chocolate.

Saturday starts with light breakfast at 8:30 AM followed by your choice of:

- » Paper Quilling with Nikki Shull
- » Wire Wrapping Jewelry (second offering)
- » Basket Weaving, Part I, with Eve Sumsky*
- » Wool Feather Trees (Felt Trees), Part I, with Rilla Nelson*

*Please note that Basket Weaving and Wool Feather Trees (felt trees) will take up two sessions, Saturday morning and Saturday afternoon.

Lunch will be provided, 12:00-1:00 PM.

Saturday afternoon will also offer Paper Quilling and Minne-Murals™ Coloring Posters with Cindy Kolling.

Registration is required and attendance at some sessions is limited, so register early. You can register on-line at www.clearwaterslife.org or by calling 218-776-2789. Cost is \$25 per person and this is for ages 16+.

FRIDAY NIGHT OUT

Brick Oven Pizza Night!

at CWLC • Gonvick

Serving 5:00PM until we run out • Family Friendly

We are raising \$40K for our Gonvick roof. Your donations help us meet this goal!

**August 18
September 23**



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.

Water Color: August 8
Portland Cement: September 12
Sign Painting: October 10

Changes

We are excited to be growing!



Welcome to Treven Quade as our Mustard Seed Homes Intern. He has been here before, in the MSH program, graduating in August 2020. We are excited to see how he will help move our program forward!

MSH has been a launching pad for Treven and has equipped him to be successful.

Rural MN is where he comes from but after graduating MSH he moved to Kentucky and started working as Assistant Director at a men's drug rehabilitation center.

He has a heart to help those who, like him, have struggled with addiction and need a fresh start.

Treven is excited to partner with the leadership of MSH as they were a huge part of his transformation and of so many others.

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.