



Lifelines

Spring 2019

Building Lives, Growing Relationships, Imparting Hope

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. Dedicating 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) Senior Connection Adult Day Services, 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 (Becky, Darien, Sherry or Brenda) would LOVE to help you connect and find the right fit for you!

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

March 1 - German

April 5 - Mexican

May 3 - French

June 7 - Southern Fried Chicken

Art Classes For Adults

MONDAYS \$5.00 per session
1:00 - 2:30 PM and 6:30 - 8:00 PM

Beginning Crochet: March 4, 11, 18, & 25

Jewelry Making: April 1 & 8

Fiber Art: April 15, 22, & 29

Drawing Portraits: May 6, 13, & 20
(One three-hour class 1:00 - 4:00 PM)

Pottery: June 3, 10, 17, & 24

Welding: August 5, 12, 19, & 26

Youth Connection

As you may be able to surmise from our name, here at Youth Connection we value connection – relational connection. We believe in the power of healthy relationships and the experience of being surrounded by people who believe in you. Why are healthy relationships so powerful? There are innumerable reasons, but here are three I often think about:

Relationships communicate value.

When we develop relationships with our youth we are saying, “You are important. You are worth spending time with.”

Relationships are how youth learn about relationships.

If we respond to our youth in kindness and show genuine interest in them they learn how to do the same for others around them.

Relationships build trust, and trust opens the door for learning.

We want our youth to be able to learn so many things – how much God loves them, the power of their words, how to have patience with others, how to play fair, the importance of honesty, how to live with integrity, and so much more!

It thrills my heart to see relationships happening at Youth Connection. Sometimes it looks like one of our young girls spending twenty minutes talking with one of volunteers about what’s going on in her life. Sometimes it’s our youth making cards to give to our volunteer that had to be gone one week – wanting to let her know they missed her. I’ve had youth share why they were having a hard day and been able to pray for them. Sometimes our youth are even comfortable enough to share things about their lives with the whole group as we talk all together about one of our values.

This is why we do what we do. This is why our volunteers show up week after week. Because we believe relationships have the power to change lives.



Fairy Garden Family Connection Fun

Saturday, May 11th

9:00 - 11:00 AM

CWLC-Gonvick

FREE event including breakfast.

Senior Connection Adult Day Services

Clear Waters Life Center • Gonvick
226 Elm St.
Gonvick, MN 56644
218-487-5290, Ext. 1

HOURS
10:00 AM to 3:00 PM
Monday, Wednesday, & Friday
Closed on national holidays.
www.adultdayservicesgonvick.org



Neurologists say Dementia should be called ‘failure of the brain’ because the other names are nebulous and do not show the severity of the disease to most people. As the patient’s brain slowly dies, they change physically, lose the ability to speak, and the caregivers are often in shock, and exhausted. Patients will end up bedridden, unable to move, and unable to eat or drink. But it is the different phases beforehand that are just as painful. The day they suddenly forget how to dress themselves, and become confused or combative when you try to fix the clothing they’ve put on backwards. When they repeatedly ask where their life-long mate is or where their children are while looking straight at them. When they are confused, angry, or frightened, it is because they are still partially aware of who they were, yet are that person no longer. It is a terribly sad story that is playing out across our nation – every **66 seconds**, someone in the United States develops Alzheimer’s disease, and globally, 44 million people have Alzheimer’s or a related dementia.

We at Senior Connection want to be available to help you by bringing connection and joy, and providing a safe place to spend part of a day so you, the care giver, can have respite. The journey at times can be long.

Participants receive lunch and snacks, a structured exercise program, assistance with personal care needs, and a variety of engaging activities that stimulate brain activity. In addition to these benefits, CWLC•Gonvick is a bustling place with lots of family-friendly activities. There is year-around access to art studios, the gymnasium, furniture shop, and the seasonal garden center with community gardens.

If you know a caregiver that could use respite, encourage them to come with their loved one for a free-day visit and see how we can help.



*Priceless moments at
Senior Connection!*

After we were done with a
sing-a-long a participant
proclaimed “That was fun!!!”



Role of a Father

Commitment, responsibility, identity, confidence, and contentment are just a handful of the many traits passed down from our fathers. So what kind of struggles do we face when we have not been given the opportunities to receive them? I wonder if the young man who can't seem to get victory over anxiety missed the consistent provision of that male role model? And whose father didn't challenge him to take a risk and jump into his strong, waiting hands? And what is his last name? Who does he look like? From whom did his aptitude and athletic ability come? Where does he belong? These questions are readily answered when bio-mom and bio-dad are both in the picture.

I didn't do it! It's not my mess! I don't know! We all hear these statements when we question our youngsters, but what if that little boy inside is 35 years old on the outside? And finally, how can I learn to stick with the job or stick with the relationship even when it gets hard? How can I learn to be a man of my word, when dad was not a man of his word?

I know there are a lot of single-parent mothers who are doing an amazing job! There are many grandparents stepping in to do what they can to fill the gap. But, there are still a lot of boys and girls missing out on the stability of a nuclear family.

So what is our responsibility to each man who enters Mustard Seed Homes? We try to model all of these traits to the best of our ability. We also recognize that the most important thing we can do is introduce them to the One who created them for such a time as this. Jesus lets His little ones know that they don't have to worry about anything, "Your father knows what you have need of." Walk with Jesus but a little while, and you come to know He will strengthen you for whatever situation in which you might find yourself. "I can do all things through Christ who strengthens me!" And "To as many as received him, to them he gave the right to become children of God." Not just children but heirs.

Taking responsibility is pivotal in our healing, our cleansing, and our growth. "If we confess our sins, he is faithful and just to forgive our sins and cleanse us from any unrighteousness". Our Father is a father who keeps His word. "He is the author and the finisher;" He is committed to us. "I am with you always". "I will never leave you nor forsake you."

What an amazing Father Who so willingly receives all who come to Him and pours His Spirit of adoption into their hearts. If God is for these ones, who can stand against them? Our role is really to provide the opportunity for them to get to know the perfect Father. He is transforming them into His image with His traits! We are blessed to have a front row seat and watch it happen!

A new venture is on the horizon!



Mustard Seed Homes is a one year transitional residential program with a strong vocational training element. We have quite a few training opportunities with our various businesses, building restoration, and maintenance; however, we recognize we need a more comprehensive training for the building trades. Our desire is to help the men in the program learn skills to carry with them as they reintegrate into society.

That said, our new venture is to build an affordable house at our Gonvick site which will be sold and moved. The training plan would include class room education and prep followed by hands-on building with qualified

professionals. Our hope is to retain professionals at each level of building to instruct and guide our Mustard Seed Homes residents through the process from design and reading blueprints through each aspect of building to preparation for sale and moving. Future elements could include site prep, concrete work, and landscaping.

We currently have some of the needed licensed contractors willing to train and guide our residents through the process. We are working on securing \$40,000 to cover material and training costs and to establish partnerships with suppliers who may be able to offer discounts and/or donated materials. The prospect of selling the house would enable us to continue the process. Pray for us as we gather the needed trainers and supplies. If YOU are interested in any aspect of this venture talk to Darien Northup.

With this focused training residents will be able to make an educated decision whether or not to pursue these trades for long-term employment. We are excited about taking this next step as are our current residents. We are confident residents who complete this program will receive hope and encouragement to break the cycle of hopelessness due to addictions and homelessness.



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 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

Basket Parties

**Saturdays, March 30th
& April 6th**

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.

Regular hours start April 1st!

**Grow It! Greenhouse & Garden Center,
226 Elm St., Gonvick**

(Use Oak St. entrance.) 218-487-5290, Ext. 3

Party time!