


Shepherd of the Hills

Lutheran Church

Water of Life

Special
Edition:



Joined into one family through the waters of baptism....

Why Water?

Why spend all this time and energy on water? Well, there are some really good health and environmental issues that are worth our time and attention, some of which are addressed and discussed in part in this Special Edition: Water. The fact that the bodies we are living in and alongside every day are primarily made of the stuff certainly elevates the importance of water as well. The overall well-being and balance of the world around us, including ourselves, and our role as participants in and stewards of God's creation as well as our own bodies is the very core of the life of stewardship we are called by God to live.

In addition to these things is the remarkably significant place water has in our faith. From the very beginning when the presence of God moved across the face of the deep, dark waters, (Genesis 1) to the end with the river of life flowing from the throne of God (Revelation 22), our scriptures are filled to the brim with water. As water is poured into the font for our baptismal rite, we hear this prayer:

“We give you thanks, for in the beginning your Spirit moved over the waters and you created heaven and earth. By the gift of water you nourish and sustain all living things. By the waters of the flood you condemned the wicked and saved those whom you had chosen, Noah and his family. You led Israel by the pillar of cloud and fire through the sea, out of slavery into the freedom of the Promised Land. In the waters of the Jordan your son was baptized by John and anointed with the Spirit. By the baptism of his own death and resurrection, your beloved Son has set us free from the bondage to sin and death and has opened the way to the joy and freedom of everlasting life. He made water a sign of the kingdom and of cleansing

and rebirth. In obedience to his command we make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit. Pour out your Holy Spirit so that those who are here baptized may be given new life. Wash away the sin of all those who are cleansed by this water and bring them forth as inheritors of your glorious kingdom.” LBW pg 122

Water Facts: The total amount of water on the earth is approximately 326 million cubic miles of water.

This is called the Flood Prayer and in it we are reminded of just a few of the many times we encounter water in the bible. It is notable that we are baptized, made a part of the people of God and receive the Holy Spirit, with water.; not by special flashes of lightening or magical incantations and dances or walking on hot coals or leaping off cliffs. No, God needs none of that. Instead God uses the most prolific, ordinary, common substance on the planet. The stuff we drink, bathe in, swim in, sprinkle on our lawns and swirl our clothes in. The stuff that makes up our tears and the whole wide ocean and every ancient glacier. The force



that can wipe away houses, wear down rock and earth so effectively that its prehistoric pathways can be seen from space. One of the deadliest, softest, most flexible, healing, ever present and desperately needed substances in all of creation: water. God takes this substance and with his Word transforms it into something so powerful it connects us to Jesus, both his death and his resurrection, and connects us to every other baptized person

around the world and across time. Sprinkled or dipped, dunked or immersed or submerged, we are one family through those waters.

So, why water? Well, because God chose water; because God chose us and chooses water as one of the primary ways God uses to get to us.

Water Facts: A 10 meter rise in sea levels due to melting glaciers would flood 25% of the US population.

God's peace—Pastor Rosemary

Water touches all aspects of life. Without reliable sources of water, farmers can't grow crops to sell or to feed their families.

Women and children must often travel miles each day to collect water, taking precious time from work and school. And **dirty drinking water is a constant threat** to people coping with poverty and disaster.

When communities have the water they need there is less conflict, families are more self-sufficient, and children have better access to education.

LWR works with local partners to **improve rural communities' access to water**, digging wells and drilling boreholes, building and restoring irrigation systems, providing clean drinking water during emergencies, and training communities on sanitation practices and water management.<

How You Can Help

\$35 provides an emergency water filter to a family coping with disaster.

\$150 gives a family a gravity-fed water filter, allowing children to attend school rather than fetch water.

\$500 gives an entire community a water system that provides clean water for drinking and bathing.

\$2500 gives a community an irrigation system to water their fields and help them grow crops for years to come.

Want more info? See "Good Shepherds of the Earth: LWR Water Project" article—————>—>—>—>

Water Facts: Drinking adequate amounts of water can decrease the risk of certain types of cancers, including colon cancer, bladder cancer, and breast cancer.



Lutheran World Relief
SUSTAINABLE DEVELOPMENT. LASTING PROMISE.

Good Shepherds of the Earth: LWR Water Projects

On March 3rd of this year, the Psalm of the day was Psalm 63 which began:

*O god, you are my God;
eagerly I seek you;
my soul thirsts for you,
my flesh faints for you,
as in a barren and dry land
where there is no water.*



One of the effects of global warming is that large parts of the Third World, especially Africa, have become that “barren and dry land”. How scary is that not to have safe water to drink or for cooking or to grow crops for family food and for income?

In “Special Report of Lutheran World Relief of Summer 2012”, LWR reported on a number of projects they are involved in to provide life- giving water to communities and farms in Africa. One such project in Niger involves building subsurface dams that help raise the ground water levels that then become easily accessible for drinking and irrigation. This is a cheaper way to get to water than drilling expensive deep wells. It also provides local workers with “cash for work” in the construction of these dams and prevents evaporation from ponds. One of the result for women is that they save hours a day that previously had been spent searching out water and transporting it for their households. Once water is collected behind the underground dam, it is easily accessible by treadle foot pumps. (How about solar pumps or windmills?) Another system that intrigued us was a school yard kid- powered merry- go- round. The children played on it and pumped water for the whole village into a cistern.



You can participate in this water project through LWR and their Good Gifts Catalog. Some of the choices are:

Water Jugs \$12

One well \$2500

Share of a well \$250

Irrigation cannel \$250

You can help the people of Africa transform “the arid and dry land” into “springs of water” (Isaiah 35.7) with your life-giving gifts.

Shepherd of the

Active

Lutheran Campus Ministries

+Final LCM of the year—Monday, April 28th,
cook out at Dee Dee and Bill's house

+Farewell and Godspeed for students—May 5th

+WCU Graduation Day—May 10th & 11th

Special

Sherri Bar

Will Deaton's

May 1

Tuesday Quilters

Every Tuesday
morning from

10am until 3pm (ish)!

Sylva K

Wednesday nights from 6-7

No experience necessary and
welco

Returning this summer: **The Crafty Pastor**, 4th of

And new for this summer: Special Topic Bible Study
upcoming Summer Activities in the

e Hills Summer ivities

Event

borich and
Wedding
8th

The Guitar Choir Returns!

**Watch for info in the Bulletin and
announcements on Sunday.
Rehearsal will return this
Summer.**

Knitters

:30pm in "the couch room".
and other types of crafters are
come!

*Our Regular Newsletter
Returns Soon!*

Please submit items to

Mary Ann

*So that they can be included in
the next issue!*

July Cookout, 5th Sunday Dinner, Shepherd's Choice Bookclub
dy! Look for more information on these and other
Sunday Bulletin and weekly email

WHY NOT PLASTIC WATER BOTTLES?

“We might just as well lay down and cover ourselves with plastic bottles.”

This is a quote from Margaret upon learning from the Bill Moyers show that 8 million plastic bottles are thrown away every five minutes. We were just overwhelmed when we heard this number. What can we do to get away from plastic bottles and what's the matter with plastic anyhow? Here are some of our ideas. Do you have more to share with us?

- 1 They are made from petroleum products.
- 2 Plastic lasts forever and yet it breaks down (flakes off) and sheds off into the water and we drink it especially when we reuse the bottle in an effort to be good citizens and recycle the bottle.
- 3 Caps are not recyclable.
- 4 Bottled water companies take water from communities at a fraction of the cost that they sell it for and at a fraction of the cost that the rest of us pay for our water. Example: Coca Cola during Atlanta's most recent drought.
- 5 Waters from these companies are no better than from your tap and are very expensive.
- 6 We can use glass or unlined stainless steel bottles to tote our own water.
- 7 Bring back drinking fountains!

Good news! Shepherd of the Hills has a drinking fountain in good working order. Our well has recently been tested, flushed and purified and Robin does weekly maintenance to keep it pure. So drink away and enjoy one of God's pure resources!

*This article provided by Bonnie
Steckelberg and
Margaret Spilker*

Water Facts: More than 25% of bottled water comes from a municipal water supply, just like tap water. If you drink your daily supply of water from the tap it costs about \$.50 per year. If you drink it from bottled water, it can cost up to \$1,400 per year.





The primary source for drinking water in our area is the Tuckaseegee River.

Each year, the Tuckaseegee Water and Sewer Authority (TWSA) publishes testing results of this source for our municipal water. It is a complex report that shows in detail the levels of any possible

contaminants found in the water. The test results can be found here:

http://twsanc.us/storage/Water%20Quality%20Report_2012.pdf

The Tuckaseegee is also home to several species of trout and countless other wildlife. Want to know more about the Tuck, how we can exercise good stewardship and care for it and all the wildlife, fishing and outdoor activities it supports as well as other water issues and activities in the area? Here are good places to start:

The Watershed Association of the Tuckaseegee River

www.watrnrc.org

The Soil and Water Conservation District

www.swc.jacksonnc.org

And for general information about water and the environment, the Environmental Protection Agency: www.epa.gov/water



Water Facts: Water can dissolve more substances than any other liquid including sulfuric acid.

Water Facts: Roughly 70 percent of an adult's body is made up of water and at birth, water accounts for approximately 80 percent of an infant's body weight.

Rooted in the Mountains: Valuing our Common Ground

4th Annual Symposium Integrating Indigenous Knowledge, Language, Health, and Environment

**September 20-21, 2013 at the WCU Health and Human Sciences Building
On the Campus of Western Carolina University
4121 Little Savannah Road Cullowhee, NC 28723**

Rooted in the Mountains is designed to raise awareness of the intersection of health, language, environmental, and indigenous issues with the stewardship of Appalachia and its resources. Those who are interested in how the continued destruction of mountain landscapes affects us should attend, as well as those who would like to learn more about Native ways of understanding these issues. Participants will depart with a new sense of urgency and tools to use in valuing our common ground. On Friday, September 20, participants will view the film Tapped and have a facilitated discussion about issues related to water in our region. Friday's agenda also includes Appalachian keynote speaker Ron Rash, author of the novels Saints at the River and Serena, as well as Mountain Music Night, a concert featuring Sheila Kay Adams, The Downhome Divas with Silas House, and Ian Moore & the Secondhand String Band.

On Saturday, September 21, Native American keynote speaker Rodney B. Lewis will share the story of his battle to secure the water rights of the Gila River Indian Community. Rod worked tirelessly in litigating and ultimately negotiating the single largest Indian water rights settlement in the history of the United States.

Early registration is \$25 for WCU faculty, free to WCU staff, and free to all students – WCU and others. Early registration for all others is \$75.

For more information about the symposium, see Pastor Rosemary

Water Facts: 70 to 80 percent of the earth's surface is covered with water yet 97% of that water is salt water and only 3% is fresh. Much more fresh water is stored under the ground in aquifers than on the earth's surface. The earth is a closed system meaning that it rarely loses or gains extra matter. The same water that existed on the earth millions of years ago is still present today.



Shepherd of the Hills Water Bottles!

Stainless steel water bottles with a collection of words from Pastor Rosemary's sermons and the words "Shepherd of the Hills Lutheran Church" are now available! Other color combinations and styles will also be available to order. Look for information in the Fellowship Hall beginning this Sunday, April 25th.

20oz bottle \$12.49

1 liter bottle \$14.99

12oz child size bottle \$7.99

These are sold at cost (no profit) and the more we order, the lower the cost will be. Please see Pastor Rosemary if you wish to order.

Thanks to a generous donation, every Lutheran Campus Ministry student will receive one of these stainless steel water bottles as a gift from Shepherd of the Hills!

Water Facts: By the time a person feels thirsty, his or her body has lost over 1 percent of its total water amount. A person can live for about a month without food, but only about a week without water.



Beginning in May, look for the new, convenient glass water dispenser providing fresh water from our very own well during fellowship times.

Water Facts: The US uses about 346,000 million gallons of fresh water every day. The average person in the US uses anywhere from 80-100 gallons of water per day. Flushing the toilet uses the largest amount of this water. The average European resident uses approximately half as much. Residents of sub Saharan Africa use 2-5 gallons per day.

Water Facts: Water naturally moisturizes skin and ensures proper cellular formation underneath layers of skin to give it a healthy, glowing appearance. Water is the primary mode of transportation for all nutrients in the body and is essential for proper circulation.

Water Facts: It takes 10 gallons of water to produce one slice of bread, 634 gallons to produce one hamburger 713 gallons to make one cotton t-shirt, 1,000 gallons to produce one gallon of milk, and 39,090 gallons to make a new car.

Water Facts: Water is mentioned around 800 times in the bible. It is present in several of Jesus' miracles and healings, and water is in the very first and very last chapters of scripture.

Shepherd of the Hills Lutheran Church

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