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# LIVING WATER

A MONTHLY PUBLICATION OF FIVE RIVERS DISTRICT UMC

## From Your District Superintendent

As I write this article I am in the last couple of days of my renewal leave. It has been a great time to stand back from the regular activities of my work and to focus on some things that I have been wanting to do for some time.



One of those things has been to give some focused time on researching my family history. Included in my time away was a trip to South Dakota where my oldest paternal uncle lives. My father was born, and spent the first fourteen or so years of his life, in that area. My uncle was able to share some old family pictures with me and to show me some of the places where he, my father, and their brothers lived while growing up. One of those places is now just a bean field. It sits about two mile off of the paved road on one of those “Minimum maintenance” roads with grass growing between the tire ruts. No house, no barn, no longer a county school a half mile down the road. The lone remaining evidence of the existence of the place where the family had lived is a rusted and twisted old windmill setting alone in the field.

My uncle could not show me the physical structures that had been part of his experience as a child. He could not show me the family room or kitchen of the house. He could not show me the little white school building near the pond. He could not give what was not longer there to give. But he gave me something just as good, or perhaps better. He gave me the stories.

Tales of children enjoying life by doing the things that kids do. The funny times, the sad times, the “coming of age” experiences, the times of brokenness. You know, the things that make life. The stories that define and shape the lives of people and literally make us who we are. My uncle gave to me a part of what makes me “me.” It would have been great to walk through the rooms of an old farm house and imagine the sounds and experiences of each space. But, in a fashion, such physical things are but the staging, the scenery, the backdrop to the reality of - the story.

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# August 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



## 5R District Prayer Calendar

<b>Aug. 5th</b>	<b>Paola</b> <b>Rev. Jim Hopwood</b>
<b>Aug. 12th</b>	<b>Richmond</b> <b>Rev. Butch Ritter</b>
<b>Aug. 19th</b>	<b>Pleasanton/Prescott</b> <b>Pastor Gary DeMott</b>
<b>Aug. 26th</b>	<b>Kincaid-Selma/Welda</b> <b>Pastor Bill Nelson</b>

- Aug. 4th ~ COME CELEBRATE 9:30 a.m. –3 p.m. Lawrence First West Campus - Cost: 10.00 for lunch  
Guest Speaker Rev. Lorenza Smith (see more on the KE website)
  - Aug. 7th ~ D.C.Y.M. at Worden UMC 6:00 p.m.
  - Aug. 14th ~ Pastor Joni Raymond's Birthday
  - Aug. 16th ~ **5R Clergy Meeting** at Ottawa 1st 9:00 a.m.-1:00 p.m.
  - Aug. 28th ~ Rev. Marti McDougal's Birthday
  - Sept. 3rd ~ Labor Day, District and Conference offices are closed.
  - Sept. 8-9th ~ **Project Revolution at Worden UMC**  
This district youth rally is open to all youth 7th grade through high school. Save the date, registration coming soon.
  - October 6th ~ **Fab Five Fall Festival and Fellowship** at Worden UMC
- Please save the date for this district wide event.

We're on the web: [www.5riversds.com](http://www.5riversds.com)  
Kansas East web: [www.kansaseast.org](http://www.kansaseast.org)

## Living Together as the One Body of Christ retreat

You are invited to join Kansas Ecumenical Ministries for a strategic planning retreat, to be part of building a grassroots movement that seeks to empower Kansas Christians to stand in faith for what they believe, live with hope that God's kingdom of justice and peace will be realized on earth, and unite in love to make it happen.

The retreat will begin at 6 p.m. Friday and conclude at 4 p.m. Saturday.

Speakers will be Ammon Ripple, National Council of Churches Local and Regional Ecumenism liaison, who will speak on "Something new in Christian ecumenism: How Kansas ecumenical ministries matters to all Kansans," and Dr. Dale Jones, Association of Statisticians of American Religious Bodies census collector, who will speak on "Assessing the landscape: Demographics and trends in Kansas Christianity."

Download an event flyer from the KE website or contact the district office to have one mailed to you.

Event cost: \$15 for early registration through July 31; \$20 beginning Aug. 1.

Location/Address:

West Heights United Methodist Church  
745 N Westlink  
Wichita, KS 67212

Coordinator: Kansas Ecumenical Ministries

Coordinator Email: kem@kansasecumenical.com

## Rural Ministry Visioning Conference

The Kansas Area United Methodist Rural Fellowship, with assistance from several Nebraska pastors and laity will present a visioning conference for rural ministry in the new Great Plains Conference. It will be led by the national United Methodist Rural Advocates President, Roger Grace of Ohio West Conference.

This event is open to all clergy and laity.

August 24th from 3 p.m. on Friday to August 25th at noon.

Register online on the KE website or fill out the registration below and mail it. Cost is 25.00.

Event will be held at: Kansas Wesleyan University, 100 E Claflin, Salina, KS 67401

Coordinator: Ronald Williams ronaldj7@cox.net

### GREAT PLAINS AREA UNITED METHODIST RURAL FELLOWSHIP (ADVOCATES)

#### Visioning Conference Registration Form

Name \_\_\_\_\_ Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Church \_\_\_\_\_ District \_\_\_\_\_  
Phone (\_\_\_\_) \_\_\_\_\_ Cell (\_\_\_\_) \_\_\_\_\_ Email \_\_\_\_\_

**Cost: Enclose \$25.00 with your registration. Make checks to KAUMRF Vision**

**Send to KAUMRF Executive Director, Ronald Williams 3839 Fox Ridge Drive  
Hunters Crossing, Manhattan, Kansas 66502-8934**

## It is in the margins that we connect with the unchurched



*Kincaid/Selma UMC Movie Night* led by Pastor Bill Nelson has been well attended with an average of 60 people a night attending. This is free to the community. They provide a concession stand with all proceeds going to community projects/needs.

*Kincaid/Selma UMC* purchased a CVLI license for most movies shown. For movies that weren't covered by the CVLI license, they contacted the movie producer to pay for an individual license to show that particular movie.



**Welda UMC's Hotdog Fridays** began as a vision from Betsy Bunnel. See more on page 5



# Welda UMC's *Hotdog Fridays* moves into it's second year

What began as a pondering in the heart of Betsy Bunnell, has become a community ministry for Welda UMC. Bunnell was watching a news spot on a church in Kansas City that had begun serving hotdogs once a week for the community. She wondered if that might be something her church could provide for the community of Welda. With the help of her congregation and the support of her Pastor Bill Nelson, Hotdog Fridays began at Welda UMC.

This is their second year to have this program and although they have made some changes along the way it appears to be a success. They have recruited several junior high young men to help do the cooking.



Hotdog Fridays is free to the community which have been generous with donations to help defray cost.

Let each of you look not only to his own interests, but also to the interests of others.

Philippians 2:4 ESV

Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers.

Galatians 6:10 NIV



People build too many walls and not enough bridges

~ Isaac Newton

## Simple Changes Are Life Changing

By Marvé Ralston

If there is just one thing I want to encourage you to do about your health, it's to not sit for extended periods of time. I've been doing a lot of reading about the damage sitting can do and how even small improvements on your exercise level can decrease that. For many of us, it is as simple as standing as you take phone calls or taking mini breaks to stand up and move around.

Technology is likely part of the problem for this sedentary life the majority of us lead. Most of us spend hours a day watching T.V., on our computers, or our phones... the list goes on and on. Years ago, most jobs available involved walking or being active. Today, most of us work in jobs that are primarily sedentary. If you are in your retirement years, all of the above can be a problem as well.

There is a lot of research into the correlation between sitting for long stretches of the day and heart disease and cancer. The body was meant to be active. It seems that many normal functions such as blood sugar regulation, insulin resistance, and metabolism are dependent on our staying active as well.

Many of us try to get in the required 30 minutes of some form of exercise daily but studies show that is not enough. We need to take mini breaks throughout the day. Even a 5 minute break to stand up and move around every couple hours is powerful in combating the sedentary life style. If you take four breaks like that during an 8 hour day, that's 20 minutes.

Simple ways to keep moving are to get up and walk around while on the phone, exercise while watching T.V. (you can do simple exercises with hand weights), walk in place while reading e-mails, how about walking in place while praying? Do I have you smiling yet? Even if you cannot get up easily there are exercises you can do from a chair to get your blood pumping. It doesn't take a gym membership to do this.

If you are like me, you might start thinking; *I don't have time for this.* We all have 24 hours a day. Even if you take out 8 hours for work, 1 hour for commuting, 8 hours for sleep, 30 minutes of exercise; that leaves 6.5 hours.

Personally, I have started doing simple exercises several times a day with hand weights. They don't take but a couple of minutes. My goal is to get my blood pumping and build muscle without a sweat. Of course I still walk a mile every chance I get and workout with my kettlebell once a week. I started walking over my lunch half hour when weather permits. It all adds up.

This is simply to start you thinking about how much time we all spend sitting and how this may be robbing us of good health. I want to stay healthy and live a fruitful life as long as possible. I'm sure you do too. Let me know if you have found a great way to add time to your day to be healthy or have a recipe for a healthy snack. I will share them with our district as we

Continued from page 6 ~ Simple Changes  
work together on getting healthy mind, body and spirit.

Below are two recipes for low fat snacks that I have used and like.

## Curried Snack Mix

Ingredients:

- 3 plain rice cakes, broken into bite-size pieces
- 1 cup bite size square corn cereal or oyster crackers
- ¾ cup pretzel sticks, halved (1 ounce)
- 1 tablespoon margarine, melted
- 1 teaspoon Worcestershire sauce
- ½ to ¾ teaspoon curry powder

In a shallow baking pan (13x9x2) stir together all dry ingredients

Melt the margarine and add the Worcestershire sauce, and curry powder. Drizzle mixture over cereal mixture. Toss cereal mixture till coated. Bake at 300 degrees for 20 minutes stirring several times. Makes 6 (1/2 cup) servings.

74 calories, 1 g protein, 12 g carbohydrate, 2 g fat, 0 mg cholesterol, 176 mg sodium, 24 mg potassium.

Better Homes and Gardens ~ New Dieter's Cook Book pg. 425

## Granola

- 3 cups regular rolled oats
- 1 cup shredded unpeeled apple
- ½ cup wheat germ
- ¼ cup honey
- ¼ cup water
- 1 teaspoon ground cinnamon
- 1 teaspoon vanilla or ½ teaspoon almond extract
- Nonstick spray coating

Combine oats, apple and wheat germ in a large bowl and mix well. In a small saucepan stir together honey, water and cinnamon. Heat to boiling; remove from heat. Stir in vanilla or almond extract. Pour over oat mixture; mix well.

Spray a 15x10x1 inch baking pan with nonstick cooking spray coating. Spread oat mixture evenly in pan. Bake in a 325 degree oven about 45 minutes or till golden brown, stirring occasionally. Spread onto foil to cool. Store in an airtight container in the refrigerator up to 2 weeks. Makes eight ½ cup servings.

Nutritional information per servings: 179 calories, 6 g protein, 34 g carbohydrate, 3 g fat, 0 mg cholesterol, 2 mg sodium, 177 mg potassium.

Better Homes and Gardens ~ New Dieter's Cook Book pg. 449

*Dear Friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along.*

*3 John 1:2 NIV*

# FIVE RIVERS DISTRICT



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Continued from page 1 ~ From Your District Superintendent

The story of our Annual Conference has taken a turn in the plot. We are now heading to a new reality that will be defined by the decisions that we make, the experiences that we share, the story the we live together. We need to remember that the new reality is greatly shaped and informed by the stories of who we have been as the Kansas East Annual Conference, the Nebraska Conference, and the Kansas West Conference. The stories of each brings strength and identity to the new story. So, it will be important to remember the story of our conference as we move forward. Things will change. That is a given. But the stories remain. And there will be windmills in the fields of our memories that will help us to recall that what has been is part of what we are, and what we will be as the story continues.

That old windmill has become a metaphor for me. As it stands in the field of the shared memories of my story, so Christ stands in the shared memories of our shared story. As the wind blows through the vanes of the windmill of my story, so the wind of God's Spirit blows through our hearts as we continue to live our shared story. Remember, we are a part of the greatest story ever told! So be it. Amen.

In Christ,