

# Living Water

## From Our District Superintendent

IT WAS IN A GATHERING OF NEW SUPERINTENDENTS led by Gil Rendle that I received this insight: Our job as church leaders (lay and clergy) is to bend people toward purpose. To bend people toward purpose. This means that we are to make use of every resource available to us—ourselves, our buildings, our members, our money and other assets—as “leverage points” for tilting the church toward its mission. Now, this is different from **fixing** the system. **Fixing** things and **solving problems** merely returns an organization back to the equilibrium (comfortable balance) that existed before the problem occurred. Rather, we are to help shift the system fundamentally—by disturbing it in the right direction.

I’m intrigued by the terms: Bending people toward purpose. Tilting the church toward mission. Shifting the system. Disturbing it in the right direction. What does this look like in our churches? Well, I’m not exactly sure. But I believe it has something to do with the contract we make with people when they join up. We often invite people into “membership”. But Jesus calls people to DISCIPLESHIP. That’s a significant shift. That’s a major tilt. Whereas members maintain a comfortable equilibrium, disciples are bent toward purpose—and bend the church in the right direction.

Are you leading your congregations toward purpose? Be mindful. Such leadership always produces pain.

A question to ponder: What could the United Methodist presence in your community look like if you were not locked into the way you do things now?

Here’s wishing you a great Thanksgiving and Advent!

*David*

Rev. David E. Watson



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# December 2015

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		

## Dec. 5

Clearfield UMC  
German Dinner. Pg. 4

## Dec. 12

Vinland UMC  
Music Benefit Concert Pg. 5

## Dec. 21-Jan. 4th

District Office  
Closed for vacation  
and Holidays.

## Jan. 8th

Clergy Epiphany  
Dinner

## District Prayer Calendar

- Dec. 6 Centenary/Linwood  
Rev. Dan Norwood
- Dec. 13 Pleasanton/Prescott  
Rev. Bill Fitzgerrel
- Dec. 20 Colony  
Pastor Dorothy Welch
- Iola: Trinity  
Rev. Jocelyn Tupper  
Associate: Rev. Ed Flener
- Dec.27 Welda/Kincaid Selma  
Rev. Bill Nelson



## Clergy Birthdays

- Andrea Beyer Dec. 1st
- Mike Marcus Dec. 7th
- Marcia Eaton Dec. 9th

## Church Conference Schedule December-January

Tues. Dec. 1 <sup>st</sup> , 7 p.m.	Overbrook UMC	Overbrook
Wed. Dec. 2 <sup>nd</sup> , 7 p.m.	Worden UMC	Worden
Sun. Dec. 6 <sup>th</sup> , after worship	St. Johns UMC (12:00 p.m.)	St. John's/Hammond/W.Lib
Sun. Dec. 6 <sup>th</sup> , 3 p.m.	Fort Scott 1 <sup>st</sup> UMC	Fort Scott 1st
Sun. Dec. 6 <sup>th</sup> , 6 p.m.	Louisburg UMC	Louisburg
Mon. Dec. 7 <sup>th</sup> , 7 p.m.	Lyndon UMC	Lyndon
Tues. Dec. 8 <sup>th</sup> , 7 p.m.	Eudora UMC	Eudora
Wed. Dec. 9 <sup>th</sup> , 7 p.m.	Ives Chapel UMC	Ives Chapel
Sun. Dec. 13 <sup>th</sup> , after worship	Hiattville UMC	Hiattville
Sun. Dec. 13 <sup>th</sup> , 3 p.m.	New Lancaster UMC	LaCygne/New Lancaster
Sun. Dec. 13 <sup>th</sup> , 6 p.m.	Osawatomie UMC	Osawatomie/Lane
Mon. Dec. 14 <sup>th</sup> , 6:30 p.m.	Gridley UMC	Gridley/Turkey Creek
Tues. Dec. 15 <sup>th</sup> , 7 p.m.	Williamsburg UMC	Williamsburg/Union Chapel
Wed. Dec. 16 <sup>th</sup> , 7 p.m.	Centenary UMC	Centenary/Linwood
Sun. Jan. 10, after worship	Lawrence 1 <sup>st</sup> UMC	Lawrence 1st

### **Save the date for Fab Five fun Fall Festival #2 ~ Oct. 1, 2016**

After reading the surveys and trying to figure out the wants/needs of folks in our district, the 5R Leadership Team decided it is time for another big event.

Save the Date: **Fab Five Fun Fall Festival #2**, October 1<sup>st</sup>, 2016. We will meet in Iola this time. **Please get this on your 2016 calendar.** Our hope is that we will have something for everyone. We are looking for a wonderful inspirational guest speaker. There will be several helpful workshops to help provide ideas and information. The majority of you wanted to stay within a 4 hour time frame so we will begin at 9 and end at 1 p.m. with finger foods provided. We will have a district mission experience. We had over 300 folks attend our 2010 event, can we beat that number? Our survey suggested between 100-150. Time will tell...  
Exciting!

## German Heritage Celebrated at Clearfield UMC on Dec. 12th

At Clearfield UMC, we celebrate our early German heritage each year on the second Saturday evening in December. This year the date is December 12. We serve a German meal including bratwurst, hot and cold potato salads, rolls and fantastic desserts including black forest cake, German chocolate cake and apple spice cakes.

We cut down one of the cedar trees that are abundant in our rural setting, and put real candles on it to light several times during the evening. This has been a tradition here that has been going on longer than any of us can remember and is quite moving to see. We will be offering some musical and inspirational entertainment during the evening. This year, Rev. January Kiefer will be taking care of the program with her many talents. A craft room will be open with tasty goodies for sale and many home-crafted items that will make great gifts.

We include an offering to benefit Youthville, a division of Ember Hope.

We serve the meal and have the craft room open from 4:00 to 6:00 and the programming will go on for another hour or so.

We feel that we are offering the community a relaxing, inspirational, evening in the midst of the busy Christmas Season. We invite all to enjoy the evening with us and if they wish to have the meal, it is by donation.

Clearfield United Methodist Church is located about 7 miles South of Eudora on County Road 1061. The address is 597 E. 2200 Rd, Eudora, KS 66025.



# *Musical Benefit Concert for “Youthville”*

Saturday, December 5, 2015



*Featuring* - The Witness Band

5:00pm - soup, sandwiches, homemade desserts

7:00pm - Witness Band

***Vinland United Methodist Church***

1724 N 692 Road, Vinland KS

785-594-3265

*Youthville* — *improving the lives of at-risk youth and families through innovative programs rooted in faith to inspire hope*



<http://www.emberhope.org/>



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PLEASE  
PLACE  
STAMP  
HERE

Mailing Address Line 1  
Mailing Address Line 2  
Mailing Address Line 3  
Mailing Address Line 4  
Mailing Address Line 5

*Thank you for making me so wonderfully complex! Your workmanship is marvelous--how well I know it.* Psalms 139:14

## Water – what is the optimal amount? *By Marve' Ralston*

How many times have you read or heard somewhere that the “optimal” amount of water is 8 + glasses a day?

Do you wonder where this “8x8” rule came from? It most likely originated from a 1954 study by the Food and Nutrition Board which is now part of the IOM (Institute of Medicine).

Well, I hate to break the news but there is no “magic number” for any of us. Common sense would tell you that different folks will require different amounts of water to keep us healthy.

A publication in the Harvard Health Letter that came out this past summer, recommended between 30 to 50 ounces or 4-6 glasses of water daily. This can come from all sources. Of course pure water is the best but even caffeinated beverages can count toward this total. Fruits and vegetables can also contribute to this depending on their water content.

It is recommended that you drink when you feel thirsty. There are “myths” out there that say that by the time you feel thirsty, you are already dehydrated. That is just another myth.

Now if you are pregnant, nursing, in your golden years, or have a medical condition, make sure to talk with your doctor about your recommended amount of water intake. For the rest of us, the new Harvard Health Letter may be good news, less water is required.

Older folks, those with medical conditions or that are taking certain medications can sometimes lack the ability to “feel thirsty”. Folks in those situations will need to be more observant of daily intake. But for most of us, the body is amazing at letting us know when we need a drink.

So listen and trust your body to remind you what it needs. This is especially true during the Holidays.