

Lakeside Christian Fellowship Ripples



APRIL 2016

VOLUME IV, NUMBER 4

Dear Church Family,

The Apostle Paul loved all the different churches of which he had been such a vital part. In his salutation to the Christian church at Philippi he wrote, "I thank my God every time I remember you, constantly praying with joy in every one of my prayers for all of you.... (1:3-4).

I have missed being with you in worship as well as visiting with you in hospitals and at home for the past four weeks. My being scheduled for knee replacement surgery was moved up several weeks sooner than I anticipated.

As in any form of major surgery you have your ups and downs. However, God is always faithful and uses His people to undergird us and lift us up in so many ways.

I have seen so many of you cared for by your family and friends in time of need. I must express my love and appreciation to my wife, Sharon, who has been an extraordinary care giver. At times like these our wedding vows, "in sickness and in health" come home to roost.

Sharon and I cannot begin to express to you folks our most sincere gratitude for the many kind expressions of love and support from our church family. The countless cards, phone calls, food and visits will long be remembered. Once again you continue to demonstrate your genuine Christian love and graciousness to anyone in need, even your pastor. I have said it before and I say it again-I have never been involved in a church as visibly caring as ours.

My inexpressible thanks to Chuck Smith who assumed all of his other ministerial responsibilities while taking on mine as well. We are so blessed to have a dedicated man like Chuck on our church staff. Also my thanks to all others who continue to lead so capably in our congregation.

By the time you receive this note it will be after Easter but just beginning Easter Tide. May we never forget "that we serve a Risen Savior".

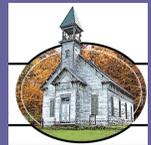
"He is Risen indeed!"

Pastor Rick

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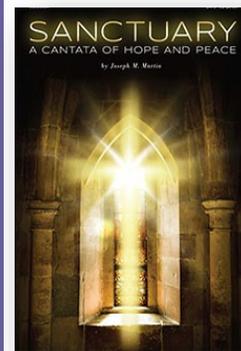
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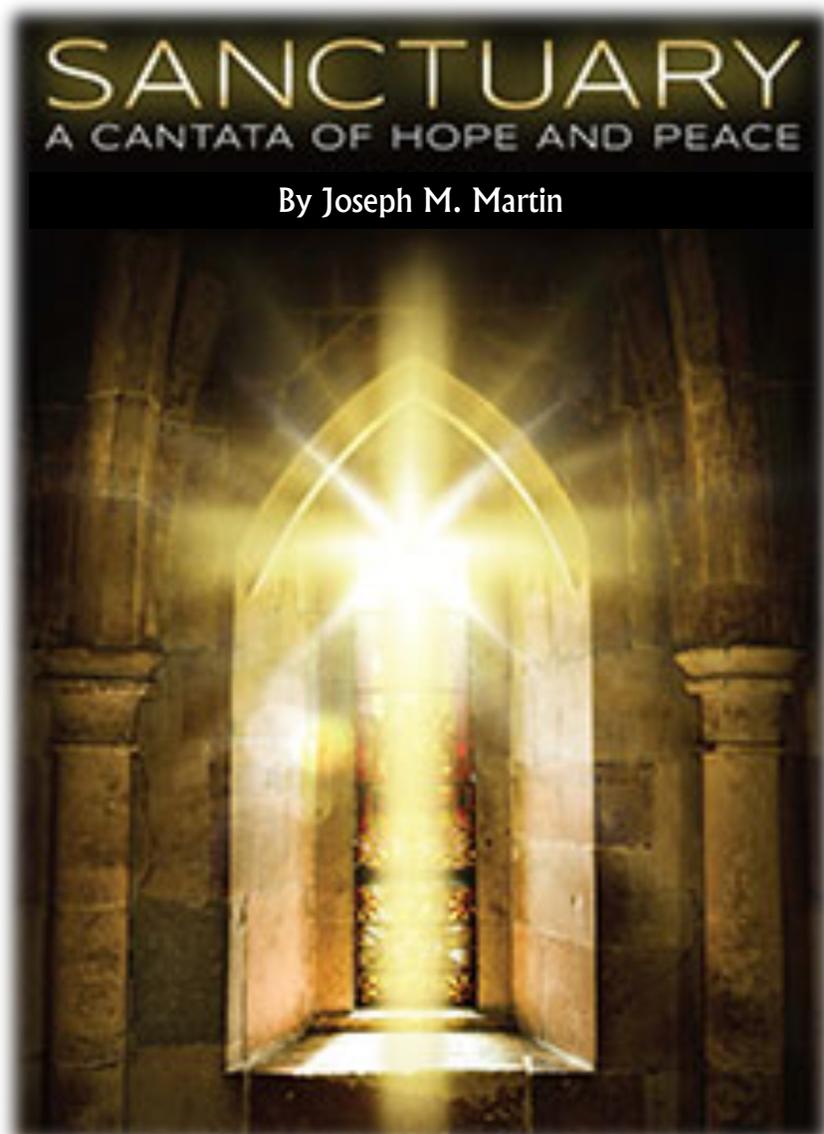
A family of faith connecting people to Christ and to each other!

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Lakeside Christian Fellowship Chancel Choir

Directed by William Parcher
Accompanied by Karen Adams

presents



This service in song is a contemplation of the hope we find in Christ and reflects upon the ministry and passion of Christ's last days. The narration includes scriptures of assurance and words of comfort and peace. Experience this musical journey of faith and discover a place of refuge in God's unfailing love and His sanctuary of grace. This stunning collection from the pen of Joseph Martin is sure to be a moving and worshipful experience for all.

Sunday, May 15th, 4:00 pm
LCF Worship Center, 1922 American Drive, Lago Vista



Health Watch

April 2016-Health after 50

The Not-So-Sudden Warning Signs of Sudden Cardiac Arrest!

How To Recognize Symptoms That Might Predict An Attack



Sudden cardiac arrest has long been considered a heart event that occurs with little or no warning. The abrupt loss of heart function comes on quickly, and with each passing minute, the chances of survival drop rapidly. However, new research suggests that cardiac arrest may, not always be so sudden; in fact, it may have some warning signs that occur hours, days or weeks before cardiac arrest, and recognizing them could mean the difference between life and death.

A study published online in *Annals of Internal Medicine* last December found that about half of all people who experienced sudden cardiac arrest had symptoms such as chest pain and shortness of breath in the month preceding their attack. "The sad fact is that most people who suffer from cardiac arrest die within 10 minutes. This study leaves open the possibility- that you might be able to prevent a future cardiac event by paying closer attention to new or unusual symptoms and reporting them to your doctor," says James L. Weiss, M.D., professor of cardiology at Johns Hopkins University School of Medicine in Baltimore, Md..

What's Behind Cardiac Arrest?

The prognosis for sudden cardiac arrest patients is poor: According to the National Academy of Medicine (NAM), survival rates are less than 6 percent for people who experience a cardiac arrest outside of the hospital and 24 percent in-hospital. Cardiac arrest most often results from an interruption to the heart's electrical system. The heart stops beating, and blood stops flowing to the brain and organs; most people lose consciousness within seconds to minutes. The most common causes of electrical malfunctions that put you at risk for cardiac arrest are:

- An irregular heartbeat, or arrhythmia, most commonly the type known as ventricular fibrillation, in which the ventricles quiver instead of pump blood

- Coronary heart disease
- A heart attack
- Very low blood levels of magnesium or potassium
- Extreme physical stress, including a severe loss of blood or lack of oxygen, intense physical activity, that causes a surge in adrenaline, near drowning or electrocution, or other types of trauma
- Illegal or recreational drug use, such as cocaine or amphetamines
- An inherited heart disorder such as structural heart problems or long QT syndrome, which can cause dangerous arrhythmias
- A structural heart problem caused by an enlarged heart (such as from high blood pressure), advanced heart disease or a heart infection

Researchers at Cedars-Sinai Medical Center in Los Angeles collected data on 839 adults, ages 35 to 65, who had suffered sudden cardiac arrest. They noted whether any subjects had reported heart symptoms in the month prior to cardiac arrest. Because most people who have sudden cardiac arrest don't survive, the researchers relied on medical and emergency response records as well as the memories of family and friends-and any survivors.

The researchers found that about half of the subjects experienced at least one related symptom within the four weeks before cardiac arrest and then again during the 24 hours before their hearts stopped. The overall frequency of symptoms was similar between men and women, challenging previous research that cardiac arrest may be more difficult to predict in women. While chest pain was the most common symptom overall, it was more common among men: 54 percent of men who experienced symptoms had chest pain, compared with 24 percent of women. Women were more likely to experience shortness of breath. Other symptoms in both genders included fainting, abdominal complaints or flulike symptoms.

(Continued on page 4)



Health Watch

April 2016-Health after 50

The Not-So-Sudden Warning Signs of Sudden Cardiac Arrest!

(Continued from page 3)



Disturbingly, only one in five people sought medical care for their symptoms, with most people ignoring or downplaying their symptoms.

"A significant finding from this study is that people by and large tended to ignore their symptoms, and when those symptoms came back just before the cardiac arrest, they didn't call 911," Dr. Weiss says. "Those who called 911 had a much better chance of survival." Calling 911 saved six times as many lives (32 percent) when compared with when 911 wasn't called (6 percent). People in the study who called 911 were more likely to be older, have heart disease or have continuous chest pain, a finding that researchers suspect partly has to do with heart disease patients having an increased awareness of warning signs. Also associated with a better chance of survival were fast-acting bystanders who performed cardiopulmonary resuscitation (CPR) and the use of an automated external defibrillator (AED) device to restore heart rhythm.

Many experts bemoan the lack of CPR training in this country. In its 2015 report, *Strategies to Improve Cardiac Arrest Survival: A Time to Act*, NAM contends that only 3 percent of Americans are trained annually in CPR, whereas 80 percent of people in Germany and 95 percent of people in Norway are trained each year. But, says NAM, survival depends on other factors, too. These include the patient's overall health, age, race and gender as well as the time to resuscitation, the characteristics of responding emergency medical services and the community's healthcare systems.

Prognosis For Survivors

Unfortunately, many cardiac arrest survivors have some degree of brain, or neurological, damage upon recovery, according to the American Heart Association. The risk of disability such as brain injury or impaired consciousness-or death increases for each minute a person is not treated. Even if you survive sudden cardiac arrest, you may need ongoing care for heart, lung or neurological problems. Brain

injury is the most common cause of death after sudden cardiac arrest.

Treatment options immediately after resuscitation vary and may be combined, depending on the specific cause of cardiac arrest. Therapy may include medications to regulate heart rhythm or surgery, such as coronary angioplasty or coronary artery bypass grafting, to improve blood flow. Most patients after cardiac arrest are comatose and should be treated with therapeutic hypothermia, which may help preserve brain function. Therapeutic hypothermia involves lowering the patient's core body temperature to around 32-34°C (89.6-93.2°F) to limit or reduce neurological damage.

For patients with unexplained cardiac arrest, the usual approach is to surgically place an implantable cardioverter defibrillator (ICD) to help prevent a second cardiac arrest and keep heart rhythm regular. The ICD constantly monitors heart rhythm, emitting an electric pulse when it detects an abnormal beat to help restore a normal rhythm.

Preventing Cardiac Arrest

Most factors associated with heart disease also increase the risk of sudden cardiac arrest, including high cholesterol, high blood pressure, smoking, physical inactivity, obesity, diabetes and a family history of heart disease or heart attack.

The risk of cardiac arrest is particularly high among smokers and declines rapidly after quitting, making smoking cessation an important step in prevention. Moderate alcohol intake (limited to one to two drinks a day) and consumption of omega-3 fatty acids (found in foods such as salmon and nuts) may help lower the risk of sudden cardiac arrest.

If you've been diagnosed with heart disease or recently had a heart attack, your doctor may prescribe a beta-blocker (a drug that helps regulate heart rhythms) to lower your risk. He or she may also prescribe other drugs, such as a statin.



Health Watch

April 2016-Health after 50

The Not-So-Sudden Warning Signs of Sudden Cardiac Arrest!

(Continued from page 4)



Fast Facts: Heart Attack Versus Cardiac Arrest - There is a Difference

You may often hear the terms "cardiac arrest" and "heart attack" used interchangeably. In fact, they are distinct conditions.

- ♥ A heart attack, clinically called a myocardial infarction, results when a narrowed or blocked artery obstructs blood flow to an area of the heart. This lack of blood flow causes injury or death to portions of the heart. Symptoms include chest or upper-body pain, fatigue, weakness, nausea and shortness of breath. The person

will have a pulse and typically not lose consciousness. However, a heart attack can cause cardiac arrest.

- ♥ Cardiac arrest results from an electrical malfunction that causes the heart to suddenly stop pumping, rather than from a clot or blockage that prevents blood flow. Cardiac arrest very quickly results in loss of consciousness with no pulse, and most sufferers will die without immediate action to perform cardiopulmonary resuscitation and defibrillation to shock the heart back into rhythm.



Cardiac Arrest Warning Signs At A Glance

One or more symptoms may occur weeks before cardiac arrest and recur within 24 hours before.

They may include:

- ☒ Chest pain or pressure, most common
- ☒ Shortness of breath
- ☒ A racing heartbeat
- ☒ Fainting, you may first feel dizzy or light-headed
- ☒ Unusual abdominal or back pain
- ☒ Ongoing flulike symptoms, such as nausea or vomiting.

If you have a sudden onset of these symptoms, especially if you've had similar symptoms within the past month, seek immediate medical attention.



LAKESIDE CHRISTIAN FELLOWSHIP Leadership Council Report for March 15, 2016

In light of the secretarial vacancy on the council, Rev. Chuck Smith took the minutes. Members of the council will share secretarial duties until a replacement Secretary can be appointed. The council now has two vacancies to fill – the Secretary and the Worship Chairperson.

Financial Update: Treasurer Scott Cameron provided a summary of the financial statements. The only item of major concern was the Telephone/Utilities were over budget by 21%. Scott explained that this was typical as the expense is variable. Report was approved.

Faith in Action: June Freeman reported that the food donations are down. Any clothing donations can be assembled in the back of the worship center by the food barrels or June will see that any large amounts of clothing can be picked up. The church is participating in HCCM's "Hams of Hope" Easter campaign to give hams to 10 needy families in our area.

Pastoral Relations Update: Dave Freeman reported Karen Adams has accepted the position of full time pianist for the church. A help wanted advertisement for a person to help in the office given that Linda Anderson has asked to cut back on her hours. Linda will continue as bookkeeper. An ad has been placed in the Easter edition of the Hill Country News regarding services. Posters will also be placed on the Lowe's Bulletin Board.

Worship Commission: Linda Summers provided a report with plans for Easter that includes help with setting up for the Sunrise Service at Hancock Park. Wayne Walker will help as well as Rodger Elliott and Clyde Hance with the chairs and the cross. Linda will be there at the Sunrise to help as well.

Outreach and Missions: Both Cancer and Alzheimer support groups are still active in the community and each has had a new member join the group.

Old Business: Tom Gardner proposed that we set up an internal review committee to review the church's financial statements. He proposed that the following persons be on the committee: Jan Lehigh, Scott

Cameron, Sue Thompson and himself. There was consensus on the council that the committee be set up and review the financial records of the church.

New Business: Revise By-Laws: The proposal was brought to the council regarding a change in the by-laws to allow the council to appoint persons to the council in the event that a sitting member of the council needed to vacate their position. The amendment reads: "Appoint members to temporarily fill vacated positions including Officers, Commissions, Ministries and Historian until the next scheduled elections by the congregation." The proposal was approved.

Policy for Charitable Gifts: After considerable discussion the council approved changing the Benevolence Policy to accurately reflect the changing times. A task force will be constituted to draw up a new policy in the event that a person or persons comes to the church seeking financial assistance. This policy will become effective going forward from the date of acceptance of the policy and application by the congregation. By consensus, this opportunity was tabled until the next regularly scheduled meeting of the council to allow formulation of the policy and the application form itself when the council will review the policy and form.

Laptop Computer: The laptop that Chuck Smith uses to interface with the Internet for our website is about six years old and is having issues. Motion approved to purchase a new PC laptop.

Ricoh Copier Contract: The office copier we now own. However there are several drawbacks of note to ownership verses leasing. Chief among them is the cost of ongoing maintenance. Office Manager Linda Anderson looked at leasing a new copier and found that the benefits outweighed the costs of maintaining the existing copier. A motion was made and approved to enter into a new agreement with Ricoh on a new copier. The church will retain the existing copier as a backup if necessary.

The next meeting of the council will be on April 11, 2016 at 3:00 pm in the Worship Center.



A family of faith connecting people to Christ and to each other!



Lakeside Christian Women's Fellowship

At our March 21st monthly meeting we welcomed back Greg Myhra, Lago Vista resident and recently retired pharmacist, who presented the program "Pharmacy Funnies". Greg not only shared actual happenings during his career but also client's statements; all true, astounding and comical. His closing words suggested that we show appreciation for our pharmacists for the services they perform and all they must tolerate, funny or not.

We were reminded that only two months remain before we take a summer break. Bonnie Walker will be addressing the group on a creative and interesting topic, "Christian Art through the Ages" at the April 18th meeting. One of the items on the agenda will be Election of Officers. Bring a sack lunch and enjoy the dessert and drinks prepared by the hostesses on Monday, April 18th. It is important to attend the April and May meetings and actively show your continued support for our church women.

I urge you to plan attending the Decision America Tour 2016 on Tuesday, April 26th at noon with Franklin Graham, son of Billy Graham, at the Texas State Capitol South Steps and stand up for the things of God and His Word. This challenge is being issued in 50 states for Christians to pray fervently and boldly live out their faith at home, in public and at the ballot box. Franklin Graham will also share the Gospel which has the power to change hearts and lives. If you are unable to join Franklin Graham at the capital you are asked to pray as individuals and call on God to heal our land. America is in trouble and God is our only hope. Let's join together in prayer for our nation.

Tuesday, April 26th at noon
Texas State Capitol South Steps
(Consider inviting others and carpooling).

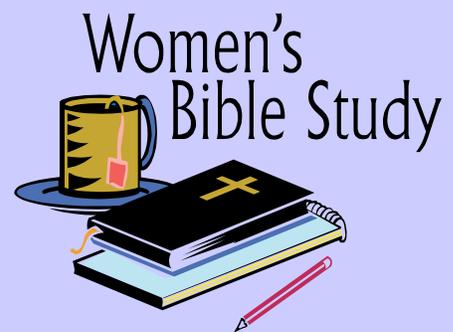
Lakeside Christian Women's Bible Study

Praise the Lord!! Our roster of 28 Bible Students is currently studying the book "Life Lessons" of Ezra & Nehemiah by Max Lucado, one of today's most trusted writers, teachers and Pastor. We will complete the study on April 6th.

The new twelve chapter study, "Esther: A Woman of Strength and Dignity" by Dr. Chuck Swindoll, Senior Pastor, Chancellor, Author and Bible teacher, will begin on April 13th.

Everyone loves a transformation story. Rags to riches. Plain to beautiful. Weak to strong. Esther's story is exactly that, but it is much more. It is a thought-provoking study of God's invisible hand writing silently and unseen across the pages of human history. Perhaps most of all, Esther's story is the account of Godly attributes like courage, dignity, wisdom and strength.

All women of the area are most welcome to join with this dedicated group!



For information on
Women's Bible Study
contact:

Lil Burch
@ 512-267-2278
or email:
raylilpv@aol.com

or

Donna Nash
@ 512-267-5947
or email:
waynnsh@aol.com

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EASTER HAMS

Hams are provided by Hill Country Community Ministries, and our generous supporters. HCCM operates a food pantry, and clothes closet and provides other assistance for approximately 400 families each month.

Services include:

- Food Pantry
- Clothes Closet
- Vision Vouchers (as available)
- Dental Vouchers (as available)
- New Shoes for children
- Referrals to other community resources



Our service area includes the following zip codes:
78613, 78641, 78642, 78645, 78717, 78726, 78729, 78732, 78750, 78759.



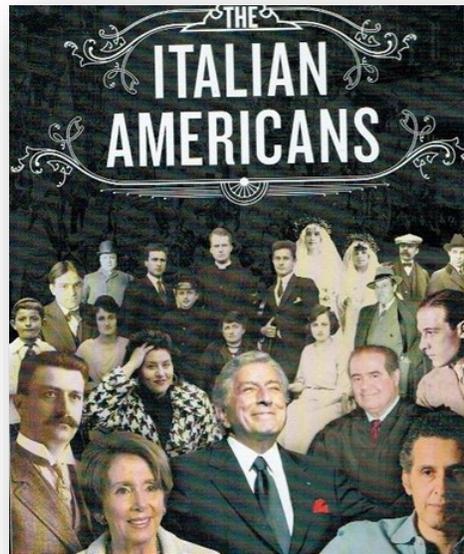
Hill Country Community Ministries distributed 71 hams in the Lago Vista and Jonestown area for local families to enjoy over the Easter weekend! Last month the Lakeside Christian Fellowship congregation donated over 150 pounds of food to HCCM along with clothing for the Clothes Closet.

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**Men's Point Venture Breakfast Group
1st and 3rd Tuesdays at 8:30 AM
Point Venture POA Club Room**

Did you know that the first Italian immigrants settled in New Orleans? It was in New Orleans that the Mafia was started! It was several years later before New York became the main destination.

**Join us for breakfast
and to hear more about
the Italian Americans!**



Bette Green, Scott Cameron, Frank Robbins, Dick Sanders, Shirl Fenley, Dan Olson

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Church Office Hours:
Wednesday and Thursday
from 9:30 am to 3:30 pm.



Please remember that all church activities should be scheduled on the master calendar in the church office. Thank you!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3 10:30 AM Worship Service 9:30 & 11:45 AM Choir Rehearsal @ Worship Center	4	5 8:30 AM Men's Fellowship Breakfast @ Point Venture Club Room	6 9:30 AM CWF Bible Study @ Bluebonnet Room	7 10:30 AM Alzheimer's Support Group @ LV Library	8	9
10 10:30 AM Worship Service 9:30 & 11:45 AM Choir Rehearsal @ Worship Center	11 3:00 PM Leadership Council @ Worship Center	12 8:00 AM Men's Fellowship Breakfast/Bible Study @ Re/Max Bldg	13 9:30 AM CWF Bible Study @ Bluebonnet Room	14 6:30 PM Cancer Support Group @ LV Library	15	16
17 10:30 AM Worship Service 9:30 & 11:45 AM Choir Rehearsal @ Worship Center	18 10:30 AM Christian Women's Fellowship Monthly Meeting @ Bluebonnet Room	19 8:30 AM Men's Fellowship Breakfast @ Point Venture Club Room	20 9:30 AM CWF Bible Study @ Bluebonnet Room	21 10:30 AM Alzheimer's Support Group @ LV Library		23
24 10:30 AM Worship Service 9:30 & 11:45 AM Choir Rehearsal @ Worship Center	25 	26 8:00 AM Men's Fellowship Breakfast/Bible Study @ Re/Max Bldg	27 9:30 AM CWF Bible Study @ Bluebonnet Room	28	29	30
				<p>For more information visit the LCF website at www.lakesidechristians.org</p>		

APRIL

Bette Green.....	01
Jan Robbins	04
Violet Bunch.....	20
Sandra Smith	20
Nancy Wood	23
Bonnie Walker	29
Jerry Fuller	30

Birthdays &



Anniversaries

Ray & Lil Burch
April 19

If you would like your dates to be included please send your information to the church office!!

E-Mail to Linda at:
office@lakesidechristians.org

Prayer Corner By Dayle Aulds

All prayers are edited and adapted from *Everyday Prayers*,
by Scotty Smith

A Prayer About My Cluttered Spirit and God's Kindness

"God raised us up with Christ and seated us with Him in the Heavenly realms in Christ Jesus, in order that in the coming ages He might show the incomparable riches of His grace, expressed in His kindness to us in Christ Jesus." Ephesians 2:6-7

Loving Father, I'd be a crazy person to start this particular day without immersing my heart in the truth and riches of the gospel. I already feel a busy, cluttered spirit rearing its ugly head inside of me. So here's what I choose to remember right now: You not only raised Jesus from the dead, but You raised up all Your children in Him, including me. I'm seated with Him in the Heavenly realms, no longer cemented to the earthly way of seeing people and doing things. At the end of today, you will be the God Who yet again worked in all things for my good and Your glory. I pray with hope, in Jesus' centering and freeing name. Amen.

March 2016

Average Sunday Attendance.....	93
Membership.....	139 (91 families)
YTD Offerings.....	\$47,665.
YTD Expenses	\$40,591.

Lakeside Christian Fellowship

Worship Location
1922 American Drive, Lago Vista

Office
1918 American Drive, Suite 3, Lago Vista
512-267-1700, office@lakesidechristians.org

Mailing Address
P. O. Box 4874, Lago Vista, TX 78645

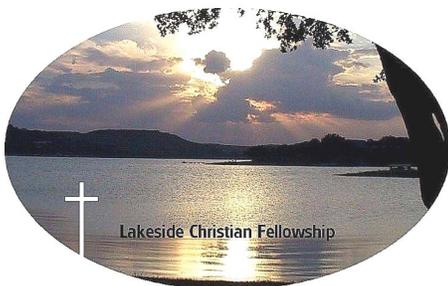
Rev. Rick Waters, Pastor
Rev. Chuck Smith, Minister of Outreach & Ministries

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APRIL