

# Lakeside Christian Fellowship Ripples



JULY 2016

VOLUME IV, NUMBER 7

## *Dear Church Family,*

Maybe you've heard this before: Spring has sprung, Fall has fell, Summer's here at it's hotter'n \_\_\_\_\_. Well isn't it the truth? We've seen floods of major proportions that have taken lives and washed people literally out of their homes and we've seen the lake rise to a level not seen in 10 years and now the rains have stopped like someone turning off a spigot and the heat returns.

I was recently involved in a wedding ceremony. The setting was outside and while the temperature was hot and the air humid, we were under a natural canopy of large oak trees. The venue was appropriately named "Sacred Oaks" and one felt the presence of God as I looked up at them.

I used these magnificent oaks as a metaphor for marriage but it can also be used for leading a Christian life. What made these oaks was their root system digging deep and being rooted in love for Jesus Christ and, like the trees, our faith needs to be strong enough to withstand the storms of life.

As I looked up, I could see that these oaks were reaching up to the sky, as if reaching for God in prayerful submission with hands raised to the everlasting grace of God, our Creator. With the rain and the sun, these oaks grow stronger and stronger, as our faith grows stronger with the hope and assurance that God has a place reserved for those who believe to be with Him eternally.

I cautioned the couple that there is a third strand in a relationship. If you make a braid out of two strands you will find that it doesn't hold. But when you add a third strand, the braid becomes strong and stable. God is that third strand in a marriage or in any relationship we have. It is He who makes us strong in His love.

Yes, Spring has sprung, Fall has fell, Summer's here and it's hotter'n I've ever seen before. It may not rhyme, but you get the point - Summer's here.

May God provide all the spiritual nourishment, rain and sunshine to help you grow as the mighty Sacred Oaks of Camp Lucy.

*Pastor Chuck*

### IN THIS ISSUE

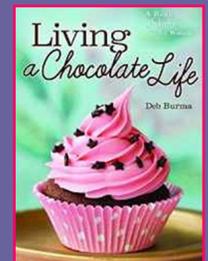
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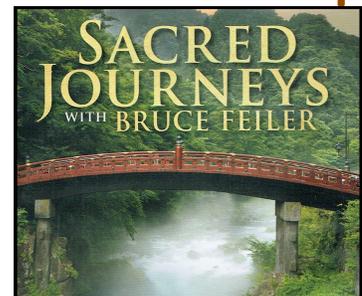
July 4<sup>th</sup>  
Parade  
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Christian  
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Fellowship



### Men's Group



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

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

## 5th Sunday Potluck Luncheon

On Sunday, May 29th, LCF had their 5th Sunday Pot Luck. The theme for the potluck was to honor the Chancel Choir, as this was their last Sunday to perform until September



## Flowers -

### *One of God's most beautiful gifts to us!*

Remember your loved ones, celebrate a special occasion, rejoice in our church by supplying the flowers for our worship service. If you would like to provide flowers for a Sunday service please sign up on the Flower Chart posted on the bulletin board in the Worship Center and contact Mary Ann Childs at 512-517-3231 to place your order. Let the church office know if you would like something printed in the bulletin for your special occasion!



### 2017 NOMINATIONS

The LCF Bylaws, Article IV, 4.2 (b) require the Nominating Committee to make this announcement. The Nominating Committee shall seek names from the Congregation in the process of identifying persons best qualified to serve. We welcome your thoughts as we consider our task of recommendations for 2017.

You may speak with any member of the Nominating Committee. The members of the Committee are: Chairman, Nancy Wood, Warwick Andrews, Genie Carroll, Dennis Jones, Jan Robbins, Dick Sanders.



# HAPPY BIRTHDAY, AMERICA!

## 4<sup>th</sup> of July Parade

LCF is entered in the Fourth of July parade on Saturday, July 2nd at 9:30 am. If you have a golf cart or other 4-wheel recreational vehicle, plan to join us. Decorate your vehicle as you wish (red, white and blue streamers or flags) and we'll provide a Lakeside Christian Fellowship poster to put on your vehicle. Assemble at 8:45 am in the St. Mary's Parking lot by entering off of Dawn Drive. People will be stationed there to tell you where we are set up. Come on out and join in the fun!

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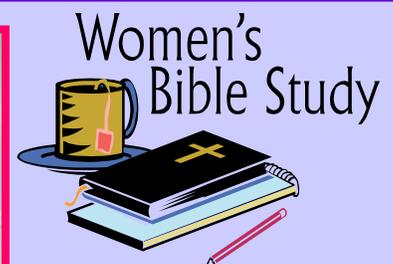
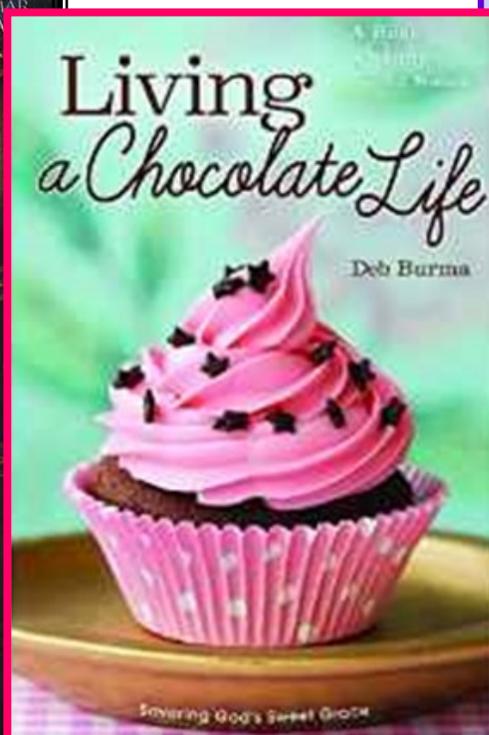
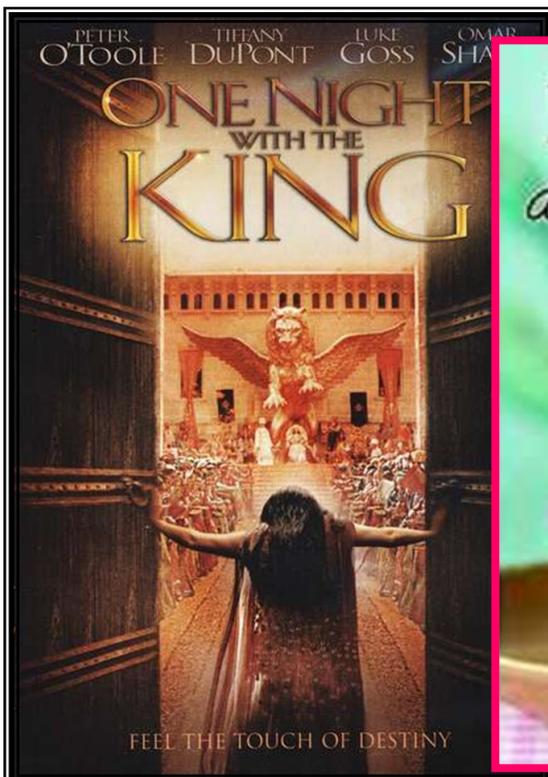
## Lakeside Christian Women's Fellowship

On June 29<sup>th</sup> the twelve chapter, thought-provoking study on Esther ended. The historical epic movie "One Night with the King", will be shown on Wednesday, July 6<sup>th</sup> at 9:30 am, which depicts the book of Esther, chronicling the life of the young Jewish girl, who becomes part of the harem of powerful King Xerxes. Learning of a plan to exterminate the Jews she finds the courage to step forward and save her people from annihilation by waiting and listening to God.

**NO BIBLE STUDY ON JULY 13<sup>th</sup>. NEW WOMEN'S STUDY BEGINS JULY 20<sup>th</sup>.  
"LIVING A CHOCOLATE LIFE", Savoring God's Sweet Grace.**

This 8 chapter fun, friendly and engaging study invites women to savor God's rich and endless supply of grace in Christ. Each session focuses on one aspect of life as a Christian woman. It is a reminder that the Holy Spirit fills us with sweet faith in our Savior and it is only He who can truly satisfy.

**BOOK ORDERS MUST BE PLACED IMMEDIATELY.**



For information on  
Women's Bible Study  
contact:

Lil Burch  
@ 512-267-2278  
or email:  
[raylilpv@aol.com](mailto:raylilpv@aol.com)

or

Donna Nash  
@ 512-267-5947  
or email:  
[waynnsn@aol.com](mailto:waynnsn@aol.com)



## Health Watch

### Health After 50

#### Updated Nutrition for Older Adults



If you've got your AARP card but you're still eating the way you did in your 20s, it's time for your diet to act your age. While most nutritional guidance is "ageless," you do need to make some adjustments to fit the changing needs of your aging body. As activity levels decrease and muscle mass declines, for example, older people need to consume fewer calories to avoid gaining weight. Because you need fewer calories, however, it's more important to choose foods that are nutrient dense - concentrated sources of vitamins, minerals, fiber, protein and other essentials. You may also need more of certain nutrients or be at risk for deficiency because your body absorbs some less well.

Tufts experts recently introduced an updated MyPlate for Older Adults graphic, which emphasizes these special nutritional needs in a framework of the 2015-2020 Dietary Guidelines for Americans (DGAs). The icon was developed by nutrition scientists at the Jean Mayer US Department of Agriculture Human Nutrition Research Center on Aging at Tufts with support from the AARP Foundation. It's the fourth version of this graphic; an accompanying website was launched at:

[www.hnrca.tufts.edu/myplate.com](http://www.hnrca.tufts.edu/myplate.com)

"It is never too late to make smart changes in your diet," says Alice H. Lichtenstein, DSc, director of Tufts' HNRCA Cardiovascular Nutrition Laboratory. "Shifting towards healthier food choices can improve symptoms or decrease risk for developing chronic diseases such as type 2 diabetes, hypertension and heart disease - all of which are more common in older than younger adults."

"Many people are not aware of the key role that healthy eating patterns play in improving their bodily function such as that of brain, eye and the

immune system," says Simin Nikbin Meydani, DVM, PhD, director of the HNRCA. **GETTING ENOUGH:** The foods highlighted in the new graphic are excellent examples



of nutrient-dense choices, which was also an emphasis in the latest DGAs. What's the difference? A large peach and five ounces of non-diet cola each contain about 65 calories, but the peach contains fiber, vitamins A and C, potassium and other nutrients - it's more nutrient dense. The cola is energy dense because of its high sugar content, but provides no healthy nutrients. Even within the fruit and vegetable category, substituting fresh spinach for iceberg lettuce can boost nutrient intake.

Another reason to make smart food choices as you get older is that it can be harder to get enough of certain key nutrients than when you were younger. This can occur either because your body and lifestyle have changed or because your needs have increased with age. Examples include:

- Vitamin B12 The amount of B12 your body needs doesn't change with age, but your ability to obtain this vitamin from food might. People with low levels of stomach acids, whether due to aging or the use of certain medications, can't extract as much dietary B12. The vitamin B12 found in fortified foods, such as breakfast cereals, is already in a free form that the body can use.



## Health Watch

### Health After 50

#### Updated Nutrition for Older Adults



- Vitamin D -With age, the body loses some of its natural ability to make vitamin D from sun exposure, and older people often spend less time out in the sun.

- Calcium -The amount of calcium needed to maintain bone density and prevent fractures increases for women over age 50 and for all adults over age 70. Experts advise getting as much of your daily calcium needs as possible from dietary sources, such as fat-free or low-fat yogurt.

- Fiber - Like other systems in your body, your GI tract no longer functions as efficiently when you get older. Fiber can help with constipation, and has also been linked to lower risk of a variety of diseases associated with aging.

- Water - Your sense of thirst diminishes with age, so you may need to pay closer attention to getting enough water and other healthy fluids to prevent dehydration.

**RETHINKING YOUR PLATE:** The new MyPlate for Older Adults icon depicts a colorful plate with images to encourage older Americans to follow a healthy eating pattern bolstered by physical activity.

The plate is composed of approximately:

- 50% fruits and vegetables;
- 25% grains, most of which are whole grains;
- 25% protein-rich foods such as nuts, beans, fish, lean meat, poultry, and fat-free and low-fat dairy products such as milk, cheeses, and yogurts.

The new icon also shows good sources of fluids, such as water, milk, tea, soup and coffee; heart-healthy fats such as vegetable oils and soft margarines. The accompanying website also spotlights herbs and spices to be used in place of salt to lower sodium intake. Nearly all Americans eat too much sodium in the form of salt. Eating less salt generally results in lowered blood pressure, hence, lower risk of heart disease, stroke, congestive heart failure and kidney

disease. Most dietary salt comes from pre-prepared foods, eaten either at home or in restaurants. When you're in control of seasoning, experiment with using herbs and spices instead of salt and customize your spices to your taste preferences.

**STRATEGIES TO SHIFT:** Lichtenstein advises older adults to begin by making small shifts in food and beverage choices to improve your overall eating pattern, and then continue to build on them. Making small changes and sticking with them, she says, is the best approach to long-term improvements in eating habits. If you plan on making major changes in your diet, talk with your primary healthcare provider first.

When selecting foods, she recommends:

- Buy a variety of fresh, frozen, or no-salt-added canned vegetables and fruit packed in its own juices, so they are readily available for eating as is or adding to sauces, soups and salads.
- Choose reduced-sodium varieties of beans, salad dressings and baked products, as available.
- If only varieties packed in sugary syrup or salty fluids are available, give them a quick rinse before serving.
- Dried fruit and unsalted nuts make good portable snacks.
- When food is not prepared at home, try to identify, in advance, nearby restaurants and other food outlets that offer options consistent with healthy dietary patterns. When in doubt, ask the restaurant for information. Chain restaurants usually post nutrition information on their website and sometimes have it available in the restaurant, and many restaurants allow some customization of entrees to better fit into a healthy dietary pattern.



Tufts.EDU  
May 2016

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# If you're an older adult, make this MyPlate your plate.

## MyPlate for Older Adults

### Fruits & Vegetables

Whole fruits and vegetables are rich in important nutrients and fiber. Choose fruits and vegetables with deeply colored flesh. Choose canned varieties that are packed in their own juices or low-sodium.

### Healthy Oils

Liquid vegetable oils and soft margarines provide important fatty acids and some fat-soluble vitamins.

### Herbs & Spices

Use a variety of herbs and spices to enhance flavor of foods and reduce the need to add salt.



### Fluids

Drink plenty of fluids. Fluids can come from water, tea, coffee, soups, and fruits and vegetables.

### Grains

Whole grain and fortified foods are good sources of fiber and B vitamins.

### Dairy

Fat-free and low-fat milk, cheeses and yogurts provide protein, calcium and other important nutrients.

### Protein

Protein rich foods provide many important nutrients. Choose a variety including nuts, beans, fish, lean meat and poultry.



Remember to Stay Active!

Tufts  
UNIVERSITY

JEAN MAYER  
USDA  
HUMAN  
NUTRITION  
RESEARCH  
CENTER FOR  
AGING

HNRC

AARP Foundation

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### **THANK YOU SUE BROKER**

Sue Broker has been one of our pianists for about 1 ½ years. She was honored on May 22, her last Sunday to play for the church. Dan Olson, Moderator, introduced Sue and thanked her for her loving devotion to provide our church with beautiful music. Our church has truly been blessed by her musical ability and we appreciate her time and talent. Sue helped to make our church a very special place of worship. She received a card from Dan Olson and a bouquet of roses from Mary Ann Childs, co-chair of Congregational Care. The congregation gave Sue a standing ovation for her contribution to our church services.

### **HILL COUNTRY SINGERS CHORAL GROUP**

On Sunday, June 5th, the Hill Country Singers Choral Group, under the direction of William Parcher, sang the musical offering.



### **ROUND ROCK EXPRESS BASEBALL GAME**

Seventeen members of LCF attended the Round Rock Express baseball game on May 27th. They carpooled from the Lago Vista Library. It was a delightful evening, as the rain had stopped! It was a very exciting game in which the Express won in the bottom of the 9th inning.

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# MEN'S FELLOWSHIP

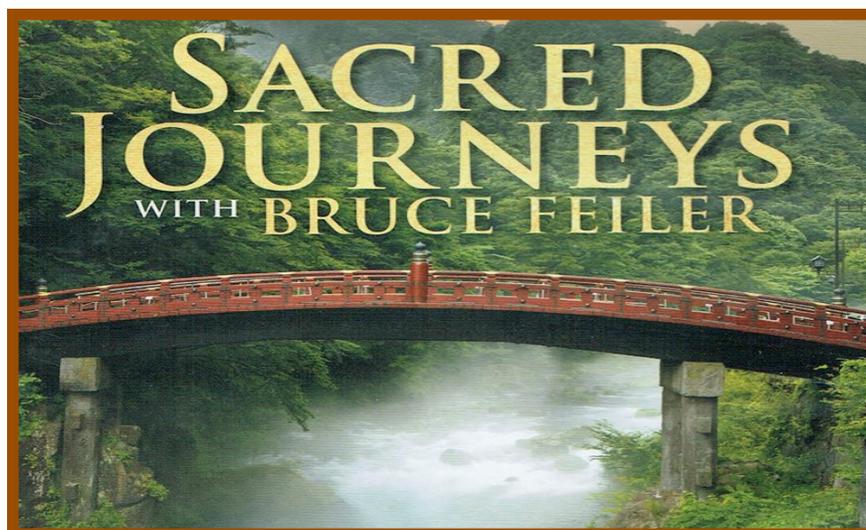


## Men's Point Venture Breakfast Group Is On Summer Break!! Meetings will resume on September 6th.

We welcome all men to join us for breakfast at the Point Venture Clubhouse on the 1st and 3rd Tuesdays every month at 8:30 A.M. for fellowship and a delicious breakfast.

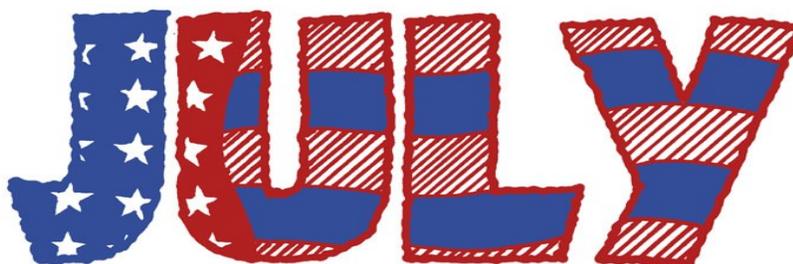
During June, we started a new study called Sacred Journeys and took a visit to Lourdes, France, with 500 American wounded warriors. There were several thousand wounded warriors from all over the world. The video explores the feelings of soldiers who experienced physical healing, mental healing and peace with their lives. Truly a remarkable place.

Our group will resume in September with a special program by the Fire Chief of ESD1 and we will have the opportunity to see some of their equipment.



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

**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 Lago Vista 4th of July Parade Meet @ St. Mary's Church at 8:45 am
3 10:30 AM Worship Service @ Worship Center	4	5	6 9:30 AM CWF Bible Study @ Bluebonnet Room Movie "One Night With The King"	7 10:30 AM Alzheimer's Support Group @ LV Library	8	9
10 10:30 AM Worship Service @ Worship Center	11	12 8:00 AM Men's Fellowship Breakfast/Bible Study @ Re/Max Office	13 No Women's Bible Study	14 6:30 PM Cancer Support Group @ LV Library	15	16
17 10:30 AM Worship Service @ Worship Center	18 Noon Christian Women's Fellowship Outing	19	20 9:30 AM CWF Bible Study @ Bluebonnet Room	21 10:30 AM Alzheimer's Support Group @ LV Library	22 	23
24 10:30 AM Worship Service @ Worship Center	25	26 8:00 AM Men's Fellowship Breakfast/Bible Study @ Re/Max Office	27 9:30 AM CWF Bible Study @ Bluebonnet Room	28	29	30 
31	<div data-bbox="316 1711 1015 1963" data-label="Text"> <p><b>For more information                      visit the LCF website at  <a href="http://www.lakesidechristians.org">www.lakesidechristians.org</a></b></p> </div>					



David Freeman .....	1
Genie Carroll.....	10
Cathy Newton.....	12
Dick Sanders .....	14
Joy Webb.....	16
Jan Wilson .....	17
Emma Smith.....	20
William Parcher .....	21
Miryam Miller .....	28
Aneta Stovall .....	29

*Birthdays &*



*Anniversaries*

*Jim & Jeanene Wheeler*  
July 4

*James & Elizabeth Orr*  
July 11

*Curtis & Deborah Woodlock*  
July 17

*David & June Freeman*  
July 19

*Chuck & Emma Smith*  
July 20

*John & Cathy Newton*  
July 26

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

**Prayer Corner**  
**By Dayle Auld**

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

Lord, as I pray my way through 2 Corinthians 11:1-3, two things stand out with flashing neon brilliance. First of all, we already belong to You as a washed, cherished, and betrothed bride. This is our defining identity as Your church, Your called-out, beloved people. Our organization doesn't define us. Our work doesn't define us. Our ministries don't define us. Your relationship with us and Your love for us define us. We are the people upon whom You have set Your heart, for whom You gave Your life, and to whom You are returning as a great bridegroom. There's no other relationship that comes close to offering the peace and hope as Your relationship with us, no other.

Satan hates Your love for us. Satan hates our love for You. He'll let us be anything other than a church filled with deep affection and devotion to You. Whether overtly through condemnation and persecution or covertly through seduction and prosperity, his strategy is the same-to steal our hearts away from You. Jesus, he will not succeed, for You have crushed his head and You have won our hearts forever. But send Your Spirit with fresh convicting and invigorating power. Wake us from our slumber. Restore to us the bridal affections we had for You at first. Rekindle the fire and passion we experienced when it first dawned upon us that You chose us to be Your bride. In Jesus' name.

**Amen**

**June 30, 2016**

<b>Average Sunday Attendance.....</b>	
<b>YTD Offerings.....</b>	<b>\$102,782.</b>
<b>YTD Expenses .....</b>	<b>\$88,902.</b>

# Lakeside Christian Fellowship

Worship Location  
1922 American Drive, Lago Vista

Office  
1918 American Drive, Suite 3, Lago Vista  
512-267-1700, [office@lakesidechristians.org](mailto:office@lakesidechristians.org)

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

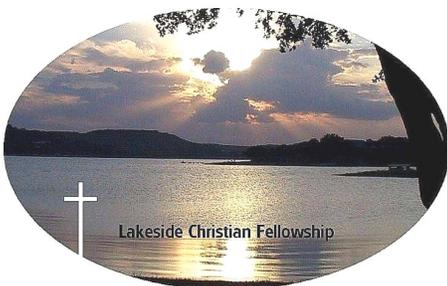
Rev. Rick Waters, Pastor  
Rev. Chuck Smith, Minister of Outreach & Ministries

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## LAKESIDE CHRISTIAN FELLOWSHIP

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