

Lakeside Christian Fellowship Ripples



MAY 2016

VOLUME IV NUMBER 5

Dear Church Family,

Many of us remember the words of the song April Showers where it reads, “though April showers may come your way, they bring the flowers that bloom in May.” Well if the rains we had in April are any indication of what is to come, we will have a bumper crop of beautiful flowers in May. In fact the highways and byways of the Hill Country have been festooned with wild flowers whose color was just magnificent.

This time of year also reminds us of the 40 days following Christ’s resurrection as he walked the highways and byways of Palestine with his disciples meeting with them that they too would see the flowers that dotted the landscape of the Holy Land and that was a time of teaching and revelation. We don’t know what Jesus taught during those days after the resurrection, but what came out of those teachings was Pentecost where the Holy Spirit descending as tongues of fire to begin what led to Christianity.

Soon the word spread and proliferated like wild flowers as the word of God spread throughout the land. Soon too the Word blossomed like a rose in the telling and retelling of Jesus Christ. And as each person heard, they spread the message as pollen is spread from flower to flower to bring new life to the Earth.

And just as water brings and sustains life to all of the fauna and flora of this Earth, God’s living water sustains us spiritually. In John Four, Christ tells the woman at the well, “... whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life.”

So as you revel in the glory of the colors of the flowers of May brought about by the showers of April, may you also revel in the living water that Christ brings.



IN THIS ISSUE

- 5 ANNOUNCEMENTS
- 6 MONTHLY CALENDAR
- 7 BIRTHDAYS & ANNIVERSARIES

Health
Watch
3



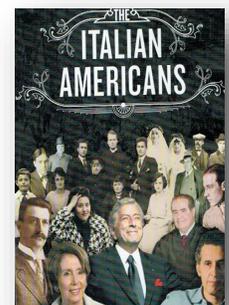
Christian Women’s Fellowship



2

Men’s
Group

4



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

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Lakeside Christian Women's Fellowship

Eighteen ladies attended the April 18th meeting and gained knowledge and enrichment from the research and history lesson provided in the program "Christian Art through the Ages", excellently presented by Bonnie Walker. She spoke of the style, beauty and preservation of art, different artists throughout the eras; frescos and murals and displayed numerous pictures and portraits.

The nominating committee comprised of Chairperson Edwina Woolsey, Jean Andrews, Bonnie Walker and Lil Burch submitted nominees for the election of officers to serve in 2016-2017. The following persons were elected:

President	Page Massey
Vice President/Programs	Janette Howle
Co-Vice President	Jean Sholes
Secretary	Regina Holmes
Treasurer	Genie Carroll
Historian	Letha Guy

The officers will be installed at the May meeting.

Sue Broker will be presenting another special program, "Make a Joyful Noise", on May 16th, completing nine months of inspiration, spiritual nourishment and service provided by our program speakers from September 2015 to May 2016. THANK YOU, speakers, for your commitment. The women's fellowship will reconvene in September 2016 and begin a series of new, diverse and educational programs.



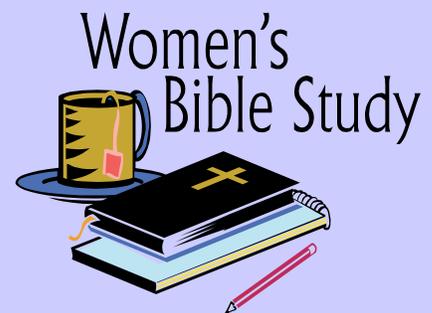
Friendship Day will be celebrated at the Monday, May 16th, meeting at 10:30 am in the Bluebonnet Room; so bring relatives, neighbors, and friends to enjoy the annual Salad Luncheon. Kindly bring a salad of your choice to share. HOPE TO SEE ALL OF YOU THERE!

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



LAKESIDE CHRISTIAN WOMEN'S BIBLE STUDY

The new twelve chapter study book, "Esther: A Woman of Strength and Dignity" continues through June 29th. 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.



Health Watch

12 Reasons to Love the Mediterranean Diet

<http://www.webmd.com/heart-disease>



By focusing on fresh, seasonal food prepared in simple ways, this delicious diet can help you fight heart disease and lower cholesterol.

1. Surprise! No Calorie Counting.

With the Mediterranean diet, you won't be counting calories or cutting out major food groups. Instead, you'll be swapping out bad fats for heart-healthy ones (olive oil instead of butter; fish or poultry instead of red meat); enjoying fresh fruit instead of sugary, fancy desserts; and eating your fill of flavorful veggies and beans. Nuts are a mainstay, too, but keep them to no more than a handful a day. And you can have whole-grain bread and wine in moderation.

2. The Food Is Really Fresh.

When you eat like Mediterranean people do, you're not roaming the frozen food aisle or hitting a fast-food drive-thru. The focus is on fresh, seasonal food prepared in simple, mouth-watering ways. Build a yummy salad from spinach, cucumbers, tomatoes, and classic Greek ingredients like black olives and feta cheese with a [Quick Light Greek Salad](#) recipe, or whip up a colorful, veggie-filled batch of [Grilled Tomato Gazpacho](#).

3. You Can Have Bread.

Choose whole grains, a Mediterranean diet staple. Bread (and pasta) made with whole grains has more protein and minerals and is generally healthier than the white flour kind, which means it won't give you a sugar rush and then a crash. Try whole-grain pita bread dipped in olive oil, hummus, or tahini (a protein-rich paste made from ground sesame seeds).

4. Fat Isn't Forbidden.

Fat -- the kind that's good for your heart -- is a staple of the Mediterranean diet. What is good fat? You'll find it in nuts, olives, and olive oil. These fats (not the saturated and trans fat hidden in processed foods) not only add flavor, they also help fight diseases from diabetes to cancer. [Basic Basil Pesto](#) is a tasty way to get good-fat walnuts and olive oil into your diet.

5. The Menu Is Huge.

The Mediterranean diet doesn't limit you to Greek and Italian. The region also includes France, Spain, Turkey, Morocco, and other countries. Choose foods that stick to the basics: light on red meat and whole-fat dairy, with lots of fresh fruits and veggies, olive oil, and whole grains. This [Moroccan recipe](#) with chickpeas, okra, and spices fits the healthy Mediterranean profile.

6. The Spices Are Delicious.

Mediterranean herbs and spices -- including bay leaves, cilantro and coriander, rosemary, garlic, pepper, and cinnamon -- add so much flavor you won't need to reach for

the salt shaker. Some have health benefits, too. Coriander and rosemary, for example, have disease-fighting antioxidants and nutrients. This recipe for [Greek-Style Mushrooms](#) uses cilantro and coriander and has a lemony kick.

7. It's Easy to Make.

Greek meals are often small, easily assembled plates called *mezzes*. For your own serve-it-cold casual meal, you could put out plates of cheese, olives, nuts, plus these [Basil Quinoa With Red Bell Pepper](#) and [Eight Layered Greek Dip](#) recipes. Both contain heart-friendly ingredients including olive oil, beans, whole grains, and spices.

8. You Can Have Wine.

Drinking wine with meals is common in many Mediterranean countries, where dining is often leisurely and social. And some studies suggest that for some people, up to one glass a day for women and two for men may be good for your heart. Red is the Mediterranean choice and may be healthier than white wine. Check with your doctor to see if sipping wine is right for you.

9. You Won't Be Hungry.

The Mediterranean diet lets you eat rich-tasting foods such as roasted sweet potatoes, hummus, and even this [Lima Bean Spread](#). You digest these slowly so that you feel full longer. Hunger's not a problem when you can munch on nuts, olives, or bites of low-fat cheese when a craving strikes. Feta and halloumi are lower in fat than cheddar but still rich and tasty.

10. You Can Lose Weight.

You'd think it would take a miracle to lose weight eating nuts, cheese, and oils. But those Mediterranean basics (and the slower eating style) leave you feeling full and satisfied. And that helps you stick to a diet. Regular physical activity to keep a healthy weight is also an important part of the lifestyle.

11. Your Heart Will Thank You.

Almost everything in the Mediterranean diet is good for your heart. Olive oil and nuts help lower "bad" cholesterol. Fruits, veggies, and beans help keep arteries clear. Fish helps lower triglycerides and blood pressure. Even a daily glass of wine may be good for your heart! If you've never fallen in love with fish, try this Mediterranean-inspired recipe for [Grilled Whole Trout With Lemon-Tarragon Bean Salad](#).

12. You'll Stay Sharper Longer.

The same goodness that protects your heart is also good for your brain. You're not eating bad fats and processed foods, which can cause inflammation. In their place, the Mediterranean diet's antioxidant-rich foods make this eating style a brain-friendly choice.

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

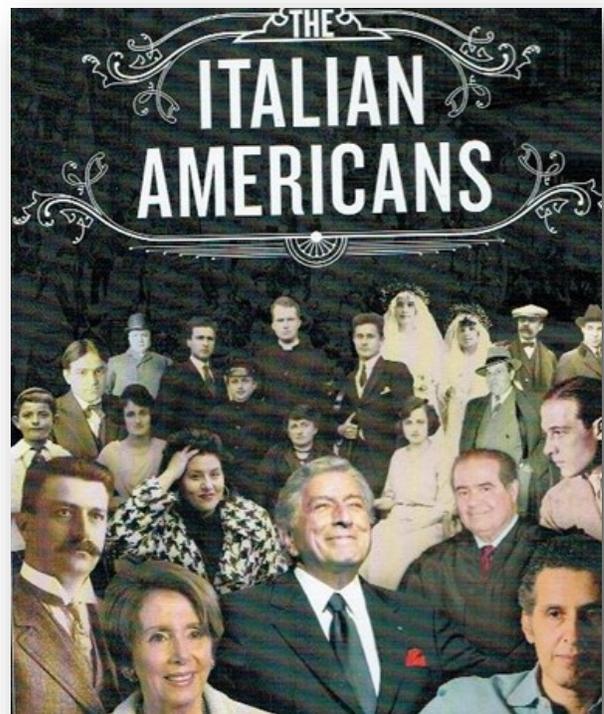
At the beginning of the 20th century there were Little Italy's in New York, Chicago and San Francisco. In New York, Little Italy was the location of store bombings, murders and child kidnapping for ransom by a crime organization known as the Black Hand.

The Italians were prolific fishermen and dominated the fishing industry at Fishermen's Wharf in San Francisco. Fishing boats were passed from generation to generation and San Francisco was free from crime against the Italian's. A man by the name Amedeo

Genini started the Bank of Italy in 1904 to serve the Italian community. When the city was destroyed by the earthquake in 1906, Genini went to his destroyed bank and removed all of the money to his home.

He went to Fishermen's Wharf set up a card table and started making handshake loans. He soon had banks throughout the state. In 1930 the bank changed its name to the **BANK OF AMERICA.**

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



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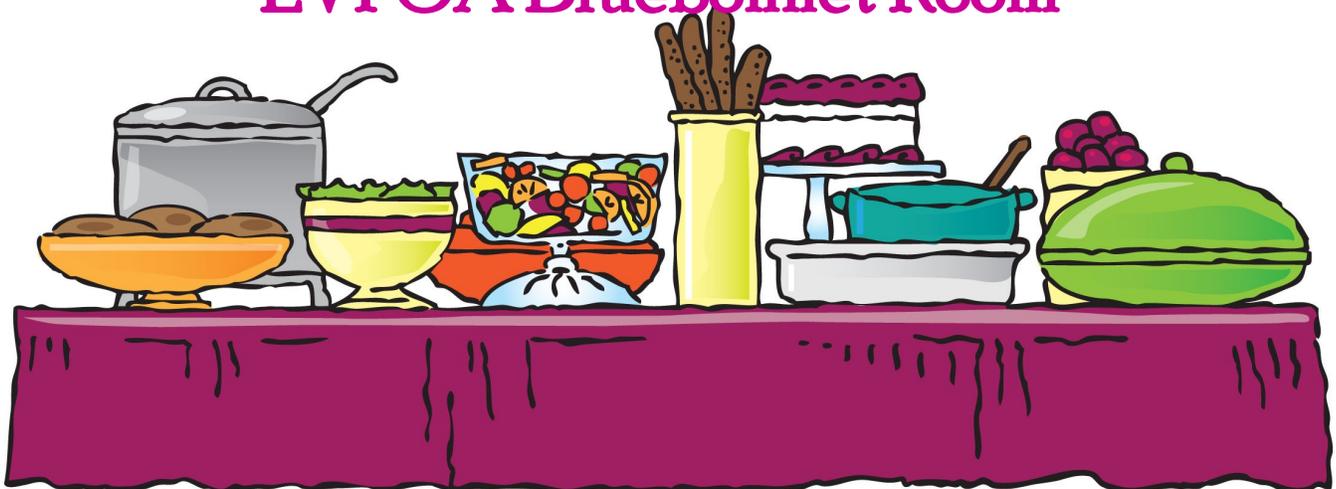
Congregational Meeting Notice

A Called Lakeside Christian Fellowship Congregational Meeting will be held on Sunday, May 22, 2016, following morning worship.

The purpose of the meeting is to:

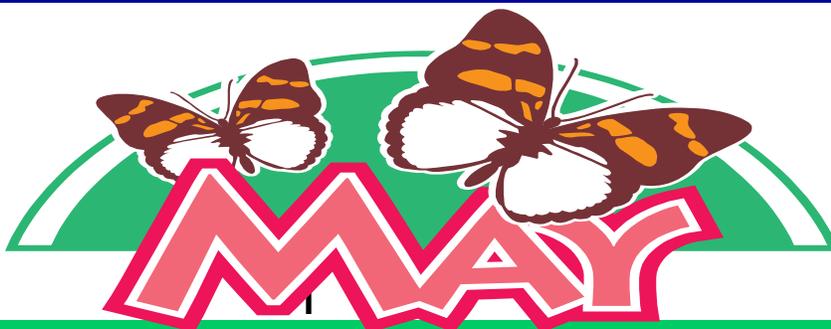
- 1) Elect Dick Sanders and Warwick Andrews to the Nominating Committee to fill two vacancies.
- 2) Elect Jean Andrews to the position of Worship Commission Chair to fill a vacant position.
- 3) Vote to approve a change to the LCF BYLAWS regarding Responsibilities of the Leadership Council.

Please join us at our
5th Sunday Potluck Luncheon!
Sunday, May 29, 2016
12:00 pm
LVPOA Bluebonnet Room



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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


 Happy Mother's Day!
 Sunday May 8th

1 10:30 AM Worship Service 9:30 & 11:45 AM Choir Rehearsal @ Worship Center	2	3 8:30 AM Men's Fellowship Breakfast @ Point Venture Club Room	4 9:30 AM CWF Bible Study @ Bluebonnet Room	5 10:30 AM Alzheimer's Support Group @ LV Library	6	7
8 10:30 AM Worship Service 9:30 & 11:45 AM Choir Rehearsal @ Worship Center	9 3:00 PM Leadership Council @ Worship Center	10 8:00 AM Men's Fellowship Breakfast/Bible Study @ Worship Center	11 9:30 AM CWF Bible Study @ Bluebonnet Room	12 6:30 PM Cancer Support Group @ LV Library	13	14
15 10:30 AM Worship Service 9:30 & 11:45 AM Choir Rehearsal @ Worship Center	16 10:30 AM Christian Women's Fellowship Monthly Meeting @ Bluebonnet Room	17 8:30 AM Men's Fellowship Breakfast @ Point Venture Club Room	18 9:30 AM CWF Bible Study @ Bluebonnet Room	19 10:30 AM Alzheimer's Support Group @ LV Library	20 	21
22 10:30 AM Worship Service 9:30 & 11:45 AM Choir Rehearsal @ Worship Center	23	24 8:00 AM Men's Fellowship Breakfast/Bible Study @ Worship Center	25 9:30 AM CWF Bible Study @ Bluebonnet Room	26	27	28
29 10:30 AM Worship Service Noon 5th Sunday @ Bluebonnet Room		31		<p>For more information visit the LCF website at www.lakesidechristians.org</p>		



Dick Humphrey.....	3
Jim Bernhard	05
Beverly Olson	07
Deborah Woodlock.....	11
Dick Hemer	13
Dennis Jones	13
Pat Bernhard	17
Ryan Richardson	17
Scott Cameron	19
Rick Waters.....	20
Lil Burch	24
Elaine Bhonn	27
Joyce Leece.....	27
Jinny Guthrie	28
Ray Burch	31

Birthdays &



Anniversaries

Dennis & Dodie Jones
May 4

Bill & Sandra Smith
May 12

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

May, 2016

"I pray that you, being rooted and established in love, may have power together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, . . . Now to Him who is able to do immeasurably more than all we ask or imagine, according to His power that is at work within us, to Him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

Ephesians 3:17-21

Lord, You know that so much can happen to us as Your people. Satan hates the church, and we are "in Christ," but we are still sinful people. What but a bigger and better grasp of the love of Jesus can keep us focused on the things that really matter and repentant for the ways we fail one another? I'm glad you can do so immeasurably more than we can ask or imagine, but I will settle today for what I can ask and for what I can imagine. I ask you to restore me to my first love relationship with Jesus. And I ask You for power-for an outpouring of Your Holy Spirit that will enable me and the brothers and sisters in Jesus to grasp how wide, long, high, and deep is the love of Jesus. I earnestly and passionately pray in Jesus' beloved name. Amen.



April, 2016

Average Sunday Attendance.....	86
YTD Offerings.....	\$66,859.
YTD Expenses	\$57,040.

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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LAKESIDE CHRISTIAN FELLOWSHIP

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