

Lakeside Christian Fellowship Ripples



JANUARY, 2018

VOLUME VI, NUMBER 1

As I write this it is the middle of Advent when we look forward to the birth of our Lord and Savior Jesus Christ. And it's a time to look forward to the approaching New Year. It is a time of remembrance of the year that just past both good and bad. It is a time to remember what we really want out of life to start afresh – to begin anew. It is a time for looking ahead instead of looking back.

Hebrews 11 is sometimes called the Chapter of Faith or the Hall of Faith. Each of the men and women referenced there were men and women of faith in God despite the trails and temptations they faced. And they are an inspiration to each of us as we look forward to the coming year. No doubt, they were faced with some of the things we're faced with each day and there were times where they wanted to give up – to turn around, but the one thing that they knew they could fall back on was faith in God.

Some time ago I ran across an anonymous "Recipe for a Happy New Year" and it struck a chord with me. I'd like to share it with you as we begin 2018: "Take twelve fine, full-grown months; see that these are thoroughly free from old memories of bitterness, rancor and hate, cleanse them completely from every clinging spite; pick off all specks of pettiness and littleness; in short, see that these months are freed from all the past—have them fresh and clean as when they first came from the great storehouse of Time. Cut these months into thirty or thirty-one equal parts. Do not attempt to make up the whole batch at one time (so many persons spoil the entire lot this way) but prepare one day at a time.

Into each day put equal parts of faith, patience, courage, work (some people omit this ingredient and so spoil the flavor of the rest), hope, fidelity, liberality, kindness, rest (leaving this out is like leaving the oil out of the salad dressing— don't do it), prayer, meditation, and one well-selected resolution. Put in about one teaspoonful of good spirits, a dash of fun, a pinch of folly, a sprinkling of play, and a heaping cupful of good humor."

From Emma and I, thank you for your friendship and prayers! Happy New Year! Pastor Chuck

7-UPS FOR THE NEW YEAR Suggested Resolutions for 2018

The first is WAKE UP – Begin the day with the Lord. It is His day. Rejoice in it.

The second is DRESS-UP – Put on a smile. It improves your looks. It says something about your attitude.

The third is SHUT-UP – Watch your tongue. Don't gossip. Say nice things. Learn to listen.

The fourth is STAND-UP – Take a stand for what you believe. resist evil. Do good.

Five, LOOK-UP – Open your eyes to the Lord. After all, He is your only Savior.

Six, REACH-UP – Spend time in prayer with your adorations, confessions, thanksgivings and supplications to the Lord.

And finally, LIFT-UP – Be available to help those in need – serving, supporting, and sharing.

*Rev. Walter Schoedel
The Joyful Noiseletter*

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**Lakeside Christian Fellowship
Extended Leadership Council Contact List (January 2018)**

Scott Cameron - Moderator	hscameron@sbcglobal.net	512-921-2419
Don Killough - Stewardship Commission Chair	shark3@austin.rr.com	512-267-2625
Genie Carroll - Treasurer	geniecarroll@gmail.com	512-215-9229
Jean Sholes - Secretary	mjmsholes@austin.rr.com	512-267-4549
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Pastoral Relations Commission		
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Ministries Commissions		
Chuck Smith - Ministries Coordinator	chucksmith_lv@yahoo.com	512-922-6233
Lil Burch - New Member Chair	raylilpv@aol.com	512-267-2278
Regina Holmes - Congregational Care Chair	gypsygranma@yahoo.com	432-553-2461
Fran Pontesso - Fellowship/ Hospitality Chair	ldhart3640@sbcglobal.net	512-368-5907
Paula Tyler - Volunteer Resources Chair	superhammy@att.net	512-267-1693
Rev. Chuck Smith - Minister of Outreach	chucksmith_lv@yahoo.com	512-922-6233
Rev. Rick Waters - Pastor	rickwaters2@austin.rr.com	267-2877 & 850-7114 (M)
Michelle Lopez - LCF Office Manager	office@lakesidechristians.org	512-267-1700



LAKESIDE CHRISTIAN FELLOWSHIP Leadership Council Report for November 7, 2017

The meeting was called to order by Moderator Scott Cameron at 2:00 p.m. Members present were Scott Cameron, Tom Gardner, Ginger Halsted, Genie Carroll, Dave Freeman, Rick Waters, Chuck Smith and Jean Sholes. Pastor Rick Waters opened the meeting with prayer.

Opening Remarks: Scott Cameron noted that the attachments while noted were not included on the Congregational Meeting minutes as submitted. Dave Freeman will amend the minutes to include the attachments and send them to the Council. Ginger Halsted moved that we accept the minutes as presented with the addition of the attachments. Genie Carroll seconded the motion and it carried.

Financial Update: Genie Carroll noted that we are in good financial shape and there was nothing of concern that needed to be discussed. Dave Freeman moved that we accept the report; Ginger Halsted seconded and the motion carried.

Stewardship Update: Tom Gardner advised that he had nothing to report.

Building & Grounds: Rodger Elliott was not present. Tom Gardner noted that Rodger had mentioned that he had an inventory of items that belong to LCF on a disc. Scott Cameron said he would call Rodger to discuss where the disc should be kept.

Faith in Action: June was not able to attend the meeting, so Dave Freeman gave a summary of the HCCM annual report. Food distribution has increased by 71%. HCCM has helped with Hurricane Harvey, partnered with Central Texas Food bank and received \$200,000 to be spent on more trucks to pick up food, more refrigeration for storage and some structural improvements.

Pastoral Relations: Nothing to report

Worship Committee: Ginger Halsted reported that the arrangements for the Advent Candle Lighting have been completed and she has the members who will participate in the candle lighting and reading each week of Advent. Ginger is giving a list to Chuck of

who is participating. She advised that Jean Hemer will continue to get volunteers to serve as ushers and Jean Sholes has advised that she will continue to help with the alter and communion.

Outreach: Chuck Smith advised us that our church has collected \$6,610.00 to assist in Hurricane Harvey relief. Everyone agreed that providing the boxes in the collection plates for members to place their donations for The Power of One are working fine, but it was noted that the choir's collection plate does not have a box. Another box will be provided.

Old Business: Nothing to report

New Business: Pastor Waters suggested that since Christmas Eve is on Sunday this year that we consider having no evening service, but just the Sunday morning service. After discussion, Ginger Halsted moved that we have only the Sunday morning service; Dave Freeman seconded and the motion carried.

Under new business, Pastor Waters expressed a concern regarding security at our services. In light of the events that have recently taken place he proposed that we have a professional law enforcement official come to discuss security measures we could and should take. A motion was made by Tom Gardner that Pastor Waters will contact law enforcement in Lago Vista and ask a representative to meet with the church council. Dave Freeman seconded the motion and it carried.

Dave Freeman noted that last year the council approved a proposal for end of year bonuses for certain staff. He is to put together a proposal.

The meeting adjourned at 3:05 p.m.

Respectively submitted,
Jean Sholes, Council Secretary





Health Watch

What Causes Heart Palpitations?

<https://www.webmd.com/heart-disease/atrial-fibrillation/>



What It Feels Like

Your heart pounds, flutters, or seems to skip beats. You might call these feelings palpitations. Although they can feel scary, most aren't serious and rarely need

treatment. Knowing what makes your heart race can help you not panic when it happens and know when to call your doctor.

Stress and Anxiety

Intense emotions can trigger the release of hormones that speed up your heartbeat. Your body gets ready to face a threat, even if you're not in danger. Panic attacks are intense bouts of fear that can last a few minutes. Symptoms include a racing heart, sweating, chills, trouble breathing, and chest pain. A panic attack can feel like a heart attack. If you're not sure which one you're having, get medical help.

Exercise

Working out is good for you. And a brisk run or intense indoor cycling class will naturally make your heart beat faster. That helps your heart pump more blood to power your muscles through the workout. If your heart flutters or pounds, it could be because you haven't worked out in a while and you're out of condition. An irregular heartbeat, or arrhythmia, can also cause palpitations when you exercise.

Caffeine

Does your heart beat faster after your morning latte? Caffeine is a stimulant that raises your heart rate, whether you get it from coffee, soda, an energy drink, tea, chocolate, or another source. One study found that caffeine from coffee, tea, and chocolate isn't likely to cause palpitations in people with healthy hearts. But experts don't know whether it might trigger them in people with heart rhythm problems.

Nicotine

The addictive chemical in cigarettes and other tobacco products, nicotine raises your blood pressure and speeds up your heart rate. Quitting smoking is one of the best things you can do for your heart, though it might not slow your heartbeat right away. Patches and other nicotine replacement products can make your heart race. Palpitations can also be a symptom of nicotine withdrawal, but they should stop within 3 to 4 weeks after you quit.

Hormone Changes

Women might notice that their heartbeat speeds up when they have their period, they're pregnant, they're close to menopause, or they're in menopause. The reason: hormone levels. The boost in heart rate is usually temporary and no reason for worry. If you're pregnant, palpitations can also happen if you're anemic, which means you don't have enough red blood cells that carry oxygen throughout your body.

Fever

When you have a fever during an illness, your body uses energy at a faster pace than usual. This can set off palpitations. Usually your temperature needs to be above 100.4 F to affect your heart rate.

Medicines

Some prescription and over-the-counter medicines cause palpitations as a side effect, including:

- Antibiotics
- Antifungal medicines
- Antipsychotic drugs
- Asthma inhalers
- Cough and cold medicines
- Diet pills
- High blood pressure medicines
- Thyroid pills



If you take one or more of these types of meds, ask your doctor if it could affect your heartbeat. Don't skip any doses before you check with your doctor.



Health Watch

What Causes Heart Palpitations?

<https://www.webmd.com/heart-disease/atrial-fibrillation/>

(Continued)



Low Blood Sugar

Have you ever noticed that you feel shaky, cranky, and weak when you've skipped a meal? It can also lead to palpitations. When your blood sugar level drops, your body releases stress hormones like adrenaline to prepare for an emergency food shortage. Adrenaline speeds up your heart rate.

Overactive Thyroid Gland

Your thyroid is a butterfly-shaped gland in your neck. It makes hormones that help manage your metabolism and other things. An overactive thyroid (called hyperthyroidism) can make too much thyroid hormone. That can speed up your heart so much that you feel it beating in your chest. Taking too much thyroid hormone to treat an underactive thyroid gland (called hypothyroidism) can also rev up your heartbeat.

Heart Rhythm Problems

Sometimes an irregular heart rhythm, called an arrhythmia, causes palpitations.

- ♥ Atrial fibrillation, or AFib, happens when the heart's upper chambers, called the atria, flutter instead of beating normally.
- ♥ Supraventricular tachycardia is an abnormally fast heartbeat that starts in the heart's upper chambers.
- ♥ Ventricular tachycardia is a fast heart rate due to faulty signals in the heart's lower pumping chambers, called the ventricles.

Alcohol

If you drink a lot, or just have more than usual, you might feel your heart beating faster or fluttering. It often happens on holidays or weekends, when people drink more, earning it the nickname of "holiday heart syndrome." But for some people, it can happen even when they only drink a little bit.

Premature Ventricular Contractions

Premature ventricular contractions (PVCs) are extra heartbeats. They happen when your heart's ventricles squeeze too soon. The extra beat throws off your heart's normal rhythm and makes it flutter, pound, or jump in your chest. If your heart is healthy, occasional PVCs are nothing to worry about. But you might need

treatment if you have heart disease and you get these extra beats often.

Cocaine and Other Street Drugs

Illegal drugs like amphetamines, cocaine, and ecstasy are dangerous to the heart. Cocaine boosts blood pressure, raises heart rate, and damages the heart muscle. Amphetamines stimulate the nervous system, which ramps up your heartbeat. Ecstasy triggers the release of a chemical called norepinephrine, which makes the heart beat faster.

When to See a Doctor

If you're healthy, you probably don't need to worry about palpitations that happen once in a while and last only a few seconds. But make a doctor's appointment if they come more often or you also have symptoms like these:

- 🚨 Chest pain or pressure
- 🚨 Shortness of breath
- 🚨 Dizziness
- 🚨 Fainting

Finding the Cause

These tests can help your doctor figure out what's going on:

Electrocardiogram (ECG). This test looks for problems with the electrical signals that control your heart rhythm.

Holter monitor. You wear this portable ECG for 24 to 72 hours at a time. It can find heart rhythm problems and any patterns that might need more tests.

Event Monitor. You wear this device for several weeks. It records your heart rhythm when you press a button while having symptoms.

Echocardiogram. This test uses sound waves to make pictures of your heart. It can find problems with your heart's structure.



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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 2018 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!



“Remember, sir, that which you render unto God is deductible from that which you render unto Caesar.”



Men's Breakfast Group



Funds above food costs are saved in the Men's Breakfast account and a special collection was held at breakfast on December 5. The funds are donated to Blue Santa every year. The picture (attached) is Clyde HANCE and Dan Olson presenting a check for \$400 to Lago Vista police Chief Danny Smith for Blue Santa. Chief Smith told us that the police department does not run Blue Santa but are a collection location for donations. An owner of a large hanger at the Lago Vista airport allowed Blue Santa to use his facility for two months to store donations and provide a place for volunteers to wrap gifts. Police officers used to deliver package to homes but for privacy reasons that practice was discontinued. The procedure now is to ask families to come to K-Oak where they are given a number and when their number is called they go and receive their gift(s). The names of children receiving gifts are never made public to protect their privacy.

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Lakeside Christian Women's Fellowship

The December meeting of the Christian Women's Fellowship was attended by 21 ladies and Warwick Andrews. The program featuring "The Shining Stars of LCWF" honored and introduced another beloved church and devoted LCWF member, Jean Andrews, who has lived her life in Christ's light. Donna Nash displayed favorite photos while Jean Sholes presented Jean's most interesting and amazing biography including highlights of Jean's youth, family, husband Warwick, son Cleve, education, and extensive travels. Jean has traveled to 30 foreign countries and a goodly bit of the USA. She excels in ambition, talent, knowledge, creativity, determination and energy. A skillful volunteer, she can tackle any project and the results are always of the highest quality. In her professional career she developed a volunteer safety program and was recognized and invited to the White House for the signing of the Safe Kids Act by President Ronald Reagan. Jeopardy is one of her favorite game shows and she delights and excels in editing Constitutions and By-Laws. Jean loves the Lord, church and music. To commemorate this special occasion Jean Sholes created a unique and personally designed inspirational plaque for Jean. We all admire and love you, Jean.

We welcomed Paula Tyler who attended the women's program for the first time. Stay tuned for another extra special program on January 15th as we announce and honor our 4th amazing woman within our midst. We suggest bringing a brown bag lunch. The hostesses will provide dessert and drinks. Information and tickets will become available for the annual dinner on February 11th at 5:30 pm, hosted by the Christian Women. The tropical LUAU celebration will be held in the Point Venture Club Room. Due to limited seating only 80 guests can be accommodated. To add to the festive event, Hawaiian dress is suggested. We are fortunate to be entertained again this year by Phil and Debi Jones, two gifted and versatile singer-songwriters, offering a joyful and genuine ministry of music and comedy that touches heart, mind and soul.

Lakeside CWF Bible Study

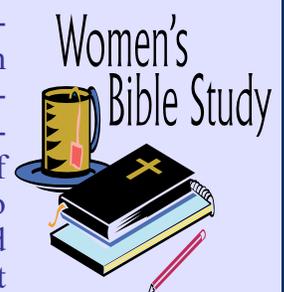
The next study, Genesis 34 – 50 will commence on January 10, 2018. In this ongoing study, we will take an in-depth look at the historical period beginning with Jacob's first encounter with Rachel, continuing through their son Joseph's captivity as an Egyptian slave, and concluding with the dramatic rescue of Jacob's family. We are forever challenged by the intriguing examinations of the whole of Scripture. The Old Testament of the Bible can provide an awesome opportunity to learn, renew and expand our knowledge. Come join us as we seek to study and grow in the Word of the Lord each Wednesday at 9:30 am in the Bluebonnet Room or come a bit earlier to fellowship. We welcome all women in our area!!

For information on
Women's Bible
Study contact:

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

or

Donna Nash
@ 512-267-5947
email:
Hilltophappiness@gmail.com



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



JANUARY

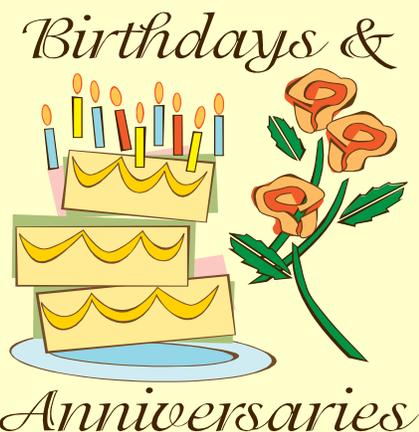
Please remember
that all church
activities should
be scheduled on
the master
calendar in the
church office.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 	2 8:30 AM Men's Fellowship Breakfast @ PV Clubroom	3	4 10:30 AM Alzheimer's Support Group @ LV Library	5	6
7 10:30 AM Worship Service @ Worship Center	8 2:00 PM Leadership Council Meeting @ Worship Center	9 8:00 AM Men's Fellowship Breakfast/Bible Study @ Worship Center	10 9:15 AM CWF Bible Study @ Bluebonnet Room	11 6:30 PM Cancer Support Group @ LV Library	12 	13
14 10:30 AM Worship Service @ Worship Center	15 10:30 AM CWF Meeting @ Bluebonnet Room	16 8:30 AM Men's Fellowship Breakfast @ PV Clubroom	17 9:15 AM CWF Bible Study @ Bluebonnet Room	18 10:30 AM Alzheimer's Support Group @ LV Library	19	20
21 10:30 AM Worship Service @ Worship Center	22	23 8:00 AM Men's Fellowship Breakfast/Bible Study @ Worship Center	24 9:15 AM CWF Bible Study @ Bluebonnet Room	25	26	27
28 10:30 AM Worship Service @ Worship Center	29	30	31 9:15 AM CWF Bible Study @ Bluebonnet Room			

For more information visit the LCF website at
www.lakesidechristians.org

January

Jay Meierhoff	3
Armor Lee Gardner	7
Rodger Elliott.....	8
Jean Sholes	8
Victoria Elliott	13
Nathan Seah.....	16
Dan Olson	17
Jack Currier	21
James Orr.....	22
Cleta Brewster.....	31



Harlan & Paula Fisher
1/1

Frank & Eleanor Smith
1/3

Bob & Edwina Woolsey
1/13

If you would like your dates to be included please send your information to the church office!!
E-Mail to Michelle at:
office@lakesidechristians.org

Prayer Corner

All prayers are edited and adapted from *Pocket Prayers*
by Max and Andrea Lucado.

January, 2018

*Good and upright is the Lord;
therefore He teaches sinners the way. The humble
He guides in justice, and the humble He teaches His way.*

Psalm 25:8-9

*Dear father, you are good. Your ways are perfect and above my own. You deserve my full obedience and my worship. You are my teacher and authority because of your goodness. Humble me today when I choose my way over yours. Use my prideful moments as an opportunity to teach me and redirect me. Show my friends that your goodness is more important than their desires. Provide them with encouragement to seek your good and upright way. Thank you for your constant instruction and concern for each step of my life. In the name of Jesus I pray these things,
Amen.*

December 20, 2017

Average Sunday Attendance	90
YTD Offerings	\$209,738.00
YTD Expenses	\$177,730.00

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

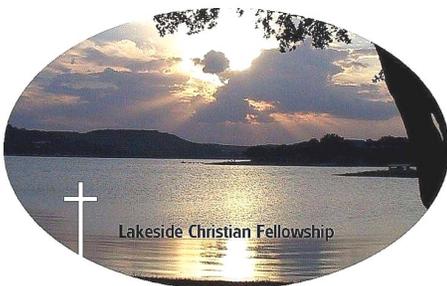
Rev. Rick Waters, Pastor
Rev. Chuck Smith, Minister of Outreach & Ministries

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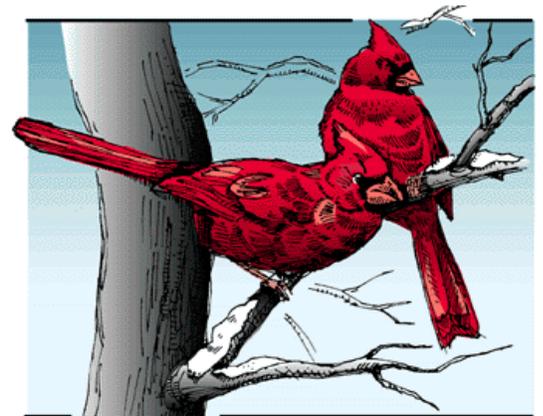
LAKESIDE CHRISTIAN FELLOWSHIP

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JANUARY