

# Lakeside Christian Fellowship Ripples



MARCH 2018

VOLUME VI, NUMBER 3

*Dear Members and Friends,*

Throughout the years, Lent has become associated with fasting and denial. Even today many people talk about giving up something during Lent. Some stop eating meat. Some give up coffee. For others it's chocolate or desserts. And that's all well and good, but the real intent of Lent is that we should look within. We should change our hearts and not our diets.

The prophet Joel reminds us to: "Even now,' says the Lord, 'return to me with all your heart'..." Then what better time to do that is during Lent – to remind ourselves of whose we are.

As we spoke about during the Ash Wednesday service, Lent is a time of repentance, forgiveness and renewal. Repentance isn't about the big things. We tell ourselves, "That if you take care of the little things, the big stuff takes care of itself." Yet, we tend to be obsessed with the big stuff. In our fallen sensibilities, we think that the little stuff doesn't matter, especially compared with the big. Rend your hearts to God and He will take care of the big stuff.

Lent reminds us that there is one who bears our sins before the throne of God. There is one who hears the cries of our hearts and receives them. There is one who waits to welcome us home. Sometimes we don't recognize the effects of our repentance as we move through our lives. As author Jim Nelson puts it in his Meditations, "We are oblivious to the effects of repentance. Then, one morning we wake to find ourselves redone, transformed, sanctified."

*Pastor Chuck*

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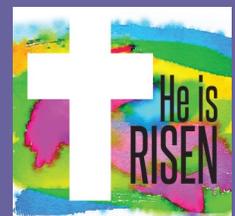
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A family of faith connecting people to Christ and to each other!

**LAKESIDE CHRISTIAN FELLOWSHIP**  
**Leadership Council Report for January 14, 2018**

**CALL TO ORDER:** The Leadership Council Meeting was called to order by Moderator, Scott Cameron at 2:00 pm. Members present were Scott Cameron, Roger Elliot, Don Killough, Dave Freeman, Genie Carroll, Rick Waters, Chuck Smith and Jean Sholes.

**INVOCATION:** Pastor Rick Waters opened the meeting with prayer.

**MINUTES:** The December minutes were approved as submitted.

**FINANCIAL UPDATE:** Genie Carroll distributed the Income and Budget vs. Actual report for the Council to review. It was noted that the current surplus is somewhat over the projected figure so we are in good shape. Roger Elliott moved that we accept the report as presented; Dave Freeman seconded and the motion carried.

**STEWARDSHIP COMMISSION:** Don Killough is the newly appointed Stewardship Commission chair. He said he is glad to be working with the Council and is just getting up to date on things.

**BUILDING AND GROUNDS:** Roger Elliot advised that everything is fine and noted that both he and Scott Cameron have a picture inventory for safe keeping now.

**PASTORAL RELATIONS UPDATE:** Dave Freeman advised that he had nothing new to report this month.

**WORSHIP COMMISSION:** Chairperson Ginger Halsted was not in attendance, but Rick Waters advised that he and Ginger are beginning plans for the Easter festivities.

**OUTREACH MINISTRIES:** Chuck Smith advised that the support groups are strong and growing. The Hill Country Ministries are doing well and Jack Tyler is assuming June Freeman's spot as the LCF representative.

**FAITH IN ACTION:** Wilma Sanders, newly appointed chairperson, was not present.

**NEW BUSINESS:** Jim Orr, Frank Robbins and Dave Freeman have been chosen to put together a safety plan for our church. While they have not met as a group yet, they are talking with individuals who are licensed to "carry" weapons and are exploring ideas like new doors for the building, which would provide better security both when services are being conducted and when the church is closed and no one is here.

Chuck advised that the network card in his office has some server problems and our computer technician suggested he buy a network adapter for about \$20.00 at Walmart. Chuck is planning on purchasing one.

The meeting adjourned at 2:32 pm.

Respectively submitted,  
Jean Sholes, Council Secretary



# LENTEN *Schedule*



February 14, Ash Wednesday  
12:00 p.m. at Lakeside Worship Center



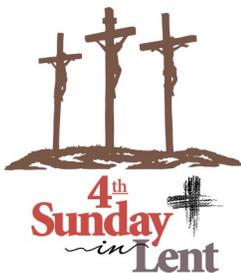
February 18, 1st Sunday in Lent  
Worship 10:30 a.m. at Lakeside Worship Center



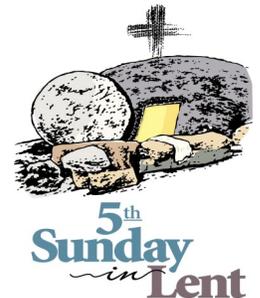
February 25, 2nd Sunday in Lent  
Worship 10:30 a.m. at Lakeside Worship Center



March 4, 3rd Sunday in Lent  
**Worship Cancelled at Worship Center**  
Due to La Primavera Bike Race



March 11, 4th Sunday in Lent  
Worship 10:30 a.m. at Lakeside Worship Center



March 18, 5th Sunday in Lent  
Worship 10:30 a.m. at Lakeside Worship Center



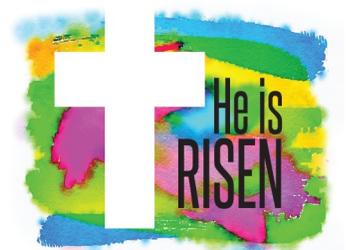
March 25, Palm/Passion Sunday  
Easter Cantata  
10:30 a.m. at Lakeside Worship Center



March 30, Good Friday Service  
"The Seven Last Words of Christ"  
6:00 p.m. at Lakeside Worship Center



April 1, Easter Services  
Sunrise Service at 7:00 a.m. at Hancock Park  
Regular Easter Service at 10:30 a.m.  
at Lakeside Worship Center



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## Lakeside Christian Women's Fellowship

Eighteen ladies attended the February 19th meeting of the Christian Women's Fellowship. On that day, our Women's Fellowship honored a vibrant, energetic, and radiant "Shining Star", Mary Ann Childs. The program highlighted a most interesting story of her life. Mary Ann, an only child, Native Texan, with beautiful blue eyes was born and raised in Bryan, living with her parents, Grandmother and Great Aunt, in a home across the street from the Court House in town. Her biography revealed early childhood memories of parents, pets, and education. She graduated from SMU, receiving a BA degree in marketing. Mary Ann & 1st husband Robert (Bob) Witcher had 3 children, one son and 2 daughters. Kathrine Ann, the middle child, died as an infant from Crib Death. Second husband, Bob Childs passed away in 1999 after 23 ½ years of marriage. Mary Ann has 1 granddaughter and 2 grandsons; Elizabeth lives in Round Rock and Matthew and Christopher live in Fayetteville, Arkansas.

Mary Ann has also been a "Shining Star" in Lago Vista. Active and very involved in her community and church, she has served in many capacities on Executive and Board Chairpersons and Committees in the Lago Vista Women's Club, Garden Club, Instructor in Bridge lessons, and other LVWC social groups and church.

Her dedication and assistance as a committed member of Lakeside Christian Fellowship is evident every day. As chairperson of the Care and Concerns committee, she organized the preparation and serving at memorial services and also provides transportation to hospitals and doctor's offices. In addition, she orders flowers each week, drives to pick them up, then places them on the Church altar. We admire your work ethic and are thankful, Mary Ann, for your passion, presence and contributions. In remembrance of this occasion, distinct artist extraordinaire, Jean Sholes, presented an original creation to Mary Ann.

The next LCWF meeting will be on April 16th. Hope to see you at the Bluebonnet Room at 10:30 am.

As promised in the January Ripples, I am now disclosing the name of a famous individual that Regina Holmes admired.....FRANK SINATRA. (I didn't tell her he was also greatly admired by my sister)

The annual Dinner and Entertainment on February 11th, hosted by the Christian Women was a tremendous success. The profit from this tropical LUAU celebration will serve to be the cash gifts we donate to many organizations each year. A few of the past recipients are our Church, The First Baptist Church in Sutherland Springs recovering from the tragic gun shooting, Hill Country Ministries and Blue Santa.

LOST and FOUND IN CHURCH....there are several items desiring an owner....NUMEROUS UMBRELLAS on the coat rack, one LADIES JACKET, MAN'S TIE, a PUNCH BOWL, and VASES. Please claim or they will be donated. See Regina Holmes for any questions or locations.

Fran Pontesso and Regina Holmes will be cleaning, organizing, boxing and labeling the contents of the closet in the rear of the church. Property or supplies any of you have stored there will need to be removed immediately. THANK YOU.

For information  
contact:  
Lil Burch  
@ 512-267-2278  
email:  
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## Lakeside Christian Women's Fellowship

### LAKESIDE CHRISTIAN WOMEN'S BIBLE STUDY

**Genesis 34 – 50 continues each Wednesday until April 4th  
Bluebonnet Room at 9:30 am.**

JACOB & SONS .... Nearly half the book of Genesis is devoted to Jacob and his twelve sons and one daughter, giving us many vignettes from the lives of these people. They were important figures in the history of Israel and the Christian church. They each faced trials and temptations. God used this flawed and dysfunctional family to a new level to portray His providence, judgment and mercy.

In this ongoing study, we are taking 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. These chapters include close examinations of Dinah, (Jacob's daughter), Judah, Tamar and Pharaoh's chief butler and baker. "The Sovereignty of God" and "Finishing in Faith" are careful doctrinal themes to be considered.

For information  
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[Hilltophappiness@gmail.com](mailto:Hilltophappiness@gmail.com)



Looking forward, a new study, Exodus and Numbers will begin mid-April. Search your heart and determine if you wish to join this special group, studying, renewing and expanding the knowledge of the Bible. The Old Testament can provide an awesome opportunity to learn. Come join us as we 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 invite and welcome all women in our area to study with us.

*Left Picture (L to R): Front row - Jan Robbins, Jan Lehigh, Jean Sholes, Lil Burch, Paula Tyler. Back row - Regina Holmes, Letha Guy, Donna Nash, Fran Pontesso, Jan Hagood, Beverly Olson, Sharon Waters.*

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# MEN'S GROUP

## ~ PV Fellowship ~

The Men's Group meets every 1st and 3rd Tuesday. We enjoy fellowship and the usual great breakfast! We look forward to the men of the church joining us for a great way to start the morning with food and with relaxing conversation.

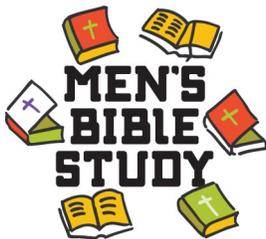


Please join us for good food, fellowship and interesting programs.

*Contact Dan Olson 512-267-2374 for more information.*

## ~ Bible Study ~

Throughout the New Testament, and some Old Testament, prophets tell us who Jesus is and what his mission means to the church and Christians throughout the world; but what does Jesus say about himself? What does he say about his mission in the world? Using the New and Old Testaments, the men's bible study group will be exploring what Jesus says about himself and his mission through his words, his sermons and the stories he tells using himself as the center -- pointing to himself as the Messiah, the Christ.



Join us on the 2nd and 4th Tuesdays of each month at 8am for a light breakfast and discussion (8:30am) of this intriguing look through Middle Eastern eyes and lectures from Dr. Kenneth Bailey.

*Contact Chuck Smith 512-922-6233 for more information.*



**Shirley Davis**  
**Bonnie McClung**  
**Sid McClung**  
**June Womble**



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## Health Watch

### Unsaturated Fat Is Best for Heart

#### WebMD Medical Reference



#### **Solid science backs advice to replace saturated fat with polyunsaturated:**

Hoping past news headlines hinting it's okay to load up on butter were right? No such luck. Longstanding advice to eat unsaturated fat in place of saturated fat - also found in high amounts in foods such as fatty meats and mixed dishes like pizza - was recently reinforced by the findings of a large observational study published in The BMJ (British Medical Journal). Scientists reported an 18% increased risk of heart disease associated with the highest versus lowest intake of the most commonly consumed types of saturated fat. The study also clearly showed that replacing saturated fat with polyunsaturated fat (such as in liquid vegetable oils, nuts and seafood), is associated with lower heart disease risk.

"The findings of this study support the current public health recommendation to replace foods high in saturated fat with polyunsaturated fat," says Alice H. Lichtenstein, DSc, director of Tufts' HNRCA Cardiovascular Nutrition Laboratory, but not involved in the study. "For those people already heeding this advice, there is no need to change. But, people seduced by the too-good-to-be-true headlines that 'butter is back,' should reconsider their decision."

#### **New Science:**

Part of the debate over saturated fat's health effects is because there are several types of saturated fatty acids found in varying proportions in foods. Some evidence suggests individual fatty acids may affect cholesterol levels differently.

In The BMJ study, scientists looked at the association between heart disease and the four predominant saturated fatty acids (lauric, myristic, palmitic and stearic) individually and combined. It's the largest observational study so far to look at individual fatty acids' effects on heart health.

For up to 28 years, the scientists followed more than 73,000 female and 42,000 male health professionals. Every four years they filled out surveys of what they ate. The scientists tracked who developed heart disease, heart attacks and related deaths.

In comparing the individual saturated fatty acids, the relative risk of heart disease associated with each was not much different. That included palmitic acid and stearic acid, which were both associated with an 18% greater risk

of heart disease at the highest versus lowest intake. (In contrast, some intervention studies had previously suggested stearic acid might have a neutral effect on heart health.) Still, palmitic acid ultimately could cause the most harm because it's more prevalent in our food supply.

That distinction, however, isn't terribly important. "In real-life diets, it's very hard to separate palmitic from stearic acid, for example, because both types tend to come from the same sources," says Qi Sun, MD, ScD, senior author of the study and an assistant professor at Harvard T.H. Chan School of Public Health. For example, in butter, 45% of the saturated fat comes from palmitic acid, and 52% comes from stearic acid.

#### **Replacing Saturated Fat:**

When you cut back on saturated fat, what you eat instead could make a big difference for heart health. Sun and his colleagues calculated that replacing just 1% of daily calories from the predominant saturated fatty acids with the same amount of calories from polyunsaturated fat, whole grains or plant proteins (such as legumes) was associated with a 6 to 8% reduced risk of heart disease.

Different choices of what is used to replace saturated fat are a key reason the results from some studies on saturated fat and heart health have been inconsistent (and have led to misleading news headlines). Sun explains, if you replace saturated fat with healthful polyunsaturated fat, you'll get a very different result than replacing it with refined carbohydrate, such as in many baked goods and processed snacks. A

higher intake of refined carbohydrate increases heart disease risk.

"The food source of saturated fat may also alter effects [on heart disease risk]," says Dariush Mozaffarian, MD, DrPH, dean of Tufts' Friedman School. "Dairy fat from cheese, for instance, is not linked to the same elevated heart disease risk as saturated fat from red or processed meats. It's unclear whether low-fat or regular dairy is better for health. In contrast, it's evident that bacon, sausage and other cured meats should be avoided."

In short, not only does the weight of scientific evidence show you should cut back on saturated fat (especially from fatty meats and butter), it also carries a caution to take care what you choose instead. Tufts' Lichtenstein advises us to reach for a bottle of corn or soybean oil.



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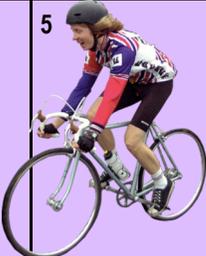
**Church Office Hours:**  
**Wednesday and Thursday**  
**from 9:30 am to 3:30 pm.**



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

For more information visit the LCF website at [www.lakesidechristians.org](http://www.lakesidechristians.org)

				1 10:30 AM Alzheimer's Support Group @ LV Library	2	3
4 <b>No Worship Service</b> <i>Primavera Bike Race</i>	5 	6 8:30 AM Men's Fellowship Breakfast @ Point Venture Club Room	7	8 6:30 PM Cancer Support Group @ LV Library	9 	10
11 10:30 AM Worship Service 9:30 & 11:45 AM Choir Rehearsal @ Worship Center <b>Time Change</b>	12 2:00 PM Leadership Council @ Worship Center	13 8:00 AM Men's Fellowship Breakfast/Bible Study @ Worship Center	14 9:30 AM CWF Bible Study @ Bluebonnet Room	15 10:30 AM Alzheimer's Support Group @ LV Library	16	17
18 10:30 AM Worship Service @ Worship Center Choir Rehearsal @ Worship Center	19 10:30 AM Christian Women's Fellowship Monthly Meeting @ Bluebonnet Room	20 8:30 AM Men's Fellowship Breakfast @ Point Venture Club Room	21 9:30 AM CWF Bible Study @ Bluebonnet Room	22	23 	24
25 10:30 AM Choir Cantata @ Worship Center	26	27 8:00 AM Men's Fellowship Breakfast/Bible Study @ Worship Center	28 9:30 AM CWF Bible Study @ Bluebonnet Room	29	30 6:00 PM Good Friday Service @ Worship Center	31



Ruth Cox .....	1
Kaitly Richardson.....	1
Shirley Davis.....	8
Dave Farwell .....	8
Joe Wolverton .....	8
Jan Lehigh.....	10
Dave Jones.....	13
Wayne Nash.....	17
Dorothy Gudgell.....	18
George Seah .....	21
Ginger Halsted .....	23



Lance & Carolyn Bass  
March 1

Jim & Nancy Wood  
March 6

William & Linda Summers  
March 10

Dave & Julie Jones  
March 18

Dan & Bev Olson  
March 19

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

[lakesidechristianfellowship@yahoo.com](mailto:lakesidechristianfellowship@yahoo.com)

## Prayer Corner

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

March, 2018

God, who at various times and in various ways spoke  
in time past to the fathers by the prophets, has in  
these last days spoken to us by His Son, whom He  
has appointed heir of all things, through whom also  
He made the worlds.

Hebrews 1:1-2

My God, you are the one who spoke and still speaks.

You are the one who came and still comes.,

Give me a discerning heart toward the Holy Spirit.

Teach me to hear. Teach me to be still and silent to

know when you are talking. Give me silence today.

Point my friends and family in the direction of your

truth. As they decide which way to go, give them

the strength to choose your way above their own.

Thank you for the hope we have in you and that we

have eternity to look forward to.

In the name of the Son, who is heir to all things,

amen.



February 25, 2018

Average Sunday Attendance.....81

YTD Offerings.....\$49,354.00

YTD Expenses.....\$29,622.00

# Lakeside Christian Fellowship

Worship Location  
1922 American Drive, Lago Vista

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

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

## LAKESIDE CHRISTIAN FELLOWSHIP

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