

# Lakeside Christian Fellowship Ripples



JUNE 2019

VOLUME VII, NUMBER 6

*Dear Church Family,*

I believe a note of explanation is in order.

Sharon and I made plans to be gone on vacation from May 8 to May 27. As it turns out Chuck will also be gone from May 15 til the end of May. Therefore Chuck and I will both be away from Lago Vista from May 15 to May 27. This was miscommunication in scheduling and we both regret it very much. This is the second time since Chuck and I have shared ministry here at LCF they we were both gone at same time.

Please know that we are not leaving you without pastoral care and support. Rev. Dale Chrisman, pastor at Trinity Anglican Church, will be more than willing to serve in our absence as a pastor in case of emergency if required to do so. We are most grateful that Jim Orr will bring the Message on Sunday, May 19 and Donna Nash will do so on May 26. Please support these fine lay persons as they share their faith.

I will preach on Sunday June 2 after I have returned from vacation. Unfortunately, I must also leave again on June 8 and may be gone as long as two weeks. We have learned that our son Perry Waters and his wife, Marilet Waters will both undergo major orthopedic surgery at nearly the same time. They will be incapacitated and heavily medicated and thus not able to drive for several weeks. They have an 8 year old son and 10 year old daughter who will require care and transportation to their summer activities. Family members are stepping up to help as best we can. They live in Omaha, Nebraska and do not have any help close by.

We regret our having to leave again so soon after returning from vacation but our family needs us and we must go. We hope that our members and constituents will understand . We would appreciate all the prayers for us during this time.

If you have any concerns or needs please call Scott Cameron, our Moderator at 512-921-2419 or Dave Freeman, our Pastor Parish Relations Chair at 512-267-0809.

*God Bless You All and  
thank you for being so supportive of our Church.  
Pastor Rick*

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## 2020 NOMINATIONS

We're here to listen to you. The LCF Bylaws, Article IV, 4.2 (b) require the Nominating Committee to make this announcement. - The Nominating Committee shall seek names (yours or other LCF members) in identifying candidates to serve in leadership positions. We welcome your thoughts as we consider our task of recommendations for 2020.

You may speak with any member of the Nominating Committee: Jim Guy, Page Massey, Clyde Hance, Edwina Woolsey, or Chairman, Barbara McClaid.



**Nominating**  
**COMMITTEE**

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Members and friends of LCF attended the Round Rock Express Baseball game on Friday May 17 against the Nashville Sounds. The Express lost 9-3. The evening was a great time to watch a baseball game with a full moon in the sky and moderate temperatures. We had a group of 17 people who attended our annual outing to the Express game.

Pictured from left to right:  
Frank and Jan Robbins, Dan Olson,  
Tom and Linda Anderson,  
Deborah Reed, Clyde Hance, Shirl Fenley,  
Jack and Paula Tyler and Bev Olson.

Not pictured: Dick and Wilma Sanders,  
Tom and Lillian Flood, Regina Holmes  
and Ken Reed.





## Health Watch



### June is Alzheimer's and Brain Awareness Month

<https://www.the-league.org/news/june-is-alzheimers-and-brain-awareness-month>

Everyone who has a brain is at risk to develop Alzheimer's disease, a disease that kills nerve cells and tissue in the brain, affecting an individual's ability to remember, think and plan. As the disease advances, the brain shrinks dramatically due to cell death. Individuals lose their ability to communicate, recognize family and friends, and care for themselves. Alzheimer's disease, the most common form of dementia, is one of the nation's largest public health crises. It is the only cause of death among the top 10 life-threatening conditions in the United States that cannot be prevented, cured or even slowed.

Worldwide, there are 47 million people living with Alzheimer's and other dementias, and without a change, these numbers are expected to grow to 76 million by 2030. But everyone can help to end this epidemic. In June, the Alzheimer's Association recognizes Alzheimer's & Brain Awareness Month, an opportunity to increase awareness and to address this worldwide epidemic.

There is growing evidence that people can reduce their risk of cognitive decline. The Alzheimer's Association and its experts are sharing *10 Ways to Love Your Brain* – tips that may help reduce the risk of cognitive decline:

1. **Break a sweat.** Engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow to the brain and body. Several studies have found an association between physical activity and reduced risk of cognitive decline.



2. **Hit the books.** Formal education in any stage of life will help reduce your risk of cognitive decline and dementia. For example, take a class at a local college, community center or online.

3. **Butt out.** Evidence shows that smoking increases risk of cognitive decline. Quitting smoking can reduce that risk to levels comparable to those who have not smoked.

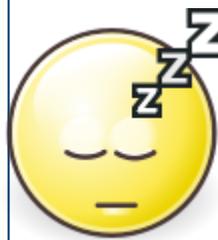
4. **Follow your heart.** Evidence shows that risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health. Take care of your heart, and your brain just might follow.

5. **Heads up!** Brain injury can raise your risk of cognitive decline and dementia. Wear a seat belt, use a helmet when playing contact sports or riding a bike, and take steps to prevent falls.

6. **Fuel up right.** Eat a healthy and balanced diet that is lower in fat and higher in vegetables and fruit to help reduce the risk of cognitive decline.



7. **Catch some Zzz's.** Not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking.



8. **Take care of your mental health.** Some studies link a history of depression with increased risk of cognitive decline, so seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns. Also, try to manage stress.

9. **Buddy up.** Staying socially engaged may support brain health. Pursue social activities that are meaningful to you. Find ways to be part



of your local community – if you love animals, consider volunteering at a local shelter. If you enjoy singing, join a local choir or help at an afterschool program. Or, just share activities with friends and family.



## Health Watch

### June is Alzheimer's and Brain Awareness Month



<https://www.the-league.org/news/june-is-alzheimers-and-brain-awareness-month>

**10. Stump yourself.** Challenge and activate your mind. Build a piece of furniture. Complete a jigsaw puzzle. Do something artistic. Play games, such as bridge, that make you think strategically. Challenging your mind may have short and long-term benefits for your brain.



In addition to reducing your risk of cognitive decline, these tips may also reduce the risk of dementia. Evidence for reducing risk of dementia is currently strongest in relations to formal education and the avoidance of head injury; other tips show indication of possibly reducing risk.

The Alzheimer's Association is asking the community to come together and help fight Alzheimer's disease during Alzheimer's & Brain Awareness Month by doing the following:

1. Take the Purple Pledge at [alz.org](http://alz.org).
2. Join the Alzheimer's Association in wearing purple on June 21, and share photos of yourself, family, friends and co-workers wearing purple via Twitter, Facebook, Instagram, etc. with the hashtags #ENDALZ and #GoPurple.

3. Participate in The Longest Day®, a sunrise-to-sunset event to honor those facing Alzheimer's disease with strength, passion and endurance. Visit [alz.org/indiana](http://alz.org/indiana) today to start a team to raise funds and awareness.

The evidence is mounting: People can reduce their risk of cognitive decline by making key lifestyle changes. Start today!

*Natalie Wichern*  
*Communications Intern*  
*Alzheimer's Association Greater Indiana Chapter*  
[nwichern@alz.org](mailto:nwichern@alz.org)



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## ~ PV Men's Fellowship ~

Men's Breakfast will not be meeting  
from June - August.

We will resume the Fellowship Breakfast  
on Tuesday, September 3, 2019.

Mark your calendars and watch  
for more information in August.



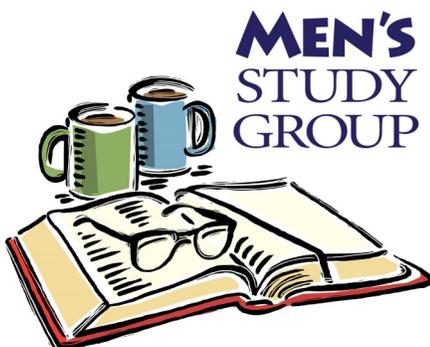
Have a Great Summer!

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

## ~ Lakeside Men's Bible Study ~

There will be **NO** Men's Bible Study in the month of

# June.



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

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### CWF New Officers for 2019-2020

Pictured from left to right: Paula Tyler - Secretary,  
Jan Robbins - 1st VP of Programs,  
Reasa Burton - Treasurer and Jean Sholes - President.

## Lakeside Christian Women's Fellowship

The **LAKESIDE CHRISTIAN WOMEN'S FELLOWSHIP** - - on May 20<sup>th</sup>, the last program in a series of nine ended, focusing on The Protestant Reformation and Martin Luther's Rediscovery of God which changed the world. A total of 18 LCWF members attended. The annual salad luncheon was enjoyed by all. Jan Robbins, Program Chair, introduced Bonnie Rupprecht, an active member of St. Mary's Catholic Church in Lago Vista and Lakeside Christian Women's Fellowship. She told us that The Universal Catholic Church headed by the Pope, including the Eastern Orthodox Church, has the largest membership in the world. Changes in doctrine, practice and organization developed following the Protestant Reformation due to literacy, the printing press and translation from the Latin language to German. The people could then understand and participate in the service of Mass led and preached by the clergy, read the Bible, Catechism, prayers, and all church publications. Bonnie also spoke of history, basic beliefs, worship, and the 7 Sacraments recognized by the Roman Catholic Church: Baptism, Confirmation, Penance, the Holy Eucharist, Holy Orders, Matrimony, and Anointing of the Sick. Bonnie, we appreciate your knowledge, preparation, information and time provided for this fascinating program and thank you for your presentation.

The next meeting is scheduled for Monday, September 16<sup>th</sup>, ( third Monday of the month) and we will gather in the Bluebonnet Room at 10:30 am. Expect new and interesting programs from September 2019 to May 2020.

Please extend an invitation to all ladies in the community for an experience of learning and warm fellowship. We look forward to meeting and greeting our partners in faith.

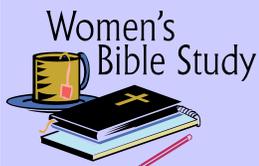
**Enjoy your SUMMER!! No monthly meetings in June, July or August.**

**WOMEN'S BIBLE STUDY** meets each Wednesday at 9:30 am in the Bluebonnet Room.

**NEW STUDY BEGAN APRIL 10<sup>th</sup>...** "It's Good to be Queen", Becoming as Bold, Gracious and Wise as the Queen of Sheba, this account of a famous queen of the Bible, found in 1<sup>st</sup> Kings, traveled to Jerusalem to test the mind and heart of a successive king, Solomon, King David's son. The last chapter in this study will be completed on June 19<sup>th</sup>.

"**The Girl's Still Got It**" another study book written by Liz Curtis Higgs, author of nearly thirty books, presents Ruth and the God who rocked her world. Walk with Ruth as she travels from Moab to Bethlehem, certain of her calling, yet uncertain of her future. See what God is trying to teach through this rags-to-riches redemption story----He has a plan, FOR YOU TOO!.

You've never read the book of Ruth like this! It leaps from past to present, gleaning timeless truths that will draw you nearer to the One who knows you fully, loves you completely and holds you close to his heart.



**STUDY STARTS IN EARLY JULY. RESERVE YOUR BOOKS, \$ 12.00**  
**CONTACT LIL BURCH**

[raylilpv@aol.com](mailto:raylilpv@aol.com) 512-267-2278

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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 10:30 AM Worship Service @ Worship Center	3	4	5 9:30 AM CWF Bible Study @ Bluebonnet Room	6 10:30 AM Alzheimer's Support Group @ LV Library	7	8
9 10:30 AM Worship Service @ Worship Center	10 2:00 PM Leadership Council @ Worship Center	11	12 9:30 AM CWF Bible Study @ Bluebonnet Room	13	14	15
16 10:30 AM Worship Service @ Worship Center <b>HAPPY Father's Day!</b>	17 10:00 AM Cancer Support Group @ LV Library	18	19 9:30 AM CWF Bible Study @ Bluebonnet Room	20 10:30 AM Alzheimer's Support Group @ LV Library 	21	22
23 10:30 AM Worship Service @ Worship Center	24	25	26	27	28	29
30 10:30 AM Worship Service @ Worship Center				For more information visit the LCF website at <a href="http://www.lakesidechristians.org" style="color: white;">www.lakesidechristians.org</a>		



Joyce Coleman .....	04
Donna Nash.....	05
Marvin Miller.....	06
Shirley Sherwood .....	06
Jack Tyler .....	06
Wayne Walker .....	08
Linda Summers .....	14
Sharon Waters.....	15
Regina Holmes.....	16
June Womble .....	16
Barbara McClaid.....	25



David & Betty Houghton  
June 14

Warwick & Jean Andrews  
June 16

Ron & Maja Linderman  
June 16

Gene & Laurie Glass  
June 19

Jay & Nancy Meierhoff  
June 26

Don & Sharon Killough  
June 27

Darrell & Barbara McClaid  
June 28

If you would like your dates to be included, please send your information:  
[office@lakesidechristians.org](mailto:office@lakesidechristians.org)

## Prayer Corner

All prayers are edited and adapted

From *Pocket Prayers*

by Max and Andrea Lucado.

Then He took the cup, and when He had given thanks He gave it to them, and they all drank from it. And He said to them, "This is My blood of the new covenant, which is shed for many."

Mark 14: 23-24

Father, you are good. You sent your Son for us and you are merciful to us daily, moment by moment, even to the final cost. Remind me today of your sacrifice, keep it close to my heart. Make me not only thankful for but a vessel of your grace. Don't let your grace stop with me, but show it to others through me. Be with my friends and family who do not believe in you and have hard hearts. Let them know the promise of your good news.

Thank you for the depth of your love. You sent your Son to die a sinner's death so that I could be redeemed. Thank you that you want to have a relationship with me through Jesus Christ. In his precious name, amen.



**May 30, 2019**

**Average Sunday Attendance..... 76**

**YTD Offerings..... \$103,712.00**

**YTD Expenses..... \$83,350.00**

# 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

P.O. Box 4874  
Lago Vista TX 78645

Phone: 512-267-1700  
[office@lakesidechristians.org](mailto:office@lakesidechristians.org)



[www.lakesidechristians.org](http://www.lakesidechristians.org)

