

Lakeside Christian Fellowship Ripples



MAY 2019

VOLUME VII NUMBER 5

A Fruitful Life –

About a month ago, I had the pleasure of attending my daughter-in-law's father's eightieth birthday at his home in South Austin. Pete has lived in this home for some 40 years now and in the beginning he planted fruit trees which are now fully grown and huge. I on the other hand have one lemon tree in a pot that Clyde Hance gave to me some years ago. As you can imagine Pete's trees have been producing fruit for years and my little tree has also produced small fruit.

My recent experience started me thinking about producing fruit and how it takes certain basic elements for a tree to produce fruit and Pastor Rick talked about how we Christians should be producing fruit for God's kingdom. I ran across an article on the Internet from "Darling" Magazine written by Nicole Zasowski titled "A Fruitful Life Versus a Successful Life." In that article she writes, "When we focus on being successful over fruitful, we lose the integrity of who we are. When we are oriented toward success, we try to change ourselves to be what others want us to be, losing ourselves and our effectiveness in blessing others. When we are oriented toward fruitfulness, we are able to embrace our unique giftedness and shine where we shine best—trusting that we will be used in ways that we are meant to be.

She continues, "Success is insatiable. A drive for success leads to a life that always demands more of us. It makes us feel as though we are never enough, and peace never comes. Whereas a fruitful life begins with contentment—contentment about who we are and joy about the unique gifts we were given. Knowing our value is complete and untouchable leads to our ability to bear true fruit."
<https://darlingmagazine.org/a-fruitful-life-versus-a-successful-life/>

Bearing fruit is difficult for a tree without the basic elements that plants need to grow – water, sunlight, good soil – and the same is true for us. We cannot be fruitful in our work or relationships when we are not able to take care of ourselves physically, emotionally and spiritually.

There is a process of fruitful living that God has put into place that benefits us all. But, fruitful living requires patience and trust in the Lord. It is a long-term perspective, with focused steps along the way that builds a fruitful life and a fruitful way of thinking. If you are just a consumer of life's fruit, you are missing the fulfilling opportunity of fruitful living. Fruitful living means that you are a part of the process of preparation, care and the harvesting of fruit.

We are all a work in process. My fruit-bearing preparation and experience will probably look different than yours. However, God can be trusted. He is in control. What you desired yesterday may not happen until tomorrow.

So, don't give up on God, or His process of fruitful living. Poor is the individual that lacks fruit. Rich are the ones who have persevered in the process and now experience spiritual fruit, relational fruit, financial fruit and physical fruit beyond measure. Today's patience leads to tomorrow's productivity. If you live in the present, you live in peace.

This is fruitful living!

Pastor Chuck

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

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

LAKESIDE CHRISTIAN FELLOWSHIP Leadership Council Report for April 8, 2019

CALL TO ORDER: The Leadership Council meeting was called to order by Scott Cameron at 2:00 pm. Members present were Scott Cameron, Dave Freeman, Roger Elliott, Chuck Smith, Genie Carroll, Wilma Sanders, Ginger Halsted, Don Killough and Jean Sholes

INVOCATION: Rick Waters opened the meeting with prayer.

Minutes from the March meeting were accepted as presented.

FINANCIAL REPORT: Genie Carroll distributed the Income and Expenses/Budget report and noted that the building and grounds expenses were up a little and that it was due to the purchase of the new blinds for the front doors. Scott Cameron moved that the report be accepted; Ginger Halsted seconded and the motion carried.

STEWARDSHIP COMMISSION: Chairperson Don Killough had nothing to report.

BUILDING AND GROUNDS: Chairperson Roger Elliot noted that the landlord replaced the air conditioner and some of the ceiling fans were moved to different locations to provide better circulation in the church.

FAITH IN ACTION: Chairperson Wilma Sanders advised that the church will get 22 hams on April 18 to deliver to the school for distribution to local families for Easter; 2 hams will also be distributed to individuals in our church.

PASTORAL RELATIONS: Chairperson Dave Freeman had nothing to report.

WORSHIP COMMISSION: Chairperson Ginger Halsted advised the council that Jean Hemer would like to resign from the position ensuring that there are volunteer ushers each week. She has done a wonderful job for several years and we are thankful for her service to our church. She will continue to assist Jean Sholes with the communion elements. Ginger also noted that expenditures for this month are a little over, but that is due to the preparations for the cantata, including purchasing the music and some outside musicians to enhance the program.

OUTREACH MINISTRIES: Chuck had nothing to report.

NEW BUSINESS: Scott Cameron advised that Jack Currier is withdrawing from the Nominating Committee due to illness and a replacement will have to be made. There was a short discussion about those in the church who may be willing to serve.

The meeting adjourned at 2:30 p.m.

Respectively,
Jean Sholes
Council Secretary





Easter Ham Donations

On Thursday, 18 April 2019, Wilma and Dick Sanders met with Kandy Chimento at HCCM to pick up 30 Easter hams, which were donated by HEB to the central Texas region. They then delivered 26 hams to Suzy Lofton-Bullis, Deputy Supt, at LVISD Middle School where they would be distributed by staff to school families in need.

The remaining 4 hams were donated to members in need at LCF Church.



2020 NOMINATIONS

We're here to listen to you. The LCF By-laws, 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, and
Chairman, Barbara McClaid.



PLAY BALL

During May we are planning our annual outing to watch the Round Rock Express play baseball. It is always a fun activity and usually attended by 12-15 people from LCF. If you are an Astros fan, this is for you! The Express are now a farm team for the Astros!! Look for future information!

Dan Olson



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



Lakeside Christian Women's Fellowship

The LAKESIDE CHRISTIAN WOMEN'S FELLOWSHIP - - on April 15th, the 8th program in a series of nine continued to focus on "The Protestant Reformation that Changed the World", and Martin Luther's Rediscovery of God which changed the world. A total of 18 LCWF members attended, including 5 guests.

Donna Nash, in the absence of Program Chair, Jan Robbins, introduced Sheryl "ChaCha" Hemphill, John Hemphill, Rusty Singer, Jan Kueler, and Laurie Carswell, all active members of the Third Church of Christ Scientist of Lakeway and Lago Vista. They addressed the history, basic beliefs, worship and services of the Christian Science Church founded by Mary Baker Eddy in 1866. Each spoke of their individual experiences with their church and then answered several questions from attendees.

We appreciate the knowledge, information and representation of the Church of Christ Scientist guest speakers and thank them for their time and commitment to their ministry.

The next monthly meeting will convene Monday, May 20th, at 10:30 am in the Bluebonnet Room. This 9th program will complete the series on the Reformation. We will be welcoming Bonnie Rupperecht, member of St. Mary's Catholic Church, who will disclose how literacy, and the role of the printing press changed some ideas of the Catholic Church due to the Protestant Reformation.

ENJOY YOUR SUMMER!! NO MONTHLY MEETINGS IN JUNE, JULY OR AUGUST.
LCWF meetings will begin on September 16th.

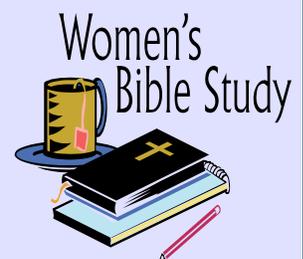
Please extend an invitation to all ladies in the community for an experience of learning and warm fellowship. We look forward to meeting and greeting our partners in faith.

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

NEW STUDY BEGAN APRIL 10th... "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 1st Kings, traveled to Jerusalem to test the mind and heart of a successive king, Solomon, King David's son. Queen Sheba's quest for wisdom will surprise you, challenge you, inspire you, change you. This wealthy royal from antiquity will show you how to live boldly, seek after truth, ask the right questions, encourage others, receive graciously, and honor the Lord above all.

Books are \$12.00.

If interested contact raylilpv@aol.com 512-267-2278



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



~ PV Men's Fellowship ~

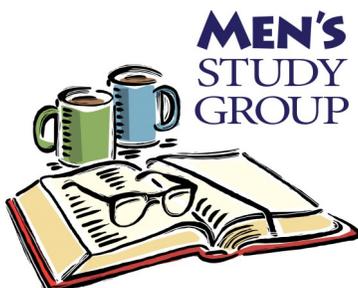
Men's Breakfast meets the 1st and 3rd Tuesday each month. It is spring and time for the annual spring roundup of strays and those who are lost. Get on your horse and join us for a breakfast fit for a cowboy. Imagine riding in from the range and seeing a team of cooks making scrambled eggs, bacon, biscuits, gravy and grits. Makes your mouth water! The trail ride from Lago Vista to Point Venture is postponed due to possible inclement weather.

Saddle up chaps.
Dan Olson



~ Lakeside Men's Bible Study ~

There will be NO Men's Bible Study in the months of May or June.



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

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

“The Seven Last Words of Christ” Easter Cantata



Guest Soloists Lisa Weaver and Andy Cox



Accompanist
Karen Adams



LCF Choir



Director & Baritone - William Parcher, Guest
Soprano-Lisa Weaver, Guest Tenor-Andy Cox
and Accompanist-Karen Adams



A wonderful gathering!



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



Dear Lakeside Christian Fellowship,
What a blessing you are to Austin Disaster Relief Network! As a monthly partner, you are the foundation on which we can dependably grow. Because of your faithful financial giving, you support our daily operations, technological advancements, network support and the necessary growth of the ministry so we stand ready to help survivors of the next disaster, large or small.

You make a powerful difference every month with your donations and we praise God for you!

Thank you for your generosity.

Sincerely,

Allison Geraci



Health Watch Seniors and Arthritis



<https://www.seniorliving.org/health/arthritis/>

No matter what age you are, arthritis can flare up leading to pain that can be debilitating in some cases. Arthritis is extremely common among seniors with nearly half of those ages 65 and older suffering from some type of arthritis pain.

The tricky thing about arthritis is that it can attack almost any part of the body at any time. Those who suffer from arthritis never know if the attack will last a few hours, a few days, or in some cases result in a chronic condition.

Signs of Arthritis in the Elderly

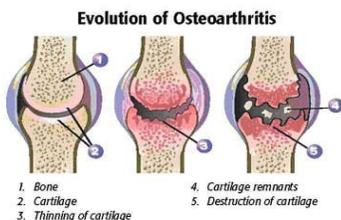
If you've never had arthritis, but suddenly feel unexplained joint pain, you may be getting arthritis. Here are some other signs:

- Joint swelling
- Joint stiffness
- Tenderness or pain when touching a joint
- Problems moving the joint
- Warmth and redness on a joint

If you begin to experience any of these issues and they don't go away within two weeks, it's time to see a doctor. If you develop a fever along with any of those symptoms, you need to see a doctor right away.

When you see your doctor you may need to get an X-ray or other tests done so the doctor can determine if you have arthritis or another condition.

Types of Senior Arthritis



Not all arthritis cases are the same. There are different types that require different treatments:

Osteoarthritis

This is the most common form of arthritis in seniors. When cartilage begins to tear and wear away, osteoarthritis sets in. Since cartilage pads bones in

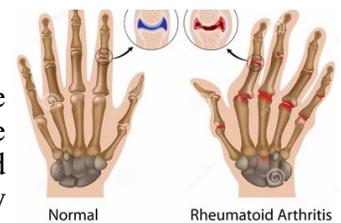
the joints, it makes sense that there would be pain when this begins to wear away. Pain can range from stiffness to pain when walking, bending down, or even sleeping. Osteoarthritis is most common in your hands, neck, lower-back, knees and hips. There is no direct trigger of this type of arthritis and often comes on with age.

Treatment

The pain caused by osteoarthritis can be treated with acetaminophen or other pain relievers. Many can be bought over-the-counter while some may be prescribed by your doctor. In either case be sure to discuss the potential side effects of taking these medicines with your doctor. If you have osteoarthritis in your knees, keeping your weight down will help relieve the pain. In some cases, doctors may advise shots in the joints to relieve the pain. In the most severe cases, surgery may be required.

Rheumatoid Arthritis

This is an autoimmune disease. When someone suffers from Rheumatoid Arthritis (RA), the body attacks the lining of the joints just as it would if it were trying to protect you from disease. The pain that Rheumatoid Arthritis patients experience comes from the inflammation in the joints that this condition causes. That inflammation leads to pain and swelling that can last for hours. Sometimes the pain is severe that the person cannot even move their joint. The most common places for Rheumatoid Arthritis to flair is in the fingers, wrist, shoulders, elbows, hips, knees, ankles, feet and neck. An interesting fact about RA is that if you have it in one place on one side of your body, you're likely to get it in the same place on the other side of your body. RA can also attack the heart, blood vessels and nervous system. People who suffer from Rheumatoid Arthritis often get tired quickly and sometimes run a fever. While both men and women can get the condition, it is more common in women.





Health Watch Seniors and Arthritis



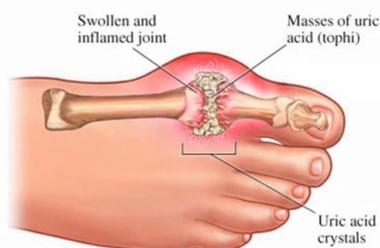
<https://www.seniorliving.org/health/arthritis/>

Treatment

Besides over-the-counter anti-inflammatory medicines, your doctor may also prescribe anti-rheumatic drugs to slow down the damage from the disease.

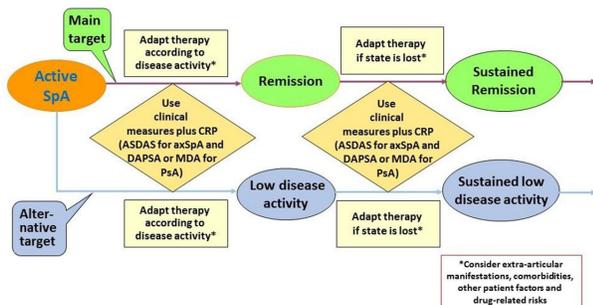
Gout

Anyone who has had gout can understand why it is considered one of the most painful forms of arthritis. When uric acid forms in the connective tissues or joint spaces, gout sets in. This leads to pain, swelling, and heat in the joint. It is often triggered after a patient eats foods like shellfish, liver, dried beans, peas, anchovies or gravy. Gout can also get worse by being overweight, drinking too much alcohol, and by taking certain medications, including certain blood pressure medications. While gout is most common in the big toe, it can also be found in other toes as well as the ankle, knee, wrist, or hand. When an area becomes swollen due to gout you may notice the skin getting pulled tightly as it begins to turn purple or red.



Treatment

Your doctor will most likely discuss what triggered the attack so you can avoid it the next time. In addition, you may be prescribed corticosteroids to reduce the swelling.



Reactive Arthritis

As the name suggests, reactive arthritis is a reaction to an infection somewhere else in the body. While a symptom of reactive arthritis includes joint inflammation it can also include conjunctivitis (pink eye) and inflammation of the urinary tract.

Treatment

Since this type of arthritis is caused by an infection, a doctor will most likely prescribe antibiotics to treat the infection. You may also be advised to take anti-inflammatory drugs.

Other Arthritis Treatments

While each type of arthritis has its own treatments that are best, there are some general ways to treat arthritis.

Daily Exercise – One way to prevent and treat joint stiffness and pain is to keep them moving. Walking, swimming, bike riding...[anything that keeps you moving](#) can help.

Strengthening Exercises – Lifting weights is a good way to build muscle. Strong muscles help to protect your joints.

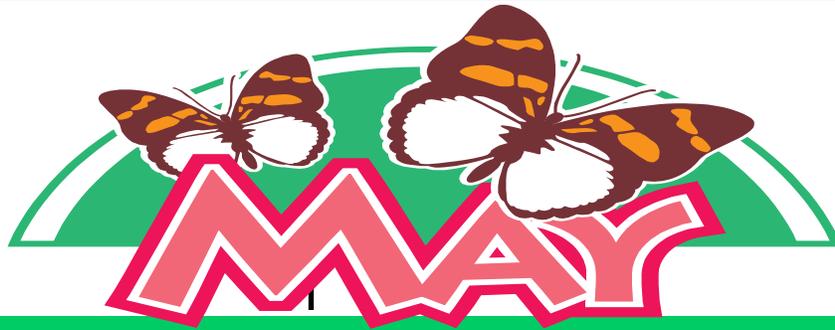
Range-of-Motion Exercises – Dancing and yoga are two great examples of this because they both keep you moving and improve flexibility.

Applying heat or cold to the area affected by arthritis may also help to treat it. Even soaking in a warm bath or heated pool can help. You can protect your joints by resting and eating a well-balanced diet. Also wearing the right shoes can help to protect your feet and lessen the strain on your joints.

If you suspect you are suffering from arthritis, be sure to call your doctor to schedule an appointment so you don't have to suffer in pain.

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



Dick Humphrey.....	3
Bonnie McClung.....	6
Beverly Olson.....	7
Linda Brown.....	9
Dick Hemer.....	13
Scott Cameron.....	19
Rick Waters.....	20
Lil Burch.....	24
Elaine Bhone.....	27
Jinny Guthrie.....	28
Ray Burch.....	31



*Joe & Glynda Wolverton
May 6*

*Bill & Sandra Smith
May 12*

If you would like your dates to be included, please send your information to the church office:
office@lakesidechristians.org

Prayer Corner

www.prayer-for-the-day.org/prayer-for-the-day-may/

My Father, I thank thee that nature reveals thy power as she unfolds her beauty and wonder to the searching eye. Guide me that I may see in the little flower the smile of welcome, the look of kindness, and the beauty of hope which it renders to all; and may I learn from it thy protection in the smallest things of life.

Amen.

April 25, 2019

Average Sunday Attendance.....	81
YTD Offerings.....	\$83,026.00
YTD Expenses.....	\$58,795.00

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

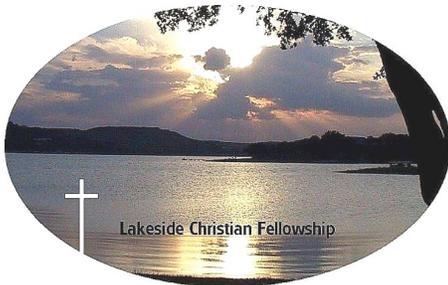
Rev. Rick Waters, Pastor
Rev. Chuck Smith, Minister of Outreach & Ministries

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



www.lakesidechristians.org



MAY