

# Lakeside Christian Fellowship Ripples



JANUARY, 2019

VOLUME VII, NUMBER 1

*Dear Church Family,*

## What, Me Worry?

Here we are at the beginning of another new year. As I was thinking about this article and what I would say, I thought about winning and losing. There's a whole bunch of bowl games we've seen and on January 1<sup>st</sup> there's the Big Six bowl games including the Championship Semi-finals. There's gonna be a winner and a loser in those games; however to my way of thinking each is a winner just by playing in those games not only on January 1<sup>st</sup> but the other bowl games played before New Year's Day!

Brett Blair tells a story about a man who had been driving all night and when morning came, he still had far to go. He decided he had to get some sleep. So he stopped at the next city he came to, found a city park, and pulled into a parking spot in the park so he could get an hour or two of sleep. It just so happened he had chosen a quiet place on a very popular jogging route. So just as he laid back and was starting to doze off, there was a knock on his window. He woke up. "Yes," he said. "Excuse me, sir," the jogger said, "do you have the time?" The man looked at the car clock and answered, "8:15." The jogger said thanks and left. The man settled back and was just dozing off when there was another knock on the window and another jogger wanting to know the time. "Excuse me, sir, do you have the time?" "Eight twenty-five!" the man replied. The jogger said thanks and left.

The man could see other joggers passing by and he knew it was only a matter of time before another one asked for the time. Quickly he got out a pen and paper, and wrote, "I do not know the time," put it on the window, and settled back to sleep. He was just dozing off when there was another knock at the window. "Sir, sir?" said a jogger wanting to be helpful, "it's 8:45!" Sometimes, no matter how hard you try, you just can't win.

But for this day, I'm not talking about winning nor losing but thinking positive as the new year begins. The Bible is chock full of advice on that subject: The Prophet Isaiah tells us to "Forget the former things; do not dwell on the past." Jesus himself reminds us at least three times in Matthew to not worry: "Therefore I tell you, do not worry about your life, what you will eat or drink or about your body, what you will wear. Is not life more than food, and the body more than clothes." "Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." And then this, "Can any one of you by worrying add a single hour to your life?"

There's a whole world out there just waiting to be lived – if you doubt it, look into the eyes of children. "Suffer the little children to come unto me," Jesus said. As you begin this new year may we remember that no matter how old or young we are, we are still children of the living God who is our Father and who will be with us all year long – each and every day of it. Happy New Year!

*Pastor Chuck Smith*

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

<b>Scott Cameron</b> - Moderator	hscameron@sbcglobal.net	<b>512-921-2419</b>
<b>Don Killough</b> - Stewardship Commission Chair	killodon89@gmail.com	<b>512-267-2625</b>
<b>Genie Carroll</b> - Treasurer	geniecarroll@gmail.com	<b>512-215-9229</b>
<b>Jean Sholes</b> - Secretary	mjmsholes@austin.rr.com	<b>512-267-4549</b>
<b>Rodger Elliott</b> - Building & Grounds Commission Chair	rodger_elliott@hotmail.com	<b>512-355-3237</b>
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<b>Ginger Halsted</b> - Worship Commission Chair	vhalsted32@gmail.com	<b>512-267-1628</b>
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*Flowers -  
One of God's most  
beautiful gifts to us!*



Altar Flowers

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 2019 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!

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WISHING YOU  
ALL  
A  
HAPPY NEW  
YEAR!





## Health Watch



### Healthy New Year's Resolutions for Older Adults

<https://www.bethesdahealth.org/healthy-new-years-resolutions-for-older-adults/>

Many of us make *New Year's resolutions* with the goal to improve our lives, like exercising more or eating healthier. These types of goals can really be helpful in preventing illness and injury—especially for older adults.

To increase your chances of success, set small, attainable goals throughout the year. That way, you can fulfill one of your *New Year's resolutions* while improving your health and happiness in 2019. Here are a few *New Year's resolutions* that older adults should consider adopting to stay healthy, fit and happy:



#### **Start a New Exercise Regimen**

For older adults, exercising is essential to staying fit and healthy. This year, make a commitment and plan out a new [workout regimen that fits your needs](#).

For example, there are many exercises available for [seniors with arthritis](#) that can help relieve pain and strengthen joints. Most seniors who live in [retirement communities](#) have easy access to workout rooms and can sign up for various exercise classes. To keep yourself motivated and on-track, find a workout buddy to exercise with.



#### **Eat Healthier**

[Eating healthy](#) is as important as exercising. What you put in your body fuels your day and helps to keep your mind sharp. [Avoid processed foods](#) and make a promise to eat more fresh fruits and vegetables. According to [The American Geriatrics Society's Health in Aging Foundation](#), it's recommended to eat at least five servings of fruits and vegetables daily. Include nuts, beans and/or legumes in your diet, as well as:

- Fiber-rich whole grains
  - Heart-healthy fish
- Low-fat meats like chicken and turkey





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#### Improve Your Balance

Falls are one of the [leading causes of injuries among older adults](#). This year, empower yourself to improve your balance and help prevent falling. Exercises that [strengthen your muscles](#) are a good first step. You can also consider pursuing a fall risk assessment to educate yourself on fall prevention in and outside of your home.

#### Boost Your Brain

Mental health is an important aspect of healthy living. The more you use your mind, the more the brain is stimulated, which [improves memory and brain function](#) and reduces the risk of cognitive diseases. There are several [“brain-boosting” activities](#) to challenge and exercise your brain like:

- Puzzles
- Word games
- [Learning to play a musical instrument](#)
- [Learning a second language](#)



[Socializing](#) also gives the brain a boost, so consider joining a book club or discussion group. Doing so will also let you meet new people and [make new friends](#).



#### Get a Good Night's Sleep

The foundation to good health is getting the recommended amount of sleep each night. Achieving your other goals can become difficult if your body is tired. [According to the National Sleep Foundation](#), older adults 65 years and above should get 7-8 hours of sleep. If you have restless nights and feel tired during the day, visit the [National Sleep Foundation](#) for tips on how to sleep better.

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## HAPPY NEW YEAR from the breakfast cooks!



From left to right:: Clyde Hance, Ray Birch, Roy Ables, Barry Pasarew, Don Killough, Dan Christian and Dan Olson

**We will meet again at Point Venture on Tuesday, January 15, 2019.**

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

DVD-Based Study

# Christianity Cults & Religions

**Know What You Believe and Why!**

**Learn About**

- Jehovah's Witnesses • Mormonism
- Hinduism • Buddhism • New Age
- Islam • Sharing the Gospel with Love

**Paul Carden**  
Leading researcher of religions, cults and new religious movements for over 30 years and Executive Director of the Centers for Apologetics Research

**Bible Study**  
8:30 am in the Worship Center

ROSE PUBLISHING

~ Come and join us as we continue our study of Christianity, Cults & Religions.

Join us the 2nd and 4th Tuesdays of each month beginning with a light breakfast at 8 am with the study to begin at 8:30 am. It's ok if you want to skip breakfast.

**Men's Bible Study will meet again on Tuesday, January 8, 2019.**

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

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## Lakeside Christian Women's Fellowship

**The LAKESIDE CHRISTIAN WOMEN'S FELLOWSHIP** - - on December 17<sup>th</sup>, the 4<sup>th</sup> program in a series of nine continues to focus on "The Protestant Reformation that Changed the World", and Martin Luther's Rediscovery of God which changed the world.

Jan Robbins, the Lakeside Christian Women's Vice-President in charge of Programs, who initiated and developed the series on the Protestant Reformation, presented an awesome collection of historical facts and effects of the 16<sup>th</sup> century religious reformation. She emphasized the actions in Europe and the U.S., and particularly in Texas. Stephen F. Austin's colonists had to sign to be Roman Catholic to enter Texas. Religion led (in a small part) to reasons for the conflict with Mexico as the new colonists were generally Protestant. Circuit riding ministers, especially Methodist, were responsible for the establishment of churches, towns and law and order as Texas was settled. They played a large role in development and growth in outlying communities and regions. Several towns in Texas were named for Circuit Riding Ministers: example, Denton was named for John B. Denton. Problems with church separations, particularly connected to the Civil War and after were eminent. Non-denominational churches were also being organized. The Protestants strived for reform: reduced conflict, neglect, poverty and improvement of character, morals and conduct, mainly to create a better life in Christ. THANK YOU, JAN for expanding our knowledge and appreciation for pioneers of the faith.

**The next meeting will convene Monday, January 21st at 10:30 am. in the Bluebonnet Room.** We will be welcoming Dale Chrismon, Rector of Trinity Anglican Church, accompanied by Rev. McLean Rabb, discussing the Anglican Church and how the Anglican/Episcopal church was affected by the Reformation. The history, settlement patterns in Europe and American colonies, governing body, synods, basic beliefs, worship, sacraments, music, church decorations, role of women, and much more information will be shared. Come and experience this informative program.

The goal of our monthly programs is to open in love to one another and celebrate many of the faiths of our community. **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.

**Lakeside CWF Bible Study** meets each Wednesday at 9:30am in the Bluebonnet Room. The book of **Revelation "The Christian's Ultimate Victory"** is the newly selected 12 week study by John Mac Arthur, one of our favorite commentators. This book unveils Jesus Christ in His glory. The apostle John wrote this letter to the churches in Asia Minor who were feeling the overwhelming effects of persecution from all sides. Revelation is a reminder to them that God saw their hardships, cared about them and would reward them for their faithfulness. **Classes start JANUARY 9<sup>th</sup>.** Books are \$ 6.00. If you have thought of joining the ladies' study, ask one of them if that is a good decision, better yet, ASK GOD. All women of the area are invited to participate.

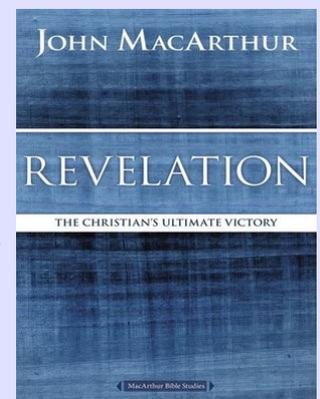
Bring friends and meet new friends. Arrive early at 9:15 for extended fellowship. For information contact Lil Burch 512-267-2278 or raylilpv@aol.com

For information on  
Women's Bible  
Study contact:

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

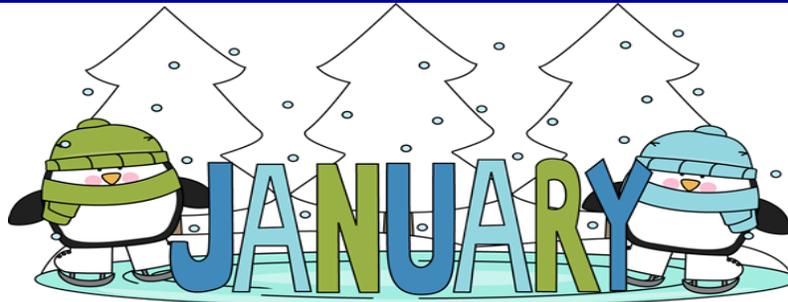
or

Donna Nash  
@ 512-267-5947  
email:  
[Hilltophappiness@gmail.com](mailto:Hilltophappiness@gmail.com)



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

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



**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 <b>OFFICE CLOSED</b>	3 10:30 AM Alzheimer's Support Group @ LV Library	4	5
6 10:30 AM Worship Service @ Worship Center	7	8 8:00 AM Men's Fellowship Breakfast/Bible Study @ Worship Center	9 9:15 AM CWF Bible Study @ Bluebonnet Room	10	11	12
13 10:30 AM Worship Service @ Worship Center	14 2:00 PM Leadership Council Meeting @ Worship Center	15 8:30 AM Men's Fellowship Breakfast @ PV Clubroom	16 9:15 AM CWF Bible Study @ Bluebonnet Room	17 10:30 AM Alzheimer's Support Group @ LV Library	18	19
20 10:30 AM Worship Service @ Worship Center	21 10:00 AM Cancer Discussion Group @ LV Library 10:30 AM CWF Meeting @ Bluebonnet Room	22 8:00 AM Men's Fellowship Breakfast/Bible Study @ Worship Center	23 9:15 AM CWF Bible Study @ Bluebonnet Room	24  <b>NewsLetter DEADLINE</b>	25	26
27 10:30 AM Worship Service @ Worship Center	28	29	30 9:15 AM CWF Bible Study @ Bluebonnet Room	31		

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

# JANUARY

Jay Meierhoff .....	3
Sid McClung.....	6
Armor Lee Gardner .....	7
Rodger Elliott .....	8
Jean Sholes.....	8
Reasa Burton.....	13
Victoria Elliott.....	13
Harlan Fisher .....	13
Nathan Seah .....	16
Dan Olson.....	17
Jack Currier.....	21
James Orr .....	22
Cleta Brewster .....	31

## Birthdays &



## Anniversaries

Harlan & Paula Fisher  
1/1

Frank & Eleanor Smith  
1/3

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

## Prayer Corner

### A New Year's Prayer

Lord, You make all things new  
You bring hope alive in our hearts  
And cause our Spirits  
to be born again.

Thank you for this new year  
For all the potential it holds.  
Come and kindle in us  
A mighty flame  
So that in our time, many will see  
the wonders of God  
And live forever to praise Your  
glorious name.

Amen

(A modern prayer for the New Year from  
[www.lords-prayer-words.com](http://www.lords-prayer-words.com))

### December 27, 2018

Average Sunday Attendance.....	85
YTD Offerings.....	\$221,881.00
YTD Expenses .....	\$196,455.00

# 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

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## LAKESIDE CHRISTIAN FELLOWSHIP

P.O. Box 4874  
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[www.lakesidechristians.org](http://www.lakesidechristians.org)

